

Aphorisms



THE SUPREME MASTER CHING HAI





Aphorisms



The Supreme Master Ching Hai

The background of the page is a scenic landscape. In the foreground, there are rolling hills and mountains covered in green vegetation. In the distance, more mountain ranges are visible under a vast sky. The sky is filled with soft, white clouds, and a bright sunburst emanates from the upper center, creating a lens flare effect. The overall color palette is dominated by blues, greens, and warm yellows from the sun.

Foreword

The light of Truth shines upon human hearts for eternity, liberating us from ignorance. *Aphorisms* is a collection of wisdom from Supreme Master Ching Hai in response to spiritual questions from Her disciples, Truth seekers and the general public. Its words of supreme wisdom, which deal with spiritual practice, life and philosophy, touch the very source of our being, bringing us enlightenment and heavenly bliss. The book provides rare nectar for the soul that can accompany us on life's journey and encourage us to persevere in difficult situations, in all seasons of our spiritual practice.



As a creator of artistic designs as well as a spiritual teacher, Supreme Master Ching Hai loves all expressions of inner beauty. It is for this reason that She refers to Vietnam as “Au Lac” and Taiwan as “Formosa.” Au Lac is the ancient name of Vietnam and means “happiness.” And the name Formosa, meaning “beautiful,” reflects more completely the beauty of the island and its people. Master feels that using these names brings spiritual elevation and luck to the land and its inhabitants.

In speaking of God or the Supreme Spirit, Master instructs us to use original non-sexist terms to avoid the argument about whether God is a She or a He.

She + He = Hes (as in Bless)

Her + Him = Hirm (as in Firm)

Hers + His = Hiers (as in Dears)

Example: When God wishes, Hes makes things happen according to Hiers will to suit Hirmself.

Biography of The Supreme Master Ching Hai

*T*he Supreme Master Ching Hai was born in Central Au Lac (Vietnam). At the age of eighteen, Master Ching Hai moved to England to study, and then later to France and then Germany, where She worked for the Red Cross and married a German physician. After two years of happy marriage, with Her husband's blessings, She left Her marriage in pursuit of enlightenment, thus fulfilling an ideal that had been with Her since Her childhood. This began a time of arduous pilgrimages to many different countries that ended only when She met a perfect living Master in the Himalayas. Master Ching Hai received the divine transmission of the inner Light and Sound, which She later called the Quan Yin Method. After a period of diligent practice, She attained Perfect Enlightenment.

*T*o satisfy the longing of sincere Truth seekers, the Supreme Master Ching Hai offers the Quan Yin Method of meditation to people of all nationalities, religions and cultural backgrounds. Her message of love and peace brings spiritual liberation and hope to people throughout the world, reminding all to uphold Truth, Virtue, and Beauty in life.

Everything is good after enlightenment,
while nothing is necessarily good
when we are still ignorant.
Therefore ignorance is the greatest sin,
while enlightenment the greatest merit.

