

Supreme Master Ching Hai
A Master from the Himalayas
Three-time invited lecturer for the United Nations
Recipient of the World Peace Award and the World Spiritual Leadership Award



**An Urgent Message From
Supreme Master Ching Hai:
Global Unity: Together In Saving Lives
Be Organic Vegan And Loving Kindness**
A collection of spiritual teachings by
Supreme Master Ching Hai



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! Since the ancient time there is always a way to go back to the kingdom of God, there is always a way to see God.

The most important thing in this world, regardless of our mission, is to love one another. You have to have a mighty determination, like a lion. You have to have a very loving heart, so soft like a feather, that every little thing moves it.

We have to be like an audience. We have to be wise enough, enlightened enough to watch all the games of the universe, and get out of the suffering.

Only if we find God will we find true happiness, true peace, everlasting bliss, even in this life and the life after.

There's only one religion: The religion of God, of love and of understanding. There's only one church, one temple: The temple of enlightenment. Come to that temple; then we'll know all religions of the world.

I dream that all the world will become peaceful. I dream that all the killing will stop. I dream that all the children will walk in peace and harmony. I dream that all the nations shake hands with each other, protect each other and help each other. I dream that our beautiful planet will not be destroyed. It takes billions, billions, 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.

**Contents and original words in this book are permeated with
grace and blessings of Supreme Master Ching Hai**
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A little message:

In speaking of God, or the supreme spirit, Master instructs us to use original non-sexist terms to avoid the argument about whether God is a She or a He.

She + He = Hes (as in Bless).

Her + Him = Hirm (as in Firm).

Hers + His = Hiers (as in Dear).

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

As a creator of artistic designs as well as a spiritual Teacher, Supreme Master Ching Hai loves all expressions of inner beauty. It is for this reason that She refers to Vietnam as 'Au Lac' and Taiwan as 'Formosa'. Au Lac is the ancient name of Vietnam and means 'happiness'. And the name Formosa reflects more completely the beauty of the island and its people. Master feels that using these names brings spiritual elevation and luck to the land and its inhabitants.

The logo's characters, SM, stand for Supreme Master, signifying the Supreme Master power within everyone. The logo is an interweaving of red and gold colors. Red symbolizes the physical body, while gold represents the radiant Buddha nature or kingdom of God within.

Abbreviations - 'Q': Question; 'M': Supreme Master Ching Hai.



Preface

This book is a compilation of original quotes sampled from numerous lectures and informal talks given by Supreme Master Ching Hai. With the help of many fellow disciples who transcribed and translated dozens of lectures, a book began to take form. Through dedicated patience, devotional love, help from fellow disciples and the grace of the Master, this work is now presented to you. The entire contents of this book are the original words of the Master, recorded verbatim. Editing has been done only on the order of quotes, and on the grammar and punctuation of the transcriptions themselves.

Through the spoken words, a living Master can bring ancient wisdom to life. To experience these discourses in person, the seeker is affected on all levels of understanding, beyond space and time, far beyond any mental concept. These types of Masters, having become fully conscious of their supreme nature within, offer a perfect mirror of the most noble and divine qualities within each of us, a reflection of our own potential for self-mastery. As one comes into contact with this perfect image, one's life begins to turn away from fear and self-doubt and to move toward more tolerance and compassion, more hope and joy.

Such is the experience that countless hundreds, thousands, millions of people have had in the presence of Supreme Master Ching Hai. She speaks above and beyond general philosophy and theology, echoing the Truth, which lies directly in the hearts of all seekers. This kind of experience is beyond the words alone, but rather an invisible connection all of us share with the infinite. Through Her words, Her eyes and Her voice, one can obtain limitless blessing and inspiration. With Her help and the practice of the Quan Yin method of meditation, one can quickly progress along the path to full enlightenment.

Supreme Master Ching Hai is world-renowned for Her great wisdom, sense of humor, humility and deep compassion. She has traveled to all parts of the world dedicating Herself and Her time in order to teach others that the Truth we all seek is not far away. Her multi-cultural background (She is fluent in five languages English, German, Chinese, French and Aulacese) allows Her to express one ageless Truth in a multitude of ways, so that each individual receives his or her own answer, according to his or her own needs.

Through daily practice of a non-denominational meditation technique call the Quan Yin method (contemplation of the inner Sound stream); we can all attain understanding of the great joy, compassion and heavenly bliss described within religious and spiritual scriptures around the world. More than just a simple meditation technique, this living teaching brings to anyone who sincerely desires it the ability to carry the meditative state into all parts of their lives. It offers each of us a way to have true love and understanding for our fellow beings, to play our part in society while still keeping our mind clear of worry and attachment, and a way to find freedom here and beyond this world.

All of this, Master Ching Hai offers free of charge and conditions to anyone seeking the Truth. She does not personally accept any donations, all of Her public lectures are offered free of charge, and initiation into the Quan Yin method of meditation is given to anyone who is truly dedicated to their own spiritual development. Master says that a spiritual Teacher should never

charge the student for what they already own. She simply opens the door to our own inner wisdom and then guides and protects us until we have fully realized our own treasure inside.

May the Truth guide you along the path to your own great awakening.



Introduction

Every human being has, at one time or another, wondered about the deeper meaning of his or her life. We witness on a daily basis the suffering caused by our ignorance, often feeling helpless to change it. But, we are also blessed with brief glimpses of deep insight and joy, which bring temporary comfort and hope to our lost souls. Regardless of the tides and turns of our lives, the recurring questions still remain, 'Where do I come from? What is the purpose of my life? What am I here for? And where am I going after I die?' Should we search for answers to these questions, we would open the door to a multitude of philosophies and practices, some safer than others, some quicker than others, yet not an easy choice for anyone to make.

Searching alone may seem like wandering in a maze, not knowing what turn to take next. Countless road signs may seem to point in different directions, leaving us confused and constantly searching outside of ourselves. We seek relief from an undefined longing, a void which lays buried behind the distractions of our lives. But, the day we find ourselves in the presence of a true spiritual Master, we know that the search has come to an end, for this living Teacher proves to us that complete liberation and self-mastery is possible in this lifetime and we only need to claim it, for it is ours.

When we take away all that divides us from the world around us, we find that only love remains, and this is our true essence. Once a living Master introduces us to our own divinity, all of our previous illusions of self-identity begin to fall away and instead of having to learn more, we begin to unlearn, to let go of useless, negative habits and ways of thinking. Our path is now set before us on our journey back Home.

When a traveler is lost, he must find a higher vantage point in order to obtain a better view. The higher he goes, the wider and clearer his vision becomes. Soon, the ominous dark shadows that once petrified him are discovered to be only mere shrubs in the wilderness! Likewise, the higher we go on our inward journey, the more our fears and false limitations are revealed to us. We learn to see them for what they are and let go of them just as we would discard an old worn-out garment. As we shed the outer appearance of ourselves, we no longer see separation and we feel united with everyone. The color of our skin and the language we speak may vary, but our innermost fears and aspirations are identical. So as we get to know our true selves, we gain comfort and understanding both within and far beyond ourselves.

If you feel that you are ready to embark upon such a journey, this book should provide you with priceless guidance and blessings, much needed in our present times. Supreme Master Ching Hai addresses in a very specific way some of the most frequently asked questions posed by seekers around the world. She clarifies often-misunderstood concepts without oversimplifying them.

This collection of Her teachings is very much like a practical guide to your own treasure hunt. It will provide you with an overall map, warning you of obstacles ahead, teaching you how to prepare yourself. With Master Ching Hai by your side, you will surely find your way Home.



The heavenly cardinal Supreme Master Ching Hai

Throughout the ages, mankind has been visited by rare individuals whose sole purpose is the spiritual upliftment of humanity. Jesus Christ was one of these visitors, as were Shakyamuni Buddha and Mohammed. These three are well known, but there are many others whose names we do not know; some taught publicly, and were known by a few, and others remained anonymous. These individuals were called by different names, at different times, in different countries. They have been referred to as Master, avatar, enlightened one, savior, messiah, divine mother, messenger, guru, living saint, and the like. They came to offer what has been called enlightenment, salvation, realization, liberation, or awakening. The words used may be different, but in essence they all mean the same thing. Visitors from the same divine source, with the same spiritual greatness, moral purity, and power to uplift humanity as the holy ones from the past are here with us today, yet few know of their presence. One of them is Supreme Master Ching Hai.

