

FROM CRISIS TO PEACE  
THE ORGANIC VEGAN WAY IS THE ANSWER

*The Supreme Master Ching Hai*



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The Supreme Master Ching Hai © 2010  
First Edition: November 2010  
Second Edition: 2012  
Printed in Taiwan  
ISBN: 978-986-86252-6-6 (paperback)

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Due to all inhabitants of the world's good karma,  
this beautiful planet was created. But if it's all covered up  
by the new bad karma, then the planet and/or  
the inhabitants will perish.

Make good karma:  
Be Loving  
Be Veg  
Be Green

*-Supreme Master Ching Hai*





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# FOREWORD

At conferences, in interviews with journalists and at gatherings with disciples in recent years, Supreme Master Ching Hai has spoken with increasing urgency about Earth's current climate crisis. As she states, "Our planet is a house that is burning. If we don't work together with a united spirit to put out the fire, we will not have a home anymore." But she also offers humankind an uplifting solution, one that every individual can easily achieve: "Be veg to save the planet."

As the crisis escalates, natural disasters are claiming tens of thousands of lives and displacing millions from their homes, with financial losses amounting to billions of dollars. Rising sea levels have already submerged 18 island nations and are threatening many others. In addition, irregular rainfall patterns and intensifying droughts are affecting many regions, thus worsening food and water shortages. And climate experts warn of even more extreme weather conditions to come, with the possibility of "runaway global warming."

In this book Supreme Master Ching Hai presents the major factors associated with global warming, and more importantly, its root cause: the livestock industry.

In fact, many scientific studies support Supreme Master Ching Hai's view, which she has expounded for over twenty years. The raising of animals for food not only wastes massive amounts of precious water, land and energy, but also contributes to a staggering 51% of the planet's greenhouse gas emissions. Livestock farming is also the greatest single source of atmospheric methane, a much more powerful greenhouse gas than CO<sub>2</sub>, but one with a shorter lifespan.

Thus, as Supreme Master Ching Hai says, it is only logical that halting meat production and "becoming veg" or adopting a plant-based diet will immediately reduce global temperatures, heal the environmental ills caused by livestock

and reduce the costs of mitigating climate change by trillions of dollars. Also, such a shift can achieve these results with virtually no negative impact on the planet and society. In contrast, similar cuts in the carbon dioxide produced by industry and the transport sector could have devastating economic effects. Furthermore, most green technologies take years to develop, while cuts in methane emissions can be achieved immediately with every vegan meal. So adopting the vegan lifestyle is the easiest, quickest and least costly solution to the climate crisis, and it is also our only salvation because we are running out of time.

Many climate experts, environmentalists and government officials have already begun advocating this approach to saving the earth from the worst effects of climate change. Their voices culminated in the June 2010 United Nations report urging a global transition to a meat- and dairy-free diet, echoing Supreme Master Ching Hai's urgent plea: Everyone who has decision-making power should take the courageous step to enact laws that immediately facilitate this shift.

Perhaps even more devastating than our carbon footprints that have caused the climate crisis are the bloody footprints we leave behind in slaughtering billions of innocent farm animals each year. Supreme Master warns that this moral crime has reached global proportions, as our violent acts come back to us in the form of natural disasters: "As you sow, so shall you reap." Such is the universal teaching found in all the world's great scriptures.

Indeed, humankind is facing a crucial turning point. We have only one chance to save the planet and the time is now. Simply by adopting the benevolent, life-saving, plant-based diet we can dispel the darkness engulfing us. And this small step will in turn propel humankind into a higher level of consciousness. We will restore harmony to planet Earth and thus usher in the Golden Era of peace, beauty and love. As Supreme Master Ching Hai promises, we will then have Heaven on Earth.

Let us all seize the opportunity and make the change today. Let us all choose to evolve and elevate our civilization and the planet.

The Editorial Staff



*Notes from the Editors:*

This book contains unabridged excerpts from Supreme Master's talks at international conferences and gatherings with disciples, as well as from interviews with journalists. For references to these sources, please refer to "Bibliography of Talks by Supreme Master Ching Hai" on page 145.

In speaking of God or the Absolute, Supreme Master Ching Hai uses the following gender-neutral terms to avoid arguments about whether God is male or female.

*She + He = Hes (as in Bless)*

*Her + Him = Hirm (as in Firm)*

*Hers + His = Hiers (as in Dears)*

*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 it 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.



# A BRIEF BIOGRAPHY OF SUPREME MASTER CHING HAI

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 29 climate-change conferences in 15 countries broadcast live on satellite TV and radio. As a result of these efforts, her motto "Be Veg, Go Green 2 Save the Planet" 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.

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 globe, 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. 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.

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.

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 have a dream. I dream that all the 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 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, 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.”



How I really want to embrace the leaders and the non-leaders, people of this world and tell them, “Wake up.” I want to embrace them and tell them, “Wake up, wake up now. Wake up, my love; wake up my friend, save yourself.”

## A PERSONAL PLEA FROM SUPREME MASTER CHING HAI TO WORLD LEADERS

I am very grateful to the courageous leaders in the world for stepping out of their boundary and speaking out for the sake of everyone. Even if the public does not appreciate their goodwill, Heaven will take note. And they will have a great reward hereafter. It is, of course, very difficult to be in the position of authority.

To be a leader is to be endowed with bravery, compassion and nobility. That's why you are a leader. It's not easy, of course, to be in the position of a leader. That's why leaders are few. In a nation, there's only one king, one queen, some princesses, some princes, one president, one prime minister: very few leaders compared to the multitude of this world. But fewer even still are brave leaders, courageous leaders, righteous leaders and wise leaders.

