



SUPREME MASTER CHING HAI  
Europe  
*August 29, 2013*



SUPREME MASTER CHING HAI  
Europe  
March 28, 2012

## THE SUPREME MASTER CHING HAI

### *Aphorisms 2*

The Supreme Master Ching Hai  
International Association Publishing Co., Ltd.



## 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.

## *☞ A Little Message ☞*

**I**n 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 Dear)

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

**A**s 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.

## *☞ Biography of ☞ The Supreme Master Ching Hai*

**T**he Supreme Master Ching Hai was born in Central Au Lac. 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.


To 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.

A woman with brown hair, identified as Supreme Master Ching Hai, is shown from the waist up. She is wearing a vibrant pink, long-sleeved dress with a floral pattern and a large bow at the waist. The dress has the words "Love Co Create" embroidered on the chest. She is looking slightly to her right with a gentle expression. The background is a soft-focus, ethereal scene with large, translucent pink petals and a bright, glowing light source, creating a dreamlike atmosphere.

SUPREME MASTER CHING HAI  
Europe  
April 7, 2012

*L*ife does not start here  
when we are born, or end when we are dead.  
And enlightenment is only the beginning.  
The journey will continue, full of wonder  
and miraculous encounters and discovery  
for those who truly want to know  
the miracle of life and the real love  
from the universe and from your heart.

Spoken by Supreme Master Ching Hai  
Videoconference with Supreme Master Television staff  
Los Angeles, California, USA - December 31, 2011  
(Originally in English)  
DVD #993




One small step from everyone in the right direction can result in a big leap in our evolution as a human race, and that small step is very simple. It's just no killing, abiding by the principle of "Live and let live," adhering to the universal law where we grant life to beget life. Because like attracts like; that we all know. This, of course, includes adopting a vegan diet.

Spoken by Supreme Master Ching Hai  
Climate Change Conference -  
Humanity's Leap to the Golden Era  
Washington D.C., USA - November 8, 2009  
(Originally in English)  
DVD #818

Through our leap in the evolution (of consciousness), we can leave this existence of want and fear, toward a true life of peace and love and enlightenment – from the vicious cycle of killing, suffering and violence to a circle of loving kindness, protection and happiness.

Spoken by Supreme Master Ching Hai  
Climate Change Conference -  
Humanity's Leap to the Golden Era  
Washington D.C., USA - November 8, 2009  
(Originally in English)  
DVD #818