Master Ching Hai is an unlikely candidate to be widely recognized as a living saint. She is a woman, and many Buddhists and others believe the myth that a woman can not become a Buddha. She is of Asian descent, and many western people expect that the savior will come from their own culture. However, those of us, from all over the world, and from many different religious backgrounds, who have gotten to know Her, and who follow Her teachings, know who and what She is. For you to come to know this will take a measure of openness of mind and sincerity of heart. It will also take your time and attention, but nothing else.

People spend most of their time earning a living and taking care of material needs. We work in order to make our lives, and those of our loved ones, as comfortable as possible. When time permits, we give away our attention to such things as politics, sports, television, or the latest scandals. Those of us who have experienced the loving power of direct inner contact with the divine know there is more to life than this. We feel it is a pity that the good news is not more widely known. The solution to all of the struggles of life is sitting quietly inside, waiting. We know that heaven is just a breath away. Forgive us when we err on the side of over enthusiasm and say things that may offend your rational mind. It is difficult for us to remain quiet, seeing what we have seen, and knowing what we know.

We who consider ourselves disciples of the Supreme Master Ching Hai, and fellow practitioners of Her method (the Quan Yin method of meditation), offer this book to you with the hope that it will help bring you closer to your own personal experience of divine fulfillment, whether it be through our Master or any other.

Master Ching Hai teaches the importance of the practice of meditation, inner contemplation, and prayer. She explains that we must discover our own inner divine presence, if we want to be truly happy in this life. She teaches that enlightenment is not esoteric and out of reach, attainable only by those who retreat from society. Her job is to awaken the divine presence within, while we lead normal lives. She states, 'It is like this. We all know the Truth. It's just that we forgot it. So sometimes, someone has to come and remind us of the purpose of our life, why we must find the Truth, why we must practice meditation, and why we must believe in God.' She asks no

one to follow Her. She simply offers Her own enlightenment as an example, so that others may gain their own ultimate liberation.

This book is the original verbal teachings of Supreme Master Ching Hai. Please note that the lectures, comments, and quotes by Master Ching Hai contained herein were spoken by Her, recorded, transcribed, sometimes translated from other languages, and then edited for publication. We recommend that you listen to or watch the original audio or video tapes. 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.

For some, Master Ching Hai is their mother, for some She is their father, and for others She is their beloved. At the least, She is the very best friend you could ever have in this world. She is here to give to you, not to take. She takes no payment of any kind for Her teachings, help or initiation. The only thing She will take from you is your suffering, your sorrow and pain, but only if you want this!



A biography of Supreme Master Ching Hai

Master Ching Hai was born in Aulac. Her father was a highly reputed naturopath. He loved to study world literature and was especially interested in philosophy. Among his favorites were the writings of Lao Tzu and Chuang Tzu, and these were available to Master Ching Hai as a young child. She read these and other Buddhist texts before She entered primary school.

Although Her parents are Catholic, they were open to Buddhist thoughts. Her grandmother was a Buddhist. Master loved to spend time with Her grandmother, and she taught Her the scriptures and Buddhist worship. Master Ching Hai developed a very open attitude toward religions due to this background. She would attend a Catholic church in the mornings, a Buddhist temple in the afternoons, and in the evenings would listen to lectures on the holy teachings. This left Her with many spiritual questions, such as ‘Where did we come from? What is life after death? Why are people so different?’

At one time, there was a shortage of doctors and nurses in Her town, so Master helped in the hospital after classes. She washed patients, emptied bedpans and did errands in Her efforts to ease people’s suffering.

Master has always had a soft spot for animals, and would often take a wounded animal home, care for it and release it. When She saw an animal slaughtered, She would cry, wishing that She could prevent such unnecessary suffering. She has been a vegetarian, and has always been repulsed by the sight of killing or of meat, all Her life.

She worked for a time in Germany as a translator for the Red Cross. She translated between the Aulacese language, German and English, and also volunteered to work long hours in the service of Aulacese refugees. She did so at the expense of Her own health and comfort. Her work with the Red Cross put Master Ching Hai in contact with refugees from many countries. She was continuously faced with the suffering and turmoil brought on by wars and natural disasters. Master suffered a great deal trying to alleviate the pain She saw, and She realized how impossible it was for any one person to stop the suffering of humanity. This drove Her more strongly toward finding enlightenment, as She realized that only this could help alleviate mankind’s pain. With this as Her goal, She practiced meditation even more seriously. She sought out new teachers, read everything She could find, and tested many different methods. She felt, however, that these efforts were not working, and that She was not experiencing the spiritual phenomena She read about in the scriptures, nor was She reaching the enlightened state. This was extremely frustrating for Her at the time.

While in Germany, Master Ching Hai was happily married to a German scientist, with doctorates in two fields. He was a kind, attentive and supportive husband. He became a vegetarian, traveled with his Wife on pilgrimages and was very supportive of Her charitable works. Eventually, Master felt that She needed to leave Her marriage in order to pursue Her spiritual goals. She discussed this at great length with Her husband, and their separation was with his agreement. This was an extremely difficult decision for both of them, but Master felt very strongly that this was the right decision. She needed to devote Her undivided attention to the pursuit of enlightenment.

After leaving Her marriage, Master sought to find the perfect method, which could lead one to attain liberation in one lifetime. In the Surangama sutra, Shakyamuni Buddha said that the Quan Yin method is the highest of all methods. None of Master's teachers knew it, so She traveled and searched everywhere for the right Master. Finally, after many years, She found a Himalayan Master who initiated Her into the Quan Yin method, and gave Her the divine transmission that She had sought for so many years. After a brief period of Quan Yin practice, She became fully enlightened. She continued practicing and improving Her understanding, and remained in retreat in the Himalayas for some time.

Eventually, Master Ching Hai traveled to Formosa. One evening, during a typhoon with heavy rain, as She meditated in a room behind a small temple, a group of people knocked at Her door. Master asked them why they had come, and they answered, 'Quan Yin Bodhisattva (The Goddess of Mercy) replied to our prayers and told us about You, saying that You are the great Master and we should pray to You for the method to reach liberation.' Master tried to send them away but they would not go. Finally, Master, touched by their sincerity and devotion, agreed to initiate them, but only after several months of purification and their agreement to adhere to a vegetarian diet.

Shy by nature, Master Ching Hai did not seek out students to teach. In fact, She ran away from people who sought Her initiation. This happened in India, and in the United States where She was living the unassuming life of a Buddhist Nun. When She was 'discovered' for the third time in Formosa, She realized that She must not run away from the inevitable tasks that lie ahead. She began sharing with all who wished to hear Her message of Truth, and She began initiating sincere students into the Quan Yin method.

Master Ching Hai's work has spread by word of mouth from this first small group in Formosa to many millions of people around the world. She has traveled and taught throughout Africa, Latin America, the United States, Asia, Europe and Oceania. Many people from all walks of life, and from many different religious backgrounds, have made great spiritual progress with Her help. Grateful friends and disciples are to be found all over the world, ready and willing to help others learn from their beloved Supreme Master.

In addition to helping countless numbers of people through Her spiritual teachings and initiations, Master Ching Hai has used Her boundless love and energy to assist those who are suffering or in need. In recent years, Her humanitarian efforts have touched the hearts and lives of millions of people all over the world. Master does not discriminate between suffering caused by spiritual ignorance, material privation, or circumstantial events. Wherever there is suffering, She will help.

Some of Master Ching Hai's humanitarian activities in the past few years include aid to: The homeless throughout the United States; victims of fire in southern California; victims of many floods in the Midwest United States, central and eastern Mainland China, India, Malaysia, Aulac, Holland, Belgium and France; disadvantaged elderly in Brazil; those displaced by the eruption of Mt Pinatubo in the Philippines; disaster victims in northern Thailand; destitute families in Formosa and Singapore; lepers in Molokai, Hawaii; spiritual communities in India, Germany and Uganda; families of mentally retarded children in Hawaii; victims of the 9-11 tragedy in New York and victims of the Los Angeles, Turkey and Formosa earthquake; veterans of the United States; orphanages in Aulac; institutions of medical research on AIDS and cancer in the United States; and many, many others. Of course, we must also mention Master Ching Hai's never-ending and tireless efforts to help the Aulacese refugees, those both inside and out of refugee camps.

Although She does not seek acknowledgement of any kind, in recognition of Her selfless assistance, Supreme Master Ching Hai has been given awards worldwide by government officials and private organizations on numerous occasions. They include the World Peace Award, the World Spiritual Leadership Award, Award for Promotion of Human Rights, World Citizen Humanitarian Award, Award for Outstanding Public Service to Mankind, 2006 Gusi Peace Prize, Los Angeles Music Week Certificate of Commendation, 2006 First Place Silver for the 27th Annual Telly Awards, and the Presidential Active Lifestyle Award from the 43rd President of the United States, George W. Bush. In addition, October 25th and February 22nd have been proclaimed as the Supreme Master Ching Hai Day in the United States. Congratulatory messages were sent to the Chicago ceremony by many government officials worldwide, including Presidents Clinton, Bush and Reagan.