To such a wise and courageous one, we offer full support and respect. We pray that Heaven give them more strength, more wisdom to carry out their noble duty. Because as I told you, leaders are few. And fewer still are those who are wise and courageous. Being a leader, we must know what is good for our subjects and what is not. And what is good, we have to encourage them to do, facilitate them to do. And what is bad, we have to stop, to protect them. That is the true meaning of a leader.

### *Promote the Animal-Free Lifestyle that Benefits All People*

The best government should promote policies which benefit the ordinary people and all people. To be effective, governments now must realize that this is a special, special situation, one that requires exceptional measures.

**I suggest all world leaders and governments to please promote the animal-free lifestyle and quick so that we can save our planet.**

We have no time, not too much time left. This is no longer even about politics. It's about the survival of ourselves and our children. If all governments encourage people toward the healthy, animal-free diet, the planet could be saved in no time.

The activities that are good for our Earth can also generate livelihood. We have a shortage of food, so the government can easily support organic vegan farmers and the advancement of other green practices. This will help greatly. The government must make a priority, saving the planet, organic farming, subsidize.

To all the leaders, I call on them once more to put their love first for their countrymen and women, and for all the children to accept with courage the deed that must be done, to use the mighty power in their hands entrusted by people to save the world.

The global livestock industry is now contributing almost about as much to global warming as the energy sector, or even more. And I know it contributes at least 80% of it. Meat production is depleting your people's water, damaging their health, pushing them to war and breeding new deadly disease each day.



It's killing your people. Only you can stop it.

They need your shining, heroic, vegan example because they really look to their governments, to their leaders.

They would be greatly facilitated by your laws for organic vegan farming and campaigns or laws to make the much needed lifestyle vegan change.

Your co-citizens, your subjects, will appreciate you, praise you, love you, support you and they will remember you for saving the world for generations to come even, for saving their lives and the lives of their loved ones, as well as their future children. And Heaven will reward you greatly.

Lead the veg change. Promote forgiveness and peace and then even all other troubles, like poverty, conflict, even financial crisis, pandemics, will also subside.

I thank you, leaders of nations, for all the efforts in this direction so far.

### *We Are All Part of the Solution*

But if you allow me, I honestly say that what we are doing and planning now is not enough, and not fast enough and I bid you the courage and faith to do more and faster.

To the organizations of the world, including the media who understand the strength of a social movement, thank you for your work to inform and encourage people to the exciting and humane, beneficial, chic, animal-free—the vegan way of life.

To the individuals, thank you for doing your part to save our planet, but please, to make it in time, we have more to do and we have little time.

We have to continue to urge our leaders and our fellow human beings, neighbors to change, be vegan to save themselves and their families and children and the animals, and everything they feel is worth living for.

We can get out of the danger but through the right direction. Our house is on fire but the water hose is right there in front of us.

Just pick it up and use it; it's as simple as that. Just be vegan. And please be quick. Our days are numbered.

To all humankind, Heaven loves you so much. So we have hope for the planet's survival, more than ever before. We shall awaken to a new, compassionate, vegan planet that is full of loving energy, kindness and blessings no end from Heaven.

I pray you all will continue towards this peace in our reach. Thank you so much, all of you. Thank you.

If everybody stops eating meat right now, within eight weeks' time, the weather will change into a benevolent one. Everything that has been damaged will be returned to normal in eight weeks' time. If everybody on the planet stopped eating meat and turned into compassionate heart, then the result will be immediate.





## A NOTE ON THE SECOND EDITION

From Crisis to Peace - The Organic Vegan Way is the Answer, was first published in 2010. Inspired by the book and by Supreme Master Ching Hai's other endeavors, government officials, religious leaders and the media are increasingly advocating the vegan lifestyle as a way to reduce climate change and enhance human health. As announced by Supreme Master Ching Hai in March 2012 after months of intensive meditation, these constructive efforts have changed our planetary destiny, and allowed the existence of Earth's civilization to be extended for at least another half century. After making her announcement, Supreme Master Ching Hai wrote an open letter to individuals and groups around the world, expressing her gratitude for their invaluable work. In this updated edition of From Crisis to Peace, we present the letter (originally in English) on the following page.



# LETTER OF APPRECIATION

*Most Excellent and Honorable government leaders; Holy, Eminent and Reverend leaders of the world's esteemed religions; distinguished members of the media; and noble members of the public:*

*With heartfelt gratitude, we are excited to share the good news that the continuation of our precious planet has been extended for another half century and counting.*


*We extend our sincere thanks for all of your noble endeavors. Such combined efforts have led to the further safeguarding of the Earth and her inhabitants.*

*These wise and considerate actions include participation in campaigns and protective laws encouraging adoption of healthier living, greater peace, unity and civil rights, animal welfare, humanitarian works, social programs and environmental conservation.*

*Even though I have not met you personally, I feel like we are working as a team to secure and foster the harmonious existence among all life on our magnificent planet.*

*We look forward to continuing these noble efforts together, more now than ever before to further ensure a peaceful, more advanced, and abundant world for all beings.*

*Respectfully yours,*



Supreme Master Ching Hai



For many years Supreme Master Ching Hai has been in deep, continuous meditation for the sake of Earth's survival. Thus, it was with great joy that in December 2012 she shared with the world the uplifting news from Heaven that our planet has been saved and will be preserved for millions of years to come:

*“Now that we have saved the planet or the planet is saved for a long, long, long, long time. We should all try to go more inward, focus more on the spiritual connection with the divine from within.”*

*~ Supreme Master Ching Hai*

*December 22, 2012*