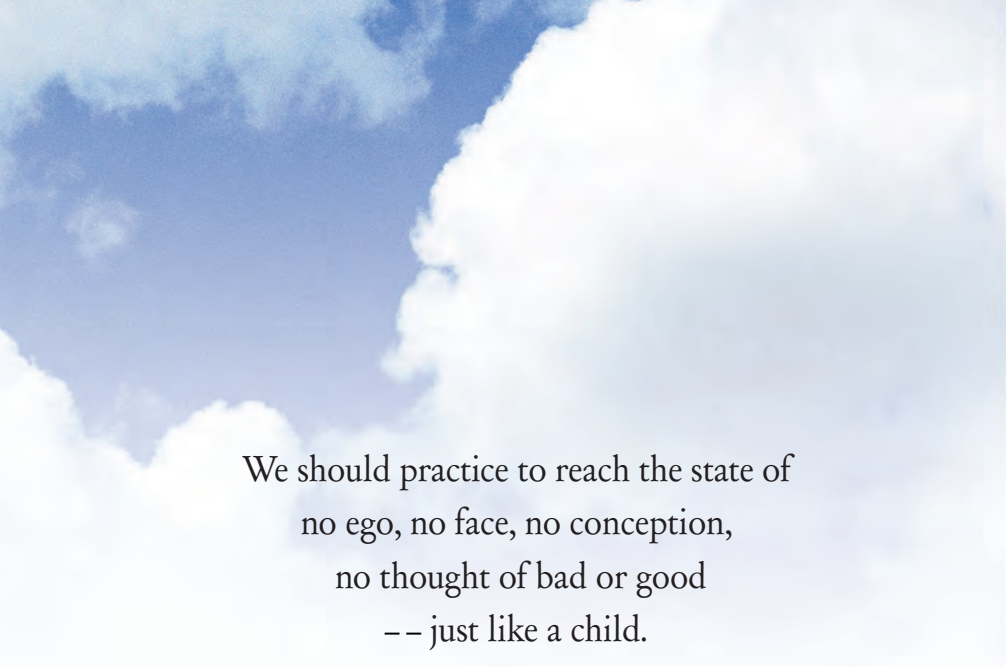
~ The Supreme Master Ching Hai





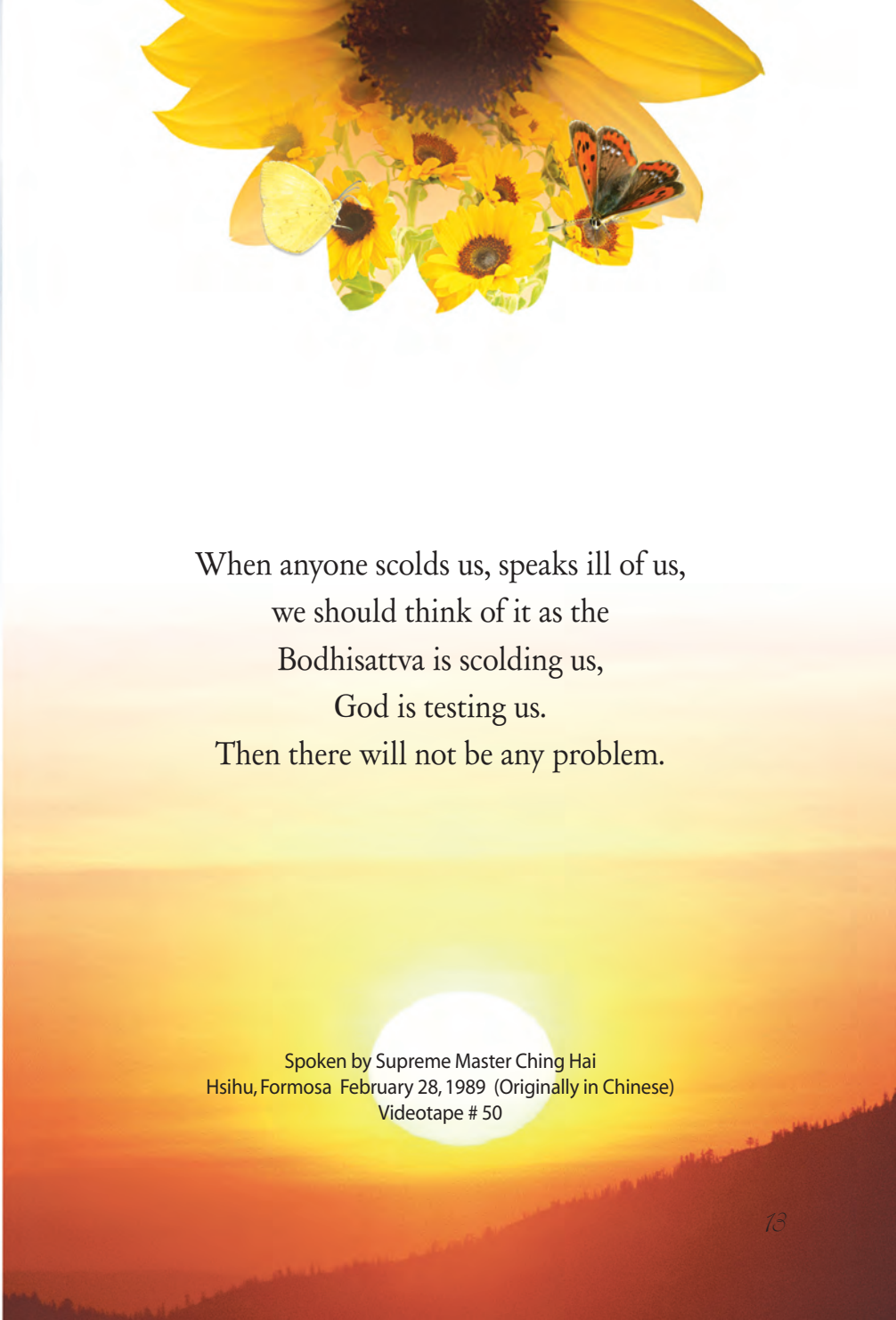
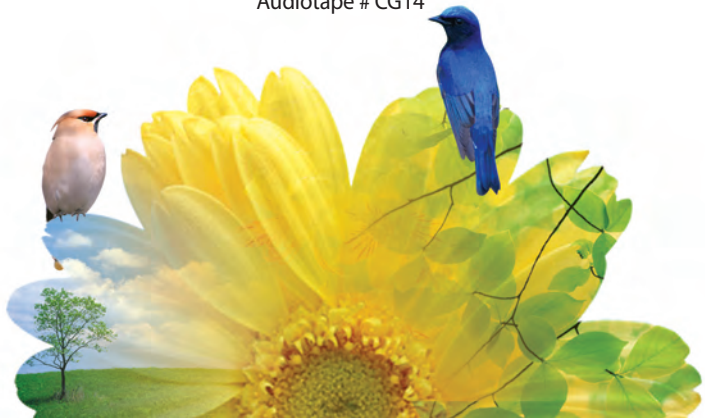
“Master” means our own almighty wisdom,
our infinite wisdom,
the quality of the infinite light
and infinite life within us.
Once we remember It,
we no longer have fear of anything.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa March 11, 1989 (Originally in Chinese)