To commend virtuous actions and encourage others to be inspired by their examples, Supreme Master Ching Hai has created a series of Shining World Awards. Through these prestigious awards, She has recognized deserving humans and animals for their exceptional heroism, compassion, leadership, bravery, or intelligence.

Supreme Master Ching Hai is also the source of inspiration to Supreme Master Television, a global station which airs constructive programs with subtitles in over 40 languages. The station encourages harmony, greater understanding and compassion for all beings. It also promotes an organic vegan lifestyle as the most effective and fastest solution to climate change.

Through Her tireless dedication to improve the lives of all beings on Earth, Supreme Master Ching Hai has set a true example of love in action. Supreme Master Ching Hai is one of the truly dedicated people of this era helping others find and create a beautiful vision of our future. Many great people in history have had a dream, and in Her own words, so does Supreme Master Ching Hai: 'I dream that all the world will become peaceful. I dream that all the killing will stop. I dream that all the children will walk in peace and harmony. I dream that all the nations shake hands with each other, protect each other and help each other. I dream that our beautiful planet will not be destroyed. It takes billions, billions, 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.'

In recent years, Master Ching Hai has also devoted Herself to creative expression of the beauty She enjoys within. Her creative works include paintings, decorated fans, lamps, dress and jewelry designs, and songs. Many of these items are made available for purposes of fundraising.

Master Ching Hai has told us that She is not always enlightened. She lives a normal worldly life, and knows from experience about our problems, our heartaches, passions, desires and doubts. She also knows the heavenly realms of kingdom of God, and how to get there from here. Her sole function at this point in Her life is to help us with our journey from the suffering and confusion of the un-awakened state to the bliss and absolute clarity of total divine realization. If you are ready, She is here to take you Home.

Master Ching Hai takes an unusually broad view of all religions. She has studied and taught the words of Jesus, Buddha, Mohammed, Lao Tzu and many others. She always emphasizes the similarities among the great teachings, and lets us see through Her eyes how all the great Masters are preaching the same Truth. She often explains how different religious opinions have arisen, due only to the difference in opinions of different people in different countries at different times.

Master Ching Hai gives initiation and a variety of lectures to interested students and people, according to their backgrounds and cultures, including Christians, Moslems, Buddhists, Jews,

Hindus, Taoists, or atheists, et cetera. She speaks fluently in English, German, Chinese, French and Aulacese languages. Those who wish to learn and practice the Quan Yin method with Master Ching Hai are welcomed to receive Her initiation.



**An urgent message from
Supreme Master Ching Hai:
Global unity: Together in saving lives
Be organic vegan and loving kindness**

HEARTFELT PLEA TO THE WORLD FROM SUPREME MASTER CHING HAI ¹

In this time of significant change, people rely on you to put your love first for your countrymen, all the men, women, and children; and accept with courage the deed that must be done, to use the mighty power in your hands, entrusted by the people, to save the world. At this critical time of accelerating climate change, devastating disasters, quickly spreading infectious diseases, world hunger, water shortages, et cetera, our world needs to emulate noble leadership that will ensure a clean society and protection for all citizens and co-inhabitants from four main destructive substances, namely meat, alcohol, illegal drugs, and tobacco.

The global livestock industry is now contributing more to global warming than the energy sector, at least 80% of it. Meat production is depleting peoples' water, damaging their health, pushing them to war, and breeding new, deadly diseases each day. It is killing our people. They need your shining, heroic, vegan example because they really look to their government, to their leaders. They would be greatly facilitated by your laws for organic vegan farming and campaigns; or laws to make the much needed lifestyle vegan change.

In addition to abolishing meat, we also have to eliminate other root causes such as alcohol, illegal drugs, and tobacco. Please consider the interdiction of these deadly substances that cause the most harm to humanity and our planet; and which, when turned around, can offer immeasurable benefit. Lead the great change! Promote forgiveness and peace; and then all other troubles like poverty, conflict, even financial crises and pandemics, will also subside. For more information, please find condensed information about the harms of meat, drugs, alcohol, and tobacco, and benefits of quitting them; and more information on our website www.SupremeMasterTV.com.

Thank you for all your efforts so far, but what we are doing and planning is not enough, nor fast enough. I pray for you, for courage and faith to do more, and faster. Your co-citizens will appreciate you, praise you, love you, support you; and they will remember you for saving the world for generations to come. Your great deed and name as pioneer champion to save the Earth will be engraved in history forever, for all to revere and to emulate. Heaven will reward you greatly.

In the name of God,

Supreme Master Ching Hai

1. Heartfelt plea to the world from Supreme Master Ching Hai.

Please wake up!

**Poem written and recited by Supreme Master Ching Hai
December 2009 (Originally in Aulacese and English)**

O world, wake up and behold
Rivers and mountains are in tumult
Burnt forests, eroded hills, desiccated streams
Whither do the poor souls go in the end?

O great Earth, lessened be your agony
For these tears to wane with the persistent night
O seas and lakes, cease not your melodies
Allowing hope for a morrow among humanity

O sentient beings, have respite in the realm beyond
Though you departed without any utterance
Let the throbbing of my heart abate
While I await Earthlings' timely repentance

O deep forests, preserve your true selves
Protect the human race in their moments of erring
Please accept my heartfelt thousand teardrops
To nurture your majestic trees, leaves and roots

O heart, relent your sobbing
For my soul to rest in long nights
Tears dried up and I'm wordless
Weeping in sympathy for the tormented!

O night, please kindle your source of light
Shine the way for those human souls in darkness
Be serene for my mind to still
And enter emptiness with the miraculous celestial melody

O day, stir not sudden unrests
For peace to repose in our very hearts
For humankind's struggles to subside
For the true self to gloriously shine!

O heart of mine, lament no longer
Like an insect writhing in the chilling winter
Calmly wait for a perfect tomorrow
And the day the world turns into paradise

O, I cry, I plead, I pray, I beg!
O, infinite Buddhas, Bodhisattvas, angels
Deliver souls straying from the True Path
Wandering in the endless cycle of suffering migration

O brother, wake up at once!
Proudly walk on great seas and rivers
Look straight at the flaming sun
And vow sacrifice to save all beings

O sister, wake up this instant!
 Arise from places of devastation
 Together let's renew our planet
 For all to sing joyous songs of oneness

Please don't go!

**Poem written and recited by Supreme Master Ching Hai
 December 2009 (Originally in Aulacese and English)**

Don't go, leaving an elderly mother and innocent siblings!
 There's no real hatred among us human beings
 Battlefields have but guns, swords and hostility
 While here a warm home welcomes your company

Don't go, wreaking suffering on others
 There's no real animosity, only thirst for power!
 Countless corpses lie shriveled to expand an empire
 Whereas here only love, peace and safety thrive

Don't go, deserting a gentle father and pious children
 There's no real enmity, just trickery!
 An entire nation destroyed for a few mortals to gloat
 While here carefree kites sail in the sky serene

Don't go further on the path
 Of vengeful ghosts and shrieking demons
 A soldier's life crushed in the foreign land –
 A soul lost in the dusty wind of murky realms!

O darling, please halt your steps!
 Hold these hands of your loving wife:
 Please feel for your family, country and the world
 Why have the heart to sow misery and death?

Cease your grasp, won't you please?
 Don't brandish the sword for vows that are so bloody
 Look again at your 'eternal enemies' –
 Are they not also humans, my love?

Sit by me, and calm your mind
 Listen to the spirits astray wandering for thousands of lifetimes
 In the howling wind and rain, their heart-wrenching cries
 Lamenting karmic debts in a war of bygone days!

Either we die or others perish
 A vibrant future suddenly snuffed out in the prime of life!
 All the affection, family and friends
 Vanished with a spiteful heart in a pool of bitter blood

A human existence full of vim and vigor
 Youthful dreams with sky-high aspirations
 Washed away with a stream of hot blood in one rushed instant
 Chilly wind blows yellow dust on the ground of combat!

Please stay with me, together we can honor life
Our neighbors, relatives and parents will be just nearby
There are tender rice and succulent potatoes, romantic rivers and dreamy seas
A long levee bedecked with flowering fields

Many heroes and heroines, present and past
Have saved myriad beings from bloodshed
They've built peace and prosperity
Replacing wars with wondrous truths since eternity

Taking lives, we'll have to pay with our own
How can we rejoice in causing demise and separation?
Only boundless, lasting compassion
Shall make us great among all creation...

