

THE KEY OF  
IMMEDIATE ENLIGHTENMENT  
SPECIAL EDITION

THE SUPREME MASTER CHING HAI'S  
1993 WORLD LECTURE TOUR  
VOLUME II  
AUSTRALIA

The Supreme Master Ching Hai  
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## On Master Ching Hai's World Lecture Tour

In early March 1993, The Supreme Master Ching Hai, in an effort to bring the message of liberation to souls longing for their Homeland, undertook the arduous task of a worldwide tour. The lectures, discourses, interviews, and responses to innumerable questions posed by seekers around the world spanned a period of three and one-half months and included 16 countries from the Orient to the Occident and back to the Orient. People of all races, religions, and nationalities gathered to hear a living Master speak of an ancient Method by which one may escape from this world of birth, sickness, old age, and death, and describe the beauty of another world that is our true Home.

Thousands of people, yearning for deliverance from the cycle of eight-four, were initiated by our benevolent Master into Quan Yin Method and thereby secured not only their own release but also that of their five generations. These six volumes consist of literal transcriptions of interviews and discourses presented by Master Ching Hai at venues that included university campuses, public auditoriums, outdoor gatherings, historical sites and hotel conference facilities, in cities around the globe. Most of the lectures were given in the English language, but in Germany, Austria, and France, Master Ching Hai spoke in the native languages of those countries.

A small group of practitioners accompanied Her on the tour to assist with the multitude of tasks that are required to deliver lectures to thousands of people in cities around the world. To those of us who privileged to be a part of this tour, we could only regard Master with amazement, as city after city, country after country, with no respite between the crowded lecture venues, She attended to the spiritual needs of thousands of people. This petite Person with a delicate physical body, yet possessing incredible energy and stamina, maintained such an extraordinary pace that we had difficulty in keeping up. There is no doubt that only someone connected to the Universal Powerhouse could possibly have endured the physical hardships and successfully overcome the obstacles that a tour of this magnitude generates. Master has said, "When I teach the Method, it is not my body that speaks, but it is the Buddha (God or the Master power) within."

This report is presented by the News Group that accompanied Master Ching Hai during the sixteen weeks and hundreds of thousands of miles. She traveled in 1993 to bring a message of hope to the masses of people who were praying for liberation. It was in response to those anguished pleas and the repeated requests of longing disciples around the world that Master Ching Hai undertook this lecture tour, because in Her eyes, as She has so often said, there is no need to teach anyone anything. Everything is perfect the way it is. The lectures presented herein and spoken by Her were recorded, transcribed, and sometimes translated from other languages and then edited for publication. We recommend that you listen to or watch the original audio or videotapes. You will get a much richer experience of Her presence from these sources than from the written words. Of course, the most complete experience is to see Her in person.

## First Stop on Master Ching Hai's 1993 World Lecture Tour News Group Report Surabaya, Indonesia

Indonesia, the first stop on Master Ching Hai's World Lecture Tour, is located in southeastern Asia and comprises more than 3,000 islands that stretch along the equator from the Malaysian mainland to New Guinea. Master's destination was Surabaya, capital of the East Java province. Surabaya, the country's second largest city with an estimated population of around 2.5 million persons, is a commercial and industrial center, as well as a major naval base.

More than 4,000 believers assembled at the lecture venue several hours before Master's arrival. The admiring crowd, having swarmed around the hall and book kiosks, was anxiously awaiting the appearance of Heaven's perfect Being. Upon first catching sight of our beautiful Master, many people, unable to restrain themselves, rushed forward to shake Her hands or simply to get a closer look. The atmosphere was brimming with excitement and goodwill as Master made Her way through the crowded assembly, silently blessing everyone with Her presence.

### *Unique Method to Impart Dharma*

Due to bureaucratic obstacles that included masses of paper work, we were unable to obtain official permits to use the microphone system. Consequently, Master was unable to speak to the audience. With cancellation of the lecture part of the program, it appeared that the negative power had succeeded in thwarting Her plans for bringing word of the Truth to the people of Indonesia – but She was not to be beaten so easily.

Master's resourcefulness turned this "speechless dharma

gathering” into a tremendous success. Lacking the use of microphones, Master distributed blessed food, and as the people came forward to receive it, they were also rewarded with blessing from Her eyes. Master’s smiling countenance and elegant manner even transformed the terse and stern demeanor of the uniformed, military police to one of friendliness. Indeed, it was a strange sight to see these men with distinguished medals adorning their formal uniforms helping our lovely Master distribute cookies and candy to the people of Surabaya. This “silent dharma gathering” created a local sensation and made Master almost a household personality in Indonesia.

The local press, very attentive to Master’s second visit to Indonesia, competed with each other by printing long columns reporting news of Her activities. The “Surya Morning News” ran daily articles describing Master’s philosophy of vegetarianism, Her love for all beings, as well as the Quan Yin Method of meditation. A particularly interesting article revealed that Master is regarded by many of the Indonesian practitioners as “Mei Shin.” Mei Shin is a very beautiful Mongolian female swordsman who is known for having a noble character and helping other beings.

During an interview, a magazine reporter asked, “After yesterday’s incidents when the program had to be canceled, do You still want to come to Indonesia? Or maybe You are depressed and would never come to Indonesia again?” Master serenely replied, “I do not know this feeling. My lifestyle and activities are decided by Divine Will. If I have to come here again, I would not decline the assignment of God.” Many people expressed the hope that Master would return to give a lecture, while others prepared to travel to Formosa to learn the Quan Yin Method of practice. Still others made plans to attend a lecture at one of the upcoming World Tour stops.

The success of Master's visit in Surabaya makes it evident that no matter how adverse the conditions may be, our Master deftly transforms them to Her advantage. Through this unparalleled dharma gathering, Master broadly and deeply sowed the seeds of Truth in Indonesia.

*Fearless Spirit, Courageous Lesson*

At the group meditation for initiated practitioners, held later that evening, Master told us that this special form of teaching was God's arrangement. In order to judge real success or failure, one must see use the wisdom eye to see it properly. When sharing the message of Truth, it is not always necessary to speak verbally that which one wants to convey. Looking into the eyes of a fully enlightened Master has the same kind of blessing effect and can impart the same lesson. In addition, everyone had obtained a sample booklet that contains the names, addresses, and telephone numbers of the Contact Persons. Those seekers who are sincerely looking for a method of spiritual practice will come to us naturally. Master pointed out that the occurrence of pressure conditions is God's way of helping us to develop a fearless spirit and to learn lessons of courage. Only with an optimistic outlook and positive love can we conquer the negative force.

Master also humorously commented that the large troop of military police assigned to protect Her was lined up in the fashion of a welcoming guard formation appropriate for the arrival of a head of state. Although very regal, it was a bit too formal for our Master's humble tastes. While in Indonesia, Master also met with the American and Japanese Consul Generals. Everyone enjoyed the very lighthearted conversation during a delicious vegetarian meal.

News of the meeting was reported in all the major newspapers of Surabaya.

## Second Stop on Master Ching Hai's 1993 World Lecture Tour News Group Report Singapore

From Surabaya, Master's itinerary led Her northward to Singapore. Officially known as the Republic of Singapore, it is located in southeastern Asia and has a standard of living that is one of the highest in Asia. The entire island is densely populated and almost completely urbanized. With its tropical climate and delicious vegetarian ice-cream, the members of the touring group very much looked forward to the stop in Singapore.

### *Miracles Abound Before The Lecture*

Master Ching Hai's visit to Singapore in March 1993 must have been, at least partially, in response to the most ardent wishes of the Singaporean initiates. For more than a year, they had been requesting that She visit their country. On the night preceding the announcement of Her intended visit, a local initiate dreamed that Master appeared in a bright yellow light, and said, "I will come." She did not understand the meaning of the dream until the following evening when a call from Formosa announced that Singapore was to be the second stopover on Master's 1993 World Tour. Upon hearing the news, she, along with the other Singapore initiates, was overcome with joy.

Since notification was received only a few weeks prior to the visit, there was precious little time for preparation. Local initiates quickly organized into teams, each with a specific task, including

publications, transportation, purchasing, administration, etc. In addition to the efforts of the local initiates, a score of Formosan disciples arrived to assist in a variety of tasks that included distribution of pamphlets and putting announcement posters. The rush to finish everything in time was incredible, and would not have been possible without Master's grace. For example, many thousands of free sample booklets and leaflets that normally would have taken several months to print were done in only a few weeks. In addition, the cost of printing was less than half the normal printing costs. In Singapore, official permits for all public talks are required and usually take many weeks for final approval. In this instance, a permit was obtained almost immediately and without the "usual bureaucratic turtle delay" as Master phrased it. In fact, the permit was obtained only hours before the start of the lecture.

#### *Master Gives Illuminating Talk At The Airport*

On the day of Master's arrival in Singapore, a large gathering of initiates greeted Her at the airport. Graciously, She gave an impromptu talk that was brimming with praises for the airline, the cleanliness of Singapore, and the economic progress of its government. Master remarked that this progress is indicative of the spiritual level of the local population. After Her talk, as Master was bestowing blessing on the assembled initiates, She suddenly addressed a little girl by name that had not personally met Master before. Although the parents of the child were both initiates, they were literally awestruck at this overt demonstration of Master's omniscience.



### *Thousands Listen to Dharma Talk*

In addition to Master's public talks, She kindly met with initiates whenever She had the opportunity. In group meditations held the days prior to and following the public discourses, Master read Chapters from the "Tao Te Ching," and then carefully interpreted the ancient teachings so that we could learn to apply them today in our spiritual practice. She taught that through selfless action we would find fulfillment because when we serve others, we are in touch with our Inner wisdom. Master graciously answered our queries, and even gave special permission for some children of initiates to undergo half-initiation following the public lecture.

The public discourses were very well received and thousands of people crowded into the Singapore Conference Hall for each of the lectures. Master primarily spoke English, so a simultaneous Mandarin translation was provided. The audiences were very responsive and plied Master with numerous questions, including some very personal ones. Master answered all manner of questions clearly and concisely and frequently interjected her responses with humor and good-natured joking. Following both lectures, Master held initiation sessions for the Convenient and Quan Yin Methods of meditation.

Many inexplicable incidents that were nothing short of the miraculous occurred during Master's stay in Singapore. For example, although the M.C. had an extremely sore throat, he somehow found his voice for the lecture sessions, but lost it again immediately after the talks were concluded. In another incident, a boat was chartered to take Master and some initiates for a cruise around the southern islands. With no prior planning, initiates who were immediately available were asked to join the cruise. After our randomly

chosen group had boarded the boat, it was found that the boat had restrictions as to the number of passengers allowed. But it turned out that the boat was actually licensed to carry the exact number of passengers that were in our group!

The following two discourses are the dharma teachings that Supreme Master Ching Hai presented to the people of Singapore on March 8 and March 9, 1993. These inspired and beautifully delivered discourses brought the message of Truth to the thousands of seekers who filled the Singapore Conference Hall.

## 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.

# 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 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.

## Beautify the World We Live In

Although she seeks no acknowledgment 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."

*“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*



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## Third Stop on Master Ching Hai's 1993 World Lecture Tour News Group Report Australia

From Singapore, Master made the trek down-under to Australia, the only continent completely occupied by a single nation, the commonwealth of Australia. The nation is subdivided into five states and two territories. When we arrived in March 1993, it was summertime and our first stop was Melbourne. The capital city of the state of Victoria, Melbourne is on the southeastern tip of Australia on Port Phillip Bay.

### *Preparations in Melbourne*

When the news of Master's forthcoming lecture in Australia reached the Melbourne initiates, they were both surprised and elated and could hardly believe their good fortune. In preparation for the event, initiates vied for the privilege of offering Master the use of their houses and cars during Her stay, and the atmosphere became charged with the intensity of the discussions. The seriousness and stamina of the Touring group that came to Melbourne a week prior to Master's arrival won the admiration of the local initiates. This was the first time that the Melbourne initiates had worked unceasingly day and night to accomplish a unified objective, but with Master's blessing, they did not feel at all tired.

Master's arrival at the airport was a festive occasion. It was their first meeting for most of the Melbourne initiates, and whole families, young and old alike, dressed in their best clothes and hoping to make a favorable impression, eagerly greeted their most Beloved. Small children presented their drawings as Master happily admired and analyzed their contents. With intimate talks and shared laughter, happiness filled the air, and the gathering of Master and disciples resembled the joyful reunion of a family long separated.

### *Amazing Experiences In Melbourne*

The night of the lecture, Dallas Brooks Hall was overflowing with Truth-seekers, most of whom were local Australians. Not a single seat remained empty. One man, who later became an initiate, said that when Master walked past him that evening, he felt that She was Light and so very pure, like the fairy who never ate any human food. One person saw golden light radiating from Master's whole body while another saw light flowing from Her palms.

A man described his experiences in the weeks preceding the lecture when he had received a sample booklet. He had placed it on his desk with no intention of reading it. Several days later, he tried to place a phone call to a friend, but dialing a wrong number, he heard a voice on the line tell him, "You should get initiation from this Master whom you have now met."

At that very moment, he happened to be holding Master's sample booklet. He studied the teachings and later attended the program and received initiation.

In Her lecture, Master sagely pointed out that the origin of all our desires, anxieties, and frustrations is ignorance of our inner God Power, and when we are in contact with that inner Wisdom, all happiness will just naturally be drawn to us. During the Questions and Answer session, Master replied with simple explanations, often substantiating Her teaching with scientific facts and quotations from the scriptures. The Melbourne congregation enthusiastically received these teachings and that evening many lonely souls found the answers for which they had been so desperately searching.

# **To Be One With God Is to Do Without Doing**

Spoken by The Supreme Master Ching Hai

March 14, 1993  
Dallas Brooks Hall,  
Victoria Pde  
Melbourne, Australia  
(Originally in English)

I congratulate you for having a new, “old Prime Minister.” [Applause.] Your country is the envy of many other nations. That was my impression when I first landed at the airport and as we drove to my temporary residence. It’s so clean, fresh, big and vast. People don’t have the pressure of living close together without space. So clean, and the people are so friendly. Even the police at the airport were friendly and trusting - expert in knowing who is who. They only take care of the law and check on the so-called “not very law-abiding people.” When they saw us, they know nothing happens, so we just passed through without any checking of the luggage. This very rarely happens for such a group like us with many people and a lot of equipment, and wires, microphones, earphones, and so on. It was a very, very warm and welcome feeling at the airport. I have traveled a lot around the world and this rarely happens, so I also would like to thank you. Maybe

some of the policemen are sitting here today. If not, please be reminded of the goodness of your country and your people again. [Applause] If all the countries in the world become just like Australia, then we don't have to worry much.

I'm happy that your country is very liberal concerning the different faiths of different religions. When I came the first day, many people came to visit me. Some were native-born, and some were immigrants to your nation but speaking perfect English. They have informed me of the different faiths in your country, the different groups of meditational practice and different beliefs, or different so-called "religious sects." That shows that the people in Australia are very spiritual, and very open-minded to all kinds of good influences.

They also asked me what kind of religion I represent or try to advocate. I was asked already at the airport by the police who were interested to know. I told them that I have no intention to advocate any particular religion in your country because, from what I have gathered, your country has enough religions already. By the smiles on your faces, I know it is true. So they asked me, "Then what have you come for?" I said, "First to get to know your country." I have heard so much about Australia, this very interesting and charming land. Many people know about it and I have heard

about it since I was a child, but I had not the opportunity to come. So first, to get to know the country and the people; also, second, to share with them what we know, and also to learn from them what we don't know.

In these days, I have been busy learning but have not had the opportunity of sharing. Today is the day that I may have a chance to share with you what you might already know, or some of you might not yet know. In this age of very progressive communication systems, most people in the West, for example America or Australia know about many systems of meditation or religious devotion. So, religions, we have plenty and we have enough. All religions have encouraged people to be good, to do good, and to remember God or the Buddha; therefore, I do not intend to remind you about this again. The reason my disciples invited me to come to this beautiful country is that they thought because they are living in such a peaceful country, they owe so much to the Australian people for this happiness and freedom that they sometimes don't have in other lands. So they wanted me to represent them to share with you the happiness that they gained through our meditation practice, which is called the Quan Yin Method.

Quan Yin is a Chinese term from where I started, in Formosa. (Well, I've got to start somewhere.) Therefore, most of the terms sometimes seem very Buddhis-



tic, also a little bit Chinese. But in the Western countries, we don't need to discriminate over these terminologies. Quan Yin is the Chinese term for observation of the vibration, observation of the Word inside us, the Word, which was mentioned in the Bible, *In the beginning was the Word, and the Word was with God, and the Word was God.* [John 1:1] By observing silently with our wisdom inside, we will come in contact with God. That's the reason for all our happiness, and all our desires will come to an end. We do not leave our desires, but our desires will leave us. Some people call this the Supreme power inside. When Jesus came to Earth, He declared that, *I do, but not I. It is my Father in me who does it,* [John 14:10] and *Whoever prays to the Father through my name, that will I do.* [John 14:13]

## **What I Can Do, You Can Do Also**

Why had the people at that time prayed through Jesus? Why through His name and not directly? It is because at that time the people had not discovered their own Christ within. But later on, when He imparted the supreme wisdom to His disciples, He again told them, *Whatever I do, you can do also, and you can do better.* Why better than the Master? It is just because it's the nature of every Master to be very humble, and also to encourage people to stand on their own feet, to know

their greatness, to recognize God who dwells within them. That is why He mentioned it this way. And also why “better”? It is because He knew that in the generations to come, the freedom of religion, of spreading religious faith, would be greater than at the time of His life. He knew that His disciples, going through their own experiences and speaking in His name, would have more freedom to express the greatness of a living Master, as well as the Kingdom of God, which they themselves experienced. It doesn't matter how great a Master like Jesus is, He would not venture to glorify Himself; also, He's too humble to do that. But most of the disciples can speak better of Him, and more freely express the greatness of the Master.

The reason why the Master does not glorify Himself also is because when a Master is one with God, the Master has no more self to proclaim. There is no feeling of being the doer with the Master, if He is a true Master. If we believe in Jesus or any of the saviors who have graced our Earth, then we must know that we are great; we are the sons and daughters of God; we are, ourselves, the Supreme Master. But because we do not discover this power within ourselves, we have doubts, we have anxieties and we have desires that are hardly ever completely fulfilled as long as we have not come in contact with the God power. The reason for my disciples inviting me here is to share with you the

knowledge of how to get in touch with this Supreme God who is within you, of whom you have heard much about, and which all the Bibles, all the scriptures, in different religions have mentioned.

I have not come to alter your belief, your religion, to make you to become a Buddhist, or a Christian, a Muslim, or whatever. Whatever faith you have belief in, that is correct. If you have not the opportunity to get in touch with that Supreme power on which your faith is based, then we will help you to recognize that. It's very easy, just like you receive flowers from beloved friends, because it's always there. "It is very difficult to know God," some people say to me. But to me, it's very, very easy; it's like a child's game. I am always surprised whenever I am in contact with some people who have not tuned in with their Supreme power. I'm always surprised, again and again. Why don't they know it? Why have they forsaken their greatness? Why do they go around in life in some kind of negative feeling, or suffering, not knowing how great they are?

After the initiation, many of my disciples claim that I am the Buddha, or the Master, God's daughter, or whatever. Okay, that I accept, but so are you. So are all of you, from the child to the old man. None of you are different than I am. Everything I have, you have. Everything I have gained, you can gain. And that can

be proved very shortly after you have accepted your greatness through the symbolic process of so-called “initiation.” My disciples have testified to this fact; just like we say, *By your fruit shall you be known.* [Matt 12:33] If we say something only by hearsay, or only by theology, by speaking, by reasoning, or by debating, then it’s only half of the truth. We have to have proof of what we say and what we hear. That’s why Jesus said to the people, *Seeing, you see, but you do not perceive; hearing, you hear, but you do not understand.* [Matt 13:14]

The reason why we see without perceiving is that we see with our physical eyes only a part of the creation of God, but we do not see the Creator. We do not completely perceive what is the meaning behind all these beautiful creations, and what is truly the meaning of “God is love,” or “God is almighty,” “God is omnipresent.” Of course, some of you would have perceived that. Nowadays communications are excellent and everything is made known to the public at large. Many of the systems have been introduced to you, to your country, and to other people in different countries. Perhaps you have known some of the teachings similar to ours, or the method that can show you the Kingdom of God.

## A Precious Method

When I mention the Method, it isn't a method at all, because when we transmit the light and the sound, we don't speak, both of us. The Kingdom of God doesn't need human language to be revealed. Just like in the Bible, it is stated that it is not by praying loudly on the street or making a lot of noise that you know God, but by praying in a secret corner, there your Father will know you. And what you do in secret, the Father will reveal to you openly. What is it that we do in secret? When we meditate, we come into the secret closet of our wisdom, of our Self. Then, the more we come into that chamber, the more it is manifested outside as intelligence, as wisdom, as loving kindness, as the more effectiveness of the way we work and serve in this world.

All of my disciples, or most of them, because some of them probably are dragging behind a little bit. I wouldn't boast that all of them immediately know everything but most of them do. They have experienced a lot of miracles in their lives. Many of us love miracles. Wherever I go, people keep asking me, "Do you know this or that man or woman who makes miracles?" "I always heard about this healer; he's the greatest healer; he puts his hands on you and you are healed." I said that it will be great and then all the world won't

need hospitals anymore. We all love miracles; that is the weakness within us. It's all right. I told some of these people, "All these healing powers, all these miracles are yours. If you want them, you will have them; no need to worship any miracle workers, or any healer even." It's great! What they do is great, but you can do the same. You can do the same. Jesus has promised it, and so it's for us now to verify if what Jesus said is true or not.

I have verified this, and many of my disciples, thousands, tens of thousands, hundreds of thousands of them around the world have verified this. If you, yourself, want to verify, it's nothing very difficult and it can be done very shortly. Most of our fellow practitioners, I don't call them disciples. It's just because I am just talking to you and I forgot. I call them fellow practitioners; brother or sister is what we call each other. But they call me Master, so I am only one and they are too many. I can't win, so sometimes I forget. [Master & audience laugh.] I call myself Master also, but this is not in a proud sense. It's just a very natural, spontaneous reaction. You may call yourself Master also after you have mastered the art of life and death through the practice of the heavenly Light and the heavenly Sound, which are the Word and the Light of God in the Bible.

We know so many things in life already; we know

so much already. Many of us have a great position in the society and possess great knowledge about science, biology, and every other thing, but there is much more to learn. We should not stop at the worldly level of discovery, but we should go on farther into the higher dimension of the Kingdom of God, and then choose where we go after we leave this physical world. Just like many of the immigrants to your country, they have chosen your land because it's peaceful; it's more secure and more loving than probably some of their original countries. Similarly, our world is beautiful; beautiful, but there are more exquisitely beautiful, absolutely fantastic worlds beyond our world. And this we can choose, because in the Kingdom of God, there are many mansions. After the initiation, should we practice this Method, we will know immediately some part of this Kingdom.

Most of our disciples know this. That's why they like to invite me here and there all the time to share with other people the same happiness. They thought they couldn't do it alone. They can do it, but they thought I probably could speak about it better. That's sometimes their mistake, but if people request me too many times repeatedly, then I cannot say "no." I have to come. Otherwise, each of them, each of you, after knowing God, after knowing the Kingdom of God, you have also the power to share it with other people. To do

it or not do it depends on your confidence. After you practice for a longer time, you have greater confidence and you have greater knowledge, and then you know what you are speaking of.

Before I knew the Kingdom of God, I always thought if I do good things and bow to the Buddha or go to the church, that would be enough. But afterward, there was something missing within me. Something, I cannot tell why, just pushes me so that I have to know further, so that I have to know more. Before, I went to the church and I never asked for anything much. I always prayed to God that if You truly exist, please reveal Yourself to me. Please somehow let me know Your greatness. And I prayed to the Buddha in the same way. At that time, God didn't reveal Himself to me; God did not care about me, and the Buddha also ignored me. After much suffering and praying for the Truth, I have got It, but I got It through the transmission, through the practicing of the Quan Yin Method, observing the Word, the vibration which is our own Self.

Our world is getting better and better because there has never been, in history, such an open disclosure of such a precious Method. Not that the Masters did not desire to share it with the people in the world, it was just due to persecution and difficulty in communication in the old time. Now we have television,



we have telephones, we have newspapers, we have radios. Therefore, the people in the world at large are now practicing this precious Method that in the ancient times could only be acquired through secret, through hardship, through years of searching.

I am not the only one who teaches this Method. There are several more; therefore, the world, our world now, is full of people who are enlightened, who know the Kingdom of God, and who live a saintly way of life. That's why, I guess, our world is getting better and better. Even all the conflicts between nations are being slowly minimized. Many of the political struggles that have bothered the whole world have become less in a very short time. If we practice the heavenly wisdom, we will see that there is a reason for it, and that it is because so many people are enlightened. There are so many new discoveries that are better for people's health, for the people's spiritual welfare, and for economical growth. Everything has a better promise.

## **Turn Our World Into Heaven**

If more of the people turn to Heaven and truly get in touch with the Source of all healing power, of all magical fantasies, then the world will become Heaven.

At that time, probably we don't need to aspire to go to another planet or to go to Heaven even, because our Father will be here among us, because all of us will become one with the Father. It seems a very fantastic dream, but it may come true. We would have no need to fear for the end of the world because we will turn this into Heaven. God will not destroy our world if it becomes a fit, a better and more glorious place for Hiers children to live in. You only pull down a house when the house is rotten, and build a new one. Otherwise, if the house is repaired and intact, then you would not pull it down.

Many people ask me about the end of the world. Do I believe in it? Am I afraid of it? What do I do about it? I say, "Yes, I believe in it." God has the power to create, and should our world become unfit for Hiers children to stay, then Hes would destroy it. But no, I'm not afraid of it because I have the Kingdom of God in my pocket. I can take it anywhere I want. In this life or the life after, I will never lose my paradise; therefore, it doesn't matter if the world ends or doesn't end. It doesn't concern me. But what do I do about it? I do nothing. Of course, if you come to me and ask, then I will remind you that you don't need to fear it, because if we die, the world ends anyhow. So the world may end any time, sometimes even in an accident. What we worry about is not the end of the world, but the end of

ourselves. If we are not prepared for a longer journey to Heaven, we might have to worry. Otherwise, there is nothing that we should do, but to leave it to the will of God.

Because so many are here today, I will shorten my speech and you probably have something to teach me that I can learn, or something to inquire about what I know. If you have any questions or anything to say, please write it on a piece of paper and then we will answer it for you. Thank you very much. [Applause]

## Questions & Answers

**Q:** Is one ever too old to start being a vegan?

**M:** Probably, yes. Maybe your biological system will not so quickly adjust to the new diet. So, sometimes in our system, at about age sixty-five or seventy, it would be better for you to start next time, when you change your clothes and come back again.

**Q:** If you have already a Christian mantra, does one have to change it?

**M:** No, you don't have to if that works for you. If you truly can get in touch with God through that mantra, and you can see the Light of God, and you can hear

the Word of God, then you don't need to change. If you do not experience this God power manifested through Light and the Word, then you should change, if you desire to. If you do not desire, of course, you don't.

**Q:** What does fear of the Lord mean?

**M:** Fear of the Lord means to respect Hiers laws, Hiers Commandments. It doesn't mean that you have to be scared of Hirm or be afraid of Hirm. Fear of the Lord means that you respect God, who is the Creator of all things. We try to be righteous and virtuous in order to please Hirm who is our true Self. When we fear the Lord, it means we respect the Lord, we know the wisdom. Then we can never do wrong things. It's not that the Lord is so fearsome that we have to stand far apart from Hirm.