We should practice to reach the state of
no ego, no face, no conception,
no thought of bad or good
-- just like a child.

Spoken by Supreme Master Ching Hai
Hsiu, Formosa July 1, 1989 (Originally in Chinese)
Audiotape # CG14



When anyone scolds us, speaks ill of us,
we should think of it as the
Bodhisattva is scolding us,
God is testing us.
Then there will not be any problem.

Spoken by Supreme Master Ching Hai
Hsiu, Formosa February 28, 1989 (Originally in Chinese)
Videotape # 50



God, Buddha means compassion,
means the loving power.
After we get this “wave”
through connection
with the “wire” of compassion, of love,
we will become
more and more compassionate,
more and more loving, and we will become
more tolerant of all sentient beings.
Because we more and more know
that all creatures
in reality are of the same nature.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa May 21, 1989 (Originally in Chinese)
Audiotape # CG14



The inner Master within ourselves
will never leave us.
We should rely on Her,
who is our own Master,
our real Self, our original Nature.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa September 3, 1989 (Originally in Chinese)
Audiotape # CG17



The more simple we are,
the more we feel the Love
from God or the Buddha.

Why is it so?

Because the simple people are humble,
are not arrogant.
God loves the humble.



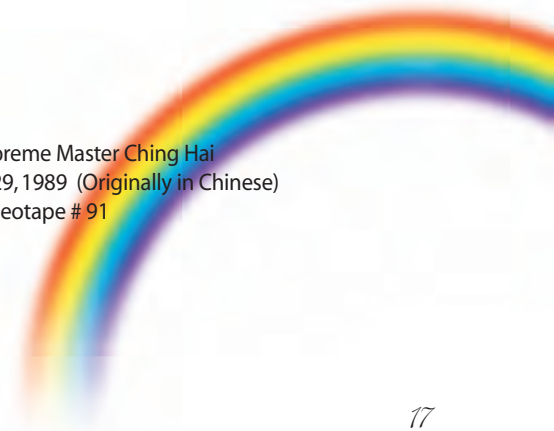
When we truly ask,
truly have courage,
truly hunger for,
and sincerely pray,
Buddhas and Bodhisattvas
in ten directions will help.



Spoken by Supreme Master Ching Hai
Pingtung, Formosa December 2, 1988 (Originally in Chinese)
Videotape # 22




Spoken by Supreme Master Ching Hai
Hsihu, Formosa July 29, 1989 (Originally in Chinese)
Videotape # 91





We are born out of concepts,
we die within the concepts,
and we get liberated
from the circle of birth & death
also because of the concept.
Therefore our concept must be correct,
so that we won't mislead
ourselves and others.


~ The Supreme Master Ching Hai



There are two or three kinds of wisdom.
Those with highest wisdom
do not want to say anything;
they talk only when people ask.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa September 28, 1990 (Originally in Chinese)
Videotape # 132

The most important thing for
a spiritual practitioner
is the sincere longing for the Truth;
he must really want to learn.



Spoken by Supreme Master Ching Hai
Hsihu, Formosa September 28, 1990 (Originally in Chinese)
Videotape # 131

It is the greatest blessed reward,
being able to learn and follow
each word from a
truly enlightened Master.
When you are doing so,
you are worshipping
all the Saints of the whole universe.

Spoken by Supreme Master Ching Hai
Taipei, Formosa August 31, 1986 (Originally in Chinese)



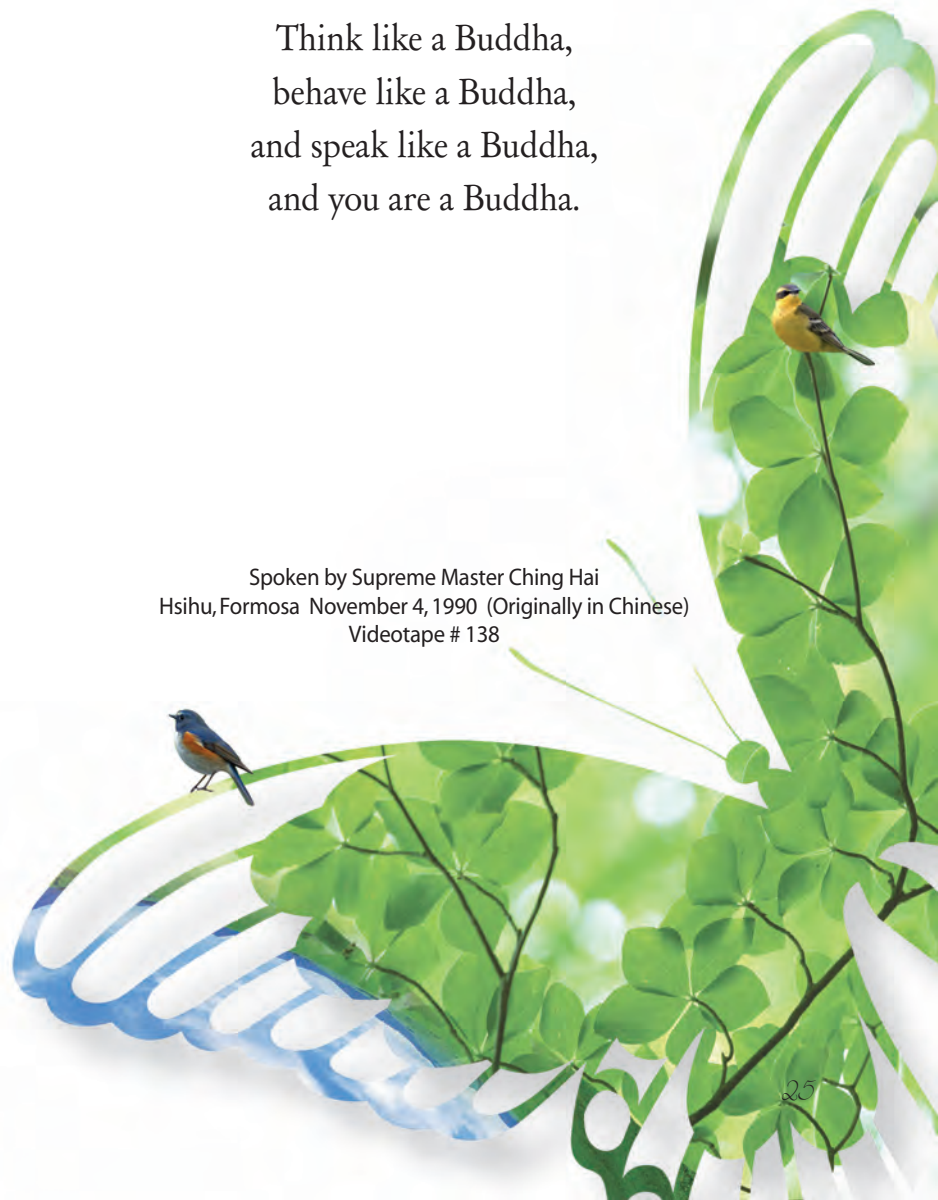
For a person who practices to reach the Truth,
the more considerate the better.
When we take care of others more,
we become more open-minded
and the happier our lives will be.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa January 14, 1990 (Originally in Chinese)
Audiotape # CG30