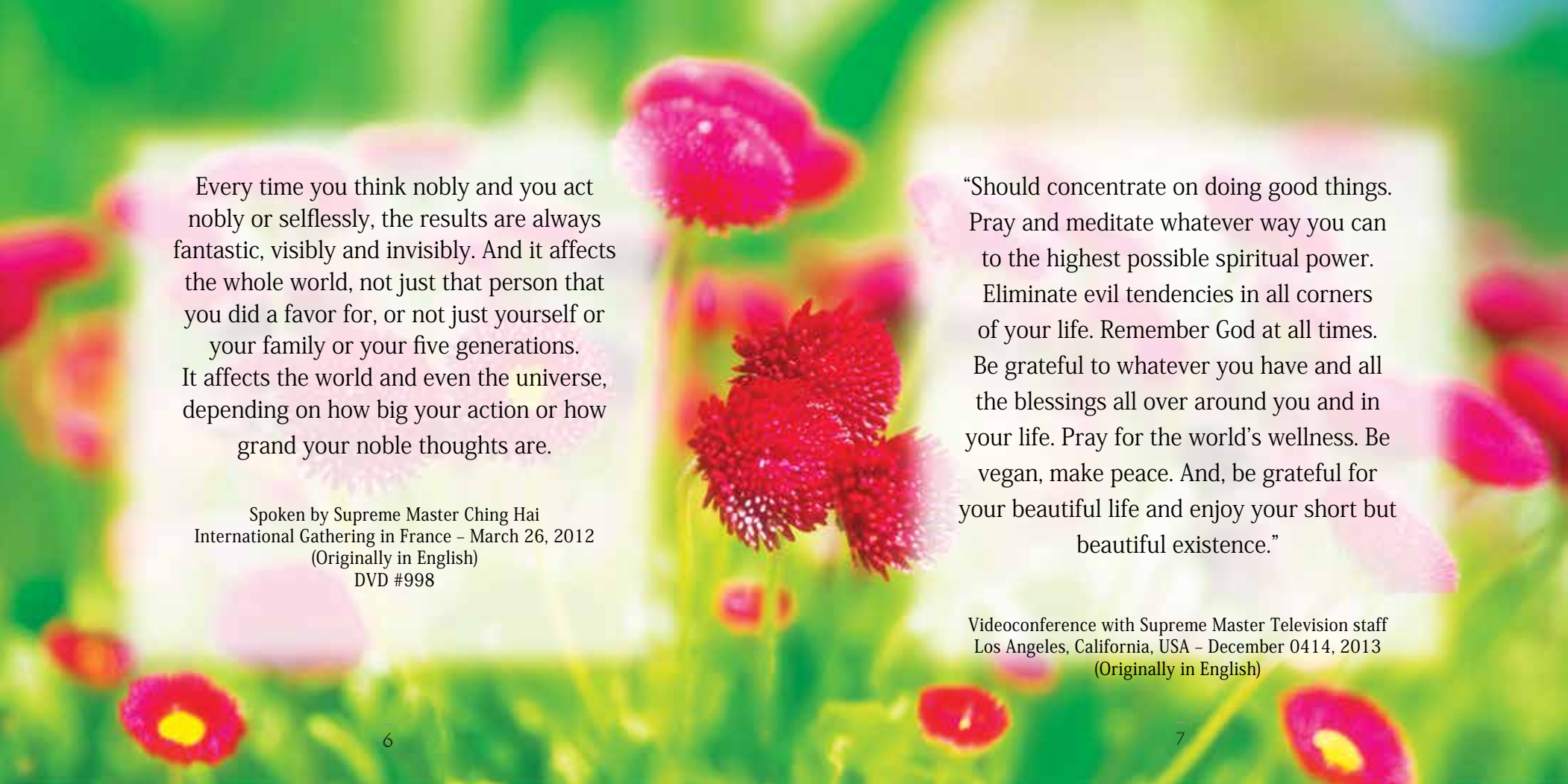


The more good you do for the world,  
the more good you will get. The more  
happiness you bestow on other people,  
the more happiness you will gain.

Spoken by Supreme Master Ching Hai  
Videoconference with Supreme Master Television staff  
Los Angeles, California, USA - December 22, 2012  
(Originally in English)

We should think more about  
spiritual side of our nature and get  
contact with it, and not to be too indulgent  
in material comfort and greed and other  
things that are transient. We should look  
more for the long, everlasting happiness  
and true bliss within ourselves.  
Heaven is always here, within us,  
if we go inward and connect with it.

Spoken by Supreme Master Ching Hai  
Videoconference with Supreme Master Television staff  
Los Angeles, California, USA - December 22, 2012  
(Originally in English)




Every time you think nobly and you act nobly or selflessly, the results are always fantastic, visibly and invisibly. And it affects the whole world, not just that person that you did a favor for, or not just yourself or your family or your five generations. It affects the world and even the universe, depending on how big your action or how grand your noble thoughts are.

Spoken by Supreme Master Ching Hai  
International Gathering in France - March 26, 2012  
(Originally in English)  
DVD #998

“Should concentrate on doing good things. Pray and meditate whatever way you can to the highest possible spiritual power. Eliminate evil tendencies in all corners of your life. Remember God at all times. Be grateful to whatever you have and all the blessings all over around you and in your life. Pray for the world’s wellness. Be vegan, make peace. And, be grateful for your beautiful life and enjoy your short but beautiful existence.”

