The Key of Immediate Enlightenment

Book 5

The Supreme Master Ching Hai

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The Supreme Master Ching Hai

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A Little Message

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 Dear)

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

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 reflects more completely the beauty of the island and its people. Master feels that using these names bring spiritual elevation and luck to the land and its inhabitants.

"I do not belong to Buddhism or Catholicism. I belong to the Truth and I preach the Truth. You may call it Buddhism, Catholicism, Taoism, or whatever you like. I welcome all!"

~ The Supreme Master Ching Hai

"By attaining inner peace we will attain everything else. All the satisfaction, all the fulfillment of worldly and heavenly desires come from the Kingdom of God - the inner realization of our eternal harmony, of our eternal wisdom, and of our almighty power. If we do not get these we never find satisfaction, no matter how much money or power, or how high a position we have."

~ The Supreme Master Ching Hai

"Our teaching is that whatever you have to do in this world, do it, do it wholeheartedly. Be responsible and also meditate every day. You will get more knowledge, more wisdom, more peace, in order to serve yourself and serve the world. Do not forget that you have your own goodness inside you. Do not forget that you have God dwelling within your body. Do not forget that you have Buddha within your heart."

~ The Supreme Master Ching Hai

Walk the Way of Love

Footsteps of a Living Enlightened Master

We will search high and low For a little love, For a little love, To share with all beings In all corners of the world.

Supreme Master Ching Hai is a world-renowned humanitarian, environmentalist, author, artist, designer, musician, film director and spiritual teacher, whose love and care for humanity extend beyond all racial and national boundaries. Since the early 1980s she has also been one of our planet's most dedicated ecological pioneers, promoting environmental protection, biodiversity preservation, reforestation, sustainable living and most importantly, the organic vegan diet, the quickest, most effective way to solve the climate crisis.

With unwavering determination, she devotes her time and resources to awakening the world to the disastrous impact of climate change and to the vegan solution. From 2006 to 2008 she launched the Alternative Living and SOS global-warming-awareness campaigns. She also publishes a news magazine, writes books, produced the 2005 vegetarian documentary The Real Heroes and the TV series The King &

Co., broadcast on Supreme Master Television, a 24/7, global satellite channel offering news on climate change, the vegan diet and other uplifting topics. Since 2007 Master Ching Hai has also shared her knowledge with environmental experts, government leaders, VIPs and concerned citizens through over 27 climate-change conferences in 13 countries broadcast live on satellite TV and radio.

As a result of these efforts, her motto "Be Veg, Go Green 2 Save the Planet" and "Be Vegan, Make Peace" has spread around the globe, inspiring humankind to embrace the healthy, sustainable vegan lifestyle and thus evolve into a higher state of peace and harmony.

Through her kind example, Supreme Master Ching Hai also reminds us of our inner goodness and love for all of God's creations. The profound insights she gained through her spiritual attainment allowed her to identify the root cause of human suffering, social discord and environmental degradation: the violence we inflict on other beings, including our innocent animal friends. Out of compassion for the weak and voiceless, Supreme Master Ching Hai thus wrote the #1 international bestsellers The Birds in My Life, The Dogs in My Life, and The Noble Wilds. These literary gems, available in various languages, reveal the deep thoughts and feelings of our treasured animal co-inhabitants, highlighting their divine nature and unconditional love.

Her Early Years

Born in central Au Lac (Vietnam), Supreme Master Ching Hai studied in Europe and worked for the Red Cross. She soon realized that suffering exists in all corners of the and her yearning to find a remedy became the foremost goal in her life. She then embarked on a journey to the Himalayas in search of spiritual enlightenment and eventually received divine transmission of the inner Light and Sound, which she later called the Quan Yin Method of meditation. After a period of diligent practice, Supreme Master Ching Hai attained the Great Enlightenment.

Soon after her return from the Himalayas, at the request of those around her, Supreme Master Ching Hai began sharing the Quan Yin Method, encouraging her students to look within to find their own divine greatness. Before long, she received invitations to give lectures in the Americas, Europe, Asia, Australia and Africa. Supreme Master Ching Hai's compassionate heart is also reflected in her care for the less fortunate. Funds generated from the sale of her artistic creations have enabled her to support her mission of comforting God's children in need through worldwide disaster relief and charity work.