Think like a Buddha,
behave like a Buddha,
and speak like a Buddha,
and you are a Buddha.

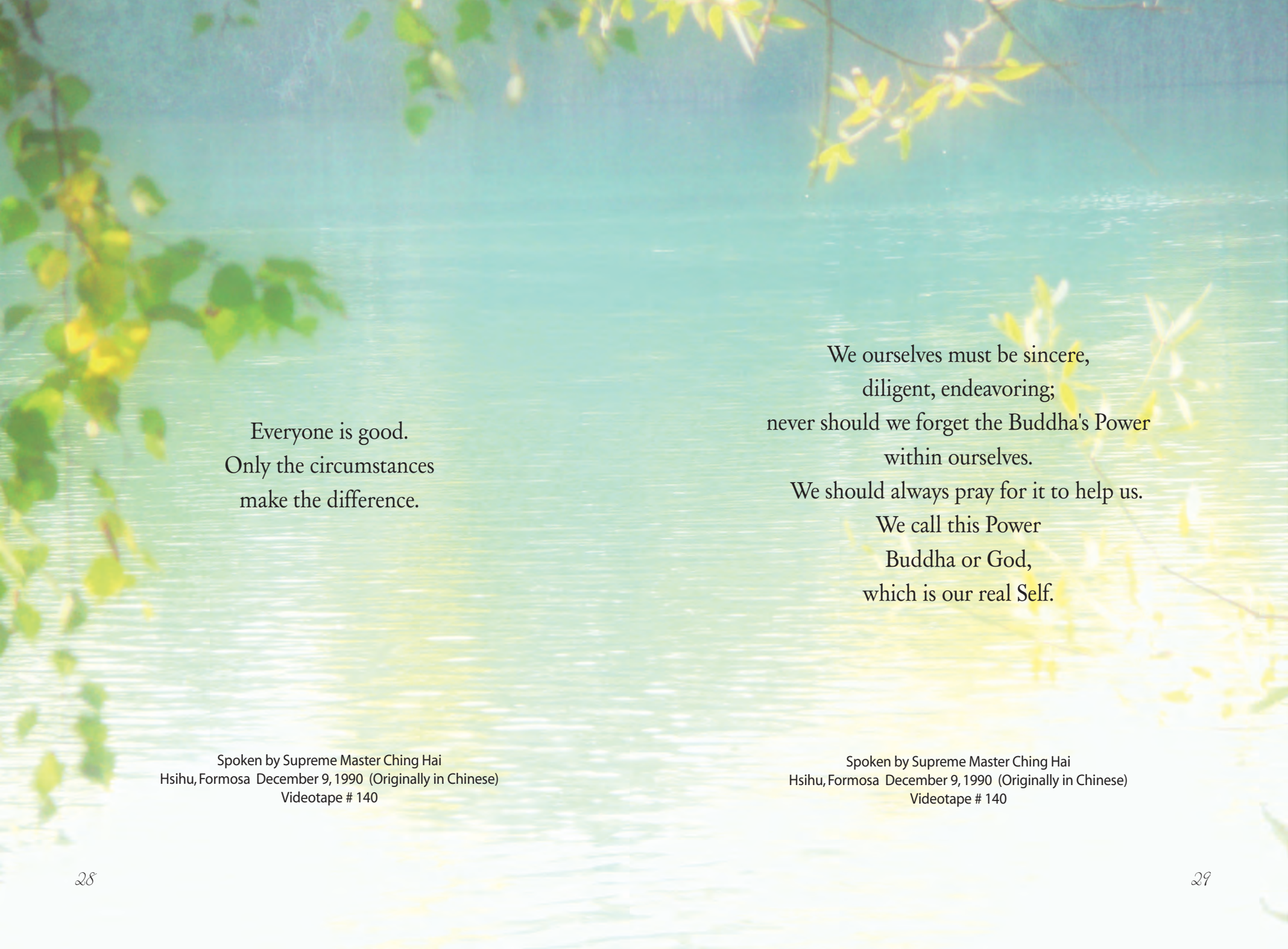
Spoken by Supreme Master Ching Hai
Hsiu, Formosa November 4, 1990 (Originally in Chinese)
Videotape # 138