Videoconference with Supreme Master Television staff  
Los Angeles, California, USA - December 0414, 2013  
(Originally in English)



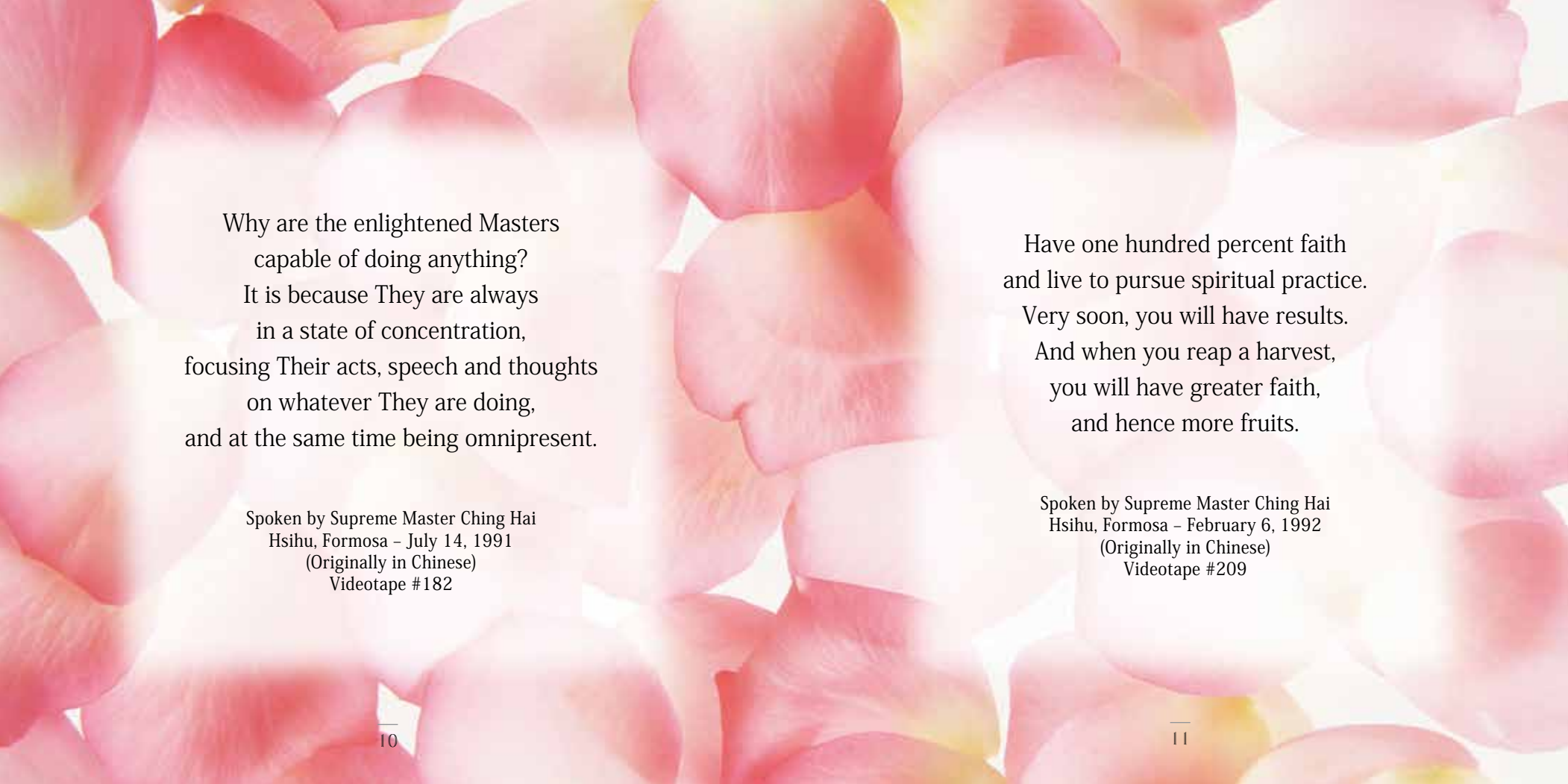


You ought to be truthful to yourself  
under any circumstances.

Spoken by Supreme Master Ching Hai  
Kampong Spoe, Cambodia - July 19, 1996  
(Originally in Chinese)  
Videotape #556

The more superior  
the spiritual practice is,  
the simpler it will be.