Beautify the World We Live In

Although she seeks no acknowledgement for her humanitarian work, Supreme Master Ching Hai has received numerous awards from governments and private organizations around the world, including the World Peace Award, the World Spiritual Leadership Award, the Award for Promotion of Human Rights, the World Citizen Humanitarian Award, the Award for Outstanding Public Service to Mankind, the 2006 Gusi Peace Prize, the Los Angeles Music Week Certificate of Commendation, First Place Silver for the 27th Annual Telly Awards 2006, the Presidential Active Lifestyle Award from former US President George W. Bush, and the

2010 President's Volunteer Service Award from US President Barack Obama.

In addition, October 25 and February 22 were proclaimed "Supreme Master Ching Hai Day" in the US by government officials in Hawaii and Illinois. Congratulatory messages were sent to her during the Illinois proclamation ceremony by former US Presidents Clinton, Bush and Reagan.

And to commend virtuous individuals and encourage others to be inspired by their examples, Supreme Master Ching Hai has also created the Shining World Awards series, recognizing deserving humans and animals for exceptional heroism, compassion, leadership, bravery or intelligence.

Master's Dream

Supreme Master Ching Hai thus selflessly dedicates her life to creating a beautiful future for our beloved planet and its precious co-inhabitants. Throughout history great visionaries have had dreams, and Supreme Master Ching Hai expresses hers as follows:

"I dream that the whole world will become peaceful.

I dream that all the killing will stop.

I dream that all the children will walk in peace and harmony.

I dream that all the nations will shake hands with each other, protect each other and help each other.

I dream that our beautiful planet will not be destroyed.

It takes billion, billion and trillions of years to produce this planet and it's so beautiful, so wonderful.

I dream that it will continue, but in peace, beauty and love."



The Way to Save the World from Doomsday

Spoken by The Supreme Master Ching Hai September 8, 1994 Narita Airport, Japan (Originally in Chinese)

I feel much more relaxed in Japan this time. [Applause] You have been initiated for a longer time now! You have also practiced and meditated diligently, purifying yourselves. This is very helpful to the atmosphere of Japan. We are helping the world in this way, so I say you are the saviors of the world.

In this world, many of our brothers and sisters have forgotten their original duties, forgotten their Buddha Nature, the quality of God. Instead, they have done many harmful things to the world, to the universe. If everyone were doing so, and doing nothing to counterbalance, our world would be in great calamity. Many mishaps have already happened, but more disastrous ones are yet to come. Until now, these calamities are affecting mostly one country or part of a country. Should everyone keep on disregarding spiritual practice as before and doing bad deeds instead; neglecting other people's lives and feelings, and ignoring human rights, greater disasters will happen, even affecting the whole globe. Without using miracle powers, we can see into the future. We can know it without using miracle powers, because it is logical, it is cause and effect.

Many of the so-called clairvoyants and prophets anticipated that many grave disasters would simultaneously happen in the world. In different countries and different ages, different people have had the same vision. Those people could really see into the future, they were not remarking casually. There have been such persons in many countries in all ages. They were not rare.

However, perhaps we are practicing well. Our practitioners are in many countries, setting up big group meditation Centers. Grouping together, our power is very strong. So, I think the world can still be saved. If we sincerely pray for something together, or practice together, we can generate an enormous atmosphere of peace, and it will have a great effect. It is not limited to that specific place.

For example, there is no river in your land, but there are rivers in other places. The water in the rivers and seas would be evaporated to become steam, and then become rain. Subse-

quently, your land will also be affected. Another example: you may have run into trouble today on the road or in a certain place, you may have had a car accident or another accident. Then, you met two very compassionate people who cared and helped you, making you feel loved, safe and very comfortable. Later, you left when everything was all right, or after spending a week in the hospital and that loving feeling was still affecting you. Whomever you saw thereafter, or in a conference with many people, you would be very loving and patient to them, and then those who you treated compassionately would continue spreading the love outwards, also treating others with love. And then, those whom they had lovingly treated would again spread this love to more people. The transmission would go on and on, just like a drop of oil, spreading outwards continuously.