Words of a piglet

Poem written by Supreme Master Ching Hai in Her late 20s
(Originally in Aulacese and English)

The day I met You first
Was the day of my birth
Pink and round, me oh so plump
With Mom I gaily frolicked

Lovingly You looked at me
Praising, 'Oh, so round, what a cutie!'
Every day You came by to visit
Bringing cool water and delicious veggie treats

Mommy and I were so touched
Your kindness worth more than gold
I lived a peaceful life
Under Your care and protection
Growing more plump with each passing day
Just eat, rest and play...

So lovely was this early morn
As clouds were drifting across the sky
Cuddling together, Mommy and I
Unaware of the befalling tragedy!

Two brawny young men
Strong like tigers and elephants
Squashed my tiny body
Flat into a cage of horror!
There was no way to escape!
O God, what purgatory was this?

I wailed in fear and terror
Mom, oh Mom, please save me!
Oh caretaker, please come protect me quickly!
Rescue my life, I'm still at a tender age!

Mom was crying out in sorrow
Tears of desperation filling her eyes
The immense heavens cannot contain
This horrendous emotional pain!

My caretaker turned away
Hands busy counting a stack of money
Haplessly I rolled around in the car trunk
Breaking heart more painful than bodily misery!

The two young men bantered:
'This piglet will be so tasty!
Tomorrow we'll slaughter him
To celebrate the birth of the wife's newborn baby!'

Oh, how ironic this life
My soul is shattered
Tears flow in my heart
Like blood running in rivulets

I thought you loved me
Nurturing me to maturity
But all this was a sham
For you, it's just profit and gain!

Tomorrow my body will be cut to pieces
My flesh and bones turned to sheer torture
Just so people can laugh in merriment
At their happy feast and gathering

To your children and others' too
I wish them all long lives
So the family can stay together
Not endure the same fate as mine...

I pray the whole family lives nobly
To be human in many lifetimes
And never be reborn as pigs
Paying forever karmic debts!

Alas, good-bye life...
I ache for my gentle suffering mother
In tears I am overcome...
Oh, Mommy! Mom...Mom...

Words of a hen

**Poem written by Supreme Master Ching Hai in Her late 20s
(Originally in Aulacese and English)**

To the field I go this morn
Standing tall, I greet the river and mountain
With my young innocent babes
In the pond we swim and bathe

Skipping along right behind Mama
 Young feathers with newly tinged hues
 Round eyes like tiny beans
 Oh, my babies, how adorable you are!

For the corn and grains
 We're grateful to humans
 Every day, happy and carefree
 Fresh clear water and shady trees
 So green the grass in the gentle breeze

Blue sky, wispy clouds, flowing streams
 Life is like a fairy tale
 Thank You, Lord Creator
 For these days of peace and safety

Then came an unexpected calamity
 A net was suddenly cast upon me
 A flash of shiny blade
 A scream muffled in splattering blood!

My babies are left behind
 Mama's heart is torn and shattered!
 Please... love... my... children... for... me...
 Don't... kill... them!
 My... precious... babies...

AN INTERVIEW BY LOUISE KINGS OF EAST COAST FM RADIO OF IRELAND FOR THE IRISH DOG JOURNAL ²

- Q. *Hallo, Supreme Master Ching Hai. It's so good to speak to You again. Good to see You again.*
- M. Yes, that's what I wanted to say. You're too fast! [Master laughs.] I was saying, 'Wow, Louise.' What a nice thing.
- Q. *How are You?*
- M. Oh, I'm alive today. [Master laughs.] Alive and good today.
- Q. *Well, You look beautiful today.*
- M. Yeah, I feel beautiful.
- Q. *Supreme Master, You have written many, many books about animals, including 'The Dogs in My Life' and 'The Birds in My Life,' which is an international bestseller. From Your books, it's very clear about Your remarkable relationship that You have with Your animals. Can You tell us what inspired You to write a book about dogs, and what ways we can best interact with our animal companions to make sure that their lives are as happy, enjoyable, and satisfying as possible?*

2. Videointerview by Louise Kings of East Coast FM Radio of Ireland for The Irish Dog Journal, December 16, 2009 (Originally in English).

- M. My dogs themselves were the inspiration. I was talking to them, I said, 'Okay, we have to do something for the animals, for other dogs,' and they 'okayed' right away. They gave me permission and encouragement and inspiration to write that little book. I wish I could write more books about dogs because it's an endless treasure, it's endless pleasure; and the love and the joy that the dogs bring to my life is really indescribable. And it never ends; they always have something new to surprise me and to make me happy.
- Q. *That really comes across in the books. I love those books, absolutely love them. The pictures of You and Your dogs and the different scenarios are fantastic.*
- M. Because you love dogs also, because you had a similar situation so you can identify and love it.
- Q. *Well, that's why we're doing the Irish Dog Journal now. It's to encourage people's relationship with their dogs, whether they work with them, whether they're pampered pooches, or just general activities, to get out and about with their dogs, to just sort of encourage that relationship between man and dog in any way possible.*
- M. We can never talk enough about dogs. You can write many books. If we want to make them happy, it's very simple. Very simple. Just love them and enjoy their love. My dogs are very happy to be the co-writers of the books that they think will bring some happiness and smiles to humans through some of their little funny and heartrending stories, and they hope to help people understand a little more about dogs and other animals through this book. So the key to good interactions or relationships with our animal companions is the same as with our human relationships. It's all about love, isn't it, Louise? [Q: It sure is.] Love. [Q: Definitely.] Yes, love and respect...
- Q. *I think that really comes across in Your books because when I see parts of the books, I know some of the dogs came from animal shelters and I've been to many, many animal shelters, and as You said, the stories are... they're sore; they really are painful to watch. But to see those dogs so alive across the pages, just shows the difference of the healing that's taken place. Because as You said: The love, good care and the love. But Master, is there any scientific evidence to prove that the vegan diet is better for animals... our animal friends, and why would You recommend a vegan diet over a vegetarian diet?*
- M. Yeah, because the vegan diet is better for your animal friend. And even for us humans also. There is both scientific evidence and abundant personal accounts that all speak to the goodness of the vegan diet for our animal companions. Benefits include increased vitality, longevity, reduced incidence of disease, healthier appearance such as shining eyes and shining coat. In fact, the vegan diet is becoming known now, more and more as an effective treatment to relieve the suffering of, like, skin allergies experienced by dogs. One of the British vets, Dr. Andrew Knight, has also found that canine diseases such as arthritis and diabetes improve with vegan diets for dogs. And some of the longest living dogs on record have been vegan. Proved it! Including a 27-year-old Labrador from the United Kingdom. [Q: How old?] 27, madam.
- Q. *27? [M: Yes.] Well, that's the oldest dog I've ever heard of. [M: Yes.] But I spoke to You before, Supreme Master, about my own dog. Remember I told You she had cancer, and she, at the time, was given weeks to live. And it was only through... I wasn't vegetarian at the time and neither was she, and by research, the research that I did was unbelievable and I just took her off all meat completely, and used herbs, used various*

other supplements and she lasted for another year, year and a half longer. But it wasn't just her length of life, it was her quality of life in that time was just unbelievable. [M: Yes.] She got cancer three times, [M: Oh my God.] and they said there was absolutely no way, but she did. And to me that proved it, [M: Yes.] just as I said, taking her off the meat. [M: Yes, I remember.] And even though she was a dog that was on a meat diet her whole life prior to me changing it, [M: Yes, just a short time she changed.] she didn't look for it. She genuinely didn't look for it. I just used other things like garlic and other herbs and things to sort of make her food tasty and she loved it. So that really proved it.

- M. Yes, and besides dogs, other animal companions that also thrive on the vegan diet include birds, rabbits, pigs, hamsters, and guinea pigs. Even cats can be vegan, with the most famous example being the female lion named Little Tyke who refused meat since birth. As an adult, she had many animal friends including the baby sheep Becky. So this was a 'lion' who literally did lie down peacefully with the lamb. In contrast to the vitality provided by a wholesome vegan diet, the meat-based formulas for animal companions contain high levels of contaminants. The meat has often already or from diseased and disabled animals, as well as body parts such as baby birds' beaks and feathers. To make sure the meat is not illegally sold for human consumption, it is treated with highly toxic chemicals. It can be then legally sold to dog and cat food manufacturers, with these poisonous substances to be ingested by our animal companions. Not only that, even animals killed from shelters are made into so-called 'food,' with the lethal drug that was used to end their lives still present in the meat. Is it any wonder that cancers and other diseases have been on the rise in our precious animal friends? It turns out that, these days, dogs are even more likely to fall ill with cancer than humans! Specifically, they have twice the incidence of leukemia, eight times higher rates of bone cancer, and are 35 times more likely to get skin cancer. One veterinarian, Dr. Armaiti May, of California, United States, reports that this rise in diseases has led more people to seek alternative diets for their animal companions. Surely anyone who has come to know the love and blessing of a cherished co-inhabitant animal friend would do anything to preserve their lives.