**Q:** Why do you have to meditate two and a half-hours a day and become vegan to be enlightened?

**M:** No, you don't have to be vegan and you don't have to meditate two and a half hours a day to become enlightened, but you have to in order to keep the enlightenment. You can be enlightened without these, but you can't keep it if you are not fit to go on with

it. There is some great power within ourselves which, when tapped, can bring confusion, can bring shattering experiences to our body and mind, should we not have prepared our purity to keep it or to endure it.

**Q:** With respect, Master, may I ask why You wear makeup and jewelry?

**M:** May I ask you, “why not?” [Laughter & applause.] It’s not jewelry, anyhow and my disciples like me beautiful. This is very cheap; it’s only crystal of some kind. They are not true jewelry. If you want, I’ll give them to you right now. Who was it? If you want them, I’ll give them to you. If you don’t like them, I’ll throw them away. You want me to throw them away? [Audience: No.]

It doesn’t matter what you wear. Why are you attached so much to the material appearance? Whether you’re attached to a beautiful appearance or a beggar appearance, it’s all attachment. Throw them both out, okay? I can wear this today and I can wear jeans tomorrow. It makes no difference to me. Why should it make a difference to you? It’s I who wear it. [Applause] Don’t worry about me. Worry about yourself. Get enlightenment, that’s the best, then wear what you want.

But I understand what you mean. You mean a practitioner should be very modest. Dress like a monk or something like that. I have done that for ten years and I got enlightenment, but not through the monk's robe. Now I try to wear different clothes to see whether my enlightenment becomes less or not. It doesn't. You have to experience something; otherwise, how do you tell people? I do everything through experience and then I tell other people what I know. Should some other people who wear makeup and jewelry and have a glorious appearance not get enlightenment or what? It's nonsense. God never says so in the Bible, does He? No. Actually, I don't wear things beautiful enough; I tell you the truth, because from what I know, we are more beautiful than this. We are more glorious in Heaven. We have degraded ourselves already into this stage. So this is just a reminder of some glorious state in Heaven. I can wear it, or I can not wear it. It doesn't matter at all. Don't you agree? [Applause]

What we wear also has some effect. For example, before, I was wearing monks' clothes and I forsook my husband. I wasn't enlightened. I don't regret leaving him. I have more time to dedicate to people instead of having a lot of kids and having to burden my husband to look after the kids while I am going on tour for many months, or I never go home, for example. Then, I just let him free and I am free to dedicate myself to people and

to serve God. I don't regret leaving him but I was very sad leaving him at that time. I felt sorry for him because he loved me very much. Also, I loved him very much. We had a very beautiful marriage. So, I left him and then I thought that in search of Truth I have to be dressing like a monk and all that in order to serve people.

But then it had some kind of side effect. Many people left their homes and followed me. They left their children and their husbands and made a lot of trouble for me. Their children came and made trouble, their husbands came and threatened to kill me, their wives wrote many letters scolding me, etc. I don't mind all this scolding or accusing. It's just that I should not break up the family through my dress. I understand, but they did not understand. By setting this example many family people follow, and then they break up their family. I'm supposed to bring them happiness, not sorrow; therefore, I changed my dress. If that bothers you, then you go and look for another Master.

**Q:** Do You believe in reincarnation?

**M:** Yes, I do, but then, I don't, because reincarnation is only our habitual thinking that binds us. Our true Self is never born, never dies, and never reincarnates.

## Awaken Your Own Supreme Master Within

**Q:** How can You explain or justify the existence of people suffering illnesses through no fault of their own?

**M:** If you believe in the reincarnation theory, that explains it. This is what the Bible says, *As you sow, so shall you reap.* [Gal 6:7] Sometimes we have made some mistakes in our previous life or even in this life, and then we get the illness.

Sometimes we suffer the collective so-called karma, meaning the collective effects of the whole society. For example, if you don't smoke, but you always have to go around the world in airplanes or on buses that are full of smoke from other people, then you're also having some kind of collective effect. It's called karma in the Sanskrit term. It means you suffer what the society, what your environment, inflicts upon you. Therefore, we have to clear it up by having a purer life and encourage other people to do the same. We should not need to wait for the neighbor to do it; we do it first. We start with a clean diet, a vegan diet, which has been scientifically proven that it is even good for our health. Apart from compassion, enlightenment, and all that



great deal, it's good for your health. And stop smoking; do meditation instead.

After initiation, most of my disciples quit smoking immediately. They just quit it on their own. I say quit it slowly if you cannot bear it. I do not ban cigarettes, but they quit it. Most of them quit it immediately after reading my book only. There is such a power, which is awakened inside that helps them to go through all obstacles in life. That is the supreme power. It's not I who help them. It's the Father who helps. It's their own Father who helps when they awaken to themselves and want to claim their greatness again. That's why I say, "Awaken your own power. Be your master, be the Master." I'm telling you, I'm trying to show you, the way to be a Master, not to be my disciple. Therefore, after initiation, all the miracles come to you, all the things good that happen to you, it is your own Supreme Master at work. So I never claim credit for this. Even though the disciples praise me that I do this and that for them through manifestation bodies, I say I know nothing about it. It is because your own Master power is at work after the initiation. Be the Master, be a Christ, be a Buddha! [Applause]

**Q:** If we have followed another Master, can we

follow Master Ching Hai?

**M:** It depends. If you think you need it, then you follow. If your Master has already imparted to you the light and sound, and you have experienced the Kingdom of God within and you're satisfied with it, then you don't need to follow me. Only follow me when you don't know it. If you already know and you have a good Master, please don't. But you're welcome. I don't reject you. [Applause.]

**Q:** If we become one with God, does it mean that we lose our individuality?

**M:** Yes, but no. In the worldly level, you are still Ms. or Mr. so and so, and if you happen to be the Prime Minister, you keep your post. God will not take it away from you. You still have your wife and kids, all the possessions that you need, and all the jobs that you have to do. And you still have your character. But then, you are one with God and that means you "do without doing." You don't claim credit for anything because you know it's not you who do it, and you don't have any more ego to glorify yourself. That's the only thing. Our individual Self doesn't mean the ego. What we lose is the ego, not the individuality.

**Q:** If I realize my own enlightenment, can I help those close to my heart who have a negative attitude toward life?

**M:** Yes, definitely. We have helped many, and our practitioners have also helped many. So can you. It's not by word of mouth that we convince people; it's by our own greatness, the great wisdom within which awakens that transmits this atmosphere to their wisdom inside and they perceive it. That's how we help other people in a more effective way, apart from just talking and consoling them.

**Q:** Is God personal or just a Universal power?

**M:** Both. If you want Hirm to be personal, God will appear personal because God can do everything. God is your own Self. The Universal power is also your own Self.

**Q:** Is there a devil, like Satan?

**M:** What do you think? In Australia, maybe no, but in other countries, yes. When you see a lot of disgraceful things that happen through some individual, some very destructive power at work, this is the so-called "Satan." But the sooner we practice the Heavenly Light and Sound, the better. Then the so-called Satan will also become an angel. We will initiate him, and

make him vegan. Then he will do no more destructive work. But I need your love and force together. I, alone, cannot turn this world into Heaven. I can only turn myself into Heaven. But you, yourselves, have to also turn each of you into a heavenly atmosphere before we can abolish Satan. We have to work together.

**Q:** Many ancient Masters, for example, Lao Tzu and Quan Yin, described the ultimate goal as a void where there is no attachment, no method, no sound, nothing. So, may I ask why You place so much emphasis on exterior things like hearing sound and seeing light?

**M:** Does he say “no sound”? Really? No. I have some books here. Lao Tzu, let’s see what he says. [Master opens the “Tao Te Ching.”] He talks a lot about heavenly music, about the Tao. The Tao, you don’t need to use the ears, but you can hear it; you don’t need to use the eyes, but you can see it. These are the invisible light and invisible sound. He didn’t say anything about “no sound.” He said that you don’t need to use the ears, but you can hear it, and you don’t need to use the eyes, but you can see it.

The Quan Yin Bodhisattva became Quan Yin because She practiced the Quan Yin Method, which means observing the sound. It’s full of this evidence

in the Buddhist scriptures. Like when you practice Quan Yin, you can hear the sound of the sea waves, the sound of Brahma, or the sound of thunder. Even the Bible mentions that God speaks in a voice like thunder, like the sound of many waters, etc. These things we can hear inside. It's not just like ordinary sounds. You hear without the ears, but the more you hear, the more you know what God wants.

Then we can do the will of God instead of blindly doing things and clumsily following our own instinct and making a chaos of this world. So Quan Yin Bodhi-sattva is the one who practices on the sound. That's why Her name is Quan Yin. It is stated very clearly in the Lotus Sutra that She is called that because she practiced the Quan Yin Method.

**Q:** Does everyone get enlightened eventually?

**M:** Yes, eventually, maybe in a couple of eons or so, in thousands of billions of years, if you haven't met a Master who is experienced and who shows you the quickest way.

**Q:** How did You become a Master? Did You train

with a Teacher?

**M:** Yes.

**Q:** Can You describe God?

**M:** No, but I know Hirm intimately. Just like I see you, I can see Hirm.

**Q:** Before we descended to this world of matter, we were pure as God. But why were we asked or forced to descend to this world to experience these everyday difficulties?

**M:** So that we learn to be God. We are born from God, but then we are not God. Just like you are born from your parents but you are not yet grown-up, so your parents send you to school with difficult examinations and all kinds of homework, which give you headaches. And sometimes you cannot sleep enough and you cannot play because of the schoolwork, but they have to send you there. It's the same way with God. All these are experiences for us to grow; otherwise, we become just like spoiled angels: doing nothing, knowing nothing, and having no inheritance of God's power.

**Q:** Thank You for this experience. You spoke of

no longer being the doer. Master, please expand upon this.

**M:** It's very difficult to explain to you, but this comes through experiences. It has two levels of understanding: first through meditation experiences, and later through grace, just living in the presence of God. And you don't even know that you have healed people thousands of miles apart. You don't even know that you bring goodness to those near you, but you do all these things and people know it. So it is to "do without doing." The first stage, before I met you, I had the experience of being one with the whole universe, but this I cannot describe to you. You just know it in the state of meditation called samadhi. You can call it samadhi; you're just being in the state of "non-desire." You can call it nirvana, the Kingdom of God, or whatever you want. You'll be one with God. You just know it. In that state, you can only exclaim, *I and my Father are one*, [John 10:30] and all the beings in the universe are one, but you have no way to explain or to describe it. I regret to disappoint you, but I invite you to come to me and let me show you how to experience it yourself, because I cannot describe in the human language what I know.

**Q:** Can the Quan Yin Method be used for healing the body?

**M:** No, but yes. If you are supposed to be healed, then you'll be healed. Most of our people are healed, even from cancer, after initiation. Just now I was in Singapore; one of the girls just sat there crying, and thanked me for helping her. "But I don't know anything about it," I said. She said that after initiation the doctor discovered that she had stomach cancer and wanted to operate on her. She was even administered the anesthetic, but she was still fully awake when the doctor examined her stomach and it was gone! No more operation needed, so she was pushed out again, just like that. Many of these situations have happened. Therefore, I told you that all the healing powers are within you. If you practice well, if you are sincere, if you seek the Kingdom of God, all things shall be added unto you. But sometimes the time is not proper; therefore, probably you experience some illness, but the God power will take away already half or two-thirds of it in most cases.

I do not boast about this because I don't want people to come to me, or to come to God, with the motivation that they just want to take care of their body alone. If we come to God with sincerity, then God will give us a lot of things. But if we come to demand just one thing or another, probably we will be disappointed. That is because we should surrender our ego. We should let God run the universe and not dictate to God what to



do. Therefore, I don't advocate healing power or miracles on our part. If we have it, we don't use it even. We just let God grace whomever Hes wants, whenever Hes wants, in whatever situation is fit. I don't use healing power myself. Even though my disciples claim that I have a lot of healing power, I don't know. I don't use it.

**Q:** This is not merely a moneymaking exercise, based on a cult of personality, the Supreme Master Ching Hai, is it? It looks that way to me, what with the books, video and audiotapes, posters, photos, and magazines You are selling in the foyer

**M:** Thank you for your compliment. I don't make any money. This tour costs me \$400,000 personally with the crew and all the equipment. And we don't charge money for initiation; we don't charge money for this auditorium. For the books, you just repay the printing costs, and the audiotapes we sell at the cheapest price. We don't make any profit from the audiotapes or videotapes. You look at the price, please. It's even cheaper than if you buy them outside as empty tapes in some cases. We don't make money, ever.

I earn money by my painting, handicrafts, interior designs - lamps, bedding, clothing, and all that. Please, I don't want any money from you. If you want to give,

it's all right. We can donate it to charity, but I don't spend money on me. Even my jewelry is just imitation. I don't have a car. I don't have a house, even! I have only a tent in my headquarters. It cost about \$50 or \$100, I guess. So don't be afraid that I will get money from you. If you don't want to buy the books, all right, we will donate them to you. We donate more than we sell. We give to everyone who needs. And even if we earn any money from these, we give it to charity. We gave to the Philippine disaster relief last year; we give to the refugees and we give to the poor around the world and in the countries where we live.

All of our so-called immediate disciples live in tents, I may inform you. We don't have a house or a temple, even. We don't have even a roof above our heads. We have only tents. We don't have a meditation center in our headquarters in Formosa. Mostly, I don't like to live in rooms. If I have a room, I will live in it. But I don't want to build; it takes too much time. By the time I build a house, I will die already. Therefore, please don't be afraid. We don't make any money. If you don't want to buy the book, we'll give it to you. You just say you don't have money, and we will give you everything you need. If you have the money, then you just exchange it so that we can print further. We print billions of copies of free booklets. It costs a lot of money, all from our own pocket, because all of my dis-

ciples work. Apart from going on tour, when we are at home or anywhere, we work. We earn money by hand-crafts and all kinds of talents that we have. We don't take money donations from the public. But sometimes people like to donate. You can't stop people from being good. So if they donate, we give it out again. Or we do something for you, or for the country that needs it. [Applause] But you're right. The one who works for God should never take money. Should give only, never take. But thank you for reminding me. I will try to keep to that principle all the time. Thank you.

**Q:** What is Your attitude on abortion, contraception, sterilization, and the abortion pill?

**M:** Abortion pill? They have that in a pill even? What do you want me to say? These are the affairs of you human people. I come to teach you the Kingdom of God. And should you follow it, then you will know the answer yourself, according to circumstances.

**Q:** Why is it that, even when living the way God has told us, loving our neighbor, not killing, not desiring material things, there is still an emptiness in my heart?

**M:** Yes, because you have not come in contact with the God within you. You only do Hiers Com-

mandments, but you have not known the Commander-in-Chief. Get to know Hirm, and then you will feel fulfilled.

**Q:** Plants do have life also. What is the reason to become vegan and why?

**M:** Well then, we should die, all of us. Eating nothing would be the best, I agree. If you can do it, welcome. [Master laughs] Well, we have to eat something, no? Jesus ate something, and Buddha ate something.

It's all right to take vegetables because in the Bible, even in the Old Testament, it is said so. God said, *I made all of the beautiful fruit, which is pleasing to your eyes and pleasing to your taste, and all the herbs in the field. These shall be your food.* [Gen 1:29] He didn't forbid us to eat a vegan diet, so why not? You don't study the Bible well, that's the trouble with you!

**Q:** Why is it detrimental to our spiritual progress to practice any meditation that involves breath control?

**M:** It is because breathing is ephemeral. Everything we use concerning ephemeral phenomena will end in the ephemeral. What we practice is using our own kingdom of God, our own wisdom, which is eter-

nal; therefore, we can get eternal lasting happiness.

**Q:** What is mind?

**M:** What is mind? You operate on your head and see! [Laughter]

Mind is the one that makes you drink coffee when you don't want to drink it, that makes you have two wives when you know you should have only one, and causes a lot of trouble when you know you should have peace. It's very stubborn, obstinate.

Mind is only the computer. It registers all things that happen around it and puts out again the same information whether the circumstances have changed or not. Therefore, sometimes we make mistakes and we have very harsh judgment in some cases because the mind has registered the same information, but in two different circumstances. We have not learned to be flexible, therefore, we stumble and we suffer. That's why we have to learn to get in touch with the real Source of wisdom and then handle every situation accordingly, without condemnation, only with love and with understanding.

**Q:** How can the majority of people find two and a half-hours daily to meditate? Can this time be reduced and be effective?

**M:** You don't have to sit straight two and a half-hours. You can get up early one hour in the morning, half hour at lunch break, and another hour in the evening. Less television, less rock and roll, etc., maybe, or less talk on the phone and save the phone bill. Then we will have a lot more time. Actually, we have more time than we suppose we do. We just waste it because we don't have anything else to do. But now we have a purpose, we have other work to do. We will concentrate, and we will have time for that.

And even when you sit on the bus, you can meditate. I'll show you how later at the time of initiation. When you sit on the airplane, you can meditate. When you sit on the beach to enjoy the breeze, the fresh air, you can meditate. When you sit in the park, you can meditate. But not when you drive the car, please. [Laughter] It's very easy to get two and a half hours. In fact you can have more, more, more time.

**Q:** Do You believe in marriage?

**M:** I do! Why not? If I don't believe in marriage, where do I come from? [Laughter & applause.]

**Q:** If one is fully enlightened, is he or she still subject to the law of causation?

**M:** No, but He respects the law of causation. He or She will probably suffer also because of sharing the burden with the disciples. Just like you yourself go around empty handed, but if your friend or neighbor carries too much stuff that he needs, probably he is ill and takes a lot of medicine, or he needs special food and takes a lot of stuff with him, then you cannot bear to see your best friend burdened with all this stuff. You share half of the luggage; therefore, you're burdened also. Even though you don't need this medical stuff, you don't need extra food, you are burdened with these because of love for the friend. Therefore, the enlightened person may undergo some apparent effects from the karma, but actually He or She is free from it.

**Q:** About Almighty power, can it change the movement of the sun or planets? Or should we understand Almighty power as having spiritual meaning, because I cannot believe the miracles written in the Bible.

**M:** You should. You can experience these miracles right now, and then you will believe. Anything, the Almighty power can do, but as God sees fit, not at our dictation. All the miracles in the Bible are true. These are children's play. There is nothing that is such a big deal that you could not believe it. There are much more than that. These are just very fragmented records

of what a Master can do.

Even nowadays I've seen with my eyes some of the Hindu monks walk across the water, and not just walk halfway across a swift flowing current. And they wanted to teach me how to do it. But I refused. I said, "I use the boat, it's cheap. Very cheap." If you read the book from Alexandria David Neel, you will see that she recorded many miracles in Tibet. People can fly around in the air right now. They have to chain themselves to a lot of metal blocks so that sometimes they can land; otherwise, they fly all the time in the air. Many such things are very simple. To turn water into milk and all that, this is there. You can buy them in India, these miracle tricks. If you want, go to India and search for some sadhus and learn with them.

No need to doubt the Bible because Jesus wasn't very proud of these miracles anyhow. For example, when His mother tried to demonstrate His supernatural power by telling people to prepare the jars of water and put them outside and then told Him to turn them into wine, He said, "Mother, why do you make me do this?" "Why do you force me into doing this?" He wasn't very pleased about it. And then when someone was sick and touched His garment and became healed, He said, *Your faith has made you whole.* [Matt 9:22] And sometimes when some miracle happened, He said,



*It's not I, It's my Father who does it. [John 14:10]*

So these things should not be an obstacle to you to put faith in Christianity or Jesus, in His greatness. He is greater than these miracles. These are just by-products and He was forced to do it in some circumstances. For example, He healed some people because at that time the medical treatment was very expensive and rare. People were poor and needy. If He were born here now, probably He wouldn't do it to attract you. The teaching by Him is important. The imparting of knowledge is important, not the miracles.

**Q:** How were souls created and can they be destroyed?

**M:** No, the soul cannot be destroyed because it is not material. Anything that is born and has a material shape will be destroyed, but not the soul. Space cannot be destroyed.

**Q:** Why did God create this world?

**M:** So that we can know each other today, at least.

**Q:** I agree with what You say. It's my opinion, not that God created human beings, but that human beings created God. Do You agree?

**M:** Yes and no, it depends on what you mean by God. God is our own wisdom, and God has no need for any creative power. It exists alone. It exists before all things. That is God. From that power we came and to that power we return.

**Q:** Didn't Your disciples just needlessly kill those flowers that they presented to You?

**M:** Oh, what a pity! Shall we cry? Shall I repent for it? They don't kill. These flowers are already sold in the market. If you don't want them, then tell them next time not to buy any. I've told them many times not to buy anything for me, but I can't always stop people from expressing their love. Actually, the flowers are sold plenty in the market whether you buy them or not. We are not so fanatic. It's all right, just be ordinary.

Flowers will be withered one day. We don't kill by cutting flowers. There will be more. But if you cut an animal's head, it won't grow a second head. That's the difference. You cut one flower and it becomes five next. The flowers like to be trimmed sometimes. If you ask the florist not to cut his flowers, his roses, he will say you're an idiot. By cutting it, it will grow again next year. He has to do it. Please, there will be more.

[Applause]

I seek your blessing. I am only of good will. I mean no harm, even to flowers. But I cannot stop people who want to present them to me and I cannot make the florists bankrupt because of my teaching. They mean no harm to the flowers. They just please you with all these reasonable things that you can express your love with.

**Q:** What is sexual misconduct?

**M:** It means you take a neighbor's wife or husband without their permission. [Laughter]

**Q:** Is it true the teacher cannot teach until the pupil is ready?

**M:** Right, it's true.

**Q:** What is it that You have that I don't have?

**M:** No, nothing. I told you already, what I have, you have. It's just that probably I know what I have, and you don't know yet what you have. But you will know if you let me show you how and where. [Applause]

**Q:** Could You please give a briefing on meditation and how you go about it?

**M:** Meditation itself is an empty word if you don't have sincerity and perseverance. If we truly want to know our true Self, that is the true meditation. Whether you sit, you stand, you lay, or you go about with your business, you are always centered in this sincerity, wanting to know God, wanting to know your real Self. That is meditation.

We just show you how to collect your scattered attention. It is the human language; actually, there is no center but I have to start somewhere to tell you to focus. And later on, you will even not know that you have a body. When you are in samadhi, you experience bliss, light, and all the wisdom, and all the questions will be answered for you, and all the desires will drop off. You'll still continue to serve the society in a greater capacity and love but you desire no fruit. You just carry on your business without attachment.

And the meditation practice is very easy, but you need an experienced friend to teach you. That's all. If you already know it or if you know an experienced teacher, then no need. If you don't, I may help you. But we have to explain it in detail because if you do it wrong, or if your motive is not pure, you might have side effects. That's why it is better to have commitment

to a teacher and learn the whole course in time. That's all.

**Q:** I have been through the experience of enlightenment, but now need to know how best to maintain my oneness with God's Light.

**M:** If you did it through a teacher, then ask him. If you don't have a teacher, then come to our initiation so that I may help you further to maintain that.

**Q:** Many times You have quoted the words of Jesus as mentioned in the Bible. How do you regard the Bible?

**M:** What a question! How would you answer this question? Please, this gentleman with curly hair or that one with straight hair. You answer him. "Words of God." He said these are words of God. Are you satisfied? Yes.

**Q:** I would like to be initiated, but I live far away from here. After I have been vegan for three months, how are You going to give me initiation?

**M:** I will send someone if I am not there personally. Initiation doesn't need language and doesn't need my personal appearance at the place. We do it regardless of space and time. Any time you're ready, we are ready for you. We'll find the means to do it.

**Q:** Master, I have been vegan and have been initiated, but my family is still eating meat, and I'm still cooking meat dishes.

**M:** It's okay. Do what is required of you. You cannot let them starve.

**Q:** I have a question that no other monk has explained to me satisfactorily: Where does the human being come from?

**M:** Even the Buddha did not answer this.

**Q:** Where are we going to go after death? Someone says that we are going to paradise, and some others say that we'll go to hell.

**M:** You'll go to paradise if you are virtuous. You'll go to hell if you are registered there. [Laughter and applause.]

**Q:** In the five guidelines, there is something that prohibits us from putting makeup on our face. If we do so, do we violate it?

**M:** No, it didn't say so. The five guidelines are only not harming other sentient beings; not killing; not stealing; not committing adultery; not drinking alcohol or taking drugs and things like that, not gambling; and not telling lies. These are only five. The Buddha didn't say, "Don't put on makeup." [Laughter] Don't make it more complicated than it already is.

**Q:** Dear Master, what is the essence of the Quan Yin Method that You are teaching? What is the important point? What is the benefit for our current life, and what is the good for us when we leave this life?

**M:** The essence is that you will be getting in touch with your Buddha nature [God nature] or your Kingdom of God. And it will benefit you right now as well as in the life after because you have wisdom and you will handle every situation in life in a more proper way. After you leave this world, you will go to your proper place in Heaven or nirvana and continue to serve the whole universe in your capacity there.

**Q:** Dear Master, there are many people who say that the husband should not eat a vegan diet because if

a male eats a vegan diet, he cannot fulfill his duty as a husband, so the family will not have happiness. What is Your opinion? [Laughter]

**M:** Is that true? You answer me. Is that true? You didn't fulfill your duty as a husband? [Master speaks to a male initiate and audience laughs.] Did you fulfill your duty? Yes, he did! [Laughter] So, please, you accuse me for all the things I never know. All my disciples are laypersons. Some of them are husbands and wives, and they continue to have children. I have not banned anything. I just advise them to be moderate in all things. That's all.

**Q:** Dear Master, is it true that when human beings commit many sins they have to be downgraded into animals in the next life?

**M:** The Buddha said so. The Buddha said "yes."

**Q:** Why is it that the more material things we get, the more obstacles we have in our spiritual progress?

**M:** It is not that the material things obstruct our spiritual progress. It's our attitude toward them that obstructs us. If you remember at the time of Buddha, there were many kings and many rich people following Him and they attained enlightenment all the same. In fact, one of them, they called "Yiu Mor," was a layper-



son. He was very rich, and he was more or less equal to the Buddha because he was so highly enlightened and powerful. It was because he had a lot of possessions but he was not attached to them. So take care of your attitude, and do not put away your possessions. Put away your attachment, not your possessions.

**Q:** Can the wisdom eye open by itself through diligent spiritual practice, or do we have to rely on the Master's blessing?

**M:** Both. Rely on both. It's the best and the most insured.

**Q:** Can You tell me the progress of the soul since the beginning until the end?

**M:** If I have time and if you have time, if we stay here forever, then I will tell you.

**Q:** Dear Master, if my husband has a concubine and I divorce him, do I commit some sort of sin against my children? I feel scared to live with him.

**M:** That's why I have told you, "No sexual misconduct, no adultery." It is to protect your family and the happiness of your children. I think you should not

divorce him yet, but talk to him first and see where probably you go wrong. Maybe you neglect him. You don't love him enough. Maybe you don't take care of the children enough. Maybe you don't dress yourself beautifully. Put on some makeup, put on some nice jewelry, buy some new clothes, and be a good wife to see if it works first. You don't just forsake a marriage at random and so quickly. You have maybe gone wrong somewhere or maybe something is missing in the family. So please, rescue your marriage first.

When it absolutely cannot be mended, then maybe you consider divorce. Otherwise, of course, you don't sin against the children, but they will suffer a separate family and a split-up loving atmosphere. If you want to sacrifice, and you consider the children that much, then consider talking to your husband. Be loving to him and be beautiful. See what the opponent has that you don't have and learn to be better.

**Q:** Master, these are questions from a young girl. Why do I have to eat a vegan diet? If I eat vegan food, does the Buddha help me to become smarter, more intelligent? If I eat vegan food, can I see the manifestation of Buddha?

**M:** You eat vegan because you learn to love, to

love all the beings in this world. Whether you see the Buddha or not depends on your sincerity and practice. And of course, you will be less sick and more intelligent. That is scientifically proven.

**Q:** Would You please let me know about Caodaiism? Is Caodaiism the religion of God who opened it in Au Lac? If I follow this method, is it good? Do I get enlightenment?