Before criticizing others,
we must see through
the entire cause and effect.
But then, after we see through it,
we dare not make any criticism because
then we understand
that everything is only
the performance of causality,
of karma.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa October 15, 1990 (Originally in Chinese)
Audiotape # CG31




Everyone is good.
Only the circumstances
make the difference.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa December 9, 1990 (Originally in Chinese)
Videotape # 140

We ourselves must be sincere,
diligent, endeavoring;
never should we forget the Buddha's Power
within ourselves.
We should always pray for it to help us.
We call this Power
Buddha or God,
which is our real Self.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa December 9, 1990 (Originally in Chinese)
Videotape # 140




If we don't love ourselves,
we could not love others.

Spoken by Supreme Master Ching Hai
Taipei, Formosa April 20, 1991 (Originally in Chinese)
Videotape # 161

It is safe only when you are sheltered by the
supreme Power, no other way.

Spoken by Supreme Master Ching Hai
Hsiu, Formosa July 14, 1991 (Originally in Chinese)
Videotape # 182



We can reprimand people.
When we have love, people can feel that
we are not doing it with malice,
but for the sake of taking care of them,
so they will never be angry with us.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa September 21, 1991 (Originally in Chinese)
Videotape # 193


We live in this world,
but we should not be attached to it.
We need to know that everything
in this world is trouble
and to keep our mind
in the supreme teaching,
just like lotus flowers in a muddy lake
without being contaminated.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa September 21, 1991 (Originally in Chinese)
Videotape # 193



If you encounter problems,
just try to meditate more and
they will be gone.

~ The Supreme Master Ching Hai


A lush green tree with yellow flowers in the background. The tree is on the left side of the page, and the yellow flowers are in the foreground. The background is a soft, out-of-focus green and yellow, suggesting a field of flowers or a garden. The lighting is bright and natural, with some sunlight filtering through the leaves.

Ugly things can be charming
and serve as a lesson sometimes.
In the eyes of the enlightened,
everything has its own beauty.