Spoken by Supreme Master Ching Hai  
Hsihu, Formosa - October 15, 1988  
(Originally in Chinese)  
MP3 #CG02

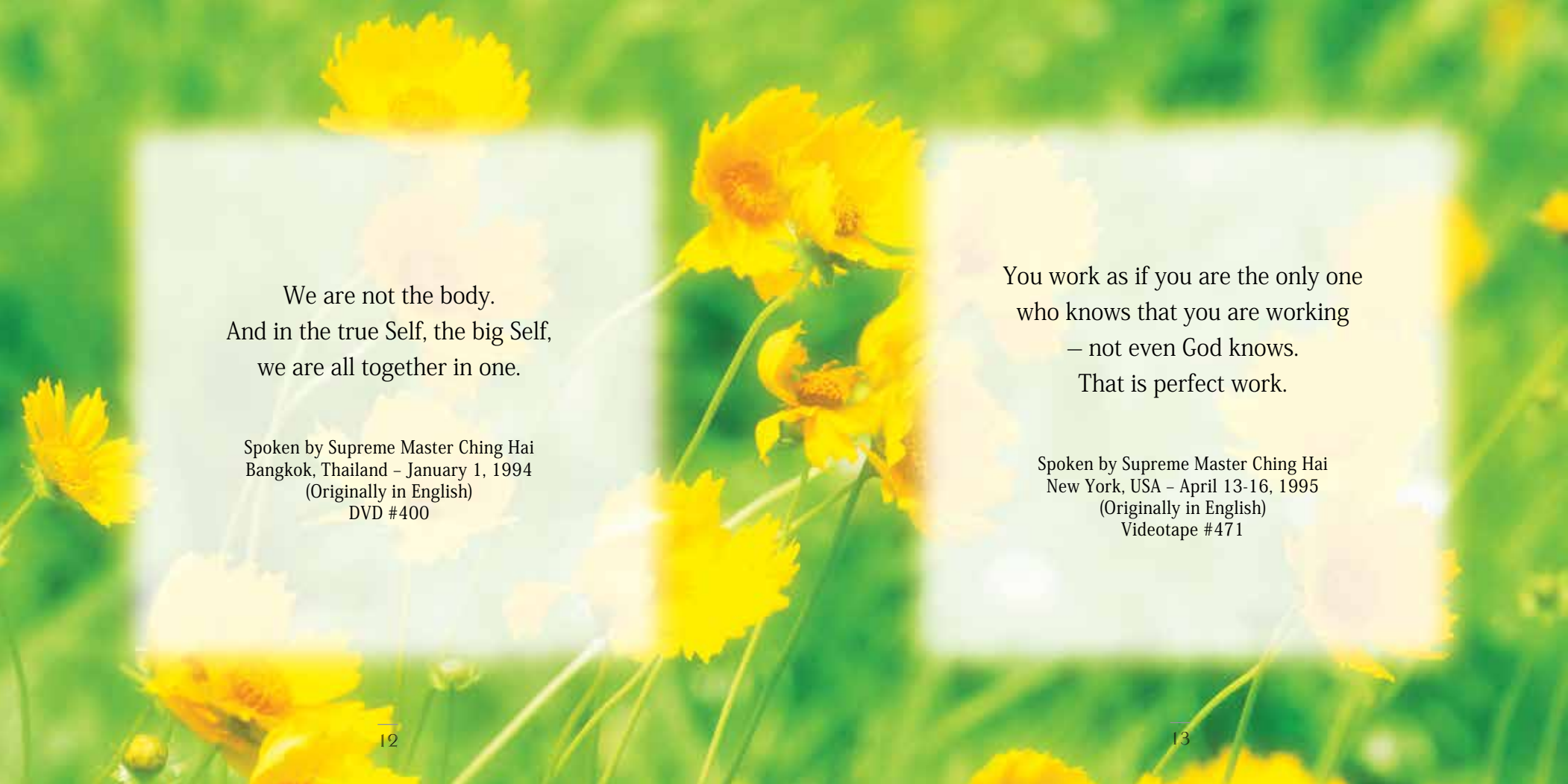


Why are the enlightened Masters  
capable of doing anything?  
It is because They are always  
in a state of concentration,  
focusing Their acts, speech and thoughts  
on whatever They are doing,  
and at the same time being omnipresent.

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

Have one hundred percent faith  
and live to pursue spiritual practice.  
Very soon, you will have results.  
And when you reap a harvest,  
you will have greater faith,  
and hence more fruits.

Spoken by Supreme Master Ching Hai  
Hsihu, Formosa - February 6, 1992  
(Originally in Chinese)  
Videotape #209



We are not the body.  
And in the true Self, the big Self,  
we are all together in one.