**M:** Every good religion is from God. If you follow any so-called religion, you should see whether the head of that religion, the founder, is still alive or giving you satisfaction that you see God, that you can see God's Light and hear God's Voice.

**Q:** Dear Master, I have a family and I have two children. I do want to eat a vegan diet because I understand the good of eating vegan food as You have taught in Your book. But, if I eat vegan food, sometimes I waste the food with meat because there is some left over from my two children. If I do so, is it a sin?

**M:** No, it isn't.

**Q:** How can I be a permanent vegan? I want to be

vegan very much, but I still want to eat meat.

**M:** Then wait until you're ready and pray that God will help you. We don't force anyone to be vegan if you're not ready, if you don't want to. We only help you if you want to.

**Q:** Dear Master, while doing meditation, is it true... (MC: I'm sorry, my English is bad, so I cannot translate.)

**M:** What is it? Come and give it to me. You have to do things quickly because we waste the audience's time.

She said that when she meditates, (not in our method, she just meditates), she empties her mind and recites the Buddha's name, but she does not get into samadhi (meaning the trance, peaceful-like state). She asks me whether meditating like that is effective or not. Well, I say it has some effect, but very minimum. If you have samadhi, it will be the best. Then you can get in touch with the real Buddha nature.

**Q:** About not killing, if a tiger wants to come and eat me, then what?

**M:** Where do you go to see the tiger anyhow? Is that so easy just to meet a tiger on the street? Your imagination is fantastic!

**Q:** In the kitchen, there are many ants. How do we fix this?

**M:** Be hygienic. Clean your kitchen all the time so the ants will not come.

**Q:** Is Quan Yin male or female?

**M:** Neither.

**Q:** A Buddha or Bodhisattva?

**M:** I don't think She cares so much about her rank. But in the scripture, it says that Quan Yin was an ancient Buddha.

**Q:** Can we change our destiny?

**M:** Yes, somewhat, if we practice the Quan Yin Method.

**Q:** After initiation, if I eat meat or drink alcohol, will that affect or trouble Master?

**M:** Yes, because we are one, but it affects you more. It troubles you more. I can go free with all this, but you may not. The person you should be most concerned with is yourself.

**Q:** I'm a follower and believe in Quan Yin Bodhi-sattva. If I study the Quan Yin Method, will there be any problem, any conflict?

**M:** No, it would be better.

**Q:** After initiation, can we read Buddhist books?

**M:** Sure, you can. Only, you understand better than before.

**Q:** After initiation, is it a certainty that we will be liberated?

**M:** Yes, if you follow the practice.

**Q:** Master, I'm from mainland China. There are many spiritual practitioners there who are very anxious that Master go to Mainland China to spread the Dharma. We don't know it. Can Master help us?

**M:** I go wherever God wants me to go. I cannot make the decision. I would like to, but if God's willing then it will happen.

**Q:** One of the Chinese said that Melbourne is very beautiful and they hope that Master can come back again. [Applause]

**M:** Yes, Melbourne is beautiful and I surely love to go, but again, it depends on God's will and the affinity between us. That is God's will. So, thank you. I thank them for their love and supportive spirit. And I also thank you, the Australian residents and natives, for giving me such a warm, open and loving welcome. [Applause]

I wish you all the best in everything you do.

- The End -

After the lecture program, Master met with initiates, giving illuminating talks, telling stories, and answering questions throughout the night and until dawn broke the next day. New and old initiates alike were immensely grateful to Master and admired Her total dedication to the ideal of serving sentient beings at the expense of her own physical comfort and welfare. Everyone vowed to practice more diligently to repay Her boundless love with the results of good spiritual practice. The time that the Melbourne disciples spent with Master was blissful, but, as always in this physical dimension, everything must end. It was now time for Master to move on to the next stop because longing souls are ever waiting for a perfect Master to show them the way of salvation. At the airport, there were the inevitable tears shed by initiates whose hearts were aching at the thought of physical separation from their Beloved. Master compassionately told them, “If you love me, then you should practice well and share Master’s teachings with everyone.”

**Sydney** the capital of New South Wales and the largest city in Australia, was only a short flight from Melbourne. As the country’s leading port and industrial center, Sydney claims the record for the largest population in Australia with an estimated 3.6 million inhabitants. The number of Supreme Master Ching Hai disciples here also ranks number one in Australia.



## **Master's Magnanimity**

Master's arrival at any airport is always a special occasion. Initiates, thirsting for the sight of their Beloved, wait with anticipation the moment when She steps into view. Sydney initiates were no exception and the welcoming party completely filled the airport waiting area. As a result of the congestion, the airport authority was forced to send additional security to maintain order. Master lovingly distributed candy to some of these security guards, whose broad, childlike smiles testified to the open nature of the Australian people.

When planning for the event, at first the disciples had difficulty locating a suitable place for Master to stay. They worried that if Master were to stay in a hotel, the coming and going of people would prevent Her from getting adequate rest. The night prior to Her arrival, a chalet owner, who was neither a disciple nor an expectant initiate, gladly offered his peaceful dwelling for Master's use. He then moved his family to a hotel.

Master presented two discourses in Sydney at the Bankstown Civic Hall. In the first lecture, She explained that the suffering of this world can be transcended by changing one's viewpoint rather than trying to change the world. A most thought-provoking discourse, it was truly appreciated by those souls in the assembly who were ready for such profound teachings.

At the conclusion of Her talk, a group of devout Christians, began to ask questions in an aggressive manner. Reading from the Bible, different members of the group asked Master to comment on quotations regarding meat diet. Their confrontational attitude even provoked the Australian security guards that tried to intervene on Her behalf. But our sanguine Master has been through similar situations many times; this type of incident was nothing new to Her. She liended their questions and pinpointed their deep-rooted misunderstandings and preconceptions with utmost wisdom and loving tolerance. She listened attentively to each questioner and responded preccisely to each point that was raised, using Her Manjushri's "sword" to pierce to the heart of each "fact" the challengers presented in defense of a meat diet.

Master patiently and repeatedly explained that She does not condemn people who eat meat, but rather was advocating a vegetarian diet solely for the people who wanted to follow this Path of enlightenment. Observing the exchanges, one could only gaze in admiration at our Master's equanimity and dignified bearing when responding to such seemingly acrimonious provocation. One of the challengers later apologized and kissed Master to pay her respects according to her tradition.

The same women and a man companion returned the following day, but the security guards, wary for a recurrence of yesterday's events, refused them entrance into the auditorium. The man wanted so desperately to see Master that he asked the guards to search him and retreatedly them to allow him to enter. During the flower offering, he rushed to the podium to give Master a Bible and publicly apologize for the events of the previous day. Master, as per Her usual magnanimous style, thanked him for his gift.

## How Suffering Can Lead Us to Happiness

Spoken by The Supreme Master Ching Hai

March 16, 1993

Bankstown Civic Hall

Sydney, Australia

(Originally in English)

Good evening, my brothers and sisters. It is a great pleasure for me to be in your great country and in the great city of Sydney. You have taken for granted how beautiful your country is, but I appreciate it probably better than you do, since I just came here for the first time. [Master smiles] It's so beautiful and clean and friendly. I think the people of Australia are very lucky to have at least the outer paradise on Earth. Should we have the inner paradise as well, then we are perfect. We would have the perfect condition and we would not wish to be in any other Heaven.

I'm happy and grateful that you have reserved some precious time to come here so that we can get to know each other. I have not the desire to come in such a way, or I have no desire to come at all, even though I like Australia. It's just because of the invitations, the repeated requests, from my fellow practitioners in Australia that I have the honor to come here at all. But even then, in my heart, I have always the strong conviction

that you and I are not different - that there is no distinction whatsoever between each of us - and that I have absolutely nothing to teach you except to exchange the love and all the things that God has given us. But since some of our fellow practitioners in Australia were so loveing and so earnest in their request for my presence, I have been brought here, perhaps by the love of the disciples, so-called disciples, and by the will of God, that I may get to know your country, that we may link with each other at least through my humble presence. Maybe that is the only purpose that I should be here. But wherever I am invited to go, there will always be people who are perhaps humble in their attitude or perhaps have forgotten their Origin that is their own Kingdom of God, their own wisdom. Therefore, there will always be questions about how to seek the Buddha or God or the Christ power within themselves. It seems that my purpose of coming to some places is to share with the people in that native land some of my collected knowledge about how to return to our own wisdom or the supreme power within ourselves.

Many times I've been asked why I use the title of the Supreme Master. Am I so arrogant to call myself the Supreme Master? I said, "No, it's the name of my Father," just like if you are Mr. Smith, so your daughter is also Miss Smith. It is also the name of your Father, so you can also call yourself the "Supreme." I actually

forgot all about it, but people just keep reminding me.

## **Enlightenment Brings True Happiness**

In this world, we have found a lot of suffering as well as happiness. Most of the people would like to know why there is suffering and how to find happiness. The question, to me, is not to eliminate so much of the suffering and not to gain more happiness, but to gain the supreme power through which we see happiness and suffering as just a stage play. Then we will see things in life as we see the movies. We may have a little emotion through the characters in the movies, but we will not be overwhelmed by this emotion and get drowned in this emotion. Therefore, the difference between the so-called “enlightened” person and the so-called “non-enlightened” person is the wise outlook as regards the different phenomena in this world as well as in the world beyond.

When we say the world beyond, it is actually not correct because there is no world beyond. Each world is within us. And when we say within, it’s also not correct because there is no outside and no inside. But because of our human language, we have to express somehow the inner feeling or the inner intuitive understanding.

Actually, there is a very strange feeling after enlightenment because you feel that everyone is all right the way they are. You know that everyone has this supreme power, or the Buddha nature, within them. Why don't they know it? They don't, and therefore they identify themselves with the suffering, within and without. And because of that, many of the people of the world like to seek enlightenment so that they may know. After enlightenment you will be just the same as before. There is only one difference: you accept everything that comes to you and everything given to you as holy, and everyone else as holy.

Maybe in the course of teaching or guiding, the enlightened person might point out some direction that perhaps is useful for the true seekers of the Kingdom of God. Therefore, we have heard of, perhaps, the vegan diet, or the ten precepts in the Bible, the five precepts of the Buddhists, etc. These are helping factors for the spiritual seeker so that he or she may achieve the quickest result and the safest way to attain the so-called liberation. If we knew that we are already liberated, then perhaps these things are not absolutely necessary. But because most of us do not know that we are liberated, we need some tools like meditation practice, being vegan diet, and ethical guidelines.

Sometimes people keep bargaining, saying,

“Well, I want the initiation, but no guidelines, and no vegan diet. Is that all right?” I say to them, “It is all right as long as you want to play football with other people, but you bring along tennis balls and tennis equipment.” You will not be playing football at all! The game is spoiled and you, yourself, will not be enjoying the football game, but will just be in a messy condition.

There is such a thing as enlightenment. As long as we are still in the ignorant state of mind, (that means that we do not know that we are enlightened), then we need enlightenment. What for, “enlightenment”? So long as we want to seek peace and happiness within ourselves and to grant this happiness to other people, we need enlightenment. Should we think this world is perfect the way it is and if we still continue to go on without caring whether we will be here next life, that we will be reborn as what or not, then of course, we do not need enlightenment. If we still care for the welfare of the world and peace on this Earth, of course, we need enlightenment.

Before my so-called enlightenment, I was having a so-called good life, very harmonious — well, not one hundred percent, but comparable to others, a harmonious life. There was nothing that I needed or desired to have that I didn’t already have. But somehow, there are many things in this life, like richness,



fame, health, a happy marriage, friends, etc. that do not seem to completely fill the emptiness within our hearts. That is because we are lacking the knowledge of our own super-wisdom. After we have found our own super-wisdom, maybe we will still continue to live a household life, to enjoy our marriage, to raise our children, to fulfill our social obligations, but the total outlook is completely different from before. We'll be contented.

## **The Cause of All Suffering**

The contentment that I have mentioned is not similar to the contentment that we feel after we eat a nice meal or maybe meet a good friend or are having a very merry party. This contentment is everlasting - whether we have a party or not, whether we are married or not married, whether we have a good position or not a good position, whether we are wealthy or we are not wealthy.

The cause of all suffering is not through any external condition, but it is truly from our own attitude. For example, many Indian monks or monks of other countries, live a very simple life. They probably live in a cave or a tent, or they just sleep wherever they

can, but they are very happy and contented, and they don't ask for anything. But to an ordinary person, if he is forced to spend his time in such a condition, he will feel very unhappy. He will be forever striving to gain more riches, or more fame, or whatever in his mind appears to be desirable. Similarly, also in spiritual practice, if we do not find a best way, the fastest way, to achieve our highest enlightenment goal, then we will be also forever desiring spiritual experiences. Not that many other methods cannot offer us enlightenment. It's just probably that it takes too long and we will be exasperated waiting too long and nothing happens, or it happens just too little and it can't satisfy our longing for God, if you call that God.

What is God? Many people ask me, "Is that a person or is that an impersonal power?" I always tell them, "It is both." If it should appear to you as a person to satisfy your longing, then it will be that way, and if not, then you will perceive through intuitive understanding what God is. We imagine God is the fulfiller of our wishes, of our promises. That is true, even though it is too materialistic a way to express what God is. We don't find God as a person who sits there and grants us every candy or cake that we want to have, but through God automatically our life will be fulfilled. But we will be fulfilled even with or without candies. That is the paradoxical way of God, because God is our own

fulfillment Self, our very own Self. When we attain to our Self, we will never feel lacking in any way at all. All those so-called siddhi powers, meaning supernatural powers of any kind, will automatically come to us. Most of the Masters do not advocate supernatural power for fearing that we will attach ourselves too much to the spiritual materialism and, therefore, we will not have the interest and the strength enough to go farther into higher realms of realization.

In India, there was a story about a king. He was a very good king and loving to his subjects. One day he arranged that all his possessions, treasures, will be given to the people at large. Whoever needs anything can just come and satisfy him or herself at the exhibition without any condition at all. He had no children and no family ties, so he loved his people as his own. Now everyone comes; everyone came. (Sorry, I am always in the present, and forgot that I am telling the story in the past.) Everyone came and picked something of his heart's desire. But there was one girl who came and went straight to the back of the room or the place where the king exhibited all his possessions, and put her hand on his shoulders and asked, "Are you also available?" The king was surprised and said, "Why? Didn't you like any of the things that I have laid outside?" So the girl said, "No, I only like you." Then, of course, the king was very happy that someone liked him for him-

self alone and not because of his treasures. The king then went with her and they got married, or something like that, and lived happily ever after, as it should be.

And do you know what happened? The girl did not want anything, but the whole nation belonged to her, including all these subjects and all these objects. Therefore, in our path, we also do not advocate miracle powers; it doesn't mean we don't have them. After the great enlightenment, or even small enlightenment, we have all the powers that we want. But then we will have so much that we don't even know how much power we have. Instead of clinging to a corner of the house, we have the whole house, including that corner.

## **The Obstacles of Siddhi Powers**

Some people, before coming to learn this immediate enlightenment Method of the heavenly Light and Sound, have also tried to practice many other ways of meditation. They have achieved probably somewhat of the siddhi powers - meaning the power of seeing very far away or hearing something that is not in the

vicinity. For example, I sit here and I can see what happens in London or I can hear what happens in Paris. This is a so-called siddhi power; or probably we can read the other person's mind and see what he is thinking about us. This probably is good for a spy, for the people who are doing 007 or something like that, but after they have become initiated into our path, somehow they lose these powers. Or maybe they have seen some better things or know better knowledge so that they have begged the Master to take away this siddhi power from them.

There are two reasons for these things. First, probably they have gone too high, higher than the siddhi power level, so they have overlooked the previous miracles that they have possessed. The second reason, while they have not lost these powers, why do they beg the Master to take them away? It is because they probably still cling to these powers somewhat in their minds, and so the Master lets them have the choice of forsaking it themselves or not. After you have gone into a little bit further region of consciousness, a higher level of being, then you will feel that these so-called siddhis powers are more hindrance than help to your spiritual progress; therefore, we automatically do not want to use them.

Suppose you sit here in samadhi, in a very tran-

quill state of mind where you are in a super awareness of your true Self, and you have no desire absolutely for Heaven and Earth. Then you see something happen in London which is very gruesome, terrible, and you can do nothing about it. Would that make you feel comfortable? [Audience: No!] You feel more frustrated and then you get more upset. You have tried to attain the state of peace of mind, and here you are, feeling very frustrated and miserable about the condition somewhere else about which you can do absolutely nothing at all. Or maybe you see into someone else's heart or mind when you're doing transaction business, or you see into your wife's heart and see that she loves the neighbor, and not you! And then could that be helpful when you are sitting in meditation? [Audience: No!] No.

Suppose someone is bearing a lot of hatred against us and we have the power to penetrate his mind; that would be a very uncomfortable feeling for both. Most people have a lot of, sometimes very uncontrollable feelings, uncontrollable emotions, within themselves that might or might not have anything to do with us. If we get to know all these things, it is only useless and then we always worry about this mundane level. We can never get into the beyond in order to merge ourselves in the greatest wisdom.

There are a lot of spiritual happenings in our century, and therefore it is good for us, very good for our people in this age, to know so much about the super-power within ourselves. But sometimes it also confuses us as to which direction to follow. Mostly, we will be tempted by the so-called immediate results, like miraculous power, healing ability, seeing through the walls, or walking in space, etc., so that we forget the main purpose for practicing meditation or for getting to know spirituality at all. It shouldn't be, really. When we know our true Self, the supreme wisdom inside, we will know everything. That, I think, is the best measurement, the best standard, to judge which path we should concentrate on. Therefore Jesus also said, *Seek ye first the Kingdom of God and all other things shall be added unto you.* [Matt 6:33] The Kingdom of God is not something that is very far away in Heaven; it is here right now. We have it all within ourselves. We only have to unlock it and use it every day. Then we will see how much better a person we will become, how wise, how loving, and how satisfied a person we will become. Of course, spiritual attainment is not measured in the material sense or value, but it is just the frustrating inability of anyone to express the greater value of insight. We have to start somewhere.

Most of the people will ask me, “What is the use of practicing meditation or getting enlightenment at

all? If we are not enlightened, is that all right or not?” Yes, it is all right. It is very, very much all right. But look at our world. Is it absolutely all right? If the answer is “no,” that means, we are lacking something despite all our material comforts or our scientific inventions. Our world is probably all right in some parts, perhaps in Australia, but not all right in many other parts. And why? It is because of the lack of wisdom. It is because we cling to our small, little knowledge and try to do things to conquer the world with this little knowledge that we have. Should we have access to the whole wisdom, which is incredible, absolutely unimaginable, then we would do things in a better way and the world would have become, long ago, a paradise. Perhaps even better than the life we have in Australia right now!

We see even in the most advanced countries, technologically speaking, or perhaps materially speaking, there are still a lot of uncontrollable incidents which harm human lives. When I was on the way to you in this theater, one of my fellow practitioners in the Quan Yin Method drove me in her car, and she was thanking me, (I don't know why), for helping her to buy this car in just five minutes. She said searched about half a year before, but anytime she wanted to buy a car, someone would take it away. This time she succeeded, and she thought it was because she prayed. I said, “Well, it is



all your spiritual merit. It had nothing to do with me!” But she couldn’t believe it. It’s all right; let it rest as it is. But I said, “Why did you have to buy a new car?” She said because her car was stolen. I said, “What! In Australia, you mean someone has stolen your car? I can’t believe it!” I thought the economic situation in Australia is very stable; I was so shocked to hear that. But she said, “Yes, it’s true, they steal sometimes.”

## **The Root Cause of Dissatisfaction**

Why do people steal in such a very stable country where even the poor get looked after? No one is going to be starving on the streets, really, in Australia. Am I correct? You have social security benefits for the unemployed, is that right? [Audience: Yes] Yes, many countries are like that. In England, France, and Germany also you get social security money when you are temporarily out of work or without any means to support yourself or you are sick or something.

It’s very secure, so why do people steal cars or things like that? It is not only because of the car itself. It was an old car only, so it wasn’t the car. It isn’t the desire to steal that is to blame. It is the dissatisfaction in the heart of any human who does such a thing. He

is not contented to accept the way his life is or what God has meant to give him. Dissatisfaction, and why dissatisfaction? Because he is unenlightened! An unenlightened mind is a very unsatisfied mind. Even if that person were given a better car, he might not stop there. He might want another car or next, an airplane. It is because we are unsatisfied with ourselves. We do not know the Source of all richness, of all power, so we want this and that and other, even when it is not very necessary.

Why do we want these things? It is because we have been in glory, in freedom, in richness before, in Heaven, before we descended into this lowly stage of thinking that we are just a human being, that we have no power, that we don't know anything, that it is very difficult to attain heaven. But I can assure you that even now, we still can attain Heaven, and very quickly, fast, and right here, right where we live. We don't need to go to the Himalayas. Even though I did, it is not necessary for anyone to do that. I was probably destined to do so. Many people have different ideas about asceticism. They think that if they forsake the whole world and family, and go into a cave and meditate in the Himalayas, then they will attain freedom. It's not true. I did just because God wanted me to so that I can tell you it is not necessary. Otherwise, you would not believe me! Probably you would say, "Ah, you can't do it yourself!

You're afraid of the Himalayan cold; therefore, you tell us not to go because you, yourself, can't do it. You don't have any experience!" I had these experiences in order to tell you it is absolutely not necessary. Probably, I was more ignorant than you, therefore I did that.

No one needs to do anything at all. We can just stay right where we are and do what we do now and attain our greatness inside. Then we will still live on Earth, but we will live in Heaven at the same time. We discharge our social responsibilities but we have no desire for the rewards, and we have no attachment to the possessions that we have or don't have. We will have no desire for the neighbors' things or wives or husbands. Then actually, the so-called guidelines will just become a very natural way of life for us, and it's not a precept anymore. These precepts are only guidelines while we are still unable to control our minds. Once we are in control of our minds, actions, and speech effortlessly, then these guidelines are just child's play. We don't keep the guidelines anymore because there is no necessity to keep them. We don't do anything that is not "precepted" anyhow. And even if we do, we know why, and we do not torment ourselves with the self-inflicted guilt that is not necessary in that instance.

Before we can do everything effortlessly, we must attain the state of understanding, of knowing the

will of God, knowing the plan of the Universe, that at which moment we should do what and why. We have no resistance from within or without to accept life the way it is, and also to go on with our business without a heavy burden, without feeling exhausted from just a few hours of work. And even then, if we work a few hours a day, the effectiveness will be much more than before when we put a lot of effort in and we couldn't do much. Most of the Masters, after enlightenment, do not advocate people to leave their families, their friends, their business, to go into solitude or to become a monk and all that. It is because they have seen that these outer things will not help us to attain the inner tranquility of mind. It is only if we truly resign, renounce from within, that we can have an everlasting "desireless" state. If we force ourselves too early to leave our family ties and responsibility, just like a fruit that is not yet ripe and we forcefully take it from the tree, then it is useless. We couldn't eat it, and the fruit will not last very long either. It's neither good for the fruit nor good for us.

Most of our fellow practitioners in the Quan Yin Method, (meaning the Method of contacting the true Heavenly Light and Sound which represent our true supreme wisdom within), are so-called laymen, laypersons. They are not monks and nuns but their levels of attainment are incredible. It is difficult to measure

their attainment unless you talk to them or see their way of life and their enlightenment in action: perhaps how they handle difficult situations, perhaps how they tend to their family and help the social mission at the same time, perhaps in how they deal with aggressive people lovingly, perhaps in how they discharge their duties in such a quick, witty, and effective way, perhaps in how they look so contented and peaceful in any situation that would blow other peoples' temperaments apart. Perhaps in these ways we may be able to perceive somewhat the difference between these practitioners and the ordinary person. Otherwise, from the outlook, it is very difficult to know.

Perhaps you have read somewhere in those spiritual novels that after you practice some kind of meditation a long time you become young, very youthful, forever young, and never die, are never sick, are more beautiful than before, etc. These probably are true in some degree, but it doesn't happen to all spiritual practitioners because they don't aim at these material manifestations of wisdom. Perhaps it helps you to be healthier because you are more carefree within your heart. You surrender more to the will of the Universe rather than taking the whole world upon your shoulders and can do nothing about it but just go around worrying all day and age yourself quickly. Therefore, perhaps in this sense, practitioners look younger, more relaxed

and healthy, loving and happy. But I don't think we should expect a practitioner of eighty years old to turn into eighteen, for example, just because he practices a heavenly presence.

But the people who eat vegan, who practice the Quan Yin Method, do truly look better. Some look immediately better after the initiation that even I, myself, am sometimes very surprised. I am not surprised in the sense that I don't expect this to happen, but I am surprised that a person looks so different, much more different than expected, and so quickly. All this because our wisdom, our supreme power, is starting to work and to correct whatever misconstructions are within our body, within our mental sphere, or within our speech. Therefore our appearances truly do look different, but this is not very important. All these fairy tales do exist. For example, before, we have heard that such and such person in his dream, or when he is in some difficulty, a fairy goddess or mother guardian will come and help him out and things like that. All these things happen right now, in this century even, and all the spiritual healing power and all kinds of incredible supernatural powers do truly exist. If we practice the Kingdom of God, the supreme wisdom, which is our birthright, it is always there for us to achieve.

If we do not practice this, if we do not find a way

to recognize our greatest inheritance, no one will say anything to us. Absolutely no one has the right to say anything. It's only we who suffer the loss that we have a great treasure and we don't use it. And we suffer so much or we have some happiness but only very partial, very short-lived, and sometimes it is the cause of the next sorrow of tomorrow. Therefore the choice is for us to wake up into our glory or to sleep in our darkness, denying ourselves all the things that other people everyday experience - things which are good, which are excellent, which are incredible, which are beneficial for themselves, for their environment, for their immediate circle, and for the world at large. If we do not get enlightenment, we do not know our supreme power, we deny ourselves the greatest privilege that even angels envy, that even small gods in the lower heavenly regions are jealous of, and that is a great pity. We are the only ones to be blamed.

Since I am here already due to my fellow practitioners' kindness and invitation, I am willing to share with you the way to regain your greatness, to experience your true Self, to have all your wishes fulfilled, and to live a more worthy life. Even though we all will die, so-called die later or our body will decay, at least while we are on this Earth we will live a heroic life - strong and spiritual. We will be the tower for other people to look up at, and we will inspire other people

to rely upon their own strength that is inside, which is incredible, which I have no true words to explain.

I think I have spoken enough. Thank you for your attention and maybe if you would like to tell me something or ask some questions, you are welcome. [Applause]

M.C. I know this has touched a lot of people's hearts and we would all like to thank Master Ching Hai. [Applause]

## Questions & Answers

**Q:** Can You comment on this? It is universally accepted that Jesus was a great man. He cured the sick, the blind, the lame; He raised the dead. These were proofs of His very special qualities. Actions speak louder than words, [Master: Right.] yet Jesus ate meat and drank wine. Yet You exclude that. Why is that?

**M:** Where is it stated that He ate meat and drank wine? It was the Jews who ate not necessarily Jesus. I have told you already, suppose you are very highly enlightened, as Jesus, and occasionally eat meat, it won't affect your stature. You can be enlightened with eating meat as well, but the point is that to keep it, to keep the



enlightenment state and to be faster, you had better be vegan. Should you attain the height of Jesus' enlightenment, you may eat anything you wish, but we are students yet. I have to set an example for my students. When you are a student in the college, you exclude from yourself many things because you want to concentrate on your studies. You exclude nice clothes and even girl friends, sometimes even postpone your marriage, just because you want to have a high grade in the college and get your Ph.D. fast without so much burden in between times. Once you become a professor, it could be possible that you still wear shabby clothes but it is allowed for you, if you wish, you can wear fancy clothes, marry, have many children, which you have excluded from yourself before.