Louise, you had such an experience, you know, right? When your beloved animal companion was so ill with cancer, you decided to switch her diet to meat-free, you were able to enjoy her company much longer than what the doctors had predicted. It seems that veganism in dogs, and organic vegan even better, is very effective in preventing cancer. A study conducted in the United States and Canada found that dog health is directly related to the length of time being vegan. In fact, all the lifelong vegan dogs in the study were in good health, and those who had been vegan for more than five years were also entirely cancer-free. And I also have nine dogs, normally ten, one passed away sadly. But he's in heaven and happy. So now, I have nine dogs still that I feed a complete vegan diet to, who are all healthy and happy.

So why should we choose a vegan diet over a vegetarian diet for our animal companions? The reason is very simple, Louise. We give our loved ones the best, no less than what we would give ourselves. Thus, we recommend organic vegan for our animal companions because we already know it is the most healthy and compassionate way to live. In fact, dairy and eggs are produced with the same cruel killing practices used in the meat industry, with babies taken from mother cows and tiny innocent baby chicks ground alive. My God! By the millions. Isn't that horrible? [Master is crying.] Every time I talk about it, I just... I just can't bear it. Both sets of babies are then processed to be eaten, one as veal and the other as pet food. Imagine!

So you see, Louise, there is massive killing in all aspects of the meat and dairy, egg industries. We are only free of this heartless cycle when we step out altogether and turn to the organic vegan diet for our animal friends. And these days there are many vegan foods available, such as ‘Lively Doggie,’ a 100% vegan dog food that can be found online at www.TheCelestialShop.com. Other vegan animal foods can also be found online at www.VeggiePets.com. So, please, join in to be part of the Be Veg solution for your beloved animals and for the world. Thank all of you for doing that.

Q. *Supreme Master, can I ask, is the vegetarian or the vegan diet beneficial for humans also?*

M. For sure! The vegan diet is the best for human health. Yes. [Q: Which obviously You agree.] I agree, of course. [Master laughs.] [Q: Okay.] I agree. And all of my people who I know agree. And you agree. [Q: I do.] The American Dietetic Association just stated in its most recent position paper in 2009 that: ‘... appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate and may provide health benefits in the prevention and treatment of certain diseases. Well-planned vegetarian diets are appropriate for individuals during all stages of the life-cycle including pregnancy, lactation, infancy, childhood and adolescence and for athletes’ – means sports people. A veg diet helps us keep a healthy body weight, a healthy heart, and excellent skin health, because it’s rich in vitamins like vitamins A and E. A veg diet is rich in magnesium, potassium, and antioxidants such as vitamin C. As a result, vegetarians and vegans have a youthful appearance and much longer life. They also stay young longer. They look young longer. I’m sure you have noticed the health benefits yourself, Louise, since having adopted a vegan diet.

A study in Denmark tested people’s stamina and found that meat eaters lasted only 57 minutes doing an exercise, whereas the vegans averaged 167 minutes, or three times longer! Just look at all the healthy veg athletes out there, like the vegan body-building world champion and German medical doctor, Alexander Dargatz, and Olympic medal-winners like the American track runner Carl Lewis, who said his best year of competition was the first year he became vegan. Furthermore, a multitude of studies in respected medical journals like ‘The Lancet’ have confirmed that, in fact, meat and dairy products are the source of disease, and the vegan diet prevents, and even reverses, these same diseases. For example, we hear of many people who have high cholesterol, stroke, and heart disease, which is Ireland’s leading cause of death. All of this bad cholesterol comes from animal products, because plant foods don’t produce any cholesterol at all. As Dr. William Castelli, the director of one of the longest running studies of diet and heart disease in the world’s medical history, concluded, ‘Vegetarians have the best diet.’

Regarding cancer, the leading cancers of Ireland are colon, prostate, and breast cancers. Well, compared to a vegetarian, a meat eater is at least three times more likely to get colon cancer. Vegetarians have been found to have much lower rates of prostate and breast cancers. Meat has also been directly linked with cancer of the kidney, pancreas, blood, lung, and stomach. Some people worry that a vegetarian diet does not provide enough protein or calcium. But grains, legumes, and vegetables provide all the complete proteins we need, and just the right levels. United States researchers found that plant-based eaters had the lowest rates of osteoporosis. In contrast, protein and calcium intake from animal products was found to be detrimental and even contributed to osteoporosis and kidney function problems. By the way, green leafy vegetables and beans are super rich in calcium. For example, one cup of broccoli, or two-third cups of tofu have as much absorbable calcium as one cup of cow’s milk and is free of the fat, cholesterol and hormones that come with cow’s milk. Finally, if we look at the animals

around us, the ones with some of the greatest strength, longevity and endurance are the ox, the horse, the elephant, the gorilla, et cetera. Those are the vegan ones. So we should all try the veg diet and see how our health improves for the better. We will look young and beautiful, and feel that way too. I guarantee it. You know, any animals, even your animal or your dog – you know it yourself – just change for a short while and what a difference does it make. She died because it's her time to die, not because of her sickness.

- Q. *Well, she was actually one of the oldest Samoyeds I've ever known. In her particular breed, she was actually one of the oldest ones we've ever had. So, regardless of all her accidents and diseases, with the vegan diet everything changed.*
- M. Yes, I am so glad to hear. Do you have another dog? Not yet?
- Q. *I have two more. [M: Two more? Congratulations.] And cats. I'm collecting them at this stage.*
- M. By the way, please: Congratulations for your dog magazine. You did the right thing.
- Q. *Thank You so much! And thank You so much for the support. Thank You very, very much.*
- M. We are so happy that another dog magazine is coming out for the world to understand more about our beautiful animal companions.
- Q. *Thank You. Thank You very much. [M: You're welcome.] As we were just saying there, about people loving their dogs, cats, and other pets and could probably never imagine harming them in any way, but why then are so many of us unable to make the connection between animals that we love and animals that we eat?*
- M. Because people are not really well-informed about what's on their plate. See, mostly the little packed meat... piece of meat... that went on their plate doesn't resemble anything of where it came from. I have wondered the same myself. It's not that people are bad or cruel, they just don't know. You see what I mean? And they're too busy to do the research. So many are raised to eat meat since childhood, and they just take it for granted that life is like that. Our parents, teachers, and others, the elderly we know, all present to us that meat is a food, and good food. So actually, meat is the flesh of an early death to a once-living, breathing, sensitive, beautiful, noble animal being. The truth is that we should not kill any living being at all. This really should be the law of every nation.
- Q. *Do You not then think that our consciousness is just not high enough or aware enough to understand this, [M: It's true.] that these animals aren't just animals to end up on a plate, but their own souls, their own spirits?*
- M. It's true... that also, Louise. But, also true because people are not informed, and the so-called tradition keeps passing on from one generation to the next. And the whole society just supports it as a natural way of life. So now, people have become more aware of the cruelty that we measure upon animals. So I think we, people, turn to more compassion and respect for all life. Yes. Right now, in many countries this is already an essential part of spiritual growing and religious development in many countries. Actually, in Christianity, Buddhism, Hinduism, Islam, every religion told us: Don't eat animals because they are God's creation. In the bible, the first book of the bible, God says that

humans are given the entire plant kingdom for food, see? It says: 'Behold, I have given you every herb bearing seed and every tree bearing fruit to you... it shall be for meat.' Or for food, 'meat.' So 'meat' at that time means just food. And later, God spoke of the fate that would befall those who consumed flesh. He said: 'Meat for the belly, and the belly for meats; but God shall destroy both it and them.' Thus, people have forgotten the noble way. Many are awakened and feeling uneasy eating meat, but because the whole society is doing that so we just follow the trend; and this is all wrong.

