



I Have Come To Take You Home

A collection of quotes and spiritual teachings by
The Supreme Master Ching Hai

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The Supreme Master Ching Hai
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The Supreme Master Ching Hai International Association maintains meditation Centers throughout the world. These Centers help people of all faiths and creeds discover the practice of an ancient meditation technique called the Quan Yin Method as transmitted by 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, 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.

Preface

How many people have the chance to come in direct contact with the teachings of a truly enlightened living Master? The preciousness of that opportunity is explored in the pages of *I Have Come to Take You Home*. Prepared originally by one practitioner from Supreme Master Ching Hai's lectures, interviews and informal talks, this book began as a collection of personal notes. With the help of many fellow practitioners who transcribed the English lectures and translated many others, themes of Master's teachings began to emerge.

Enlightened Masters, fully conscious of their Supreme Nature within, are perfect mirrors of the most noble and divine qualities within each of us. Their spiritual attainment is achieved, not for their own benefit, but to uplift all beings. Supreme Master Ching Hai is such a Master. And through transmission of the Quan Yin Method of meditation, known since ancient times as contemplation of the inner Light and Sound, She provides us with a way to attain ultimate liberation.

In *I Have Come to Take You Home*, Master's wisdom illuminates a range of spiritual topics discussed throughout its chapters. Many of these topics are presented in question and answer format. This makes the material more clear and relevant while at the same time providing a depth of insight into the Quan Yin Method and other aspects of Master's teachings.

During the process of editing this book, working practitioners tried to highlight the main points of what they felt were

the most important themes whilst still preserving the essence of Supreme Master Ching Hai's original discourses. But due to the interpretive nature of their work, some of the wording and hence the meaning may differ from Master's actual words. Thankfully, Master compassionately accepted their devotion and has graciously permitted the publishing of this book despite its possible imperfections.

It is also most fortunate that Supreme Master Ching Hai has allowed so many of Her discourses to be recorded, making them currently available on tapes, DVDs and CDs. Thus, any reader who would like to further explore the Heavenly and Blissful inspiration of Master's original words is encouraged to refer to bibliographic references provided at the end of each quoted passage in the book.

May the Truth guide you to your own Great Awakening.

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, as She has affectionately become known to those who have had the pleasure to meet or work with Her, lives a message that walks the way of love.

A renowned humanitarian, artist and spiritual visionary, Her love and assistance has extended beyond all cultural and racial boundaries to millions of people around the world, including the needy and homeless, institutions of medical research on AIDS and cancer, war veterans of the United States of America, the disadvantaged elderly, the physically and mentally handicapped, refugees, and victims of natural disasters such as, earthquakes, floods, typhoons and fires. Not only are human beings the blessed beneficiaries of Her kindness, animals from different species are also the recipients of Her boundless benevolence.

Through these works, we witness countless reminders of compassion which is the trademark of this caring lady and the international foundation that has grown out of Her loving example. "Whatever we can share, we begin with sharing. Then we'll feel a subtle change within ourselves - more love will be pouring into our consciousness, and then we will be aware of something. That is the beginning. We are here to learn, to learn to grow as well as

to learn to use our power, our limitless power of love and creativity in order to make the world a better place wherever we happen to be.”

Her Early Years

Supreme Master Ching Hai was born in central Au Lac. During Her early years, She was often found helping hospital patients and the needy, as well as injured animals, in whichever way She could. As a young adult, She moved to Europe to study and continued there as a translator for the Red Cross. She soon discovered that pain and suffering exist in all cultures and in all corners of the globe, and Her search for the remedy to this became the foremost goal in Her life. She was happily married at the time to a German physician, and although it was an extremely difficult decision for both of them, Her husband agreed to a separation. She then embarked on what became a two-year journey in search for spiritual understanding.

Himalayan Pilgrimage

Finally, in the deepest reaches of the Himalayas in India, She found an enlightened Master who imparted to Her the Quan Yin Method, a meditation technique which contemplates on the inner Light and Sound. After a period of practice, She became fully enlightened.

Soon after Her return from the Himalayas, at the earnest request of those around Her, Master Ching Hai shared the Quan Yin Method with others, encouraging them to look within to find their own greatness. People from all walks of life found that through the Quan Yin Method of meditation, they attained greater fulfillment, happiness, and peace in their daily lives. Before long, invitations arrived from the United States, Europe, Asia, Australia, Africa and South America as well as important organizations for Master Ching Hai to give lectures.

Beautify the World We Live In

As well as being a noble example of humanitarian aid, Master Ching Hai also encourages people to beautify the world we live in. Through meditating with the Quan Yin Method, Master Ching Hai has realized many spontaneous talents that She expresses through artistic paintings and creations, including an exquisite array of lighting lamps, music and poetry, and aesthetic jewelry and clothing designs, expressing the inner and outer beauty of the cultures and peoples She has met. In 1995, upon the demand of the public, Her clothing creations were toured on the international fashion circuit, including London, Paris, Milan, and New York. The income generated from Her artistic creations has enabled Supreme Master Ching Hai to create an independent source of funding for humanitarian activities, in support of Her noble mission of assisting God's children in their times of need.

Recognition and Master's Dream

Although She does not seek acknowledgement of any kind, in recognition of Her selfless assistance, Supreme Master Ching Hai has been given awards worldwide by government officials and private organizations on numerous occasions. They include the World Peace Award, the World Spiritual Leadership Award, Award for Promotion of Human Rights, World Citizen Humanitarian Award, Award for Outstanding Public Service to Humankind, 2006 Gusi Peace Prize, Los Angeles Music Week Certificate of Commendation, and First Place Silver for the 27th Annual Telly Awards, 2006. In addition, October 25 and February 22 have been proclaimed as the Supreme Master Ching Hai Day in the United States. As former Mayor Frank Fasi of Honolulu states, "She is the light of a great person, an angel of mercy for all of us."

Supreme Master Ching Hai is one of the truly dedicated people of this era helping others find and create a beautiful vision of our future. Many great people in history have had a dream, and

in Her own words, so does Supreme Master Ching Hai:

*"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."*