But anyhow, my brother, it is not desirable to eat other beings' flesh. Don't you think so? Why is it desirable to kill for your body? I do not condemn people who eat meat. The rules are only the so-called "secret method" for people who want to get enlightenment quickly and to preserve it. You may or may not follow it, as your own free will. We don't condemn people who eat meat. It's just that if you want to follow this path, it is best for you to follow it completely and wholeheartedly if you are to expect the best results of it.

**Q:** How does one know he or she has been enlightened?

**M:** How does one not know? If you graduate from college, how do you know? Do you know it? Yes.

**Q:** When one is enlightened, can there be circumstances that would lead to non-enlightenment?

**M:** No, when you are grown up, you are grown up. You can't grow back to the infant stage. You might stop or retard, but you will not grow back to the infant height again.

**Q:** Can You tell us of love?

**M:** No, I can't.. Why? Because these things are not to be told in language. Suppose you love your wife, how can you describe that love? You can only know it between each other. To the outsider, it means nothing. It doesn't matter how you explain it.

**Q:** With respect, we would like You to explain about reincarnation.

**M:** Reincarnation is a so-called non-enlightened

state of mind that seeks to fulfill the desires, which that person has not completely fulfilled during his stage of a certain kind of being. For example, if one is so much in love with someone in this lifetime and for some reason the love is not fulfilled or not substituted in another way. Then, after both persons die, he will probably be reincarnated again and search for that old love that he had cared so much about.

**Q:** If Allah, Buddha, or Jesus were alive today, would They be “Greenies”? A Greenie is someone who is environmentally conscious.

**M:** That is a new party that protects the environment, right? Partially, perhaps, yes. We should protect the greenery as much as possible for our own benefit but we should not become a nature worshiper, whereby every tree is worth more than human beings. Trees are for human beings. In case we need them, we should preserve them as much as our space, time, and the population allow. In that case, probably Jesus and Allah, whoever, would vote for that.

I’m also a nature-preserver. I and all our practitioners are not allowed to cut trees unnecessarily, but if necessary, we cut them in order to build, in that space, some better institution for other people. We cannot al-

ways preserve nature without concern for human comfort. We better see to the situation — where we should preserve and when and how much.

**Q:** As You said, enlightenment will cause us to ignore everything, such as wealth, illness, or a higher position in society. I agree with Your point of view about ignoring wealth, but how about illness? We suffer every minute. Illness causes incredible pain and misery. How can we ignore that?

**M:** We just do not feel so much suffering the way we did before enlightenment. That's all. We will tend to our body as much as we can, we give it as much comfort as it needs, we give it medical care, and all that. But should we have to suffer from illness, our patience, our enduring power, increases and therefore the illness doesn't bother us much. I do not say we ignore it completely; it doesn't bother us that much.

And after enlightenment, many of our illnesses just disappear. It is not a miracle. It is because our super-power Self awakens and regulates some miscon-structed part in our body and destroys it. Many people found themselves with no more cancer even though they were already put on the operating table and the an-esthetic needle was already inserted in them. But then

the doctors found, to their amazement, there was no more cancer, so they were just pushed outside again. We don't ignore the illness; the illness seems to ignore enlightened people.

**Q:** I have the need to be more spiritual toward all life. How do I react to the negativity around me?

**M:** If we have a spiritual tendency, then we have more tolerance toward all things, including negative influences and also any negative outlook in life. We will be more tolerant, more understanding, and also our positive Self will radiate these healing energies, which correct somewhat the negative atmosphere. We don't need to do anything, really, if we are truly spiritual. Things will better themselves in some degree, and should that person come to us for advice or want to better himself, also then we will be in a position to tell him what to do or suggest what to do.

**Q:** You said during the course of Your talk that once we were perfect but now are not. What circumstances led us to this situation?

**M:** We are lost in the circus, and we enjoy so much the circus that we forgot our home. If someone

comes and just taps us on the shoulder and says, “Oh, you don’t belong here. You have enough now? Now you’re hungry; you’re cold; you should not stick here. Go home and have some comfort.”

**Q:** Dear Master, there is always a fear of the unknown. How can one be certain that the Quan Yin Method is the right one?

**M:** Of course, you don’t know until you try. But as you see from our outlining principles that even if the Quan Yin Method doesn’t do you any good or you’re not certain of the benefit of the Quan Yin Method, one thing you can be certain is that it will do you no harm. There’s no harm if you eat a vegan diet; at least you’re healthy. If you don’t believe in any spiritual compassion at all, it’s proved scientifically that the vegan diet is healthy for you. All the hospitals in the world are built for the meat-eaters. You know that. Most of the meat-eaters are in the hospitals, anyhow. Okay, that’s one standpoint.

And the so-called five guidelines are to protect you from the uneasiness of mind. You should have only a very loving, one-pointed relationship; you do not take what does not belong to you; you do not gamble which causes misery to yourself and others and

your family; you do not take alcohol which makes your vision blurred; and you do not take drugs that are no good for you.

From all these very apparent so-called material guidelines, at least you know that our teaching, our Method, will benefit you somewhat, and from then, you can start and get to know it better. And at least we offer you a somewhat immediate proof of enlightenment, and we don't charge any money for it before, between, and after. You have no conditions, no binding whatsoever. Suppose that even afterwards you don't want us. We also don't do anything to you. So in any way, you don't lose anything; you will only gain.

That is the symbolic thing I can tell you, but moreover you must use your intuitive wisdom to ascertain which path to follow. It doesn't matter what I say; you have to know it and pray to your inner Self, to God, to Jesus, to Allah, to Buddha, or whomever, to help you decide. And if you see a stronger pull to come to us, then you know it is for you. Should you not feel it or should you feel a stronger pull into the world, all right, then you are not yet ready. It's very simple.

**Q:** Are You connected with the Great White

## Brotherhood?

**M:** The White Brotherhood originally denoted those who are highly advanced beings, and probably in that sense, I also belong there. But we belong to the Almighty; we belong to our Self; that is the surest, that is the only certain answer I can give you. We belong to a group of “making you, yourself, better,” “making you become a Master,” a white brother, even if you are black. [Master & audience laugh.]

**Q:** Your students seem to worship You a lot and consider You like a God, a Supreme Being. Do You have any comments on their worshipping attitude toward You?

**M:** I have no comment. They do what they want. They are free to worship or not worship me. I don't advocate worshipping me or anyone at all. I have always told them that, “The greatness is yours. Whatever miracles you have, whatever things occur to you, it is because you are on a spiritual path. It is because you practice yourself. Your own great wisdom is awakened and helps you.” If they worship me or not worship me, it makes no effect on me, but I can't stop people. I can't go to each one of them and repeat the same thing all the time. I can only give a general guideline, but they are just the way they are. People are like that. They will



grow out of it, don't worry. But that is good for them; they are one-pointed. I do them no harm, and if they remember me, it's better than if they remember the devil.

**Q:** What do You think of sex? If You condemn sex, then you must condemn mud, but do not forget that a lotus flower comes out of mud.

**M:** You repeat what someone else has said. If it is from you, I will accept it, but you repeat it from another so-called Master. I never condemned sex. Did I, in any lecture, ever condemn sex? I guess you want to air your view, but it's not your view. It's someone else's view. It's better that you get enlightened yourself and have your comment on sex. [Applause]

At least you're alive now; we talk about sex and everyone is excited. [Laughter] I thank the man for asking the question. Come on, ask more of these questions, and everyone will be all ears.

I never condemned sex at all, but I do not advocate teaching or encouraging or always reminding people of sex. These are things that all the animals can do anyhow. What's the big deal about it that we have to condemn or worship? I don't think we should even mention it, never mind making it a theme of teaching

or an important topic. It's nothing important. If I condemn sex, I wouldn't be here, or my parents would be dead, and the Buddha never born, and Jesus never came. Don't talk nonsense. [Applause]

**Q:** How do you learn to love yourself?

**M:** Do we need to learn this? After enlightenment, we know that we are all right. That's all I can tell you. It's all right the way I am. I don't know if I love myself or not, I just know I'm all right. I'm okay.

**Q:** Just a question from your sample booklet. On page 40, You say, Never in the Bible have I found a sentence, which says that animals are your food. Neither the New Testament nor the Old Testament says anything like that. God never says things like that. And You also go on to say that God never said we should kill animals to eat. Reading from the Bible, Matthew, Chapter 15, verse 17, Jesus said, *Are ye also yet without understanding? Do you not understand that whatever goes in at the mouth, goes into the belly, and is cast out into the drought, but those things, which proceed from the mouth, come from the heart and they defile the man? It's not what goes in that makes a man unclean,*

*but what comes from his heart.*

And the other reference I would like to turn to is from the Book of Acts which I'm sure you are familiar with. Peter, as you know, one of Jesus' greatest disciples, said that he went into a trance and he became hungry and would have eaten. *He saw Heaven open and a certain vessel descending unto him as it had been a great sheet knit at the four corners and let down to the Earth wherein were all manner of four-footed beasts of the Earth and wild beasts and creeping things and fowls of the air and there came a voice to him, Rise Peter, kill and eat. But Peter said, Not so, Lord, for I have never eaten anything that is common or unclean. And the voice spoke to him again the second time, What God hath cleansed, call not thou uncommon.* Thank you.

**M:** Thank you, too. In the first paragraph that you read in Matthew, it didn't mention meat at all. Probably, Jesus at that time mentioned that because some of the people were so attached to eating pig or not eating pig. There were certain foods they don't eat but other foods they can eat. So probably, Jesus mentioned that, but He didn't say meat at all.

And secondly, Peter saw all this, but in his vision only, and whatever God created through God's power in a visionary revelation is not real. It is not the materi-

al flesh that God wanted him to eat. Similarly, in Buddhist scriptures, there was a paragraph in the Suran-gama Sutra where the Buddha mentioned that in the early days of His preaching there were many monks who came from different backgrounds and countries. They were not used to eating vegan food; therefore, He manifested some so-called meat for them to eat through His power, magical power. But later on He said, *If any monks eat meat, they are not my disciples because the meat I manifested to them was not the real meat.*

I guess in this sense, both the Bible and the Suran-gama Sutra of the Buddhists say the same thing. In the Old Testament, God never mentioned that we should eat meat. He said, *I created all the beautiful fruit for you in the field and all the herbs in the garden. These shall be your food.* [Gen. 1:29]

**Q:** In a Buddhist Sutra, the Buddha said that if you use the sound and the light to see me, you do not see the Buddha. Please tell me the difference between the light and sound in the Buddhist Sutras and Yours.

**M:** There are further explanations in that Sutra, but the Buddha did not say the light and the sound. The Buddha said if you use the phenomenal form to worship me, or worship my phenomenal form, then you could not see the Buddha. He meant that you could not see the Buddha nature, but He did not mean the light

and sound, which are invisible to the eyes and inaudible to the fleshly ears. That's the difference. These are transcendental light and sound which will help you to become wiser, more peaceful, and more loving. The Buddha meant that if we cling to the ordinary form of the Buddha, it doesn't matter how He appears on Earth, or we cling to a kind of idol worship, then we could never find our own Buddha nature. It doesn't mean this light and sound.

**Q:** Dear Master, do You think that God discriminates against humans or not? If yes, why did God not give everybody the same color of skin, the same hair, and the same language, and that way humans would not have any problem about language, and any discrimination of skin color that maybe leads to wars and violence?

**M:** God does give whatever you have just mentioned to us, but we have chosen to be in this dual stage because we like it. Should you want to be equal again and each one look the same again, in glory and beauty, then please join the heavenly hierarchy. That's why I am here, to show you how to do it, how to go back to the nondiscriminating state. You have the choice either to be here in this colorful dimension or to go into the dimension where there is no discrimination between

the sexes, between heights, between the rich and poor, and the color of the skin, etc.

Why did God give us so much of this so-called color? Because Hes is very loving, because we want whatever we want, and we get it. Hes also gives us other choices; therefore, we have many choices. That's why Hes gives us also this kind of world and also many other kinds of worlds. Like Jesus mentioned, *In my Father's house, there are many mansions*. [John 14:2] So, if you don't like this world the way it is, it's all right, you come toward the other world. We know the way; we can guide you. And those who do not like to go to the other world, it's all right the way you are. You stay here and do what you want. We don't force people to follow us at all. We just offer the opportunity for those, just like you, who want to go into that kind of dimension. There's no need to argue with me, "Why this and that?"

Every world, every place, has its regulations and rules. If you want to abide by those rules and regulations, then you stay in that place. If not, there are other kinds of regulations and rules for yourself. For example, the Au Lac people or the Chinese who immigrate to Australia, even though they are still so-called Chinese or Aulacese, they have to abide by the rules of the Australian government, whether they like it or not.

They should never bother asking why we drive on the left side and not the right side. “In my country, I always drive on the right side. Why so complicated that we drive on the left side?” But that’s the way it is. If you want to be in Australia, you just do it. Make it simple.

**Q:** Please tell me if the Buddha-sounds are music or the voice.

**M:** They seem like music, but they are not exactly like the music of our world. It is indescribable; it has an indescribable effect on us. It is a symbol of the inner wisdom, and the more we hear it, the better and the wiser we become. It is not the voice, not the spoken word. Sometimes, it can be, but it is not generally.

**Q:** We want a good result in meditation. Do You think we need to receive initiation from a real Master for protection and introduction? If we haven’t received initiation and we meditate, what happens?

**M:** You have heard of many people that had trouble when they tried to meditate alone without an experienced guide. It’s a little bit adventuresome, but if you can do it alone, it’s all right. You will find enlightenment if you can do it alone. It’s just that, in general, it’s better to have a teacher - just like you learn En-

glish with a teacher or you learn to play kung fu with a teacher. It's safer and quicker and saves a lot of time, and also saves you a lot of unnecessary mistakes and downfalls.

**Q:** I have read Your book and lecture and recognize that You don't discriminate between religions. Can You tell me what religion You are advocating?

**M:** I do not advocate a particular religion anywhere because we have enough religions. If a Buddhist should adhere strictly to the Buddhist rules and scriptures, he is a good Buddhist already. If a Christian truly lives according to the commandments, then he is a good Christian already. I have no intention, and it is not necessary for me to advocate whether you should follow the Christian or Buddhist religion.

We have enough churches and temples to teach people to be Buddhist or Catholic or Christian, but we help the Buddhists to get in touch with their Buddha nature, help the Christians to know the Kingdom of God, should they desire to know. Should they desire to know. It's an offer only, with no condition, no force, and no money - between, before, and after. No binding involved. No religious background or meditation experience is required. Absolutely unconditional.



**Q:** If I belong to a religion, such as Buddhism or Catholicism, and I want to receive initiation from you, do I need to leave my religion?

**M:** No, you don't need to leave your religion. You can go to the church every Sunday or every day. I just teach you how to talk to God directly, in your "church," if you wish to.

**Q:** Dear Master, I don't believe in any religion, but I have been a good chap to everybody, and I try to make my neighbors happy, also my father, too. So if I die, can I go to Heaven?

**M:** Sure, you can. This is the kind of person all of the religions teach us to be. Surely you will be in Heaven, but how long it will last, I cannot assure you because your merit is also limited. If you are good to one father maybe for seventy years, then maybe you will have seventy years of Heaven and later on, probably you will have to go back again and do other merit. But if we are truly enlightened and get direct contact with God while here, then we can ask for anything. We don't have to go back again if we don't desire to go back.

I thank you for all your love and your excitement and all your questions. [Applause] Your love, because

you recognize I'm yourself. You are excited because you care — you care about my lecture and what I said. Thank you for both. [Applause]

- The End -

On the second and final night of the World Tour stop in Sydney. Master arrived late at the Civic Hall. Very apologetic, Master explained that it is not Her desire to travel around the World and give public lectures, but it is God's will and She has no choice. She would much prefer to be at home, doing artwork or composing music, because in Her heart, She genuinely believes that everyone is God already and there is nothing for Her to do. Therefore, She frequently forgets the "appointments" that God sets up for Her, such as giving lectures, meeting with important people, etc. and She even has had to place alarm clocks all around Her room. Deriving the theme of her discourse from this events, Master gave an inspired talk about the problems encountered when a Master tries to bring the gospel of Truth to a public which is, in the main, not ready for these precious teachings.

# Seek You First the Kingdom of God

Spoken by The Supreme Master Ching Hai

March 17, 1993  
Bankstown Civic Hall  
Sydney, Australia  
(Originally in English)

I'm very sorry to have come late. I completely forgot. I have this terrible forgetfulness. I truly apologize. I can't tell a lie — no technical problems, no traffic jams, nothing, just me. I forgot completely that I had an important thing to do today. I forgot, and this happens not for the first time. Please forgive me. I don't know what else to say.

I forgot until the attendant came and told me, "You just have to go!" I said, "Why?" I had forgotten the time and the important appointment. This has happened many times; therefore, I told my attendant to buy plenty of alarm clocks and put them all over the place. If you come to my room, you'll see my bed with two alarm clocks on both sides, and on the table another alarm clock, in the bathroom one or two alarm clocks. And even then, I have forgotten. It's good that I had someone to remind me; otherwise, you wouldn't have seen me today. I don't know what I would have done at home, but I just wouldn't be here. I'm very sor-

ry. I will make it up to you. I'll make a longer speech, if possible.

## **Public Preaching is God's Will**

It is not my wish to be in Australia, so whatever happens, please forgive me, even if I speak something that you do not think you agree with or that you do not think you like. It's also all the will of God, because I have no desire to come here. I would prefer to sit on the mountain somewhere, or in my room, or next to the river, or do whatever — just be like you, having a very quiet, ordinary life. I believe each one has God's Kingdom already, so there's nothing for me to do at all in this world. But God's will is always different, and He dictates the way I look, what I wear today, tomorrow, where I should go next month, etc. He is a trouble-causer; therefore, I have forgotten. That's why I have come very late today.

In Indonesia, just a week or so ago, I had an appointment with the Indian Consul General in Surabaya and also with the American Consul there, and the Japanese Consul, and there were supposed to be a few more Consuls. It was for lunch at twelve o'clock. And at half-past eleven, I didn't even know about it. I forgot

completely, and I had just said okay for the appointment the day before. I originally didn't want to come, but later I agreed at last. But then I forgot all about it. Half-past eleven, I still didn't know I had to go. I wasn't made-up, I wasn't dressed, I wasn't washed. I just sat on my bed doing nothing. Then my secretary, or attendant, came and knocked at the door, knocked so urgently, and then I said, "What's wrong?" She said, "You're supposed to be going because you have an appointment with such and such people!" And there I was still unkempt, undressed, and unready, unprepared. So we had to apologize to the people and say, "Please, I'm coming right away!" Things like that happen, and I don't know why God wants to use such a person like me who forgets everything.

I have just been reading some books, like about Ramana Maharshi. He passed away long ago. Probably many of you know his name through books. He was a great, enlightened person and he never traveled abroad. I don't blame him. He just stayed in his house and a few people came and visited him; a handful of European and Indian people visited him. And some people asked me, "Why should the Master never go out and teach his way of enlightenment for people if he is supposed to have compassion at all or wisdom at all? At that time, I thought, "Yes, they're right. If the Master is enlightened, compassionate, and has love, then

he should come out. But then he never did. He said, “What for, what for?” If he comes out and people don’t necessarily believe him, then what can he say? He can’t introduce himself as, “I’m an enlightened Master and I have such and such power,” and so and so. If he does, people probably will think he’s telling a story, a fairy tale. And if he doesn’t, how do people understand that he is enlightened? It’s very difficult for him to speak of himself even though he is sure of himself.

When a Master or anyone goes out in the public to try to share something that they sincerely believe in, they mostly meet with opposition or misunderstanding. That’s why people killed Jesus, for example. But nowadays, in this century, it is ordained that no Master should be killed anymore. We are in a more civilized age and no longer in a barbarous stage of development. I’m glad that it is so, that it’s not necessary to shed blood in order to rescue the so-called “sinners.” And we should not even demand that in any way, or we should not even think that way anymore. In each century, human beings have continued to develop, as more and more Masters graced our earth and brought enlightenment to the minds of the majority of the people who were ready to forsake the flesh for the spirit, who would like to learn to die so that they will begin to live.

Most of the time when I am willed by God to go around like this, exposing myself to the public for all kinds of comments, I'm not unwilling to go. I'm not unwilling to go, but sometimes the game is too serious. Most people play too seriously, so it's no fun. Otherwise, I would have enjoyed and combined business with pleasure and had a little bit more fun, by the way. But most of us are too serious. We play the game of life and we learn the lessons in our worldly, so-called "drama," too seriously. Many people cannot laugh and they dare not cry sometimes for fear that other people will take advantage of their emotion. But it is correctly so, because emotion is the thing that we should fear.

Because of emotion, we tend to act over-excitedly about some matter that we do not agree with, or that we think is not correct, or is not according to our opinion. Because of emotion, some of the world wars have broken out. Apart from power struggles, of course, and economical reasons, there is emotion in it. Sometimes it starts just between two or three people or a group, and then we have war. It started from there. And sometimes, religious wars also started through, or by, or from, emotion. These are the things, sometimes, we should take time to consider and ponder whether it is worthwhile. Sometimes, some people suggest that we forsake something or sacrifice something in order to attain something else maybe of greater value, and

we probably go berserk. We didn't like it and we react very emotionally so.

Of course, we have forgotten that we can't worship both the world and God. If we couldn't forsake the flesh for the spirit, then we have not begun to live the eternal life. It is difficult for a rich man to enter the kingdom of God. What does it mean by "rich man" - the comfortable life, the easy-going style, the material fulfillment of our daily life. But these things we can all have. We can all have. It's just, probably, we can minimize them so that our life will become more spiritual and more relaxed so that we become closer to God.

## **Forsake the Meat Diet for the Kingdom of God**

Take, for example, the vegan diet that I am always in trouble with. I wish I could give initiation to you without it because it causes you more trouble than I am asking for. It causes trouble everywhere, just because of that piece of beef - nothing better than that. For example, that diet, it is scientifically proven that it's good for our health even, and it's economically beneficial to the whole world. It's not I who say it. It's all these scientists and researchers who say these things. You may look in the bookstores and find information concern-



ing this yourself, which are plentiful in your country, I believe. Today, in the English language, you can find anything that is scientifically approved and tested.

And also, from many standpoints, if you have been associated with yogis and others practicing peace of mind, you would, of course, know before I even mention it that they, all of them or most of them, prefer or know that the vegan diet is better. It is the best when they meditate, when they want to practice peace of mind, because the flesh diet is more active.

There are many foods, just like medicines, that have different effects on the body. If we say these don't have any effect at all, then it is unscientific. If nothing affects us through the things we put in our mouth, then if we drink poison, we will not die; or if we take an anesthetic, we will not be unconscious for a while so that the doctor can give us an operation and we feel nothing about it. So there are certain things in life that materially will affect our state of consciousness as well as our body and also our mental state. When we take drugs, we are very blurred and sometimes unconscious; we take alcohol, then we're drunk, sometimes we have a headache or we can't walk straight.

Certain kinds of things in the material kingdom will affect us more or less. That you know. Therefore,

the food we take also affects us mentally, bodily, also spiritually, and this has been proved since time immemorial. It's not I who decide who eats what. I'm just offering you the way to complete awareness of your own great Self, should you be willing and like to take it. And we do this with all our own financial resources. We do not expect anything from you at all. I have earned all my money by painting, by interior design, and all my disciples have to work so that we can make some contribution to the world to which we owe a lot of love and nourishment since we were children. I am doing you no benefit. I'm just following the will of God; also to contribute something to the world while I am still here. So, take it as our goodwill or leave it as your free will, and we have no need to make a lot of fuss over a piece of flesh. If you wish to eat meat, it's fine. The whole world eats it. I can't be concerned so much, and I can't tell everyone to stop it. I have no dream to do it. I'm only here because God makes me to be here. Otherwise, to me, the world is all right. God runs it. I have no concern.

Before, I had illusions about saving the world. That's why I left home and wanted to get enlightenment, etc., because I saw so much suffering around the world. But after a few years now, I understand that it's all God's will and there's nothing for me to do at all. But He makes me do something. Perhaps if He lets

me sit idly somewhere on the mountain, it is also no good. I will also be rotten and also die one day, so Hes will make me die on the road, perhaps. These things are easily understood when we are in a very calm state of mind and put aside our excitement and prejudice.

## **Genuine Master and Method Difficult to Find**

In the ancient time, if we wanted to learn this kind of enlightening method, it was not easy. Therefore, most of the people make a myth out of enlightenment: that it's reserved only for some exclusive people who look like an angel, and saintly, with beard flowing, white robe flowing, walking in the air, and things like that, or should be. Maybe, judging from my experience around the world, it should be. It's so difficult to convey to the people at-large how easy it is since they have been so used to struggling and a complicated life. But I can assure you again and again, it's very easy.

If I can do it, such a small person like me, you can do it probably better. You have more strength; your brain is bigger than mine - judging from size. You are taller, stronger, and you have accomplished more than I have in your life. Your countries are more civilized than, perhaps, my country, or supposed to be my "bodi-

ly country.” My “country” is much more civilized than any country on Earth, but that I can’t prove to you, so I don’t talk about it. I can prove it to you if you come with me, yes, but I can’t prove it if you stay here and don’t want to follow. I can’t show you London unless you come with me, for example.

In the old times, most of the Masters did not go publicly to preach what they know. First, for the simple reason that any Master would believe that there’s nothing for him to do. They have become accustomed to looking upon all brothers and sisters as God’s manifestations, and all of them have God inside. Therefore, they feel they have absolutely nothing to do. Lao Tzu said the same. He said, *There is nothing to do under the sun, under Heaven.* [Tao Te Ching] But then, again and again, sometimes people discover them, or it is by the will of God that people discover them, and then they will be in the spotlight. One by one, two by two, and then the so-called Master will be forced into the open. But because of the media and so many inconveniences about politics and the situation prevailing at that time, not many Masters truly were widely known around the world. We didn’t have enough communication; we didn’t have enough convenient transportation. Therefore, most people, whoever can know these kinds of Masters, look upon them as sacred, as holy, as rare, as respected, a very rare species. Nowadays, if a Mas-

ter does the same thing, then of course, only a handful of people knows, but then, it's still more than the olden days when there were no communication systems available.

In the old times, we did not have enough material comfort; therefore, there's not much to cling to, not much to be attached to, or it's not hard to put down. And today, we have too much of these comforts available to us. It is very good that we have advanced to a greater height of civilization, but sometimes on some occasions, it may be a great hindrance to our spiritual quest. The Buddha also said, If you have such a comfortable life, if you're in Heaven, it's difficult to practice to become Buddha — meaning it's difficult to attain the complete awareness. We may be able to attain part of it, that's what He meant, but not the complete enlightenment.

## **The Price of Complete Enlightenment**

The complete enlightenment, of course, has its price. Our fellow practitioners also have many different degrees of attainment. Those who truly dedicate their life for spiritual practice - of course, they forsake everything that is not conducive to spiritual attainment.

Some would like to just have a little bit of benefit without sacrificing too much, so we have two types of practitioners. These two types, of course, we give them different guidance according to their wishes.

For example, in Singapore, we gave initiation to the people who would willingly commit themselves wholeheartedly to the spiritual practice. And there were other people also who said, “Oh Master, we like this very much, but we don’t know if we can be vegan yet, so please, can we be ten days a month or whenever convenient?” I said, “Yes, of course, as you wish.” And then they also wanted me to teach them some so-called Convenient Method. So we divided into two groups; one is completely vegan, and the other is not. And they also can mix together and meditate and use the same Center.

Most of us are so great inside, but we do not care to recognize it. That is all. Therefore, there is a difference between the so-called saints and the ordinary people who are also saints. We call some people “saint” when they are aware of their inner inheritance from Heaven, and they can make use of this power for their benefit, for the benefit of the immediate entourage, and for the benefit of their country and the whole world. Such a saint does not necessarily go out and preach to the public. He may just sit somewhere and people will

go and find him, although a little bit limited in number.