Spoken by Supreme Master Ching Hai
Pingtung, Formosa April 21, 1991 (Originally in Chinese)
Audiotape # CG33

Everyone is Buddha.
It is possible that they may not realize it.
We should still respect them and
treat them like ourselves.
Be strict with tolerance and be loving
with detachment.

Spoken by Supreme Master Ching Hai
Pingtung, Formosa April 21, 1991 (Originally in Chinese)
Audiotape # CG33

A serene landscape with a river, trees, and a large tree branch in the foreground. The scene is peaceful and natural, with soft lighting and a mix of green and brown tones.

True love is to warn someone
whenever he is doing wrong
and to try to enlighten him.


It is not to protect him
regardless of him
doing good or bad.

~ The Supreme Master Ching Hai

Meditation is not merely sitting there.

You have to be concentrating
with a pure and merciful heart;
otherwise, you are just idling.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa August 25, 1991 (Originally in Chinese)
Videotape # 188




We can be good in our spiritual practice,
but we still need to be skillful
in handling matters
in this world.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa August 25, 1991 (Originally in Chinese)
Videotape # 188


The more we hoard for ourselves,
the more we lose;
and the more we give,
the more we gain.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa September 8, 1991 (Originally in Chinese)
Audiotape # CG38



Nobody but the person himself
can carry out
his spiritual practice,
light the lamp and
walk the way.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa August 1, 1991 (Originally in Chinese)
Audiotape # CG35




We should share the merits derived from
our spiritual practice with the world.
We do not practice for the sake of
ourselves only.

Spoken by Supreme Master Ching Hai
Hsiu, Formosa February 18, 1990 (Originally in Chinese)
Videotape # 113

It is not that Buddha does not wish
to liberate sentient beings.
It is that sentient beings do not wish to
liberate themselves.

Spoken by Supreme Master Ching Hai
Thailand March 6, 1992 (Originally in Chinese)
Videotape # 224