Now, if we are just being reminded of the horrific truth about livestock production, then everybody would stop eating meat. Because you know that very well, Louise, yes? People are not aware because nearly all of it, all of this inhumane treatment of animals takes place behind windowless walls where no one can see. We're not even allowed to see it, yes? So the renowned Irish playwright and Nobel Laureate George Bernard Shaw had said, 'I do not want to make my stomach a graveyard of dead animals.' You see, the ones who are aware, they don't touch meat. Just like when we are aware, we switch completely. When people understand the gruesome truth behind animal farming and the innocence of all the animals who sacrifice their lives, it is easy to see that eating the dead flesh of another being is not only unnecessary, it leaves us with a trail of bloody footprints. Dairy is included together with meat because the cruelty and torture is the same, and the ending result is a horrible death for the poor animals. After just a couple of years of nonstop pregnancy and milking, dairy cows are killed for meat as well. Their babies are sold also, and killed for veal. So there is no mercy in the dairy industry either.

Here are some facts about animal products. If you allow me, I will report to your readers:

1. Animal products are less healthy. Plant-based foods offer the same level of vital minerals like calcium and, in many cases, are nutritionally superior to their meat- and dairy-based counterparts. In fact, animal protein can remove nutrients such as calcium during digestion – that's what we have not been told. We have been told the opposite, which is not the case in vegan diets.
2. Eating meat is a sure way to shorten our life. Studies have found that meat consumption literally removes years from one's life. Along the way are innumerable chronic conditions and diseases, like heart attacks, high blood pressure, stroke, cancer, to name a few. Vegans, on the other hand, have been known to live virtually disease-free, and much longer.
3. Animal products originate from filthy environments. Slaughterhouses are filled with blood, feces, and urine. There is nothing clean about the massacre of thousands and thousands of livestock a day. The animals in their terror often defecate as they die. This is how bacteria can also easily be spread because it can stay on their flesh when they are processed as meat. That's why we have diseases when we eat meat.
4. Meat and dairy are the source of nearly all food-borne diseases. Some of the most widespread bacteria that originate from meat and dairy are Salmonella and E.coli. Many people don't realize this. These cause intestinal distress and can result in kidney failure. More rare, but always deadly, is mad cow disease. And a recent study found that handling the raw meat before cooking can leave bacteria on work surface, even after cleaning. This is very dangerous for us, as it only takes a few cells of E.coli to cause severe illness or even death.

5. Eating meat is the biggest cruelty one can ever commit, even to ourselves. I'm sorry to say it this way, but it is the truth. Even if we don't kill the animals ourselves, we are still responsible for their deaths. Because, if nobody wants meat, then the animals get to live, the large-scale, unnatural breeding practices to make them multiply will stop, and the slaughterhouses will also close down.

From these few facts alone, it is easy for us to see that consuming animal products brings bad health physically and bad retribution spiritually. And if we want to know what we are killing, scientists discover more every day about the intelligence and sensitivity of the animal kingdom. Whales for example are able to identify different fellow cetacean's calls through the ocean waters; similar to how we humans can identify our friend's voice across a crowded room. Furthermore, they are very polite. They wait for their turn to speak. Believe this? Yet these same lovely sentient beings are hunted down with explosive harpoons that cause a slow, slow, slow and torturously painful death. I don't know how we do this, Louise, but this is really not for our human dignity to continue.

Similarly, cows, pigs, and chickens are some of the most gentle beings on Earth. Studies of pigs have found that they are highly intelligent and learn new things incredibly quickly, sometimes faster than dogs. Not only that, we know by now that humans and pigs share genetic history through DNA, similar to humans and primates. So we are actually 'relatives.' But all of these lovely animals, when bred and raised for livestock, are imprisoned and kept in their own excrement while being forced to eat unnatural foods and antibiotics to fatten them most quickly in preparation for their death, which itself is anything but humane. When the sensitive pig is slaughtered, for example, an electric shocking system is supposed to stun their brain so that they don't feel their throat being slit. But the equipment often isn't placed correctly, or it doesn't work; because they're too busy, they do it fast – the workers. Maybe they don't care.

It's difficult to listen to this, I know. It's difficult for me to even talk about it. [Q: Are You okay?] Yeah... The animal is left hanging upside down with blood pouring from its body as it writhes in pain. And worse yet, Louise, if the pig doesn't die immediately from having his throat slit, the next step is boiling water, used to loosen the skin; so these pigs are boiled alive. If anyone ever goes near a pig slaughterhouse, you will hear heartrending screams. [Q: I did once as a child and I still have nightmares.] Yes? You still remember? [Q: I didn't know that's what it was.] Imagine if it's us, Louise, that's being treated that way. How horrible it would be for us to feel before our death, before the time that they put us into that boiling water. It really is time for this to stop. We cannot call ourselves animal lovers if we only extend that love to certain animals.

So, please, everyone: Switch to the wholesome, nutritious, and conscience-freeing vegan diet. We have a lot of information like this on www.SupremeMasterTV.com/Be-Veg or www.SupremeMasterTV.com/Stop-Animal-Cruelty. Everyone is welcome to download it, free of charge. If everyone knows about the cruelty of the animal industry, I'm sure they'll stop eating meat right away. [Q: I agree.] And the animals will be grateful and they will wish them well. And they will project all of their blessing and love to the person who spares their lives. And you, the person, will feel happier, healthier, and more prosperous in their life. But many people cannot imagine this; but they could try and then they will see the difference. Yes, any more questions, Louise?

- Q. *I do, just a few more. Supreme Master, it's been reported that a large industrial animal farm can produce as much waste as a large city, and that it takes thousands of liters of water to produce a pound of beef, which puts a severe demand on the world's limited fresh water supply. Is this correct?*

M. Yeah, absolutely. The connection between livestock industry and global warming has been clearly established. Factory farming takes an extreme toll on our vital resources. We will take water, for example. As drought and water crises are spreading silently across the globe, affecting 44% of the world's population, even triggering conflicts in some areas, the livestock industry is guzzling much of our precious fresh water. Livestock feed crop production alone takes up one-third of all arable land on the globe, most of which requires irrigation. So in reality, 4,500 liters of clean water goes down the drain for just one serving of beef. In contrast, only 370 liters of water are needed to produce one complete vegan meal, with plenty of calories and nutrients from rice, vegetables, and soy protein. So a massive package of resources goes into producing meat, namely, water, fertilizer, cleared land, chopped down forests, fossil fuel energy, and grains, soy, that are fed to the animals. This is even more staggering than when we consider the epic pollution levels inflicted by animal production on our water resources, such as Ireland's own rivers, lakes, and groundwater.

Your country's Environmental Protection Agency reported that one of the top contributors to water pollution is agricultural run-off, which is the discharge of nitrogen and phosphorus. A huge portion of nitrates, for example, comes from animal manure. In fact, the Agency further expressed concern because of the presence of the highly deadly E.coli bacteria in the groundwater, due to agricultural run-off. E.coli is always originally from an animal source, and it's found in livestock fecal material, which can also be distributed through waterways to contaminate plant-based food even. The large scale of this health risk can be seen if we consider the fact that livestock produces 130 times more waste than humans. So as pigs produce three times as much excrement as humans do, the 1.8 million pigs in your country, Ireland, generate more waste than the whole country's entire population of 4.2 million! This is not to mention the 21 times of human waste that each cow produces, and the huge amount from poultry that over 70 million birds produce. As the land cannot absorb it all, much of the excess runs into our rivers and soil. We are talking about a horrific amount of toxic material that poses an appalling set of problems, including poisonous gases like hydrogen sulfide, and ammonia, residues of pesticides, hormones, antibiotics, and bacteria like E.coli that could, and do, cause food poisoning and also death. Cities worldwide, including Dublin – Dublin, in your country – are already struggling with water shortages. Even in your country, in Dublin. [Q: Yes.] But all the while, livestock production is hazardously wasting and polluting any remaining water supply.

If we really want to conserve our clean, safe water for ourselves and our children, we must stop livestock production and adopt the plant-based diet. Thank you, Louise. [Q: You're welcome.] You know all this, you just ask for the audience, I guess, for your readers. A very sad fact in Ireland.

Q. *Supreme Master, another question I wanted to ask is: Is it true that there are links between industrial farming of animals and global warming? And, what are the actual effects of climate change?*

M. Yes, yes, absolutely, Louise. The link from the livestock industry to global warming has been clearly established. In fact, earlier this year the Irish government even considered creating a cow tax in order to meet the European Union's new strict climate goals. Ireland's Environmental Protection Agency has stated in a report that the agricultural sector is the largest producer of greenhouse gases in the country. With livestock production accounting for 93% of Ireland's agriculture sector, Louise – livestock production in your country accounting for 93% of Ireland's agriculture sector – it is crucial that the animal raising sector is addressed to stop global warming. The world's

scientists fear that if we pass certain tipping points, the next stages of climate change would not only be fast but irreversible and catastrophic, Louise. So there are already signs of this dangerous time approaching, through observations of lakes and elsewhere bubbling with methane gas that used to be stored safely below a frozen layer of the Earth. No one knows when the day might be that enormous amounts are uncontrollably released, causing a sudden spike in temperature that could then catalyse runaway warming. That would be catastrophic for us, Louise.