Similarly, if a person has sufficient time to practice, he would be serene within and then, his serene attitude and atmosphere would further influence the people he sees, the neighbors and people around him. Upon seeing him, the people would be affected by his aura and become peaceful. They would think, "Oh! This is right! We ought to be peaceful and loving!" As the influence spreads out, many people would be affected. Therefore, our spiritual practice is truly beneficial. This is simply logical, nothing esoteric or beyond comprehension.

Many undesirable things happen in the world because the people are not happy and lacking love. For instance, we often read some remarks in the psychological books or in the newspapers. Most of the more troublesome and violently inclined persons are those mistreated or neglected in childhood. Without receiving any love, they grew up in a bad mood and developed a negative personality. This is the cause for most of them. Now, our meditation Centers are providing places where people can rest and calm down. Sensing the tranquillity, they know this place is safe. No one would annoy them, abuse them, so they become more peaceful and calm at heart. Subsequently, they are no longer afraid or nervous, or feeling endangered. Besides, we can also teach them to communicate with their Almighty Power within themselves. Gradually, they realize their real greatness, and improve. They would definitely feel increasingly serene and peaceful. That was exactly what happened to you! [Applause]

So, you see! Spiritual practice is very logical! You can understand by logical reasoning. These places of spiritual practice are necessary for people to introspect and seek their peaceful corner within. This is why your lives are getting better as you practice. You are feeling increasingly more intelligent, realizing more, you are more relaxed, it's easier to forgive others, and you are more compassionate. Previously, you didn't know the way to nurture yourself, so you felt uncomfortable, weak in both body and mind.

In heaven above, they heal with Light instead of with medicine. I think, perhaps we could also heal illnesses with similar Light in the future. There are also some illnesses which can be affected by sound, say like music. This method we are practicing includes the Light and the Sound. Many agonies and pressures minimize naturally, and eventually disappear. We are originally highly intelligent beings. However, in this world we are excessively oppressed and have no time to rest. Even when we find time to rest, we don't know the proper way. Outings and activities simply tire us even more after spending much money. We just feel even more uncomfortable. Now, we have the time to practice, and the power of Light and Sound that heals all ill-

nesses, and we also have wisdom. In serenity, we can find our original wisdom, so it is simply natural that we are becoming better and better.

Ordinary people, after being loaded with heavy work, go for a rest by the seaside or in the mountains for a while, if they can afford it. Then they feel refreshed and are ready to carry on with their work. However, it is much better that we have a brief rest each day than taking a week off after a long time. Our two and a half hours meditation is our every day rest. Besides resting, we are also saving our lives! The Light and the Sound purifies our mentality and bodily cells, etc. Therefore, the more we practice, the younger and more comfortable we feel. Most illnesses disappear.

I have read in a magazine lately that they are using a special sound to heal cancer. Have you read that? They have started experimenting on it, and it seems to be effective. Having read this news, I felt that our contemplating on the Sound is really the best. Many fellow initiates, having practiced the Quan Yin Method, have gotten rid of their cancer unknowingly! However, this is only a natural, bonus effect. We do not practice for healing. In another sense, we are also practicing for healing! Our illness of ignorance is the worst, from which many other illnesses are born.

For instance, being ignorant, we would enjoy all kinds of pleasures — eating meat, consuming alcohol or even drugs. We think these will bring us pleasure, while in reality, we are ruined both physically and mentally. This is a result of our ignorance. Understand? We ignorantly take drugs and poisons, and become ill. We suffer from disordered livers, lungs and hearts, cancers and everything, all because of our illness of ignorance.

Originally, God sent us here to bless the world, so the

world would evolve, become more beautiful, as if in heaven. The outcome is, after we have entered this "tool" (the human body) we abuse it instead of using it to implement God's will. We destroy this "tool" given by God, so we are feeling very uncomfortable.