And for the saint's teaching, it's not necessary to use language. Language is very secondary in nature in conveying the message of Heaven. There is one way, the highest way, and that is conveying from inside and using the wisdom, using the heavenly language to convey. That doesn't need the Master's presence or the Master's speech. But in our world, if we do not use language, sometimes people cannot understand, cannot clear the doubts in their intellectual understanding or in their minds; therefore, language is a second choice in some cases. But when it comes to actual transmission or recognizing the Self, the Master doesn't need to speak. Both have to be silent: the so-called Master, and the so-called disciple. Both of them speak in silence, and that is the highest form of speech.

It's only when any Master goes out in the public that people expect Him to speak, and then the Master has to do so. But while speaking, there are other things, underground, in silence, that are also given to the ready audience or the disciples. Therefore, some people will see some wonders while listening to the lecture, or see the Master radiating light, or see the whole lecture hall filled with light and all the people kind of engulfed in the light. In this material world, we often ask for material miracles; therefore, perhaps sometimes, the Master

has to resort to miracles in order to attract people to come, and then give them something immaterial. But that's a very rare case.

For example, there is a Master who always works miracles and people don't talk about his greatness or his enlightenment; they just talk about miracles all the time. They say, "Do you know such and such? Oh, he can do that. He can materialize that." And all you hear about is a ring, and a necklace, and all kind of things, and you hear nothing from Heaven. That can have a side effect on the people who are too materialistic-minded. Therefore, most of the Masters avoid using miracles, or use them in silence and underground. Only the one who receives it knows it. And mostly, the people around Him or Her don't know, even the very close disciples, or those close to the beneficiary do not know, except when they are together, for example, in an accident or something like that. Then, they would know.

Many times, I am asked by people who come to a private interview that I should bless them, heal their sickness here and there, one and another, and I was often just speechless. I was thinking, "I am giving you the whole Kingdom, and you only want that. You only want this physical, ephemeral body, and even if I cure you today, you will get sick again tomorrow. And eventually, we will die anyhow." But most of the people



who come to an interview are so materially preoccupied that I can't say much more, even if I told them that the whole healing power is within themselves. If they would only turn in to the Kingdom of God within, they would have everything. God will bless them with all kinds of things that we can't even imagine we will achieve even in the deepest prayer.

## **Ignorance of Our Great Self is the Only Sin**

I have found that many of us have no self-confidence, no faith in our greatness, in our supreme power, and that is the only problem. That is the only sin that we commit that is worth talking about. Otherwise, in my opinion, no one sins at all. It's just a force of karma that is at work, which drives them to do this and that, to go here and there, to be good or to be bad. Except when these persons, for some exceptional merit, come in contact with some saint and sincerely sit in the presence of the saint and derive direct magnetic blessing, then they change their life. They feel different, they feel love surging in them, they feel power stirring within themselves. They feel the wisdom awakened.

Why are we often sick, or why do people have sickness despite all the medical advancements and all

the luxurious life that we can afford? It is because we are out of touch with our supreme power that regulates all things, which runs the whole universe. We go against it, or we are ignorant of it, and that is the cause of all our misery. I wouldn't say that when anyone has been initiated or is enlightened that all disease will disappear immediately, although on many occasions that I know of, it happened with our fellow practitioners. In many occasions, it happened immediately, that I know, but not because they came for physical fitness, but just because they were so sincere, they tried to look for God so that even their physical discomfort also disappeared. I wouldn't say that everyone would fall into this category. But gradually, each one will achieve this state of ease and comfort, and all the "disease" of the body, "dis-ease," disease of body, will disappear in a great percentage.

And even sometimes through their merit of remembering or merging in the supreme power inside, they can even effect a cure or two in their immediate circle - not to talk about the Master. This kind of curing or healing doesn't bring about the karma of interfering with the law of nature upon the shoulders of the disciple because he does it without knowing it. He does it, but not by using any material or psychic power to boost his ego, or to make the one who receives the benefit worship him as a healer. Therefore, the law of karma

doesn't apply in this case.

In many cases, should a healer use his own psychic power or the strength of mental power to cure someone, then the "curer" himself knows about it, and the patient also knows about it; therefore, it bears the karmic mark upon their minds. In our Path, even though we don't advocate the use of miracle power, it happens anyhow all the time, and we do not accumulate any karmic debt for interference with the laws of nature because we do it without doing. Our egos would not grow greater and bigger every day because we don't know when we cured that person and how we did it. It's just that we know there is grace from Providence that probably goes through our body as an instrument, or our presence, to cure that person. We might know it, but we can never be sure; therefore, our ego is not in danger of growing oversized. Therefore, if we truly look for miracles or any power at all, we should look first to the supreme power, and then everything else will come into our life without us wishing. That's why Jesus said, *Seek you first the Kingdom of God and then all the things shall be added unto you.* [Matt 6:33]

## All Masters Work Together

I wish I never had mentioned the name of Jesus or Buddha because They also cause me trouble. Many people understand Jesus differently than I understand, and then that brings me trouble. Many people think they understand Buddha better than I do and that brings me trouble. But because I was brought up in a Catholic background, and also a Buddhist background, my tongue slips and I mention these two great names.

Sometimes, They cause me trouble even though They know that I know, and I know that I know Them, but many people don't think I know. I only mention Them because you know Them; otherwise, I don't need Them. I'm completely independent. I know Them just as I know my friends. And many of our disciples also know Them in meditation. Sometimes, Jesus will guide them invisibly about things in their life when they're in difficulty, or Buddha comes and blesses them.

All the Masters actually work together. *By their fruit shall they be known.* [Luke 6:44] We teach people all the good things that keep the social security in order, like you do not steal from people, you do not commit adultery, and you do not take alcohol. We teach people meditation to quiet their minds. And if you see

our so-called disciples or fellow practitioners beaming with happiness, with love from within themselves, then you know that it is the good fruit, and it doesn't matter what I teach, or if the path doesn't agree with you, you should know that this is correct. Any Master would only like to see the worldly people in this kind of condition: peaceful, loving, intelligent, and obedient to the law of Providence. That is the only proof, and very solid proof. No need for me to talk a great deal, to argue with anyone, or to prove any further about the correctness of our way of life.

There are, probably, other ways of life; I mean that many roads lead to the mountain. It's all right. It's perfect. But some roads are more rocky, are more difficult to climb, and some roads are easy. Our road is easy. That's all! If you think your road is easier, it's fine. It's fine as long as you reach the mountain, and then we'll see each other. If someone is on top of the mountain, he sees that there are no differences, but as long as he is not yet on the mountain, he probably will argue.

It is very strange that we could sacrifice a lot of things just to achieve some very temporary purpose. For example, many people would undergo hardships, forsaking the comfort of their warm home and also the many comforts that they can afford in their hometown

just to climb Mt. Everest, or other very difficult and cold and dangerous peaks in the world. Or to go into the desert to make an expedition just because they like it. After they arrive, or when they set about to climb or to go to the mountain, we know these people are truly serious. They're very sincere in their effort to achieve what they want. Similarly, if we truly love God, then we do not mind any sacrifice at all, if it is truly a sacrifice even.

Many people ask me, "Why a vegan diet? I can eat meat and get enlightened. It's okay or not?" I say, "Yes, it's okay, but it might not be smooth, and not complete, and also you probably will have many side effects or hindrances on your path, and you'll waste a lot of effort. Probably you will not get very high, and sometimes, have trouble." So now, they say that they cannot believe me; they think I want to make trouble. What for? If you think about it, wouldn't it be easier for me just to give initiation at random to anyone at all who comes into my hands, so that I get more famous, have more people, and more of everything? Just because of the vegan diet, every time we lecture, not all of the people come, not even half of the people come.

If you have difficulty with the vegan diet, I have even more difficulty in introducing it. So think about it. I sacrifice everything that I have, finance, time, youth,

family comforts, my husband even, to expose myself to some of your, sometimes, criticism. Just for what? Just to get this difficulty because of a non-vegan diet. So it must be something. You think about it. I do not wish to make trouble for myself and have less disciples.

Some people would sell the initiation for some certain fee, so maybe you should look over there. And they don't care whether you eat meat or not. It's very cheap, but it's different in the length of meditation and in the quality of initiation — that I might tell you, but I would not mention the name. You find out yourself. There are many prices for different jewelry, so please do not blame me or get excited over this little piece of meat. It's not worth it. It's below your dignity to do so. God couldn't care less whether we eat beef, or we eat chicken, or we eat cabbage. It's we who care. We have to, at least, show that we're determined to see God above anything, let alone just a little piece of meat that is not forced upon us anyhow. If we cook something and we put a few pieces of meat, or a few pieces of tofu, or other kind of protein, it makes not much difference, or to me, anyhow.

It is very sad [Master sighs] that we have to always discuss these very small things, which to some of you, or many of you, seem so important - more important than God, more important than enlightenment,

more important than all my sincerity and love offered at your door, at my cost, and my convenience, and at the convenience and cost of all my disciples from Sydney, Formosa, and from all over the world. They came to help me with their own money, their own time. They sacrifice everything. Some of them are not going to get married; they live in tents with me so that we can save enough finances to come here or other places to see you and other people of the world, according to God's will.

I hope, today, after you go home, whether with or without initiation, you may ponder over something which is above materialism, above the care and importance of these ephemeral, fleshly clothes, which we change after a few years into where and which clothes we do not know. If you want to know, we offer you this opportunity, and you may select which planet you go to later, which kind of place that you prefer to go to, according to your achievement. But if you would not like to select it, if you prefer to go unknowingly with the Angel of Death or the Angel of Life, then you may do so. And I wish you a good journey wherever you choose to go.

Thank you very much. You may ask questions now. [Applause]



## Questions & Answers

**Q:** Please briefly outline the Quan Yin Method and why this Method is better than others.

**M:** The Quan Yin Method is not really a method because when I'm supposed to teach you the method, I'm just in silence, and you will also be in silence. But then you will hear the Word of God, the Music of Heaven, and this Music will wake you up from the slumber of your sleep. The God power within us, the supreme wisdom, will begin to work again in a proper way.

We came to this human life just so that we can bless the world using this supreme power. If we don't use this to bless the world, then we're often or mostly in misery. That's the cause of the misery of the world. That's why, after the Quan Yin so-called "Method" transmission, most of the disciples, the "advance-quicker" disciples, they'll be always in happiness. And whatever they do is fast, efficient, and very clear. They have bliss and security within because they have fulfilled their duty as human beings on Earth.

We are not being human for nothing, not just to eat, to sleep, to have children, and to die. It's not the human purpose. The Word within us is the supreme power that we have inherited from the God-Father, so

we have to use it. We are human. Everyone says human life is so precious, but in which way? Just so that we live until sixty or seventy years and we die, mostly in sickness or misery, without any wish fulfilled? Is that all there is to human life? Think about it. The Quan Yin Method helps you to know your own power and use it to bless the world - and bless yourself (of course, you're included).

**Q:** How long does it take to get enlightenment?

**M:** How long? [Master snaps Her fingers] That long. At the time of initiation, you just sit and you get it.

**Q:** Animals are living beings, but also, plants and vegetables are living beings. They feel and sense killing in a more subtle way than animals. So where's the difference? And why be vegan if we need the proteins, amino acids, and vitamin B12 of meat?

**M:** All these vitamin B's you can find in yeast even. The plants have life, the same with wood and everything else, but when you cut a branch of a tree or plant, it grows into two or three more. When you cut the head off an animal, it doesn't grow any more.

Of course, it would be better if we die, eat nothing and be saints. But it's not necessary. The Buddha also ate vegan. God has said that He gives us fruits and herbs in the field for our food. So we shouldn't reject His offer. I think it would be offending to God if we don't take a vegan diet because He offered it to us. Go home and look at the Old Testament, first page.

**Q:** Will everyone who gets initiated gain liberation or enlightenment?

**M:** For sure, provided he doesn't desire to go back to his old way of life. But he will get liberation anyhow — just that it will take longer and there's more suffering for him because he desired it.

Enlightenment, you get it right away, - anyhow a taste of the enlightenment at the time of initiation. It's just like you go and learn French with a French teacher. If he doesn't teach you one or two sentences at once, how do you know if he is a French teacher or if he knows French at all? At least you know some sentences on the first day of your class. Similarly, when you come for initiation, you have a taste of enlightenment right away, - some portion, even a small portion of enlightenment. From then on, you go on becoming more enlightened each day. You get a greater portion

of enlightenment each day until you completely realize that you are great, that you have the Kingdom of God truly within yourself.

**Q:** Do You believe that the Supreme Maker of the universe, Jesus, the only begotten Son of God, said, I am the way, the Truth, and the life; no man cometh to the Father but by Me, and that no one can enter Heaven, God's home, except by Jesus?

**M:** Yes, it's true. Every Master says that. Jesus is the name of His body, and Christ is His title. Every Master should have His Christ power; therefore, in a sense, Jesus never died. Jesus works through all the Masters throughout the centuries, throughout the ages, to liberate and enlighten us, the ignorant who are still left behind. Jesus alone cannot enlighten us if He is gone. Of course, He can in some degree, but we are human. We can't get in touch with Him when He is in a higher sphere; therefore, a physical Master is necessary. But the Christ power works through any physical Master who is destined or posted to be at that time; therefore, when Jesus said He was the only way and the only one, He spoke the absolute truth, but so does any Master, when the Master is alive.

I know it's a trouble with clinging to the Bible —

the same with many of the Buddhists. The Bible and the scriptures are excellent evidence of the past Masters, but also excellent stumbling blocks for our intellectual attachments. I know it's very difficult. I only can wish you the best wishes, and I can only be patient to wait until the time comes that you understand. The Bible is only a record of a Super-Master who has graced our Earth, but what about those before Jesus and after Jesus? Those after Jesus, probably we say "Okay. We hear His name and we get redeemed." But how about those billion, trillion years before Jesus - there was no one to rescue them or what? Is the Father so merciless as to send only one son and at only one time? Could He be so stingy, do you think?

If Jesus really redeems all of us - can you truly answer me, why are we still in ignorance? There are many things we don't know. Heaven, we can't contact. Some people can when they pray very deeply, sincerely to Jesus, and probably He appears to them and teaches some of them, but very few. He doesn't appear to all of us. But to our disciples He would because we know how to contact Him. We can ascend up to His level and get His teaching directly. I'm not teaching anything different. If you would like to see Jesus and God, I just help you. If you would like to see Buddha, I help you. That's all. But only if you believe it, instead of clinging to a past record of a great Master, most of which we do

not understand.

**Q:** What is the deepest obstacle to achieving enlightenment?

**M:** The greatest obstacle is that you don't want it. Otherwise, I offer it at your doorstep, no cost, no condition, no binding, nothing at all, absolutely whatsoever, and forever, and you still don't want it. That's the greatest obstacle that I can think of.

**Q:** Why do people call You "Master"?

**M:** Why not? There are so many masters. Why are you jealous of my title? [Laughter] Master's degree in science, master of smithing, master of jewelry, master of machinery - any kind of master. If I am teaching them something and that has an effect for them, it makes their life better, smoother, more beautiful, more blessed, more blissful, more happy, more joyful, and more wise, why shouldn't they call me Master? But it doesn't matter to me. You can call me brother or sister. Some people call me "small sister," some people call me "little Hai," or "Ah Hai." They call me many names. Some people call me mommy or mama. They call me many things! I don't mind. [Applause]

**Q:** What is the difference between You and me?

**M:** None that I know of. The only difference is that perhaps you have denied yourself of the greatest privilege that our Father has endowed upon us both. You have denied it; that's the only difference.

### **Master Power Burns Stored Karma**

**Q:** Does the karma of a person influence the enlightenment process, that is, when initiated by You, Master?

**M:** Yes, it does to some degree. The past karma, which lies in the store of the subconscious, we can use the Master power to erase it so that no trace of it remains for future rebirths. But the present karma we have to undergo; otherwise, we would die immediately after initiation. If we have no more take-and-give in this world, we can't exist. Therefore, the present karma, (what is already written in this life that we have to undergo), we should undergo. But due to the grace of the supreme power that is within us after awakening, we will have it smoothed or minimized, or undergo it in dreams only. For example, you're supposed to be stabbed by someone, wounded heavily, but after initiation you dream about it only; then you don't have it in life. But when you wake up, probably the wounded

place is still hurting. If you forgot the dream, then you don't know why, but the karma will be gone - something like that.

Karma, we must pay in some form or another. Maybe the Master sometimes takes some part of it for you, or completely, depending on whether you can bear it or not. That's why Jesus had to sacrifice, because of the sins of many of His disciples, the persons that He cured, and those persons that killed Him. He even forgave them. Therefore, He had to undergo suffering. Many Masters do that, still do, not under the form of crucifixion, but in different forms: mental anguish, bodily discomfort, slandering, or demands of all kind of sacrifices from the disciples, or from the world at large. For example, it doesn't matter how much the Master sacrifices, the people keep demanding more and more, and keep tormenting the Master. It's also a kind of crucifixion anyhow, but it doesn't appear on the cross; it appears in daily life or in the mission of the Master. You do not know this until you become one, so don't bother believing it even.

**Q:** Can one take the first initiation eating meat, then take the second initiation if one feels a higher pull?

**M:** I would give you the second initiation instead



and forgo the first. Wait until you're ready, and come, okay? Why force yourself? If meat is better than God, then you'd better wait. It's all right. God gives us all free will. Don't worry about that. God doesn't get angry, or doesn't push us. We choose what we want to do, but do it wholeheartedly if you want to succeed. You can't just tell the girl, "Oh honey, I love you very much. We should just pretend to get married first. I will have a couple of affairs, and then later when I settle down, we'll marry again. Is that okay?" Even in worldly life we can't do that, never mind making a deal with God. I think we're too clever for God. That's why Hes shakes Hiers head and sits up there; Hes doesn't want to come down.

**Q:** Can You tell us the practice that the disciples have to do after they receive Your initiation?

**M:** They carry on with the meditation that has been instructed to them, and they carry on with their ethical conduct and the vegan diet. They meditate as much as they can. They keep the guidelines and do not deliberately violate the laws of nature. That's all. Whenever they have problems or obstacles in their meditation, they will write to me or call inside for help. That's what they do. And they carry on with their daily work just as before. Just maybe more lovingly, more

aware of their responsibility in this world, and more effectively, since they have more intelligence and more original power from within, not from the computer brain.

**Q:** How can you tell the difference between a frail soul and a bad soul?

**M:** You mean someone who does not deliberately want to do bad things, but just gives in to temptations and that. Well, they're weak. It's not the soul, but it's the mind that is weak. And if they also have weak and tempting associations with them, then of course their frailty grows greater each day. But if they associate with people of stronger character, who are more noble in bearing, manner, and thinking, then they will get stronger. There's no such thing as a bad soul. All souls are good — from God — only bad minds.

The mind, the computer, the brain, registers many things, bad or good, and he puts it out accordingly each day. If a person associates often with the very so-called rough background, then he gets acquainted with this kind of habit, and his brain registers only these kinds of so-called bad actions. Later, in similar circumstances, or if they register too much, they will give out daily the same information; therefore, we call that person "bad." Actually, we should say that he has "bad habits," not

a “bad soul.” Whether our habits are good or bad depends on whom we are associated with.

In India, people very much praise and hope for association with the great practitioner who has peace of mind and who radiates invisible energy, who heals anyone who comes to Him or to Her. This is what is called “satsang,” which means association with those who know the Truth, who turn toward the Truth, and who understand completely the Truth. They even go to the extent as to say that if such a person, who is always in tune with the Truth, with God, with the supreme power within, just looks at you once, your life is changed. So, association is very important. There’s no such thing as a bad soul or a good soul.

**Q:** Why do some people never experience God even after so many sacrifices?

**M:** Because they go the hard way. God has prescribed a way for us to get in touch with Him and we deny it. We show this to you. The way we show to you is the way to get contact with God. There are probably other ways. If you don’t feel an appeal for this way, then try to find another way. Whichever way you find, if that gives you the Light of Heaven and the Sound of God, that’s a correct way, because these are the signals

from Heaven. These are the manifestations of our wisdom inside which can lead us back Home.

**Q:** How does one overcome fear in daily life?

**M:** If we don't know God, it's difficult to overcome many things, not only fear. I was very shy before. You wouldn't know me. I hardly had any friends. I didn't speak much and I was often alone. Even now, if I did not come out to speak to you or if no one requests me to come out to see them, I'm always in my room, or in my tent. I do not come out or go out to plays or discos or shopping; I don't do anything like that. I'm very shy. After seeing people in the airport, if they don't give me a quick exit, I will grow very moody because I'm very shy to see people over a long period. I like to disappear as quickly as possible.

But then before, I couldn't imagine talking to a large audience like that. I never talked! I didn't know how to talk, but God made me like this. God makes you overcome fear, nothing else. Except that we turn back again to our birthright, to our birth-duty to find God, to bless this Earth, we can hardly overcome anything.

**Q:** Can You please explain “Manjushri’s sword” and its application to everyday life?

**M:** Manjushri’s sword” is the supreme wisdom. It’s the sword of wisdom, which is prescribed in the Buddhist Sutras [scriptures]. It means that when you have wisdom, you cut through all attachments, entanglements, and obstacles in this world. It is likened unto a sword, which cuts everything. He doesn’t actually have a sword, just the wisdom that cuts through all things so we are not bound in this world anymore. That’s just a parable.

“Manjushri” is a Sanskrit term which denotes a saint (a Bodhisattva, which means a saint). In Shakyamuni Buddha’s time, he was one of His greatest disciples. His name was Manjushri, and he was supposed to have a sword that cuts through all the obstacles and everything. That’s called “the sword of wisdom.”

**Q:** If one is a practicing tantric worshiper of the goddess, working with the senses, how would this path affect this practice?

**M:** It doesn’t affect it, but I think you have been graduated. You worked with the senses, and now it is time to work with the soul. If you wish to go higher, then you just practice this path. There’s no harm to for-

sake the secondary school when you aspire for high school.

**Q:** How many Gods are in this world?

**M:** In this world? Oh, trillions of Gods. Look at you; all of you are Gods, but it's just that you don't know it!

### **How to Get Rid of The Ego**

**Q:** There are four principal points in Buddhism. First, suffering, second, the origin of suffering, third, release from suffering, fourth, to approach salvation or enlightenment. Later on, Shakyamuni Buddha found that the only thing to gain absolute emancipation is to suppress the ego, self-denial, because the self is the origin of suffering. Question: In Buddhism, why is it necessary to suppress one's ego when it is so crucial on most levels for survival and self-respect, in a practical sense?

**M:** The Buddha did not mean that we have to humble ourselves in the society or cut down our success just because we want to suppress the ego. To suppress the ego is accomplished not by mental practice,

not by observation, not by doing anything; it's just by getting in touch with the Kingdom of God. Get to know the higher ego, the higher one. If you know something better, then of course, automatically you will not rely on the lesser one. Suppressing the ego doesn't mean we have to go through vigorous asceticism or do anything about it, or have to wear very dirty clothes in order to show our holiness inside or to make people think that we are having no ego.

To have no ego means you have already merged within the God Kingdom - you do without doing, you heal without healing, and you do things according to God's will and never claim credit. But still in the social life, we keep the same position. We do the same work, perhaps, if that is God's will. If God wills us to forsake our duty or job and do other things for Hirm, then we would do it. At that time, we truly suppress the ego, but without losing self-respect, position in the society, or the respect from other people. We would just absolutely surrender and do many things without even knowing, without claiming any credit for it. At that time we know everything is God's doing. It's the supreme power of the universe which we are part of that does things. That is a true suppression of ego.

**Q:** What happens to a person after he dies and is waiting to be reborn?

**M:** What happens to him? How do I know? Should I die and come back and report to you? [Laughter] I think we'd better take care of the living.

If your deeds are truly pure, your mind is absolutely noble, your actions are high quality and beneficial to the world, your wisdom is clear, then of course after you die, you know where you go. You know right now, even. We just sit or don't sit, and we know Heaven; we know where we will be after death. By the way, the initiated person will be informed at least three days in advance before his death so he will know where he goes and to prepare his worldly obligations before he leaves the world. At that time, probably, you will inform me where you go or what happens to you. Otherwise, I don't know now. Heaven has not told me that I'm going to die in three days yet, so I don't know. We'd better take care of the living. Take care of ourselves while we live, and then we know how we die.

There's no need for me to answer because each one is different. The individual death is different; the individual way is different. Look at your present, and know what awaits you in the future. If your life now is virtuous, clean, sympathetic to all, and respecting of the higher spiritual values, then you surely will go



to Heaven and nothing will happen to you after death. You immediately go to Heaven. If otherwise, opposite-wise, then maybe the Angel of Death already has your name on his waiting list for somewhere else below or somewhere a little bit not very bright.

**Q:** Is it true that when a person gains enlightenment, the person's family in six generations benefit? Can You please explain further?

**M:** Five or six generations — it is just a saying. It could be more than that. Even friends and those we love and sympathize with will get benefit as well, and get liberation or merit accordingly.

**Q:** I'm a Christian. I have Jesus' photo in my room. May I put Your photo next to it? [Laughter]

**M:** If you wish. I don't think Jesus will be very jealous about it. [Laughter] I think He will be okay.

**Q:** I'm already baptized. May I receive initiation from You?

**M:** Oh, sure! With honor. Why not?

**Q:** Is there any value in suffering?

**M:** Yes, great value, so that we learn to go upward, and we don't sink to suffering again. Sometimes, if God blesses us so much, we do not appreciate it, and we do not think of God and do not remember to go back to the Kingdom. When suffering comes, mostly people will pray or remember God.

**Q:** We already have God. Why does the world still have rich and poor?

**M:** [Master sighs] I told you already, we're ignorant of our greatness. That's why.

**Q:** Where do we go after this life?

**M:** Where we go depends on how you live this life now. If you are virtuous and clean in all means, your conscience is open and clean, of course, you go to Heaven. And you go to hell if you are registered there.

And if you practice the Quan Yin Method of enlightenment, you go right to the farthest end of the universe, the highest Kingdom of God — the original one, from which you never have to return if you don't want to return. And should you return you'll be the Master

or Teacher of mankind.

**Q:** If there is a connection between spiritual life and physical life, then what method do we need to follow in order to get the result within our limited life?

**M:** That's a good question. We don't use any physical means at all. That's why when we give initiation, we don't speak, even. We may give some instructions before, like how to sit so that you're comfortable, where should you pay your attention, how to collect your attention. That's all. But when we transmit to truly help to remind you how to awaken yourself, we don't speak at all. Both the so-called Teacher and the so-called students are in silence. But in silence, we receive the Tao [God nature].

We don't use any physical means at all. Nothing of the physical, because from the physical we can't attain the nonphysical. From the ephemeral, we can't attain the eternal. That's why all the methods that are concerned with the physical body are not very everlasting.

**Q:** What is "initiation"? [Master laughs and

says to the M:C:] You tell them, please. You know it!  
[Laughter]

M.C. Initiation is, very simply, accepting Master as a teacher. That's enough.

**M:** Is that right? [Laughter] Is that a condition that I put on you when I give you initiation?

M.C. That is not the condition for initiation. That's what initiation is. As we mentioned before Master arrived, Master is a guide, someone who has been there, who is offering to take us to a certain place, level, whatever you like to call it. The conditions for initiation are outside at the initiation desk. That's the five guidelines, which are - Master, can You remember those?

**M:** Uh uh.

M.C. We're in trouble! [Laughter] Not to kill, not to tell a lie, no sexual misconduct, not to steal, and not to take things that are unhealthy or things which are detrimental to the body. And not to kill also includes, of course, the vegan diet. The other condition for initiation is to meditate two-and-a-half hours a day.