Spoken by Supreme Master Ching Hai  
Bangkok, Thailand - January 1, 1994  
(Originally in English)  
DVD #400

You work as if you are the only one  
who knows that you are working  
– not even God knows.  
That is perfect work.


Spoken by Supreme Master Ching Hai  
New York, USA - April 13-16, 1995  
(Originally in English)  
Videotape #471

*G*od is the great Love.  
The more we manifest that love,  
the closer we are to Godhood.  
That is what God realization  
is all about.

Spoken by Supreme Master Ching Hai  
International Three-day Retreat  
Los Angeles, California, USA - December 18, 1998  
(Originally in English)  
DVD #642



SUPREME MASTER CHING HAI  
Europe  
*April 3, 2012*




After we join the practice  
of the Quan Yin Method,  
we have only one common language.  
It becomes very easy for us  
to communicate because we share  
the same ideal and the same spirit  
of serving and offering to others.

Spoken by Supreme Master Ching Hai  
Surabaya, Indonesia – February 28, 1992  
(Originally in Chinese)  
Videotape #221

Don't expect anything  
and you will have no trouble.  
We should only expect enlightenment.

Spoken by Supreme Master Ching Hai  
Laiyi, Pingtung, Formosa – December 29, 1992  
(Originally in English)  
Videotape #302


The background of the entire image is a dense field of light blue flowers, possibly hydrangeas, with some yellow centers. The flowers are in various stages of bloom and are set against a soft, out-of-focus background.

The more we go inside,  
the more we understand  
things without talking.

Spoken by Supreme Master Ching Hai  
Chicago, USA - February 19, 1994  
(Originally in English)  
Videotape #402

He/She who has love  
for other people  
has God in his/her heart.  
To serve God's children  
is to serve God.

Spoken by Supreme Master Ching Hai  
Costa Rica - February 4, 1991  
(Originally in English)  
Videotape #150


The background of the entire page is a soft-focus photograph of numerous yellow flowers, likely hydrangeas, with their petals and leaves creating a textured, layered effect. The lighting is bright and natural, giving the scene a warm and serene atmosphere.

Love knows no burden;  
love knows only sacrifice.

Spoken by Supreme Master Ching Hai  
Costa Rica - February 9, 1991  
(Originally in English)  
Videotape #153

We should rise to the noble  
position of a Saint.  
And to do that we must possess  
compassion, love, understanding  
and unselfish sacrifice at all times.

Spoken by Supreme Master Ching Hai  
Phnom Penh, Cambodia - May 14, 1996  
(Originally in English)  
Videotape #548