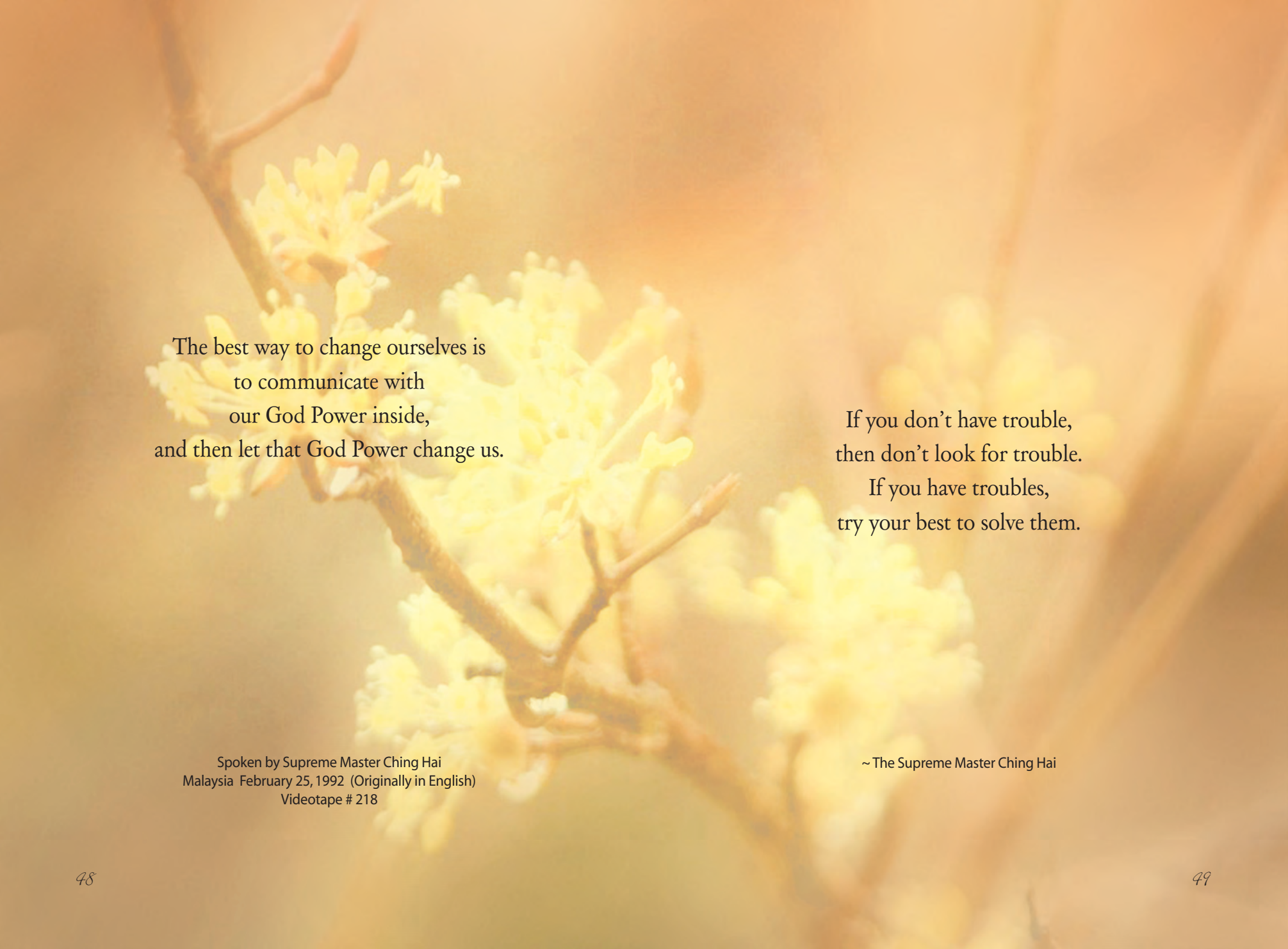


We can accomplish more
when we are running short of time.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa April 19, 1992 (Originally in Chinese)
Videotape # 242

While we should feel at ease in spiritual practice,
we should also let other people feel at ease.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa January 12, 1992 (Originally in Chinese)
Videotape # 204



The best way to change ourselves is
to communicate with
our God Power inside,
and then let that God Power change us.

Spoken by Supreme Master Ching Hai
Malaysia February 25, 1992 (Originally in English)
Videotape # 218


If you don't have trouble,
then don't look for trouble.
If you have troubles,
try your best to solve them.

~ The Supreme Master Ching Hai



If we want to change our future,
we must change our present.
Therefore,
the present is the most important.
Forget the past!

Spoken by Supreme Master Ching Hai
Hsihu, Formosa January 1, 1992 (Originally in Chinese)
Videotape # 203




Rather hurt oneself, but never hurt others!

~ The Supreme Master Ching Hai

True repentance is not just to
know our mistakes,
nor is it to say that we won't make
the same mistake again.
It is to correct what we do,
do it well,
and do it better.

Spoken by Supreme Master Ching Hai
Hsiu, Formosa May 9, 1992 (Originally in Chinese)
Audiotape # CG47




Heaven or hell,
they are all created by ourselves.

Spoken by Supreme Master Ching Hai
Taipei, Formosa September 24, 1986 (Originally in Chinese)

Helping others to attain liberation,
and helping others to know
the “True Path”
are the highest forms of help
we can give;
they also bring
the highest form of merit.

Spoken by Supreme Master Ching Hai
Tainan, Formosa December 4, 1987 (Originally in Chinese)
Audiotape # CE14



If we cling to our past achievements
we will not be able to progress any further.

Spoken by Supreme Master Ching Hai
Hsiu, Formosa August 25, 1991 (Originally in Chinese)
Videotape # 188

We do not work just because we want
to make money.
We work to fulfill our responsibilities.

Spoken by Supreme Master Ching Hai
Tainan, Formosa May 13, 1988 (Originally in Chinese)
Audiotape # CG1