Other devastating effects of climate change have already been occurring: The heat-reflecting Arctic ice is on its way to completely vanishing in a very near summer; rising sea levels and dozens of submerged or threatened islands; oceanic regions that are lifeless with dead zones are becoming too acidic to be livable due to excessive levels of CO₂; more frequent deadly wildfire; entire wildlife species going extinct 100 times faster than normal; more intense and destructive storms; disease-carrying mosquitoes spread by warming regions; disappearance of the world's glaciers; drying or disappeared lakes and rivers by the tens of thousands and the spreading of deserts. And as a consequence of these environmental impacts, two billion people are facing water shortages, and 20 million people are in a desperate state – like refugees except with no official protection. Very sad things.

All these situations are getting worse and worse and won't stop until we really change the way we live our life. So what's to be done? The solution is quite easy: SIMPLY STOP EATING MEAT. Simply stop eating meat – that is the best solution. This is imperative now because of the perilous state of our planet and our limited time. Stopping meat production will lower greenhouse gas emissions in the fastest possible way and halt the unspeakable environmental damages, ranging from climate change to land and water misuse, pollution, loss of wildlife and threats to human health.

Each new scientific study finds that livestock production, this killing of animals for meat, bears increasingly more responsibility for the climate change crisis of our planet. In fact, the most recent calculations have concluded that livestock emits at least 51% of the greenhouse gases responsible for global warming. And soon after this new report, researchers from NASA just announced that methane, the potent, greenhouse gas whose largest human-created source is the livestock industry, traps 100 times more heat than carbon dioxide over a 20-year period. This is an astonishing increased update from the previous number of 72 times. Until now most studies used the fact that methane is 23 times more heat trapping than CO₂, over 100 years, which gives a less accurate picture about methane in its actual life span. Therefore, the powerful methane is actually a greater cause of the warming than previously estimated. The good news is that methane dissipates from the atmosphere in approximately 12 years, whereas it takes carbon dioxide thousands of years to disappear. So if we want to make a rapid, effective difference now, we must stop the methane generation at its largest, original source: That is, the livestock industry.

The livestock industry is also the top source of another, major greenhouse gas – nitrous oxide. 65% of all human-made nitrous oxide is found in the manure and fertilizer for feed crops, which traps a hugely damaging 289 times more heat over a 20-year period. Next, the livestock sector is the single largest human use of land, and the top driving force behind rainforest destruction. In the Amazon alone, over 90% of the deforested land since 1970 was for livestock. Trees are vital to help absorb greenhouse gases, but trees, when they are burned, also release, rather than absorb, greenhouse gases, thus making the problem worse. Forest burning for making pasture is also a major source of black carbon, which is soot, particles capable of trapping 2,000 times more heat than

CO2. Oh, God! Believe this? The super hot particles end up on the world's ice caps and accelerate their melting. The livestock industry causes a large part of the world's soil erosion. It is a leading driver of desertification, biodiversity loss, and water waste, and water pollution – despite water becoming scarcer each day due to global warming. Moreover, livestock sector inefficiently drains our fossil fuel and food grain resources. In short, we throw away 12 times more grain, at least 10 times more water, and 8 times more fossil fuel energy to produce a portion of beef compared to a nutritionally similar or even greater amount of vegan food.

By the way, fishing is also horrendously wasteful and murderous. A major study predicts that all fished animals will be 90% gone by 2050 due to overfishing and over-wasting by catch. It means those fish and other marine lives that they don't need, but while catching other fish, they kill them as well, by the billions. Moreover, it is such an alarming picture when we think about the billions of animals killed each year for so-called food. 55 billion, which is not even counting fish and other species! That is eight times more innocent beings murdered each year than there are people on the Earth. How can our planet and our conscience support such unsustainable, damaging, and criminal practice? And all for a piece of dead flesh every day, which we now know isn't even healthy and, in fact, kills us. I pray that our world's leaders will take swift actions to ban the destructive meat production and, instead, use subsidies for organic vegan farming which helps absorb emissions. Then, we can have an immediate effect on climate change and have more time to develop and perfect our green technology to address CO2. I call upon the media to help as well, and thank you and the Irish Dog Journal for their part. And most important, individuals must turn to the planet-saving, organic vegan lifestyle, because the dangers are mounting and time is urgent. If every one of us would only switch now, we would ensure a future for our children and generations to come. I hope I have made it clear, but if you would like more details, please visit our website at www.SupremeMasterTV.com/SOS.

- Q. *Supreme Master, here in Ireland, we are very concerned about our beautiful world and sincerely strive to do our bit to conserve it, and indeed to preserve the planet. What do you feel are the best ways that we can go about doing this, on an individual basis?*
- M. It's like everywhere, Louise. But first of all, I commend Ireland for her leadership in improving our world, as the first country in Europe to implement a smoking ban in workplaces, and the Irish government is working hard to promote organic farming. Bravo. A lot of work must be done still to have a beautiful and healthy planet. We have to stop the planetary climate change, stop depleting our water supplies, stop deforestation, desertification, ocean pollution, river pollution, species extinction, et cetera, et cetera. But all these can be accomplished to a vast degree and very quickly by individuals changing to an organic vegan diet. And the leading voices in global warming, like former United States Vice President and Nobel Peace Prize Laureate Mr. Al Gore and United Kingdom climate expert and economist Lord Nicholas Stern have also made statements that being vegetarian for the environment is important. As an individual, by choosing the organic vegan diet, we will save 1.5 tons of carbon emissions per year, which is more than the savings from driving a hybrid car for the whole year; we will save five to ten times the amount grains, and by not eating just one pound of beef, we save more water than by not showering daily for six months to a whole year! Imagine! Yes.

So, as a whole, we can shift our food system to organic – not to an 'organic' animal system. My God, they use 'organic' for everything. We have to switch to organic vegan diet because the 'organic' animal system could even cause more emissions than the

conventional way. For example, the Rodale Institute has found that 40% of the CO2 in the air can be absorbed if all the tillable land on the planet were organic vegan. So, in fact, one study calculated that the organic vegan diet saves 94%, Louise, of the greenhouse gas emissions per person per year! That's all we have to do, switch to organic vegan, 94% is saved per person and the little 6% nature can eat it up in no time, because nature is also made to protect us. But we just overload nature. Moreover, if all the people in the world are veg, it would preserve the lives of over a billion fellow human beings suffering hunger. There would be no more climate refugees, Louise. The Earth would heal itself and there would be more than enough for all the children to grow in health and safety. I am sure that this day will come, Louise, very soon, as humankind joins hands to make it happen, just like we do now. Please have hope, Louise, and pray.

Q. *I do. Supreme Master, what about swine flu? Do You think that there are links to our dietary choices?*

M. You mean all the pandemics and stuff? [Q: The pandemic, yes.] Yes, there is, Louise. We know from scientific data that the swine flu for example, or the H1N1 virus, was originally transferred from pigs to humans. And according to the World Health Organization, viruses like the swine flu and even the deadly avian flu are transmitted most readily in environments where people have close contact with infected animals. This includes factory farm and slaughterhouse workers, as well as people preparing contaminated meat. The earliest cases of the current pandemic have been traced to a small town in Mexico near a factory farm for pigs that slaughters up to one million animals each year. Since the initial discovery, the virus has not only tragically spread among humans worldwide, it has also been detected in other pig herds as well as birds in Chile, and United States officials reported the finding of swine flu in a cat even. In a cat! So the danger of these mutations going back and forth between animals and humans is that they can change to become more deadly. Avian or bird flu is another virus that has spread to humans from contact with poultry. This virus is fatal more than 50% of the time. So let's say if 100 people caught it, more than 50 people would die. If the avian flu virus combines with the swine flu, can you imagine the lethal result? Such a fatal pandemic did sweep across the world in 1918, as you know, which killed 100 million people. And in July of this year, the World Health Organization warned that the current pandemic is now so widespread, it is unstoppable. Worldwide, the official tally of death is as many as 12,700. In fact, it is reported that the number is much higher and still climbing daily.