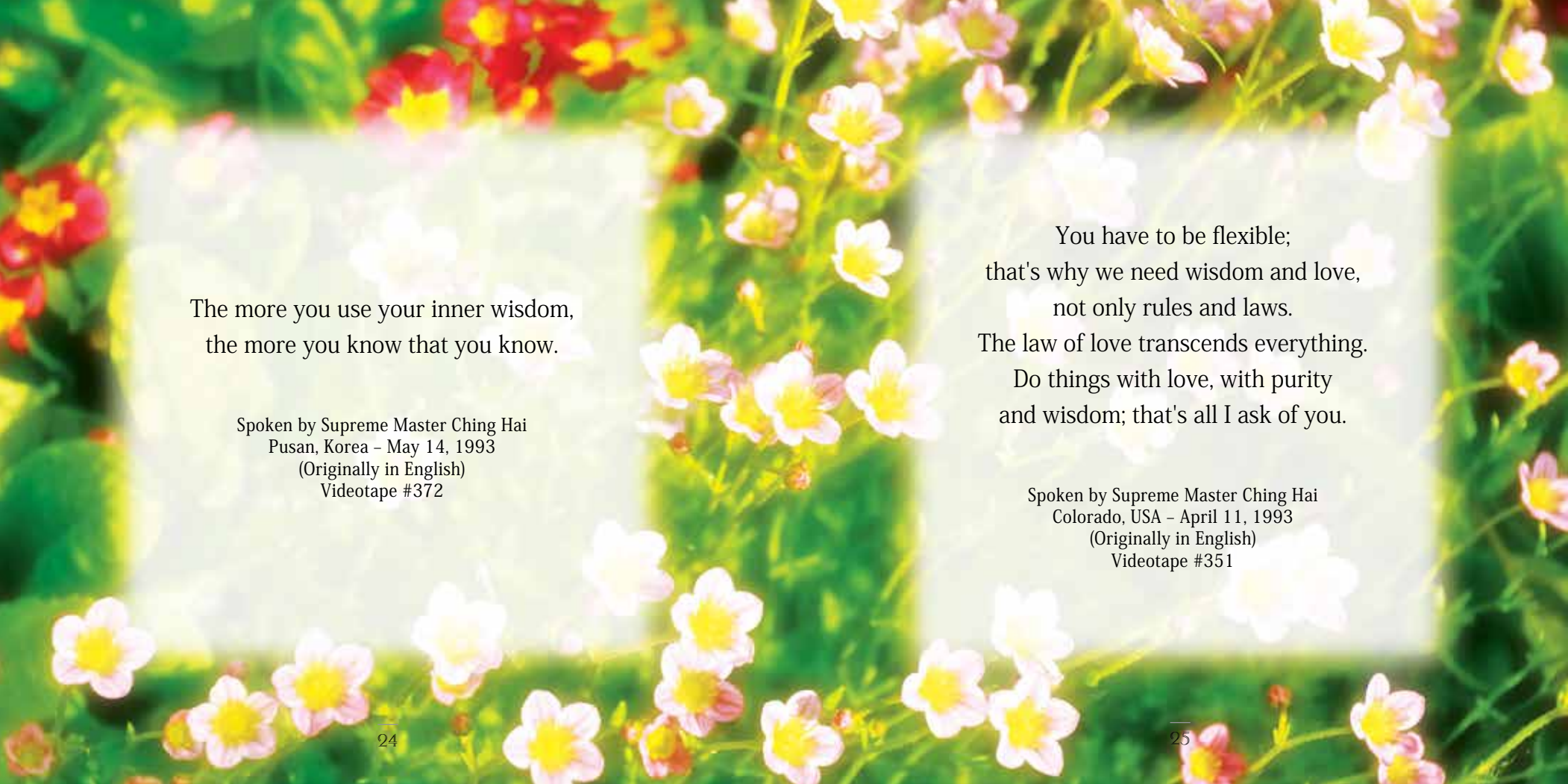
We should not be afraid to hurt  
ourselves while benefiting others,  
because the path we tread  
is the way of the Saints,  
the way of the Masters.

Spoken by Supreme Master Ching Hai  
Tainan, Formosa - March 16, 1989  
(Originally In Chinese)  
Videotape #57

When a Master comes to Earth,  
not only are the disciples  
uplifted and shown wisdom,  
but the whole race of humankind  
is purified and uplifted to a certain  
higher level of consciousness.

Spoken by Supreme Master Ching Hai  
Costa Rica - May 29, 1991  
(Originally in English)  
Videotape #171






The more you use your inner wisdom,  
the more you know that you know.

Spoken by Supreme Master Ching Hai  
Pusan, Korea - May 14, 1993  
(Originally in English)  
Videotape #372

You have to be flexible;  
that's why we need wisdom and love,  
not only rules and laws.  
The law of love transcends everything.  
Do things with love, with purity  
and wisdom; that's all I ask of you.

Spoken by Supreme Master Ching Hai  
Colorado, USA - April 11, 1993  
(Originally in English)  
Videotape #351



Samadhi means that you enter  
into a blissful, tranquil state of mind  
where you have no sorrow, no worry,  
no fear. In the samadhi state,  
we feel absolutely perfect;  
we feel nothing is bothering us in  
this world, nothing is happening at all.  
Everything is perfect.

Spoken by Supreme Master Ching Hai  
Malaysia - October 1, 1989  
(Originally in English)  
Videotape #99

Only when we are empty, can God  
then fill us with wisdom and love.  
If we are still somebody,  
if we still have something,  
we cannot become completely empty  
and we cannot hold all the God power  
that wants to fill within us.

Spoken by Supreme Master Ching Hai  
Brazil - June 16, 1989  
(Originally in English)  
Videotape #83