**M:** That can be divided.

M:C: It does not mean necessarily that it has to be two-and-a-half hours at one go. It can be an hour in the morning, half an hour at lunch, an hour at night, as it is convenient for you.

**M:** That is on the physical level only. Actually,

“initiation” is the self-awakening of your own God nature. It’s when the time has come that you realize you’re greater than the body and you would like to know more about your own Great Self. You truly would like to fulfill your human duty on Earth as God prescribed it. That is the inner awakening.

It’s not only the physical fulfilling of these guidelines, and that and this and other. It is truly the time that your Self awakens, wanting to know more about your Self; that is true initiation. With sincerity, we want to know the Kingdom of God.

**Q:** One of the guidelines for initiation is to avoid sexual misconduct. What do You define as “sexual misconduct”?

**M:** Well, it’s just like you already have one wife and you’re not satisfied, and probably would like to share the neighbor’s without permission. [Laughter] It’s all right with permission; I don’t mind.

**Q:** If good people go to Heaven and bad people go to hell, where does that leave the not-so-bad-nor-good people?

**M:** Probably they stay in-between, or maybe they go to hell a little bit and go to Heaven a little bit - have fun on both sides! [Laughter]

They stay in-between. They go back to the human life because don't belong to Heaven and do not belong to hell, so they belong to the human standard. They go back and relearn the lessons that they have not learned while they are in the human form.

- The End -

## **Brisbane**

Our next stop was Brisbane, Australia's third largest city and only a short flight north of Sydney. Brisbane, the capital of the state of Queensland, is a major shipping and industrial center. Founded in 1824, it is the home of the University of Queensland.

### **With Master's Blessing, Preparations Go Smoothly**

A few days prior to the scheduled congregation, the Brisbane initiate and the Publicity Work Group happily distributed sample booklets and posted placards at all corners of the city. As the workers disseminated the announcement materials, they encountered many people who either were seeking information specially about Master Ching Hai or were looking for a perfect Master to guide them. One woman, after accepting the sample booklet, told the worker that she had admired Master Ching Hai for a long time and had been wanting to obtain a videotape. She was in the process of writing to Formosa for ordering information. The worker then informed her about the local Brisbane Center where various publications of Master's teachings are available. Upon learning about Master's scheduled discourse in Brisbane, her face lit with joy and she expressed her intention to attend the seminar.

A man, seeing the sample booklet, asked the worker if the book was about meditation. After the initiate's brief explanation of Master's teachings and

the Method of meditation, the man stated that he had read many books about meditation and it was rare for him to meet someone with the same ideals as his. Upon learning about Master, he said that he felt as if he were encountering an old friend. He remarked that there are not many Westerners who meditate, and expressed the opinion that the world is full of disasters and problems due to the lack of people who meditate. Pleasantly surprised by the man's viewpoint, the workers, before waving good-bye, encouraged him to attend Master's lecture so that he could learn more deeply about our path.

Within the hearts of the initiates who worked so diligently to prepare for this joyful occasion was the deep realization that it was Master's silent blessing that pushed us forward so that all tasks were accomplished smoothly and in a timely manner. Obstacles melted away under Master's benevolent protection. For example, posting announcement placards in the busy downtown area threatened to pose problems for the working crew. Many of the storeowners typically refused permission to place any signs or fliers in their shops. But after showing them Master's posters, they readily agreed to allow space in their shops to place the placards. The crowds that constantly milled through their stores thus received the dual blessing of seeing Master's photo and obtaining the good news about the



scheduled lecture.

Master presented lectures on two consecutive nights in Brisbane. In the first discourse at Corinda State High School, Master taught that everyone must do his part to prevent the end of this world by obtaining enlightenment and practicing spiritually. She also shared with us a moving account of Her dialogue with God at a time when She was very disturbed by the writing in the Book of Revelations about the end of the world. The audience was warmly receptive to Her teachings and the evening was a memorable one for the people of Brisbane. The second evening, an enthusiastic audience filled The City Hall auditorium to hear Master talk about how to go beyond the duality of this world and find peace within. Her talks always touch the ones who are ready to hear, the ones that have been away from Home too long, and are longing to escape this phenomenal world.

# **You Are the Supreme Master**

Spoken by The Supreme Master Ching Hai

March 20, 1993 Corinda State High School,  
Brisbane, Australia  
(Originally in English)

I'm happy to have this opportunity to get to know you; otherwise, maybe for thousands or millions of years we'd never know each other. [A video light begins to burn and then bursts. Master asks what is wrong, laughs, and then says] All the lights on Earth go out now and again, or burst. But the light of God, which is forever inside us, will never go out whether we know it or not.

## **Supreme Master Is the Name of God**

In case you are still bothered about the name "The Supreme," actually it doesn't belong to me. I long ago already dedicated my everything to God; therefore, this is not I who speak or who do anything. "Ching Hai" is the name of the body; "Supreme Master" is the name of God. And since it is stated that we are all children of God, you can also call yourself "The Supreme Master"

and add your name - “Smith,” “Jones,” “Churchill,” or whatever. [Laughter] It is not what we call ourselves or are titled. It is how we feel about it. Humility doesn’t come with a very humble title; it comes from within.

When we realize that we are all children of God, and we and the Father are One, that is where true humility begins. Many people do not call themselves “The Supreme” but they feel “supreme,” all the same. Anyhow, they rightly do so; we all have the supreme power inside. Whenever we pray using the name of God, or we happen to come across any name that denotes the highest power in the universe, we should remember that this is where we come from and this is where we belong. This is our inheritance; it is our True nature. Sooner or later, all of us will realize this. And the more we realize this, the more humble we become. Therefore, when Christ said to us that, *I and my Father are One*, [John 10:30] or *It is the Father that does through me*, [John 14:10] we do not smell His ego. We do not smell His arrogance or pride. Do we feel that? No, not at all. But when someone on the street, or maybe our friends, or sometimes our acquaintances say something - well, they don’t say that they are very great, but we smell very strongly the fragrance of arrogance. So, this is not important - the name of the person.

In India, it is the custom that when children are

born, they are given a very holy and great name, for example, Indra, or some kind of godly name, even though they are born into a lowly caste, or they have no spiritual background or spiritual discipline at all. It is because the parents and the people in India would like their children and themselves to aspire to something higher than just the body, higher than just the name, and it is also good. I think, in the Jewish tradition also we have this — Mr. Godlove or something like that. It is very, very nice. It is good if we have such a holy-sounding name and holy aspiration, but it would be better if we, ourselves, realize our true Godly nature.

## **The Kingdom of God Is Within You**

If we have always heard that *The Kingdom of God is within you*, [Luke 17:21] and that *We are the temple of God*, [1 Cor 6:19] and God always dwells within us, [John 14:17] then doesn't it strike us to wonder where might God be? Why don't I know Him? Yes, we can come to know Him - or Her, if you think It's a feminine Nature. We can know God through very, very sincere prayers, very deep trance-like communion with the inner super-nature, or we can do it in a quicker way by following someone's method who has already found this so-called supreme inner Nature.

There are many ways to God, but there are quicker ways, safer ways and there are longer ways. What we can achieve through austerity and fasting, prayers and silence, for over long periods of time, we could achieve quickly in one minute or one second even, through a correct and direct communion if we know how, or through the power of someone who has experience in this field. They can help to pull us, give us a hand, and it is faster, quicker. Also, we are looked after in a safer way while we are traveling into the Kingdom of God within.

God is not something very far-fetched. If we say God is love, it is true. But only if we know direct contact with God, can we truly say God is love. We will feel, we will know, we will see the love of God every day in our daily activities, in our wishes come true, in our wisdom that blossoms day after day. Now, like our friend here, he had not seen me either before or after initiation. But because he believed in what I had said in just this small booklet, probably he felt a response deep within his heart that what I have said is what he has been longing to hear or to know. So he just got initiation, became vegan together with his wife, and they both practiced meditation using the direct, inner communication. And then he has improved. He has admitted this himself. I didn't know how he was before. I had to ask him if he spoke as eloquently before. He

spoke very eloquently and very deeply, as if he understood something, not just blah, blah on the outside. I was surprised to hear him, also.

Don't think I arranged all this. Don't think I read his manuscript before I came here. I am as surprised as you are. It's good - we do things spontaneously and enjoy them together. It's better. Of course, I know I'm coming here to speak, but all the arrangements are by my fellow practitioners, even the flowers and all that. The first time I have seen them is here with you. Even though I have told them there is no need for flowers, they like to do it, so why not? Otherwise, the florists won't know what to do with all the flowers. [Laughter] And the flowers will wither anyway if we don't trim them and cut the unnecessary flowers away.

Now, like our friend, he has not known me, and I don't personally direct him or direct his thinking or his ideas about how to express himself, but he practices diligently. He sincerely wants to know the Truth, so he improves. He met me the first time here yesterday, but all the time, of course, we have been in direct contact. Now, saying "direct contact" doesn't mean that I sit in Hong Kong or Formosa, pushing some buttons like that, directing who is thinking what. It is the direct contact with your inner super-nature, super-power, or what we call "the Kingdom of God," if you wish to put it

that way. And then slowly, by improving like this, you become the Supreme Master, which is your own right. This is the aim of every human being because we have climbed the ladder up to now, and we have arrived at the highest peak in the creation. Should we not realize this, then of course, we have to repeat our lessons again, and that's what people call "transmigration" or "reincarnation."

If we stop to think for a moment, in every scripture from different religious standpoints, it is always stated that human has the highest position in the whole creation. So, where is it? What is it that makes us deserve this so-called highest position? Is it because we are born a little bit different from the other beings in the Kingdom of animals? Is it because we know how to make airplanes? Is it because we can raise children? Is it because we can work? What is it that makes us greater than other beings in the creation? It is the supreme power inside. It is the right and the ability to travel from Heaven to Heaven, from Heaven to hell, from hell back to Earth, from Earth back to Heaven, at will, anytime. And it is the right, the privilege, to choose where to be born in the next life, what to do in our daily life, and where to go after death.

It is this supreme quality that makes us different from other creatures, but only if we know how to use

it. I have learned to use it myself, and many of our fellow practitioners all over the world have learned to use it themselves. We know the Truth that is spoken in the Bible; we know the Truth that was spoken in the Buddhist scriptures and Hindu scriptures, etc. We realize it by inner vision, not by reading or reciting.

Therefore, we would like to offer this to you, free of any condition, charge, or any binding whatsoever, because we know you will enjoy it also. You will realize that this is why we came to Earth; this is why we are born as human; this is why we are different from other earthly creatures or other planet's creatures, even that. Some of the scientific research has suggested, or maybe found some evidence of life on other planets, but it is not yet for sure. But we, ourselves, using this supreme power, can discover and we will enjoy the whole universe at our leisure.

## **In the Kingdom of God You Are Safe Forever**

Many people think that practicing a kind of yoga or meditation is very difficult, and that we have to isolate ourselves in some place, some temple, church, the Himalayas, or something like that. This we may do, if



we want to - if we want to - for a certain length of time, but it's not necessary for everyone, and it's not a prerequisite condition. If everyone goes to the Himalayas, then what shall we do? Anyhow, the Himalayas are not limitless. If all the Australians go there, we'll have a traffic jam, and we'll have an overpopulation problem. [Laughter] So, we might just as well stay in this beautiful landscape that is a cause of envy of many nations.

I forgot to say that you are living in beautiful surroundings, but probably you know this already. You have a beautiful beach and lovely forest. I had a little tour yesterday, and I'd very much like to live here also if God gives me the privilege to do, which He has granted to you. Your country is beautiful everywhere. It is not only here that is beautiful, but also this is a very ideal place. You have mountains, and you have the sea at your door so that you feel not very oppressed. You can escape anytime to the sea. I like to live near the sea because I feel like any time, if something happens, I can escape. I used to feel like that, but now if anything happens I just escape inside, to the Kingdom of God, and there I am safe forever.

Many people ask me, "Do You know that in the year 2000, people have predicted that we will have the apocalypse?" (End of the world) "So what will You do about it? What do You think about it?" I say, "I do

nothing. And I don't think anything about it because when we die, our world ends anyhow, sooner or later." It's the eternal Kingdom that we have to find, and not try to protect this ephemeral world, even though we could do it.

### **You Are the Ones Who Are To Save This World**

When I was in Hong Kong, about ten or some years ago, I meditated in a temple. I happened to pass by and just stayed in that temple through knowing a friend. I just sat there and I was thinking about the revelation in the Bible that one day the world will be "ka-put."

I was very sad and I complained to God. I said, "You don't have the right to do it. You have no right to make people suffer. If You want to destroy the world, it's fine, but do it in one second." In the Bible it describes a lot of suffering and prolonged death, which is terrible! I said, "You are God. You can't do that! Why do You do that? You have to talk to the people and let them know something else greater than that. Let them change their ways. Take it easy! Give them time! Give them more chances to behave themselves, to improve themselves. If You think the people here are not behav-

ing properly, then You have to teach them. You have to find some way to teach them and make the world better.” That’s what I was arguing in some moments of emotional disturbance.

So, God said to me, “Okay, then you do it.” Hes put the trouble on my shoulders. I thought it was a joke because, at that time, I didn’t have any disciples, and neither had it crossed my mind that I would become a Master or anything like that one day. God said to me, “All right, then you do it. You try.” That was it; the vision vanished, and everything went back to normal. That was a long time ago.

So today, I would like to tell you, if truly you worry about the end of the world, then “You do it.” You improve the people, improve yourselves, improve our Earth, and make everyone realize that God is the most important thing for us. God is that supreme wisdom within us. We have to look for it, use it to make us happy, and to bless anyone that comes around us - visibly or invisibly, verbally or silently.

**Meditation is to Open and Make Use of  
the Supreme Power**

It is not the purpose of any Master to come to Earth to tell people to worship him, even though people might do it in the early days of their practice. They identify the Master as their benefactor. But I always tell my fellow practitioners that if any miracles happen to you, any wish is fulfilled, anything you do better, any intelligence that you derive from your meditation, it is your super-power at work. It is your own greatness that has awakened, and it has nothing to do with the Master. Well, it might have something to do, because the Master is just a guide. Sometimes when you don't know which direction to go, you stumble, or you have a little obstacle, then the Master will just give you a lift, but that's all.

Everything comes from you. You are the greatest Master; therefore, Jesus has promised us, *Whatever I do, you can do better*. [John 14:12] Did He not? Yes. Why do we forget this? Why do we always humble ourselves and pray for something that we don't know? Why don't we know first, and then pray? I have discovered this age-old, ancient way to have direct communion with the Kingdom of God. It's not my invention. This method or so-called communion, "direct hot-line," is always available in this world — just from different places. Initiation is to remind you of your greatest inheritance, and then you make use of your treasure every day instead of relying on any Master at all, wheth-

er dead or alive. That is the purpose of our practicing Method, and there's no other purpose besides that.

## **Remember Your True Greatness**

We have so much suffering in this world, we have a lot of unsuccessful adventures, and we blame maybe God sometimes for not blessing us. But actually, we should blame ourselves for not making use of the power that God has given us since time immemorial. Because of not using this power, we are still here; because of not using this power, we are suffering, or we see the suffering around us; because of not using this power, we have wars with one another. Only when we use this power, will we truly have everlasting peace. But it is also better that even some portion of the world population uses this power. It's already very, very uplifting for our Earth. Otherwise, it would become hell. Hell is the place where no light can penetrate, where the people completely forget the Kingdom of God, forget their supreme position in the universe, and undergo untold suffering from their own illusionary conscience. They punish themselves because they think they are guilty.

The people who are enlightened do not think of guilt as such. They will see everything as a drama, a

play from God, and therefore, they try to play accordingly. Even if they have to undergo suffering as other people, their spiritual power is so strong that they do not feel much effect. Therefore, Jesus while being crucified in such agony, in such a tremendously painful situation, was still Himself. He was still very centered, and did not pray for Himself, but prayed for others - prayed to the Father to forgive them because they did not know what they were doing, and to forgive and bless the fellows next to Him that they may know God. This is the greatness of Jesus. He remained always even in any situation.

That greatness also lies within us. That's what makes the saints different from us; that's what makes us worship all the saintly personages throughout the ages. But it is better that we become one, like them, and then we can truly worship them because we truly understand their greatness. Otherwise, we only understand intellectually, literally, but we do not know. We do not realize it, and we can't make use of this greatness to benefit ourselves, benefit our relatives and friends, and benefit the world at large.

We would like to invite you to try to remember your greatness, because we were not born to die. We were not born just to undergo stress at work and the responsibility of raising children alone. We were born to

know the greatness of our Father. We were born to bless the world with our knowledge of this supreme power within. We were not born to live just a few decades and then die — a waste of our human life, a waste of God's creative power, a waste of the heroic ideals inside our hearts.

We have to realize what we dream; we have to do what we wish to do. If we haven't done it, we would do it now through our supreme wisdom, not through our habitual thinking and organization. Everything we learn with the human intellect, with the human system, is only useful at the human level. If we want to be greater than that, we have to learn something superhuman, which we have.

The human body is only our apparatus, only our office. It's not our real Self. Otherwise, if someone lies there dead, you can't make him eat, you can't make him speak, you can't make him think, even though his brain is still there, his heart is still there, but it doesn't pump anymore. What makes the body function? That is the supreme power. We should make use of it before it's too late, before we have to undergo suffering again of birth, death, and old age - to relearn all these from ABC. It's all right if you want to come back and learn. But if you do not want to, if you want to begin right now, we sincerely invite you with all love and nothing

else - no money, no fee, now, before, after, between, and after death, even. Truly, the Master power will help you all the way through until you reach Heaven, and never leave you or forsake you until the end of the worlds. So, it's up to you to make a choice, and now I'll leave time for your questions. Thank you for your loving attention. [Applause]

## Questions & Answers

**Q:** What do the nations have to do to stop killing each other?

**M:** Very good question. People make war with each other because they identify too much with the body, with the immediate needs of the body, with all the demands from the body; therefore, they kill each other. The only, and the best, solution is to find the way to realize that we are not the body. Therefore, no one opposes us and we're in no danger economically or politically.

Enlightenment is the only answer. I mean that enlightenment is the true answer and the lasting answer. Otherwise, we continue to identify with the body and we try to fulfill the needs of the body. We worry that other people will come and steal our crops, take



our wives, or invade our nations. Some nations make war with each other because they want to expand their economic power in order to feed their overpopulated country. They make war with another nation to gain more land, to gain more economic markets, etc. It all has to do with the body. Even though we say it is the difference between idealism, it all amounts to bodily demands. Therefore, if we are enlightened at all, then these wars will stop by themselves. We will realize truly the brotherhood of mankind.

**Q:** Where did You get your spiritual knowledge from?

**M:** From inside. Where I get the knowledge from, you can get it. Maybe you need a teacher in the beginning, just to show you how or to avoid some pitfalls or where to pay attention. That's all. The knowledge is all inside you. You just have to take some time every day to discover it and make use of it.

Suppose you have a big storeroom and inside it is full of wheat flour, and you never have time to look into it. You just stay outside and are busy thinking, "I'm hungry, I'm hungry," but never know how to make use of the wheat flour in the storeroom. Then it is no good. All the knowledge lies within us. That's where I get it.

## Master, Tell Us About God

**Q:** Can You tell us about God, the Father? What is Hes like?

**M:** Hes is like you. Hes has two parts: the good part and the naughty part. The naughty part Hes uses to make life go on in bitter and sweet and in all the follies so as to amuse whoever likes to see these things. The good part Hes uses to give us strength, spiritual knowledge, and all the holy, noble things that we can do.

If we say God is all good and love, it's fine also, but then we can't explain all the devils in this world. There is actually no evil in this world. It's just the way we look at things that we do not know how to play the game with God, and that makes things turn sour and become negative. If we learn to contact God, things reconstruct themselves, and then we see things in a different light. We know how to mix them, just like some so-called poison, even. The scientists know how to use it for the benefit of people's health but if we use it in a layman's manner, it kills.

God is not a person or not even a "nonperson." It's the supreme power that pervades the whole universe, and we are within It, also we are part of It; also we are the totality of It. We know this God according

to our diligence in searching, according to the grace of God, which comes in proportion to the sincerity of our thirst for knowledge of the Kingdom of God within. That is the temporary explanation about the so-called God. Otherwise, look at your neighbor if you want to see God. It's next to you. Look at each other and try to see whether you find God within him, because the Bible says so.

When you do something good and noble with all love to your neighbors or to someone you don't know, that is when you realize you are God or that is when God within you awakens. When you do something you think is undesirable or harming some person, that is when you allow the naughty part of God to take the upper hand. But it's all the game anyhow. We have to be enlightened to tolerate both, and to turn bad into goodness.

**Q:** You spoke about using sound and vibration as meditation. Which mantras do You use, and why have You not shared them with us?

**M:** I am willing to share with you. But it takes a few hours with me so that I can tell you the whole process — which elements to avoid and what to try to remember, and all that.

We don't use any mantra. The light comes from itself at the time of initiation. You just sit quietly and it will come. I'll show you how to sit quietly. It's very simple, but we have forgotten because we're too accustomed with being busy, with being complicated, with running here and there. We don't know how to sit still anymore. We think when we sleep that is when we sit still, or when we don't do anything that's when we sit still. It's not so.

There is a little "connect," and that's what separates Heaven and Earth. We will show you, but if you have time with us, if you are truly interested. Later on, after the lecture, if you want to know the secret, I'm willing to share with you. At the time of initiation, we have to sit together for a couple of hours to tell you everything — about the pitfalls on the path, about where we go wrong, and where we should pay attention; that's all. But the enlightenment, the Sound or the Light, comes alone, not because of these instructions. The enlightenment comes alone. It is the grace of God. It's our Self, our wisdom-Self that awakens.

**Q:** I also have been initiated into "light and sound" meditation; have been doing that meditation for nearly ten years; was told when I was initiated, I could reach enlightenment; did it faithfully; am still not enlightened. What makes Your system superior?

**M:** First, why I regard this Method as best: I have

tried various methods and our fellow practitioners, many of them, have also practiced different methods and they hadn't arrived where they have arrived now. And also, I, myself, searched for the Truth since childhood and practiced various ways and means to reach God, but with this Method I got it fastest, quickest, and safest. Therefore, I say to you through experience.

The light and sound you have been initiated into, I do not know whether it is heavenly light and sound, or just the outer mantra and the candlelight. Many people teach people to look at the candlelight, and then to imagine many things, visualize things; visualize the light and visualize the sound. Maybe it's a little bit different from our Method. The Light and the Sound come alone without visualization, without any outer aids, without anything to do physically or mentally at all. It all comes purely from God. There are many systems, which they call also "light and sound," but they tell people to go on the beach and listen to the sound of the sea waves on the beach. No, we listen to it inside — the sea waves are inside, the church bells are all inside, without any effort, without any mantra, without any physical action, because we have the Kingdom of God inside. It all comes from the Kingdom of God, not from human effort.

**Q:** Why do You regard natural forms of healing

as magic?

**M:** Did I say magic? Probably, I said, “spiritual healing,” because if we lay hands on someone and heal him, we steal the position from God. We make that person be thankful to us instead of thanking God or turning within and trying to get to the healing Source of all healing inside. It’s probably not very ideal, and also it depletes us of our spiritual power that we need to climb back to our glorious Kingdom of God.

There are different healings; maybe some are magical healings also. With “magical healing,” sometimes people can be healed today but it comes back again tomorrow or next month in the same form or in a different form - a kind of postponement, not a true healing. True healing comes when you don’t heal. For example, someone just touched Jesus’ garment and she was healed. Jesus never claimed credit for it. He said, *Your faith has made you whole.* [Matt 9:22] He credited it to the Father and that is the best healing!

Many of my fellow practitioners claim that I healed them through my “transcendental body,” so-called. But I don’t know anything about it. I say it’s your virtue; it’s your wisdom that is awakened that works for you through whichever form. It might go through the form of Jesus, it might go through my bodily form, but that has nothing to do with the individual. That is the best

healing. When you heal the soul forever, then that soul is forever free from bodily discomfort and never dies again but is forever in glory. That's the best healing; therefore, I say refrain from spiritual healing. But if that's absolutely necessary in some case, then you do so at your spiritual expense, and you might be retarded somehow in the progress. But try never to claim credit for it, otherwise, you will get the karma very heavily for interfering with the laws of nature.

### **Master, Tell Us About Enlightenment**

**Q:** Master Ching Hai, to what degree does enlightenment come from self-effort, and to what extent from the grace of God or the Master?

**M:** Actually, it comes from both. For example, we say we have to make an effort to purify our bodies, speech, and minds through leaning more toward righteous conduct and through having a more modest lifestyle, taking a vegan diet to minimize the bloodshed on Earth, and sitting in quietness to remember God. To this extent, we say we do it with our effort but these are only still on the physical and moral level. And even sometimes without doing that consciously, the grace of God still descends on us and gives us enlightenment.

For example if, during the time of initiation you have not prepared yourself for a vegan diet, but you promise to, that's enough for me. You still get enlightenment, all the same - without any preconditions or prerequisite preparation. That is the grace of God. And after that, to keep the enlightenment, to purify yourself, and to progress more rapidly on the path, you keep on with the virtuous living and the vegan diet in order to minimize the side effects and to polish more our loving nature inside to include all beings. Then we continue to get greater and greater wisdom, greater enlightenment.

Both are really necessary, but we do it without effort. It's not because you sit there or you are vegan that you become Buddha [God]- it's not true. It's just because of our sincerity, and we show it through our sacrifice of the flesh for the spirit in some minimum ways, like forsaking the palatable taste, doing some good work and things like that, or reserving a few hours every day to sit in communion with God. Otherwise, it [effort] is not the main ingredient for enlightenment. Enlightenment must be grace from God, and that we receive through sincere longing at the time of initiation, and continue throughout our life.

**Q:** How does the average person recognize an en-



lightened person?

**M:** If you have your spiritual eyes open, then you will see that an illuminated person is illuminated. All over him, around him, and everywhere he resides, grace flows from him; light pours forth from him. But if we have not that wisdom eye open to some degree, we can't see it. Therefore, many disciples saw Jesus with halos around Him, but other people crucified Him. If you want to recognize a spiritually enlightened person, you have to be, yourself, somewhat enlightened. Otherwise, we can recognize that person through his speech, actions, or maybe through our intuitive feeling or through prayer.

We can pray to God, "Let me know whether this person is enlightened enough to guide me. Please, I just want the ultimate enlightenment." Pray deeply to God and see how He guides you. If the feeling is drawn more toward that person, then you know it's correct, that this person is all right. If you're still more drawn toward the world or another Master, then follow it.

But you have to be sincere to get deep into your own wisdom to get the intuitive response if you haven't got the heavenly eye open to see. The light from the spiritual person is not material light, and it hurts your fleshly eyes if you are not highly developed enough to see it. Otherwise, Christ would have saved the whole

world, at least the people of his time; Buddha would have rescued all India, at least. But we are blind. We can't see that clearly; therefore, the Bible says, *Seeing you see but you do not perceive. Hearing you hear but you do not understand.* [Matt 13:14] That's why we are in trouble. We have to open our wisdom eye and see. We can help you to do that.

**Q:** Do You recognize different levels of illumination? If so, what are the tests or signs?

**M:** Yes, there are definitely different levels of enlightenment. In our Method, we can show you how to verify it yourself at home. There are certain qualities of light or sound that represent a certain level of consciousness. If you go through that you know which light belongs to which level. For example, in the astral world, which is very near to our earthly consciousness, the light is dimmer, just like the sunlight, maybe. But in the other, higher levels, the light is brighter, sometimes like thousands, millions of suns. That, you can recognize very easily, but with practice, and you have to go through it to know. We'll tell you later at the initiation if you wish to know in detail.

**Q:** What should a non-compassionate person (someone who is not compassionate but who recognizes that he is not compassionate) do with himself? Fake compassion or gain it in stages?