Master is teaching you to do the right thing, to find the proper way of using your "tool," and remembering your mission. Otherwise, each of us would come to this world and then get lost in materialistic enjoyment — fond of this, fond of that, fond of this "tool." Instead of using this "tool" to beautify the world, we are indulging in the "tool" — intoxicated. Of course the world is hopeless in this way. There must be someone like us reminding people of their original mission, to remember and understand that they must not be indulging and getting lost in this world, destroying the world, together with themselves. Therefore, spiritual practice is our obligation.

When an ordinary person is very ill, he will be sent to the hospital, not only for the medication, but also for a rest. His body will then generate a resisting energy to cure the disease. Usually, after taking medicine we feel heavier and sleepy. The purpose is to let us rest more so our body would yield resisting power. We are cured naturally, and medicine is not the only effective substance. Therefore, even though we are not sick, we rest every day, taking the "heavenly prescription" — the internal Light and Sound — in a dosage of several hundred liters each day, [Master laughs] of course, we feel better! We have rest and we have the medication, naturally we are healthy and sound, physically and mentally. Therefore, the more we practice, the more we feel that it is hard to quit. We simply enjoy it more and more, like a kid unable to quit drinking milk.

Most people have some problem or another, either

physically or mentally. We might be a little too late starting now, but it is better than never. If we have our own kids, hurry and give them this "medicine," so they have no need to take that much when they grow up. Look at the hospitals in the world, they are full of patients eating a lot of meat and drinking alcohol. They are not poor people, right? They are rich people, experts in food and wine, ending up in the hospitals. Also, they recover very slowly, even when their illness is a minor one.

On the contrary, those vegans who lead a simple life like us can recover from illness very soon, if not immediately. Besides, there won't be any side effects after taking medicine, no adverse reaction. If we practiced only very recently, our systems may not have adjusted or improved so fast. We cannot change fast enough at the initial stage of our practice, should the illness be too heavy. Therefore, we are occasionally sick. If we were not practicing, the situation would be even worse.

This Light and Sound is the medicine and food for our body and soul. It changes and renews our body cells. Therefore, you may observe that good practitioners look younger, at least younger than before. If you see them again after a long time, their skin is more shiny and tender, as if reliving their youth. If our life is not a hustling and nervous one, the change would be even more apparent. It is good enough for us to practice for two and a half hours each day! We can live on. At least the pressure would not be too heavy, to the extent of half alive and half dead. Not that I need you to practice, but that you truly need to practice. I will also try my best traveling about, reminding people of the benefits of spiritual practice.

With respect to the resolution to practice diligently or not, it is your own right and obligation to decide. Truly, I cannot urge you, drag you, pull you, or do anything. All I can say is: the more you practice, the more you will enjoy it — feeling the benefits, feeling very comfortable, feeling physical changes, feeling not the same anymore. Really, when I come back to see you after a few years — "Wow! You are so healthy! Very different from the first time we met." [Laughter and applause] You applaud because you understand, is that right?

Our physical body is affected by the spiritual body and our mentality. If our spiritual body and mentality are satisfied with taking the spiritual food, our physical body would also change to become prettier. If we are mentally heavy, unhappy, our physical body would also look tired and frustrated. Then we are restless and distressed.

Here is a very logical example: don't you look very pretty when you are happy or in love? Or, when your family is warm, comfortable and peaceful, you look cheerful, pretty and bright. When we are worrying about our job, obstructed in business, if our lover runs away, etc; or we lose in gambling, our faces will show it. Sometimes, people would say, "I am so mad I could die. I am annoyed to death, I am missing my lover!..." Understand? He is not dead yet, but he looks very much so! These are only the worldly distresses, not to mention our spiritual body if we fail to let it rest and nourish it each day. The Light and Sound are our spiritual food. Without nourishment, our spiritual body would wither and become frustrated, upset, and then inevitably affect our physical body.

The several years between 1994 to 1996 or 1997 are the most sensitive period of our Earth. Therefore, many incidents have happened. In the last few centuries, we have done so much harm to our planet. Sometimes, the actions looked like we were helping the world, or making the world progress, but the price has been too high! We human beings are too ignorant. Just to

earn money quickly in our businesses, we have disregarded the future consequences. So, now we better slow down and consider our situation, and that of our next generation and the background of the world. We have destroyed too much!