**M:** I would recommend the second. [Laughter] If we don't have it, then at least we start with learning. I wouldn't say fake compassion, but learn compassion. Just like a student who has not been able to speak English, but he may repeat it from the teacher. Even though he doesn't know the whole vocabulary in English literature, at least he learns a few phrases and memorizes a few pages each day until he completes his course. Each one has to learn. There's no one who is a fake or anything. It's just that he hasn't learned. No one has taught him, and he has not practiced the art of compassion. Try to do it in a small way and gradually increase until you're completely being compassionate without knowing, without self-consciously being compassionate.

**Q:** Master Ching Hai, if God is all-knowing, all-loving, and all-powerful, why does Hes not communicate with us, despite our lack of effort and ignorance, and enlighten us with Hiers power?

**M:** Hes does. We don't want to communicate with Hirm; we're too busy. We're too busy talking, too

busy working, and too busy scolding the children, and scolding ourselves and neighbors, and all that. Even when we go to the church, we're too busy singing and dictating to God what to do. "Oh, please God, my house is in disorder, my wife ran away, my children are not obedient," and all that and this. [Master & audience laugh.] "Please, take them," and do this and that.

We're too busy and we aren't quiet enough to listen to what God says. We ask, but we don't wait for the answer. So, I'll tell you how to hear God's answer, if you have the time. After the lecture, whoever wants to know it, stay behind and I'll give you the secret of communication with Hirm. And you can blame Hirm for all the things that you want when you know Hirm. Hes does communicate with us, but God gives us the free will to choose to listen to Hirm or not to listen - that's the trouble. We have to be clever and choose the way.

## **Are We One or Many?**

**Q:** Master Ching Hai, are we one or are we individuals?

**M:** What do you think? If we are one, I wouldn't be speaking to you. If we are individuals, then we deny

that *I and my Father are one*. [John 10:30] So, what to do? What do you think?

We are one when we know we are one, when we truly realize inside. When we sit in meditation and lose ourselves in the oneness of all things, then we can say we are one. But when we descend back into the duality of this earthly life, then we are individuals. We have to play the game of life until we completely finish with our duties. Then we go back to the Kingdom of God and become one again forever. But we don't lose our individualities. Therefore, Jesus is still alive. He's still teaching somewhere else. After He finished His job here, He got assigned somewhere else. None of us will die anyhow; we just go in a different direction.

**Q:** Is there life after death?

**M:** Sure there is! Even without asking me, you have seen reports on television, newspapers, and a lot of medical and scientific research, which is written in many books. It is much more so available in English versions. I'm sure you know better about this.

**Q:** Master Ching Hai, what are Your views on

evolution?

**M:** It's a necessary process, just like we have to learn in the class. After finishing kindergarten, we go to primary school; then after primary school, we go to high school should we desire to or should we be compelled to do so. Or, if we want to reach a higher degree of knowledge, then we go to college. After that, we even continue to learn through practice and experiences in our job, in our field.

Similarly, in our creation, we could stay here as human beings or we could raise ourselves into the level of heavenly beings, or we raise ourselves to Christ-like status. That's why Jesus said, *What I do, you can do also*, [John 14:12] and Buddha also said, I have become Buddha, and you will also become Buddha.

## Master Talks About Meditation

**Q:** Are there any problems for people with health problems to get initiation and practice Your Quan Yin Method?

**M:** No problem for anyone at all. Maybe the problem is with the diet. After initiation, we cook vegan. Instead of throwing a few beefsteaks inside, we throw a few tofu, [Laughter] or vegan ham, vegan protein. If

that makes any problem with you about the replacement, then it might be called problems. Otherwise, I do not see any problem for anyone at all.

**Q:** Can You explain what “faith” is? Doesn’t that bring us back to love? Isn’t it love that is all there is?

**M:** Yes, you’re right. How can I describe things that are so abstract? If you love another girl or another boy, how can you describe this love?

**Q:** I have been a vegan for more than five months. However, my occupation needs me to be in contact with meat regularly. I’m making meat pies in a bakery. May I still have initiation?

**M:** Sure, but I think that you will have a little conscience problem; so, you may find a better job in the future. Slowly. When you find a better job for you, then you quit this present job.

**Q:** Master Ching Hai, have You seen God?

**M:** Yes, I have seen God, anytime - just like I see you. All disciples see God to some degree; they see

Jesus, Buddha, Indian saints, or other saints, and talk to them, learn from them. They are representatives of God. We can know God, also, directly.

**Q:** Master Ching Hai, the manner in which You and Your fellow initiates have advertised tonight's event — large posters, handing out pamphlets everywhere, is not the ideal approach, to people's understanding, of the Buddhist religion. Some people are upset because they feel it is like a marketing industry. What do You think about this?

**M:** If they don't do it, how do you know I am here? If they don't do it, you say I have no compassion and don't share my knowledge with the people. If they do it, then you complain that they do it. So what shall we do? Should I sit in the Himalayas? That's fine with me!

You see, it's not what you do. It's your intention. We can only offer you enlightenment, and you take it or not take it. Why should you be upset? It's you who have the problem. Tackle your own problem and not ours. We don't have any.

**Q:** To resolve past experiences, do we have to re-



live them to enable us to progress in this life?

**M:** This God power inside can erase everything, but we cannot because it's registered deeply inside our subconscious. Only when we use God's grace can we erase anything; otherwise, we just imagine things and understand at the intellectual level. So enlightenment is the answer for that.

**Q:** You say that enlightenment comes from within us, and that it comes from God, and God is within us. Does that mean that we are God? Or is God only what we believe Him or Her to be?

**M:** That's a very good question. In the Bible, it is said that God made man in His own image, and then also it is said that God dwells within us. Truly, we are God. The body is not "we" - it's only the house that houses God. If we identify ourselves with the body, then of course we are not God. But if we know the Dweller of the house, the Owner of the house, then that is God. We are that, but it takes a long time to know if we follow a complicated way of life. It takes a very short while to know if we follow the way of God.

**Q:** You say, "I invite you sincerely," so what do I

need to do now?

**M:** Just tell the information people that you want to come. Put your name down and we will call you to come in. That's all. And replace the beefsteak with tofu or vegan protein. [Laughter] That's it; that's the only condition, nothing else.

And meditate as instructed every day. Find time for it. I know most of you say, "We don't have time! We don't have time!" But would you like to spend all your time like that - not knowing who you are and where you go after death, contented to let the world make a slave out of you, using up all your time and energy for trivial matters? Even though you have enough money, the world urges you to make more; even though you have a high position, the world urges you to have a higher position, etc. Even though you have a lot of time, they will ask you to go and do this and that, wasting a lot of time.

You have to make time. You have to have the courage to be your own Master and to choose what you want to do. Would you like to live this courageous life, or do you prefer to just wallow in this sorrowful state or aimless life and let every situation control you? You make the choice.

**Q:** As I understand it, when practicing meditation, people must practice in a very calm place. In this noisy, industrial country, is there any serious effect when people practice meditation in such a noisy environment?

**M:** We, the fellow practitioners, meditate on the trains, on the buses on the way to work, on the buses on the way home, and meditate in the park in the lunch-break hours. I meditated on the airplane with all the hostesses and stewardesses running around with meat dishes and ice cream and all that, no problem. I tell you, I have all the experiences on airplanes while traveling, or buses, or wherever, in the busy supermarket even. It doesn't affect you at all. You'll be surprised!

When you're truly sincere, God is everywhere, always with you, and never leaves you. He protects you from all situations and you'll be always inside. Even though you work outside, you're always inward. It's a very incredible state of mind that can hardly be expressed by human language. I can only invite you to understand, to join in, and enjoy. If I make a very beautiful apple pie and keep describing it to you through the telephone, will it do you any good? No, huh? (I can make a beautiful apple pie; I learned it in England.)  
[Laughter]

**Q:** About life after death: is there a reason why we can't remember living before and remember past lives?

**M:** We have to learn to be enlightened. If we do not fulfill our purpose as a human being — that is, to bless this Earth, to make the living beings in this Earth evolve into a higher consciousness - then we have to come back again and relearn these lessons, until we completely fulfill this purpose. That means we have to get in touch with our inherent power within and use it to bless the world. Otherwise, we have to relearn again and come back again.

**Q:** Can You describe the stages from our first enlightenment to final enlightenment?

**M:** I can describe it. I describe it better at the time of initiation because you will experience it yourself. I can say a little bit, like a framework, but it depends on the individuals. For example, someone at the time of initiation is in the first level (the astral level), but some other people are already on the third or the fourth level. Therefore, the time to reach final realization is different for each person.

You start from the astral level, which is above our Earth level, go to the intellectual level, pass through

the creative power level, through the great dark tunnel, and then go through to the Kingdom of God — approximately like that. There may be five levels until you reach the complete knowledge of the Truth. It depends on where you started at the time of initiation whether you will reach it faster or slower.

**Q:** Master, please tell us about the ideal daily routine.

**M:** Try to do what you would like other people to do to you. Try to avoid what you think that you yourself would not like other people to do to you. That's the best.

Otherwise, enlightenment is the best. Then you will know intuitively what's right, what's wrong, and have no need for any teacher to point at you and say, "thou shall do this," and "thou shall not do that." It would be better to be your own Master; therefore, we show you the way to know your Self.

**Q:** Please explain reincarnation.

**M:** Reincarnation is the leftover of the unfulfilled desires, be it spiritual or material. Suppose if we have not been enlightened enough to pull ourselves together,

back to where we belong, then we will still be controlled by our material desires or unfulfilled promises. We love someone and that one doesn't love us and marries someone else, for example. We keep this unfulfilled sentiment in our heart and vow to come back again, subconsciously or consciously, next time, and try all the way through life to reach that unfulfilled promise. That's why we reincarnate.

The saintly people reincarnate also, but at their own will. If they want to come, they come; if they don't want to come, they remain in the Kingdom of God. But we are born through the force of our own desires, and that is the difference. After the initiation, we will be in a less and less desirous state of mind. We just feel very detached from this world. Even though we still love our families, we still do our work, we know, at the same time, the state of heavenly beings. We see the better part, and the lower part cannot attract us anymore. Therefore, we are free from desires at the time of our death, so-called death, for we are free of everything. And anything that is light and free will float upward, just like an air balloon. So the reincarnation theory does exist, but only because we are not enlightened. That's all. Otherwise, there's no such thing as reincarnation. But there is to the ignorant state of mind because we cling to things.

**Q:** When I get enlightenment, how can I keep it forever? Can it be lost?

**M:** You can keep it, but we have to polish it by purifying our actions, our speech, and our minds. If we are initiated by an enlightened Master, we will be taken care of, even if we fail sometimes. If we sincerely repent and pray to the inner Master, we will be also taken up. But in life, we will experience suffering, and the enlightenment seems to be lost somehow, or it comes now and again only - not a continuous process of bliss and self-assurance, self-realization.

For those who keep the guidelines, keep a vegan diet, and practice sincerely every day, they keep it forever. They keep it in their daily life, as well as the time of death, and also in Heaven. They continue to polish it until they become a Master.

**Q:** Master Ching Hai, please explain “Heaven.”

**M:** Heaven, there are two stages: one on Earth and one is in Heaven. “Heaven on Earth” is when we are enlightened and satisfied and feel loving in whatever circumstances. “Heaven in Heaven” is when we leave this Earth and then we reside permanently over there, in a very blissful planet. We have no sorrow, no anxieties, and no desire for anything because everything is there without asking.

M.C. Dear Master Ching Hai, I think I speak in all of our names when I say thank You for Your presence and Your blessings. May Your sharing keep with us. [Applause]

Thank you for your love and your supporting atmosphere. I enjoy very much being with you and enjoy your blessing very much. Thank you.

- The End -



# **It is You Who Bless Yourself**

Spoken by The Supreme Master Ching Hai

March 21, 1993

The City Hall

Brisbane, Australia

(Originally in English)

Thank you for coming here. Thank you for making it possible for us to know each other; otherwise, this might never have happened in many thousands of years. This morning, I was interviewed by one of your television personnel and he asked me if I bring a new religion to your country, or what I named my faith or my belief. I said to him that it's not necessary to bring another new religion because we have plenty already. And he said, "What is the name, at least, that you call your belief?" I said that we also have plenty of names already. It's not important to have another name or another religion. Besides, the underlying principles of all religions are one. It's just like we call "water" in English and in French it's something different, "l'eau aqua minerale," or German "vasser," Chinese "shuai," Aulacese, etc. - all different. He asked me whether the religions are the cause of many of the conflicts in the world. I said that it's not so. Religions do not cause conflict in this world, but it is some of our misunderstandings about religions that cause the conflict.

## Go Beyond Duality

Similarly, there are two so-called “forces” in the universe: one is the so-called “negative” and the other one is the so-called “positive.” Actually, both are positive, but if we use them negatively, even the positive power turns into negative. If we do not understand how to handle some good chemical materials, then they can be poisonous also. But even some kind of poison, used by experts, can become medical substances to heal people in some cases. We are endowed with both positive and negative. Above this positive and negative, there is a greater power which encompass both in non-separation. And if we reach above the positive and negative duality into the deepest recess of our inner kingdom, then we would be able to handle both positive and negative to our own benefit as well as to the benefit of our immediate people and our country, and the world at large.

He also asked me if I have any intuitive knowledge about what the world is going to be like in ten or twenty years’ time. I said that if all of us, or many of us, became enlightened, then the world is going to be better. It’s already getting better, so it can only be better and better. More and more people are practicing enlightening methods, practicing the presence of the Greatest Intelligence, during their daily life; therefore,

the world is bound to become better.

He said to me, “Are you going to the lecture with the strong intention of converting people into Your belief?” I said, “No.” He was surprised that I didn’t have any intention. I said to him, “I came here because of God’s will, and if people are converted or convinced....” (“Convinced” is better. You are already converted into your belief and that is right. I don’t need to convert you anymore.) If people are convinced by what I say, that is also God’s will. That is the collective fate of our generation: that you might believe me or not. I have no desire to be successful, nor will I be disappointed if I fail. I am only doing my job. If God doesn’t want me to do this, I would as well do any other thing and just do it and enjoy it, not expecting any results because the work itself is already rewarding. Any work we do, if we do it in a relaxed manner and wholeheartedly try our best without expecting any reward, it is a reward in itself.

There would be no evil in this world if we only know God, think of God, speak about God, and do only Godly actions. And even if evil exists at all, there would be no problem. The problem is we do not remember God very often, except when we are in sorrow. That is fine. At least we remember That when we are in sorrow. But if we are enlightened, then God will be

always with us, reminding us about Himself or Herself (if you call That feminine, otherwise the women will be angry with me). [Laughter]

There are many methods of enlightenment, and it depends on how long you would like to enjoy practicing it, or how long you like to long for enlightenment. If we like to do it slowly, then there are plenty of methods. You can sit and do many things in a virtuous way; or pay money for it, and then do what the teacher says and wait for the enlightenment to come. It comes by prayers, also. But sometimes these enlightenments are short-lived. Should we know the exact way where to look for it, we will have it immediately, and it lasts forever, because we will be renewing it every day, and we will be developing more and more. Actually, it's not "developing," because we have everything already.

### **Many Names for the One**

I would like to present to you a very successful way to enlightenment, as well as for worldly pursuits; that is, we get in touch with the highest power, which is dormant within us. We call this the Supreme Master power, the Christ power, the Buddha nature, or the Tao, it's up to you. It's just like in India, people call a

master, a “guru”; in English we call it master, but many people do not translate it into the English term, and they just say “guru.” And then after a long time, everyone knows about it, and they know what a guru means. But if we didn’t know it, we would think a guru is different from a master. And if we don’t know it, we think the Tao is different from the Buddha nature. That’s the only thing that makes a difference between religions, if there is any at all.

Therefore, I have no intention to bring another religion or another name into our already confused system of belief. But I would welcome you to stay where you are, and maybe remind you to study deeply into your religion, and if you have time, study other religions in order to have tolerance with each other, and understand more about our own Nature. Inspiring religious books or enlightening literature is always helpful and keeps us more in contact with our inner Self. Otherwise, if we are too busy with daily mundane affairs, then we are further and further away from our inner Nature or God.

Many people, after initiation, find themselves understanding almost all religious literature without my having to explain it to them. Many of them have not even seen me in person. They just have had initiation through another instrument and I have not even been

there to influence their thinking, or to tell them what to do, but they have found their own supreme wisdom. And they have become more enlightened, more intelligent, and more successful, even in daily life.

When we left Sydney, one of the couples showed their gratitude to me because their family has increased in happiness and harmony between husband and wife. He told me that he came to Australia and just met this woman. There wasn't much passionate love between them, nothing really very striking about their love relationship. They were together, and then just kind of accidentally produced two children - that's what he told me. [Laughter] But after the initiation, (both of them are initiated), suddenly, they found life and love pouring into their relationship. They didn't know that they could love each other. They didn't know there's such a thing as romance or a family united in spirit before, and after practicing the Method, they have found it.

But these are the mundane things; it is not very important to stress it. But actually, every mundane thing, or every mundane success or expression, comes from the inside, comes from our own state of mind. Therefore, if we truly want to have a successful life, then we should start from the inside out - just like we water the plant from the root and not on top of the leaves only.

If we are enlightened, all things will become easy; we think fast, we do things quickly, we react precisely at the appropriate moment; and that's the key to success. Most of us use our intelligence at the brain level, the habitual level, the preconceived-idea style of dealing. We do not use the direct response, the ultimate wisdom, which controls all things in the universe and makes all dreams come true.

It is not that I, personally, will bless you or any of the fellow practitioners. It is you that bless yourself when you have discovered this blessing power within you. Therefore, we are here not to bless you, not to teach you, not to be your Master, but to tell you that you can bless yourself, that you can teach yourself, that you can become the Supreme Master. We all have the Supreme Master within us. The only reason we don't know is because we are being cheated by the illusory busyness of daily activities, by the false value of the material importance that we have been taught to believe. If we know how to take time and where to look for our supreme wisdom, we will find it, and we find it immediately. We can see our own Nature; we can see God face-to-face, just like you see me.

It is not difficult to find our own wisdom; it is just difficult to believe it. Therefore, if we see it, then we believe it. If we see Heaven inside, we believe it. If we

see God inside, we believe it. If we see Jesus inside, we will believe Him even more. If we see Buddha inside, we will become more devout Buddhists. Therefore, I am not here to present a new religion, or to tell you to become a Buddhist or a Christian, but to present to you what you already have but have forgotten to use.

What is it that makes Christ different from other prophets? What is it that makes Him better than us or stand above humanity? It is this supreme power. Jesus has promised us that what He does, we can do. And He doesn't say He is the only Son of God, but He says, *You are all the children of God.* [Gal 3:26] But at that time, He probably was the only one, or one of the very few, who had discovered His own princely inheritance; therefore, He was probably the only one. And then after He realized that, He also realized that all of us have this inheritance, and He said, *Whatever I do, you can do even better.* [John 14:12] The Buddha also realized that all beings have the same quality as He, and He was surprised and said, "Why don't they know it?" Why don't they know it? Because they look in a different direction.



## **The Master Reminds Us of What We Have Forgotten**

If you put a ten-dollar note into your pocket and search all over the house, can you find it? Of course not. The Master is the one who knows that the money is in your pocket. [Laughter] That's the only difference. You have known it, but you have forgotten. If a person is in a state of panic looking for something or trying to solve something in a hectic way, then he can't think straight, and he can't find the thing he wants to find. And some other person, just an onlooker who is pretty cool and has nothing to do with the whole situation, looks around and he sees it. "There you are! It's in your pocket!" That's the only difference between the so-called Master and the ordinary people. They put their attention in the other direction instead of where God is, so they don't know God. But God is always within us. It is promised to us like that, and I have found it; therefore, we speak to you through direct perception, direct experiences.

Before, I was a religious person. I am now more religious because I know what is stated in the Bible is absolutely true, what is stated in Buddhist scriptures is verified by my own inner knowing, inner seeing, and inner hearing — hearing without the ears, seeing

without the eyes, knowing without the brain computer, even. This is True knowledge, True perceiving, and True understanding, and each of us has the capability to do that.

Therefore, if the disciples, the so-called “disciples” — I call them fellow practitioners or I call them brothers and sisters, but sometimes they call me Master, and sometimes I forget and I call them students. But most of the time I call them brothers and sisters. Most of them, if they came and bowed to me, I would not like it. Sometimes I don’t react, but most of the time, I react. I tell them to please stand up. Don’t make a fool out of themselves and endanger my ego. [Laughter] That’s more important. Don’t let me forget for one second that you and I are the same. Maybe I know that your money is in your pocket, but if you don’t know it, it doesn’t mean that I’m better than you in any sense. It’s just that you’re busy with other things, your mind is full of other engagements, and you have forgotten what you have.

Enlightenment is so simple and immediate because God is within us. *The Kingdom of God is within us. Know you not that you are the temple of God, and the Holy Spirit dwells within you?* [1 Cor. 3:16] This, we must verify in order to know it. Many people ask me, “I believe in God already. I know there is a Cre-

ator, and I do all good things, and I live a virtuous life. Why must I have this enlightenment at all?" The answer is that if we don't have enlightenment, we suffer. We don't truly know our own position in the universe, and we suffer.

We suffer in different ways because we can't handle the positive and negative power, which is inherent within us. Therefore, sometimes the positive power wins and then we do some good things. We feel good and that's when we act Godlike. Or at least when we sleep, we're just like God; we're doing harm to no one, thinking no bad ideas, and wishing no one bad things. But when we're awake, sometimes the negative power within us has the upper hand. And then sometimes we stray, and we feel very guilty, and we feel bad, and sometimes it harms us physically and mentally, and other people as well.

Everyone says that a human being is the greatest, the crown creature, in the whole universe. But do we know how great we are? Do we truly know? From what we see in our daily lives, we don't know. We are begging for any favor from God, from angels, from local gods, from whomever we know for anything at all, while we have, all the time, the best possibility, the supreme power, to alter everything, to make our wishes come true and to fulfill the wishes of other people.

## **Enlightenment Brings True Freedom**

We have heard that the great Masters of all time can bless people, can cure the sick, heal the blind, etc., or can give us liberation by just a glance of Their eyes, a touch of Their hands..., . We worship all these person-ages, but why don't we aspire to be one? And then we can bless other people, bless ourselves, and bless the world. That's why we suffer. We don't use our power and we're always craving and craving, and feeling some emptiness within our hearts for which no worldly possessions, no positions, and not any of the earthly beauties can fulfill in the long-term. That's why people become so-called "greedy" or crave for sex, for fame, for profit - not because they are bad in their hearts, but just because they are too empty. They don't know why they want money, even if they already have enough; they don't know why they have to wallow always in sexual unfulfillment; they don't know why they have to take drugs and all that. It's just because they can't find fulfillment in this world.

These are intelligent people; these are truly some of the highly developed souls. They are lost in the maze and they feel frustrated. Therefore, if we have enlightenment, if we find the power inside which fulfills all desires, which is above all desires, then we are free

from all desires. We will have everything; we will have more things, but we don't desire anything. And even if we have less, we do not desire either.

Many of the sages of India or other nations sit in their houses or in their places, or go wherever they are invited without any possessions, without any fixed abode, and without any desire for anything, but they are always in peace. They are always in love, and they are always in communion with God. And the man, who sits in a palace somewhere with a thousand and one servants at his command and billions of dollars, is not satisfied and is always in sorrow, or has anxieties of some kind. Equally, for the poor man who has nothing. He desires for things. He's not happy because he doesn't have enough. And the rich man has a lot; he worries that something might befall him, someone would take away from him, cheat him, and maybe take his life because of his property. Therefore, enlightenment is a must.

Enlightenment means knowing the Light within us. En-LIGHT-en. The Light within us will guide every footstep in our life to the correct destination. The Word of God, the Sound, the vibration, the Music of Heaven, will whisper to us all the wisdom in the universe and what we can do in daily life until we fulfill our duty as the blessing-givers on this Earth. Then we can leave

to a higher sphere in the universe, where we'll enjoy what we would like to enjoy, where everything is there without having to ask. We present to you, or we remind you, in this process, just to become a self-master, just to gain back what you have forgotten or lost through delusion in life, through the busyness of this world. We will see the way on Earth, as well as the way to Heaven, through this light, which is immaterial, which we can't see with the eyes.

But we can sometimes. When we are more highly developed, we can see it with the open eyes also. But now our eyes are not trained enough to withstand such terrifying brightness of this heavenly Light. Therefore, sometimes God has veiled it to protect us. Do not say, "Why doesn't God let everyone see it?" We are not trained enough. Even Jesus had light around Him, but not everyone saw it. Even I have light also, but not all of you see it; maybe some of you see it. This is just for your information, by the way; I'm not proud of it. I'm used to it. Just like you wear your clothes or you wear your long hair, it's a very natural thing that we no longer feel it; we're too accustomed to it. The Light is within all of us. You'll be shining, all like angels, if you tune in with your own supreme power and know your own position.

Why do we have to be men of weakness? Why

don't we become great men again - like the ancient sages, like the present saints that we worship, which we've heard so much about in their biographies, their books, and their philosophy, that we so much enjoy? Why don't we become one and write our own books? It is not truly the books that are important. It's not that we want to be saints for the sake of being known, but it is to bless this world so that our world will not be destroyed. If the prophecy were to be true, then the more so we must be enlightened.

We must grace this Earth with God power, which is given to us to do it. Otherwise, we live for seventy years, sixty years, or one hundred years even, and what? Is that all there is to a human's life? Is it the many morsels that we eat, that we cling to, or the clothes that we wear, that is so fantastic about human life? Or is it the sports car that makes our life great? Or what else? Even our possessions, our many children, our wives, our husbands, also will be gone, together with all other material substances.

I invite you to be great men because I respect you. I know you have what Jesus had; I know you have inside what Buddha possessed. I know what I have gained you have inside. It's a pity that you live your life without knowing your greatness, without using it for our world. If we truly love our Earth planet, if we

truly love our later generations, if we love our children, then we must bless the world. We can't bless it with our eight-hours-a-day work. Plenty of people have done that for centuries, and it hasn't altered anything much. We have to bless it with the supreme power, with God's grace, which is in all of us.

If the purpose of our life is just to come here for so many days, eat some meals, have a car, have children, and then die, I don't think it's worth it to worship God at all. If God created us like this, just to make fun of us, it's like a bad joke, and I don't think God is worthy for us to worship. What is it that makes us feel very awed with God? What is that? It is because He gives us this incredible power, incredible Love. We can't love our neighbor until we find that Love, because any limited love from our brain, from our habitual conceptual thinking way of doing, is limited. We have to love without love even, without the brain-computer's interfering definition of "love." We love then, but we don't know that we love. It is the Father, it is the all-prevailing power that loves. We work, but we don't work; it's the power that works. We give to people, but we don't think that we give anymore. At that time, then we truly love people, we truly give in charity, and we truly fulfill our duty as a human instrument on Earth, to bless other beings to evolve into a higher consciousness.



## **Paradise on Earth**

In recent years, thousands, millions, trillions, of people are practicing the “Light and Sound Method,” so the world has become better. Political conflicts have minimized in all the nations, and the people have less fear of a world war. We can have a sigh and relax, and rebuild where there is ruin. It might look a little bit chaotic at the moment, but it is the way it looks like after pulling an old house down. It is messy for the time being, but we’ll clean it and we will make a new house. Whenever you move your house or you make some drastic changes in your environment, it looks messy at first. It looks very untidy and unclean, but that is only the changing interim period.

I am sure if all of us walk God-like on Earth, we would not need to seek paradise elsewhere, especially in Australia where you have beautiful scenery and a land so vast. People are very relaxed and open because the space is open; they don’t feel the pressure of the cramped, crowded city. Therefore, I think that’s why the Australian people are more open than in many of the other nations. And I think Brisbane people are even more open because you have a kind of holiday atmosphere here. Every day is a holiday. You can go to the

beach anytime, whereas other people have to spend a lot of money to look at it for just a few days, or a few weeks, while you're living next door to it. And you have beautiful mountains and all kinds of natural wonders.