For instance, we may cut down trees, but we should plant two trees for every one we cut! We can retrieve used materials for recycling, that is all right! We may also change our meat diet to a vegan one, because meat eating has used up most of the resources on Earth.

Each year, many forests are destroyed just for raising livestock. To raise the animals and provide beef for our consumption, forests and jungles equivalent to the area of England are being felled each year. Raising cattle consumes a lot of water, forage, time and land; and the land cannot be used again. After the trees are felled and the earth trampled by the animals, you have to wait fifty years to plant things again. Also, with the trees gone, the exposed rich soils are washed away by the heavy rain, erosion is out of control, and the land becomes barren and dry. There will be a chain reaction of one thing affecting the other, and the destruction is not limited, but has many aspects. Pure water sources are used for animals to drink and take baths, leaving only the filthy water for us, and in insufficient quantities too.

We have abused technology and damaged the protective layer of the Earth's atmosphere. This has also affected our planet, the Earth is getting hotter. If, it is hot then there is no rain, and no shading trees. Without rain, trees cannot grow, without trees, there is less rain. Therefore, the climate is becoming hotter and changing unpredictably.

All these end up affecting our bodies, affecting our children, our businesses, our mental states and other aspects, and

eventually affecting the moral state of our Earth. Without sufficient food, prices would soar; many people would not afford it. Business would be bad which would result in bankruptcy. People without money would resort to robbing and do evil deeds, or become homeless. They might even harm themselves and their families. You would be the first victims if there were nothing to eat. Very soon, the whole world would be in hunger.

The consequence has already affected the children, affected them morally. Therefore, the United Nations and many countries are getting together to discuss about abortion and future food shortages.* They have resolved to approve abortion, etc. That is resolving to kill the children, the infants. Yes! To legalize and encourage abortion. As the number of people is increasing, and food is insufficient, they want to kill people now. To say it bluntly, they are killing people for food. However, this is really happening. They kill infants, they kill children. It is because they sense the danger; food is getting less and the population is on the rise. They do not change their way of living — to be vegan, refrain from cutting anymore trees, and to plant them instead; stop raising livestock, but plant crops instead. On the contrary, they are slaughtering children.

Therefore, you can see that the influence is like an iron chain, continuously affecting another and another. You can't say, "Eating meat is my business." It affects the whole world, affects the next generation, and your innocent children. You can see this is terrible, the damage is so enormous. Now, do you still ask why Master wants you to be vegan?

We have to solve this problem from the root. We water

^{*} The United Nations and some countries' representatives gathered in Cairo between Sept. 5-13, 1994 to discuss the overpopulation and future food shortage problem.

the plants at the roots, not on the leaves. Yes, the more we eat meat, the more we have to produce meat. Raising animals requires vast land areas and plenty of water for the grass to grow. The more trees we cut, the less water we get; and then the water is used for the animals and people are left without. Without water, we cannot plant crops, so we have less fresh produce. When the supply drops, they'll be more expensive. When the population is soaring and food production is decreasing, wars are inevitable. There will be more violence like robberies and killings, just for eating, just for food. Finally, they think of murdering — murdering the children to save their own skins.

Previously, no one ever even thought of abortion, but now they try to legalize and publicize it. In my humble opinion, I feel that the United Nations and many other countries ought to think in a more logical manner, and to find a more effective and correct method, instead of just killing children. If the situation persists, it is not enough no matter how many lives you kill.

Many people have prophesied that in the future there will be some countries that will need to eat human flesh to survive. They will reach the stage of eating the meat of dead people. However, there is a way to change the future, but not if they continue in this way.

We can change, change our world. We can save our world. We should rebuild our way of life — live a moral life, be a vegan, cultivate ourselves mentally and physically and there will be immediate results. Our world will be changed at once! If everyone plants trees instead of cutting them down, then we would be saved very soon. Within ten years, the world would not be the same — not have so much problem. Truly there is hope, but only with the cooperation of everyone.

For example, you disciples listen to what I say and you

will further influence other people you know. However, if that land does not belong to us, we cannot demand the landowner to plant trees! He ought to realize the gains and losses. This news should be propagated to the whole world for everyone to know. They have to believe, and they have to think in a more logical way. Everyone has to be united to save the world. Otherwise, there is no point worrying about Doomsday. We are killing each other already before Doomsday arrives. Since the beginning of Creation, we have never heard that wars are for killing children! It means that our moral standard has been degraded to its lowest point.

Nowadays, if you have killed a person, the judge, the police would arrest you and put you in jail. You have to compensate for the lost life with your own life. However, they are now trying to legalize the massacre, and no one seems to think this is immoral. This is really incredible! I hope the United Nations and the participating countries will keep their minds clearly awake. Otherwise, it is really terrible to put the future of our next generation and the whole world in their hands, and let them decide for us! If they are not enlightened, and incapable of logical thinking, you could imagine how serious the situation is!

When there is a cause, there is an effect. God is not going to stand on one side watching them decide the life and death of the people, the children of God. God definitely would not allow it.

We often accuse others, "He kills, he is a murderer!" Everyone would scold him, hate him. We are also disgusted by wars, killing. However, murder has now become a natural course, and the murdered victims are babies, infants. This is truly horrible! It is different if it has to be done due to compelling situations. However, they are now doing it openly, without

any urgent reason; just because the food rations are insufficient. The babies have to be killed simply to ensure the adults' food ration. I hope abortion is not legalized. Try our best to think of a way, and don't let this happen.

If any of us like and agree about this, we can write to them, in about the same content of my speech today. Each of us may accordingly write to the United Nations, to the President of the United States, and the relevant nations. Request them to find another solution, instead of employing this undesirable method! Perhaps they will listen to our advice, perhaps not. I hope they will listen. Otherwise, even if we kill all the children to save the adults and other privileged children from starving, the retribution of the karma incurred would be even worse.

It is strange! I don't know what the people of the world are thinking. They cannot solve even such a simple problem. I am sure most of the politicians know about the statistics from the books researching the gains and losses of a meat diet versus a vegan diet. They have more opportunities to read these books. They are wealthy, and they have people to inform them, submit the material to them. They should know better than us. They are obliged to manage the country and work for the people, they should know about these facts. It is so simple; just encourage the people to be vegans, and they themselves should also change to a vegan diet. The world will soon be saved this way, not to mention going to heaven through spiritual practice, and the incurred merits!

If a vegan diet can save the world, then everyone just has to sacrifice a little. The political and religious figures have great influence and authority over the people. They are free to use any means. They have television, radio and everything. They can talk about anything at any time. They should talk about good things, propagating a vegan diet, and environmental protection. That is the right thing to do for ourselves and our next generation. Is that right? It is very convenient for the major political and religious groups to do so.

We have received many warnings lately. There are natural disasters and earthquakes everywhere. Furthermore, we are terrorized by killing among humankind. Humans are powerful. They could be the Buddha or they could be a demon. "As a Buddha (fully enlightened being), they could save the whole world.". As a demon, they could destroy the whole world.

Until now, we have been afflicted with many problems. Some mentally unbalanced people have created wars, or invented some bombs, much of which destroy the wealth of the world and people's lives. Sometimes we think a bomb is nothing; to destroy a city is nothing, etc. So much money and effort is required to build a city. If the city is destroyed, the economy of the nation is affected, and pressured. Rebuilding the city entails great pressure. It is a tremendous burden to the economy of the nation. So, there are natural disasters, earthquakes, typhoons, bombs, and strange diseases. Don't say the whole world is destroyed — it is extremely disastrous if only one third or a part of the globe is affected. The situation will deteriorate with a chain reaction.

Therefore, I hope the people of the world will wake up quickly. I wish you would spread the message to everyone, telling them to save this Earth together. Otherwise, what should we do? Heaven only accommodates the virtuous people. If the Earth does not exist anymore, where do all the not-so-good people go? Therefore, we must spend some effort for the less desirable people.

This planet Earth is very precious. Should God wish to

punish it, destroy it, there is nothing we can do but to comply with Hiers will. However, if it can still be saved, then we should save it. It is because this world is a very good school, where many souls may come here to learn and grow.