If we have this super-consciousness also awakened within us, and we use it to deal with daily duties while we are sojourning in this world, then you will find even trees have life; they'll speak to you even. And when you arrange a fruit plate, it looks like it's just been plucked from the trees. It looks like it's still on the tree even, so fresh and so lively. There is an energy pulsating within these fruit dishes. And you see things differently; you experience God everywhere - on the bus, on the airplane, on the train, and in the bathroom, even. (Sorry, it is the truth!) And then we can say truly, "God is all-pervading, God is everywhere."

Did I overstay my welcome? It's four o'clock. I think your questions will be more interesting, so I will stop here, and please let me know what else I need to clear in your minds. I thank you very much. [Applause]

## Questions & Answers

**Q:** How do the guidelines define “sexual immorality”?

**M:** It is just to keep your balanced state of mind. If you have too many involvements at the same time, you’ll be too busy and confused and probably too physically exhausted to do any work in life, as well as spiritual practice. And also, it is maybe a painful feeling that we give our neighbor if we take his wife without his permission. Don’t you think? What we don’t like others to do to us, we don’t do to others.

**Q:** Why do children die?

**M:** Maybe they don’t need to suffer like we do, so they leave quickly. Maybe God wants them quicker than Hes wants us. Actually, none of us die at all - only the physical body changes. If we have something to do in this country for over a period of seventy years, and this fate has been prescribed in our destiny, then we will live in Australia for seventy years. If what we have to do here is only for a short while, maybe five or ten minutes for some purpose, then we can only stay here for ten minutes.

For example, I came just now from Formosa and I will be here only a few more days to fulfill my purpose here in Australia, and then I am called to another country. I'll be in Hawaii, America, Europe, because I have other engagements. Similarly, we come and go to different destinations according to the Plan of the Universe.

**Q:** Can You please explain, He who sees action in inaction, and inaction in action, verily he knows the scriptures, [4:18] from the “Bhagavad Gita?”

**M:** This “seeing” is not the seeing with the intellectual understanding, but is the inner realization of “doing without doing.” Just like I have just been speaking to you that you give but then you do not have the ego feeling of “I give,” and we love, but are not even standing there analyzing that “I love my neighbor.” We will be full of love, but we don't even know it. We will be doing plenty of things at the same time, but in a very short period, sometimes doing a thousand and one things in different places, but we stay right here. That is the “action in nonaction.” That's why, sometimes for example, after Jesus had so-called “died,” many people saw Him in different places. Even before He died, His disciples saw Him in different places at the same time, and so with the Buddha, Krishna, and other Great Masters who

were sent down by God. That is “action in nonaction.”

Whoever realizes that power, the supreme power within, can “do without doing.” You may be sitting here talking to the audience or doing anything, but at the same time you appear in a thousand and one different worlds, different nations, and even different galaxies to teach and help whomever needs. That is “action in nonaction,” because we don’t work anymore. It is the supreme power, the universal link of the whole power that works wherever necessary, just like a network.

**Q:** Is there a step-by-step daily program to follow to experience the enlightenment You speak of?

**M:** Yes, we have to discover day by day our greatest power. It’s not really a program; it’s just like a habit. Just like every day you sleep two hours or work eight hours. We set aside two or three hours to know ourselves, and that’s it. It’s not really a fixed program. You may do the meditation in intervals. In the morning you wake up a little early, you do one hour or half an hour, accordingly, and at lunch break, another half an hour, while on the bus, twenty minutes, on the train, forty minutes, or in the park sitting on the bench, enjoying the breeze while enjoying your “inner breeze” as well. All together added up, it will be even more

than two and a half or three hours. It's very easy.

**Q:** Why or how did we lose the ability to love our inner Self and therefore others?

**M:** How? Because we're too busy. We're too busy with our daily life, we're too busy with our job, too busy with taking care of the demands of others, and we didn't turn inward. But if we know it, we can do it every day and everywhere. It's very simple because our inner Self is always present. Every time we are born again, we are given the same chance again: to remember our Godlike Self inside, but we have forgotten.

**Q:** There is a question from an eight-year-old child that says, "Do You believe that God is here?"

**M:** I do believe, because God is here, truly. Look at your neighbors; God is in them. God is in me, in you. The only difference, perhaps, is that I know and you didn't take time to know yet.

## **The Limitless Power Erases Limitless Karma**

**Q:** Isn't it true that one must go through one's own karma? In the notes, You say You remove the kar-

ma with initiation.

**M:** That's correct. It always happens and has been proved, verified, because at the time of initiation we awaken the Greatest power inside, which can erase all things. That's the way of erasing karma; otherwise, we can't do it with the brainpower because it's limited.

Because our karma is limitless, we have to use the limitless power in order to erase it. It's very simple, just like you know how to erase a computer program, you just push which button and the whole thing is gone. No trace is left. If you don't know it, even if you stand there one thousand years, it's still there - if the computer lasts that long!

**Q:** Why do You think that it is easy for an average person to become enlightened? What do You mean by "easy"?

**M:** When I say "easy," it means easy. You can get enlightenment just like that! [Master snaps Her fingers] Is that easy enough? Easier than you breathe, easier than you eat your food, easier than you walk, easier than you choose which clothes you put on on Sunday morning. Is that easy enough? Even six-year-old children, ten-year-old children, can do it. So can it be called difficult?

We are too used to our complicated life and complicated way of getting things and costly way of getting things so that when someone offers it free of charge and at our doorstep, we kind of step back, “I.... I.... I haven’t seen this kind of thing before! Must be something wrong!” [Laughter] But have faith in the goodness of God, in the grace of the Universal Love.

We are not here to pay for everything we want. We are the children of God; we should have everything free of charge! But because we have not this faith - so all right, pay for whatever you need to, but not to me. You don’t need to pay anything, and it’s very simple. If you want to find a complicated way, then go elsewhere. Here, it is very simple: at the time of initiation, you just sit there and wait for the God power to pull you up and open the Kingdom for you. You will see light streaming forth to you; you will hear wisdom; you will change anew into a baby, and you will know everything differently. [Applause]

**Q:** How can we give more love and kindness to more people?

**M:** As I have mentioned, we must have this limitless love first; we must discover it. If we do not have this limitless love within us, then we can’t give, even if



we want to. So, please get enlightenment! Get this love within you, the boundless love from God, and then we give without people asking. We give without knowing that we give; people just feel love from us.

**Q:** What is the future of the world?

**M:** How do I know? [Laughter] And what for? I will be only here for, maybe another decade or two, if I am that unfortunate. What for do I know the future of the world? It's the business of the "Earthians" to worry about this.

But as I said already, if we are all enlightened, or many of us are enlightened, the world will be bright; the fruit and everything will grow in abundance; the atmosphere of the world will be clean and washed; and of course, the future will be brighter. If not, then maybe God has to take it away and rebuild a new one. I don't blame Hirm. If we don't clean our house, if we let our house degrade into an endangering state, then the government will pull it down, if we don't do it ourselves, and try to build a new house for us.

**Q:** How does one deal with violence and anger in

people who are close to us, people we live with?

**M:** Jesus has told us to return hatred with kindness. That's the only way. Anytime you feel violence or hatred, just close your eyes and pray to God. Pray sincerely.

**Q:** Why are we in a state of illusion?

**M:** Because we don't want to be enlightened. It's very simple. If you want to erase this state of illusion, then please come for initiation. You will know right away. There is only one hairbreadth difference between enlightenment and illusion.

**Q:** How did You discover Your method of enlightenment and how does it differ from other systems?

**M:** God led me to discover it. But the method itself without an enlightened Master is not important.

What is the difference between our guidance and others? It is that we give immediate enlightenment and that we give it without any cost - now, here, and hereafter. We give without any conditions at all. And you have lasting enlightenment every day. You can meditate every day and you can enjoy your wisdom

every day. Then you become your own master, instead of slaving to some master, whether past, present or future.

**Q:** Would You tell me why I always get worried, even though I don't deserve it that much?

**M:** If you don't deserve to be worried, then don't worry. [Laughter]

**Q:** Some nations or religions find suicide heroic, some find it fatal for spiritual survival. What are the spiritual consequences of suicide?

**M:** Suicide is mostly done in a very depressed state of understanding; therefore, it's no good. It is a kind of escape from reality and from obstacles, and a kind of impatient, short-tempered solution. If we wait a few more days or maybe a few more weeks or months or years, things become different.

Suicide is a very terrible crime because we take away the right of God, who will take us when the time is right. At least at that moment, we have no God in our mind, we have no faith, no aim in life; that's why we take our life. Because of this depressing state of mind, we will go to a very depressing level of existence. And there, we remain long, long, long, until we're fed up

with it, until we awaken somehow, or through some merciful grace. Then we can be given a new life, but that doesn't mean we become intelligent; we'll be a little bit dumb and clumsy and depressed. So I would advise, for whatever reason, please reconsider and live on, and see what God decides for us the next moment.

**Q:** Do You regard love between two people of the same sex as “sexual misconduct”?

**M:** You get me into trouble. [Laughter] How do I know? I am not in that category.

All right, then have one partner at a time. “Sexual misconduct” in the sense of an ordinary relationship between a man and a woman is that we should be faithful and devoted to each other and help each other to realize God within both of us. And in the special case, then forgive yourself. Do not think that you are a female or a male, and then have one partner. Try to strive for a higher perfection, a higher love, and a higher reunion within ourselves that transcends all sex, all races, and all creeds. That is better for you. In the meantime, keep your relationship in a faithful and regulated basis.

“Love” means respect, cooperation, and mutual support in order that we know a greater love than the

existing love at the present in our misunderstanding. In that case, it is all right; we can't help the way we feel if we are unenlightened. So, please get enlightenment and then you will see there is no necessity for this so-called physical love. Even if we still have it, there is a different feeling.

**Q:** If enlightened, do we have to experience earthly life again?

**M:** It depends on you. If you have a good Master, a very gracious one, you don't have to come back. But in case you want to come back again, it's all right, you will. If you do not want to and sincerely would like to be liberated in one lifetime, you don't have to, not at all. Even if you failed in keeping the guidelines, even if you failed with the instructions, but you pray to the Master and the Master power, which is all-merciful, you will be given refuge and taken up forever. Maybe the Master will teach you and upgrade your level slowly, but you will never be pushed back to the earthly life again.

**Q:** You say that Buddha and God and Jesus are one; yet, it is in the Bible that God denounces all other

gods and false idols. How is this so?

**M:** If there is only one God, how can there be false gods? I talk about the One, that One. If you have other gods, I can't be responsible. I talk about the One, the only One, which you talk about. Why bring other gods in? I said that there's one God, but with different names and forms, just like one God with different names and forms is in front of me here - undiscovered God. [Master is referring to the people in the audience.]

### **Find Time to Work for Your Real Self**

**Q:** Master, You claim many of us work eight-hour days and forfeit so much. The reality is that many of us work far in excess of eight hours a day for survival and for our future. How then do we find time for meditation, two hours daily, and enlightenment?

**M:** All right, then continue to work eight hours for the world and none for yourself. We can find time if we love ourselves. Think of it. We work eight hours a day, forty hours a week or more, and what do we get - a wardrobe full of clothes that we change with the fashion every now and then, and a belly full of hams and chickens and all that every day. Then, when we die, we will get nothing. Is that what we have to labor for every day? Fine, do it, but save some time for yourself,

for knowing your greatness. And then, even then, you can use that greatness to work in eight hours and make it more successful, make the world more brilliant with your wisdom. Not that I say you don't work, but we can find time anywhere.

We can sit on the train, the bus. If you drive a car, don't meditate, otherwise, no exception anywhere. [Laughter] You can sit while you are resting, and you can watch less television or talk less on the phone, and save money even. Find time for yourself. Otherwise, we can be enslaved in the worldly system at all times and without even serving it properly. We are enlightened in order to serve the world better, to work better in these eight hours or even five hours.

Our friend has introduced to you that before, in his work, sometimes something takes three or four days. That is true. I have worked with many of the fellow practitioners, and the way they worked and their reactions were so slow and so ineffective. But after they train with me for a while, they're very fast! What takes three days, we can do in, maybe five hours. We do that; we built a garden in three days, with rivers and trees and everything - with small rivers. We do that. We sometimes build houses or something in a very fast way. It's just that we become more organized within and we know what is the main point, what to do

first, and what next; therefore, we don't lose time. It's very logical. But we can only see clearly when we are "en-light-ened." We have light inside to illuminate the whole process of everything we do.

If you want to truly work for survival at all, then please get enlightenment. You will find that you survive better, and everyone will like your work because you do it better. You do it more conscientiously, more effectively, but with less effort. And everyone will trust you. Many of the bosses will be too happy to have you as employees. I know this from our disciples' circle. Whatever they do, people like it better. Even our disciples, when they work with other people, they train people into better men also.

For example this morning, one of our fellow practitioners gave me a book that they had printed recently with my photo or something. I said, "That's beautiful! Very nice! I didn't know it was so nice! Where did you print it?" He said, "Well, in Formosa." I said, "This man does a good job." The disciple said, "Ah, yeah, I trained him. He didn't do it well at first, but we trained him. We pushed him, we criticized, and we told him how to do it. Sometimes he worked so slowly and we made him work faster." At first, he was just an ordinary printer, and then after a little time working with us, he was raised to manager of the whole company. The boss



trusts him now that he works so fast, so quickly, and so efficiently. You see, there's even an indirect blessing by working more closely with our fellow initiates.

**Q:** The Bible states not to worship any other god but Hirm - no idols. Please speak on this in regard to people who wish to worship and idolize You and others.

**M:** Am I responsible for anything that anyone else does? They do not idolize me and they don't worship me. They are just grateful for the guidance that I have taken the time to show them. They're just grateful to have the chance to become their own Master in their house again. Therefore, they show it by flowers perhaps, or by wearing my photo to remember me. Of course, if someone does something good for you, you try to remember him. That is all.

But for me, myself, I do not believe in all this worship, because I believe you and I are equal. It doesn't matter what amount of worship you think people give me; it doesn't alter anything inside me. Sooner or later, all these people will realize that they are also the Master, and that's the end of it. But while they are still young, if they want to do something, give me flowers or that, it's all right. Otherwise, all the florists will go

bankrupt. [Laughter] If I don't come here today, I don't know how long they will take to sell all these flowers. It's all right.

**Q:** There are many questions that ask about the definition of "reincarnation."

**M:** Reincarnation is just like staying in one class if we can't pass the exam to a higher grade of education, or going a little bit further in a different class for a kind of retarded children, for example. That's it. We change the classroom and that's what we call "reincarnation." We change from one form to another; change the lifestyle and surroundings.

**Q:** Do You believe there is so much violence in this world because we kill animals for food?

**M:** That's not the only reason, but one of the reasons. There is also hatred within our hearts. Meat-eating is not worse than having hatred in the heart; poisonous thinking will poison the atmosphere of our Earth. Violent reactions or ideas in our heart and our mind activate the whole atmosphere. And that, in turn, also

gives the chance or opportunity for the killing of animals and men. And that, in turn, breeds a more violent atmosphere into the worldly surroundings. But mainly, if we do not kill at all, from the animal on, then we would not have violence in the first place.

### **Live the Way the Bible Teaches**

**Q:** Some of the teenagers of this generation have no respect for parents. Is it because we are not good parents?

**M:** No, I don't think so. It depends. I wouldn't say all parents are good, but most of them are good. The teenagers, probably, in this generation, have not been groomed enough in morality, in seeing their parents as representatives of God on Earth and taking God's place to raise the children and to educate them. If the parents somehow hinder or obstruct the children when they want to realize God, then we can say these are not very good parents; otherwise, there is no such thing as "no good" parents.

Maybe the different outlook of our teenagers nowadays is because of the influence from the bad news, from violent pictures, and from many undesirable means of communication, and bad company, bad influences, bad friends, that makes the teenagers the

way they are today. So the solution, again, is that we have to go back to the Golden Age. We have to live the way the Bible teaches us to do: the way of nonviolence, the way of love, the way of enlightenment. Then we can bring our children back to their innocence, back to their ethical way of life. Even the children can get enlightenment too, and then they know for themselves and they will change their way of life.

When I was in Melbourne, there was a man, not a teenager but about twenty years old, who took drugs and all that - a very handsome young man, strong, tall, and intelligent. He didn't get initiated because he was struggling with whether he should give up the drugs and all that - because we don't allow drugs in our group. After he decided, by then I had left Melbourne, so he followed me all the way to Sydney and threw all the drugs and even cigarettes away on that day. He struggled hard that day, but then he made it and he was so glad that he did. I am sure he will become a good teenager from that day on. He was very positive and happy. He was melted by the way we loved him and took care of him. He stayed in my place one night and then we took him back by another disciple's van all the way back to Melbourne.

If all of the children know the way of Truth, maybe they will choose it. Then they will discover love

within themselves and they will respect the parents more. In turn, if the parents are more enlightened, they will be more understanding, more clear, about how to raise their children. This is only my advice, my offer. Please don't be offended if I say something that does not suit your taste.

**Q:** Are You a Master in a line of spiritual Masters?

**M:** I am very shy. Don't ask me this question. You can ask my disciples through their experience. If I'm worthy to be called a Master or not, it's through the lives, the examples, and the success of the disciples. So, please ask them and don't ask me. I can't say things about myself very much. If you ask so directly, I'm very puzzled, but people say, *By thy fruit shall thou be known.* [Luke 6:44] If my disciples have accomplished something that is worth recognition by you, in a spiritual sense as well as in the social level, then maybe you can satisfy your own question.

**Q:** Master Ching Hai, how do You feel about abortion?

**M:** You get me into trouble again. [Laughter]

These are social problems that are not easy to say

“yes” and “no.” But of course, I am against it. I vote for life in any government, but again, these are worldly problems, and as a spiritual practitioner, I find it very difficult to condemn something or to support it.

In the case of many poorly developed countries and overpopulated nations, if I say “no good,” then I don’t know whether I do justice to these poor people and the starving children while they have no other solution and not enough intelligence or organizational talent to feed them. If I say “yes,” that means, I am against my own principle of Love. So this is up to you, the earthly people, to try to find a way to solve it. It is best still that we get enlightenment and always adhere to the principle of love and of nonviolence. And then if we truly believe in God and evoke His power, every blessing will be there, and we will find plenty of means to satisfy the population.

If God meant for the people to be here, He must know how to handle them. It is we who stop the blessing power from God and the nourishing program through our own limited faith in God’s ability, and that we do not find our own true wisdom in order to handle all these population problems. Therefore, the answer is not “yes” or “no”; the answer from me is “Enlightenment for everyone alike, for every nation, the same thing.” Then we don’t need to even ask this uncomfort-

able question: “abortion or not?” I wish we didn’t even have to raise this question. If we are enlightened in the first place, we wouldn’t.

So please help me. Together, we get enlightenment; we have to clean our world. If you truly love these children, if you truly find no other solution for this problem, then we have to help each other. We have to enlighten our atmosphere more, by more and more people standing tall and walking Godlike on this Earth, walking with enlightenment, walking with wisdom, doing things with love. Without enlightenment, I can’t discuss anything that is truly beneficial because we will be in a mundane level only. We talk about how to feed our stomach and how to take care of this ephemeral body that lasts only a few decades. What can we do about it? We can’t keep always identifying ourselves with this ephemeral body and then trying to solve every problem. We have to solve it from the root; we have to see it from the top of the mountain - the whole view, and then locate where we should do what things.

**Q:** Is enlightenment not a form of killing a part of you, a part that comes with being human? Should we therefore not rather live life fully and thereby praise God?

**M:** Do I kill a part of myself? You see my arm missing or something? Am I looking abnormal to you after enlightenment? Do I appear to be abnormal or lacking something? No, I am more fulfilled now than before.

I know how to paint now; I didn't know that before. I know how to make a lot of handicrafts more beautifully. I couldn't imagine I could do it before. I can decorate interiors of rooms; I didn't know how to do it before. I can build rivers; I didn't know how to do it before. I can make mountains; I didn't know how to do it before. I can build houses with my own hands; I didn't know how to do it before. No one instructed me. I'm just more full than before. More parts of me have been awakened, not taken away. After enlightenment, we make full use of our power, worldly-wise as well as spiritually. So please, do not be afraid; just stand up and be great. Be what you are and make use of your talents that lie dormant inside. The more you are enlightened, the more fulfillment you have.

I play the piano, and I write music; I couldn't do it before. No one taught me. I paint; I didn't touch a brush in my life before. My paintings have sold a lot. (Only copies. The originals are very expensive and I don't want to sell them anyhow.) So you see, I am not handicapped in any way after enlightenment. I am



more fulfilled and more able to do many things that are required of me at that precise moment. I don't overdo anything, but whenever it is necessary or needed, I do it. Therefore, I can earn money and come here to you without bothering you, without making you afraid that I'll take donations from you, or needing your financial support, or anything. Without enlightenment, I couldn't be here, even. I have not enough money to go around the world. And it's my nature not to ask from anyone, for one penny even. Since I'm a child, I would rather go hungry than do this.

**Q:** Please explain that between human beings when one robs something from another who is the real loser?

**M:** The robber is the loser in the long-term. But if he is forced to do that out of hunger, or if he really can't do anything else, and he repents in his heart that he will change and give charity later when he can, then he doesn't lose also. He also will turn around, but he has to truly repent and give back what he has taken, through different means of charity, or by giving back to the owner.

**Q:** Rules of any kind restrict freedom. This must be obvious to You, so why do You suggest that we

should follow and live by Your rules, Your method, against the numerous other rules and methods offered throughout the world and the world's religions?

**M:** You may choose whatever rules or methods you want; we just offer our Method. And these are not my rules, not my rules at all. These are the secret codes of better progress if you want to be enlightened quickly without any side effects, without disturbance in your mental balance. These are not rules; if you don't kill someone else, it's no rule. If you don't steal, it's no rule; it's just ordinary behavior. You make it a rule; it's no rule at all. Actually, these are only the ancient rules. I just put it there, but it might not apply to you.

Actually, if you think about it, when you drive a car because you want to be free, you want to be fast, to be somewhere else, don't you follow any rules? You just drive all over the place, and that's called freedom? At the expense of others and of your own life, that is when you say you have freedom? No! Freedom is when we know how to go inside the rules that don't hurt our freedom. If you drive all over and don't follow the rules, you will be "not in freedom, but in jail."

These are the things that help you to go straight to the Kingdom of God without being entangled somewhere and being obstructed, or being in some jail; therefore, this is true freedom. Just like when we drive

the car in Australia, we drive on the left side, and even Australia is different from France where they drive on the right side. But it doesn't mean because of that, you just drive on the right side because you are a Frenchman and you don't want to respect the rules here. Then you will be in trouble. That is all. The Universal Rules, if we obey them, we will find ourselves in a greater freedom than what we imagine freedom should be, but most of us misunderstand.

**Q:** Buddhism teaches enlightenment by effort and following the Noble Eight-Fold Path, but You say it can be attained by Your transmission from Yourself. Can You explain this?

**M:** Yes, enlightenment is through your effort and also following the Eight-Fold Noble Path. I do not teach you anything that is outside the Eight-Fold Noble Path. It is by your effort as well because you have to sit every day. Not that I sit for you. It is without effort because we sit there, but because we don't do things. We don't do any physical thing that makes us enlightened. The enlightenment comes alone, therefore with effort, but without effort. My Path is the Path of all the ancient Buddhas. Only after enlightenment will you know what the Eight-Fold Noble Path is. Otherwise, we just talk about it; we don't truly realize it, and don't live the teaching of the ancient Masters.

- The End -

*"Initiation is not really initiation... you just come here and let me help you help yourself. I have not come here to make you disciples... I have come to help you become Masters."*

*~ The Supreme Master Ching Hai*

*"Everyone already knows how to meditate, but you meditate on the wrong things. Some people meditate on pretty girls, some on money, some on business. Every time you pay full attention, whole-heartedly, to one thing, that is meditation. I pay attention only to the inner Power, to the Compassion, the Love and Mercy qualities of God."*

*~ The Supreme Master Ching Hai*

*"Initiation means the beginning of a new life into a new order. It means that the Master has accepted you to become one of the beings in the circle of Saints. Then you are no longer an ordinary being, you are elevated. In the old times they called it "Baptism" or "Taking Refuge in the Master."*

*~ The Supreme Master Ching Hai*

## Initiation: The Quan Yin Method

Master Ching Hai initiates sincere people longing to know the Truth, into the Quan Yin Method of meditation. The Chinese characters “Quan Yin” mean contemplation of the Sound Vibration. The Method includes meditation on both the inner Light and the inner Sound. These inner visions have been repeatedly described in the spiritual literature of all the world’s religions since ancient times.

For example, the Christian Bible states, *In the beginning was the Word, and the Word was with God, and the Word was God.* (John 1:1) This Word is the inner Sound. It has also been called the Logos, Shabd, Tao, Soundstream, Naam, or the Celestial Music. Master Ching Hai says, *It vibrates within all life and sustains the whole universe. This inner melody can heal all wounds, fulfill all desires, and quench all worldly thirst. It is all powerful and all Love. It is because we are made of this Sound, that contact with it brings peace and contentment to our hearts. After listening to this Sound, our whole being changes, our entire outlook on life is greatly altered for the better.*

The inner Light, the Light of God, is the same Light referred to in the word “enlightenment.” Its intensity can range from a subtle glow to the brilliance of many millions of suns. It is through the inner Light and Sound that we come to know God.

The initiation into the Quan Yin Method is not an esoteric ritual or a ceremony for entering a new religion. During the initiation, specific instruction in meditation on the inner Light and inner Sound is given, and Master Ching Hai provides the “Spiritual

Transmission.” This first taste of Divine Presence is given in silence. Master Ching Hai need not be physically present in order to open this “door” for you. The Transmission is an essential part of the Method. The technique themselves will bring little benefit without the Grace of the Master.

Because you may hear the inner Sound and see the inner Light immediately upon initiation, this event is sometimes referred to as “sudden” or “immediate enlightenment.”

Master Ching Hai accepts people from all backgrounds and religious affiliations for initiation. You do not have to change your present religion or system of beliefs. You will not be asked to join any organization, or participate in any way that does not suit your current life-style.

However, you will be asked to become a vegan. A lifetime commitment to the vegan diet is a necessary prerequisite for receiving initiation.

The initiation is offered free of charge.

Daily practice of the Quan Yin Method of meditation and the keeping of the Five Guidelines are your only requirements after initiation. Keeping the guidelines prevents you from harming either yourself or any other living being. These practices will deepen and strengthen your initial enlightenment experience, and allow you to eventually attain the highest levels of awakening or Godhood for yourself. Without daily practice, you will almost certainly forget your enlightenment and return to a normal level of consciousness.

Master Ching Hai’s goal is to teach us to be self sufficient. There-

fore, She teaches a method that can be practiced by everyone, by themselves, without props or paraphernalia of any kind. She is not looking for followers, worshippers, or disciples, or to establishing an organization with a dues paying membership. She will not accept money, prostrations, or gifts from you, so you do not need to offer these to Her.

She will accept your sincerity in daily life and meditational practice to progress yourself towards Sainthood.

## The Five Guidelines

1. Refrain from harming any living being\*.
2. Refrain from speaking what is not true.
3. Refrain from taking what is not belonging to oneself.
4. Refrain from sexual misconduct.
5. Refrain from using intoxicants\*\*.

\* This guideline requires strict adherence to a vegan diet. No meat, dairy, fish, poultry or eggs (fertilized or non-fertilized).

\*\* This includes avoiding all poisons of any kind, such as alcohol, drugs, tobacco, gambling, pornography and excessively violent films or literature or video games.

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