The conditions for transmitting such diseases as bird or swine flu are so appalling it is difficult to describe. In countless livestock situations, the animals are kept so confined that they can barely move, much less sleep. Moreover, they are typically forced to stand in their own filth. Such highly stressful and filthy environments often lead to illnesses. So it is really no surprise that such viruses and bacteria arise and are present in the animals sent to be murdered so their flesh can go onto the humans' tables. And this is not all, Louise. Not just swine flu, but nearly every infectious disease that affects us today originates from animals being consumed by humans for meat. Even the illness commonly known as 'chickenpox' – chickenpox even – first came from milking cows, believe it or not. Yeah? [Q: I didn't know that.] Yes, nobody knew. Me neither. The more research we do, the more terrifying surprises we get. So when we say livestock or meat, it means all animal products: Cows, pigs, chickens, fish, milk, eggs, cheese, et cetera. Let's look at just a few of the livestock-related illnesses besides swine flu that affect humans:

1. Avian flu: Currently, Southeast Asia and some Middle Eastern countries, like Egypt, have had the biggest occurrences of bird flu, which almost always infects livestock workers or people who have eaten the meat of diseased birds. This virus has cost millions of birds' lives as well, which are killed in an attempt to contain outbreaks. And because of its genetic structure, avian flu can be transmitted from different animals, with at least ten mutations that have been seen so far. Most recently, this virus has been noted to pass from horses to dogs. It never ends, Louise. A widespread danger to humans thus still exists. Can you imagine if you are with dogs and the dogs get it, then you get it?
2. Human mad cow disease: Mad cow disease originally spread when the meat of diseased cows was fed to cattle because it was cheaper than feeding them soy. So the illness is transmitted to humans who consume the diseased cow's meat, with the saddest thing being that it's always fatal. Anyone who's caught this mad cow disease, there will be no chance to live.
3. MRSA: Multi-Drug Resistant Streptococcus Aureus, or MRSA, is a dangerous bacterial infection that does not respond to antibiotic treatment. It's also called a 'superbug.' Superbugs infect humans because of the excessive antibiotics given to livestock animals to artificially stimulate their growth. It is estimated that at least 70% of the antibiotics in the United States go to livestock. Can you believe this, Louise? 70% of all the antibiotics go to the livestock! What are we eating? We're eating antibiotics, and you know how harmful it is to our health. [Q: It's quite shocking, isn't it?] Yes, it is. Well, the more we do research the more I'm also appalled at what humans do to themselves, not to talk about being cruel to the animals. We are being cruel to ourselves by just eating meat. We're just eating all kinds of harmful substances, poisonous stuff, and pay for it – pay for suffering, pay for poison.

And in just one instance of this disease, 5,000 people in the United States became seriously ill after eating chicken contaminated with antibiotic-resistant Campylobacter. They were sickened by the same medicine that was given to the poultry to supposedly keep them well. You see that? Ironic? It is estimated that there are more deaths per year in the United States from MRSA than from AIDS. Everybody cries foul about AIDS, but it's not a bigger killer than MRSA, which comes from animal consumption.

4. Food-borne bacterial infections, commonly known as food poisoning. Some of the most prevalent are E.coli, Salmonella, and Campylobacter. All of these bacteria originate from animal waste that contaminates the meat, and in their most severe form, can result in death. A report from Ireland's Food Safety Authority in 2002 even stated that 'livestock are the most important reservoir for most E.coli O157:H7, with both dairy and beef cattle being the principal source.' It went on to note that the contamination came from the transfer of fecal material into milk, Louise, milk! And then onto vegetables, or onto the slaughtered animals themselves.

A previous report also noted that there had been a sharp increase in the disease and reminded that outbreaks in other parts of the world should be a word of warning to the Irish public as well. So we can see that your own government very intelligently and consistently has cautioned of the meat- and dairy-related risks of disease. And this is the connection to the dietary choice that was originally asked in your question. If we did not kill animals for meat, there would be no breeding ground for such fatal diseases. So

we can see this as an opportunity to extend our love to our fellow humankind and all animals. Why limit our care just to dogs and cats? We should call for these meat-producing operations to be shut down immediately. [Q: The chain has to break.] Yeah. If we spare the animals, we can spare our animal companions and our family members as well. All it takes is a different choice of what to put on our plate. So please, everyone, again: Forego the disease-ridden animal products and join instead in adopting the lifesaving, healthy, compassionate, life-giving vegan diet. Everyone will be much healthier and happier for it, and the animals will rejoice with you and bless you.

Q. *Well, we'll move onto something a little bit different. Many of us have animal companions and are aware that animals have their own individual personalities and ways of thinking, just as humans do. [M: Right.] Supreme Master, could You please tell us more the level of sentience and intelligence of animals?*

M. Yes. Sure, Louise. Many of us already know and have been amazed by the intelligence of our animal companion dogs and cats. What may surprise us, however, is that the very animals people eat are just as smart, or in some cases, even smarter. Same with their sentience, or their emotions. They are, in fact, as emotional and feeling as humans are, sometimes even more so. They have personalities, as documented in fish and chickens even. Cows are compared to dogs in intelligence. Two signs of cows' advanced mental abilities are their understanding of cause-and-effect relationships and their capacity to benefit from social learning. For example, if just one cow in a herd is shocked by an electrical fence, the entire herd will learn and know how to avoid that fence automatically. We heard about the pigs who know their names, play video games, and adjust the air conditioner on and off to be comfortable. We heard about the chickens that solve math problems, or the sheep who can recognize photos of the faces of 50 fellow sheep. I couldn't. [Master and Ms. Louise Kings laugh.] I don't think I could recognize the face of 50 fellow sheep or 50 fellow people, by their photos for a long, long time, Louise.

And there are hundreds of studies about the intelligence of fish. They can use tools and have a memory over a time of, at least, many months. The intuitive or telepathic ability of animals is also often highly developed, more than many of us. [Q: Yes, I think some of the animals are actually clairvoyant, where they pick up on our emotions. I know since I was a kid, all different animals, not just cats or dogs, if I was upset, or if I was... whatever, I'd turn around and there'd be some animal there, and it was like they knew. They were there to cheer you up or there to get you to focus on something else.] Right, right. [Q: I totally agree.] They do that. [Q: Yes.] Yes, they do that. But animals are more than just wonderfully intelligent, Louise. They are selfless, loving, and devoted friends, as well as parents and spouses. So if a goose is sick, for example, or shot down from a V-formation, several others will drop down and stay behind to tend to him. We've heard that elephants mourn the loss of their loved ones, but so do cows and pigs. There are countless touching stories of how these animals lay down their own lives to rescue others, even those of other species, including humans.

For example, a Philippine man whose boat was overturned at sea, was helped by about 30 dolphins who came to his aid, helping him through rough waters to the shore, while two 10-meter-long whales guarded him on either side. In another story, Lulu the potbellied pig, saw her caregiver's mother having a heart attack, and immediately ran out and lay in the middle of the busy street, until finally she could get someone's attention to follow her to the house and provide help for caregiver's mother. Imagine that? Who teaches her that? No one can.

So regarding their sentience, there are many touching and incredible stories, I'm sure you know many of them. We have heard of reports about cows who bravely escaped from slaughter and ran away. These incidents of individual cows make headlines in the news, and people are touched and cheer for them when they are brought to a sanctuary to live the rest of their lives. In another story, a mother sheep was about to be killed at a restaurant in China. She was with her son, a small lamb, and she was licking the tears from his face because he knew she was going to be killed. The waiter picked up the lamb and was shocked to find that he had been hiding the butcher's knife underneath himself to save his mother's life, hoping... [Master is choking with emotions.] I cry all the time, Louise, over this kind of story, I can cry forever when thinking of these beautiful animals. [Master is crying.] I don't know how we can eat them. I don't know how anybody can kill such beautiful, loving beings.

When the restaurant owner heard what happened, he was so moved that he spared the life of mother and child and quit his business. We don't even have to be telepathic to know how intelligent, sentient and 'living' our animal friends are. We just need to take time to find out a little more about them, or interact with these beautiful souls for even a short while and then we would be even more humble and respectful, because frankly, many of them, including the cows, sheep, pigs, dolphins, and chickens mentioned above, have even more developed noble and loving qualities than many of us humans.

Q. *Well, that is amazing to hear, Supreme Master. In that case, are there other animals who, like our beloved dogs, make good companions for ourselves and for families?*

M. Sure, sure, Louise. There are many good companions for people. For example, many people also love having pigs, goats, sheep, and even geese or chickens as family members. Pigs are highly intelligent, affectionate, and playful. They love being close to humans, learn to do many things, and are very clean. One famous pig companion was Max, a 300-pound potbellied pig who lived with the Hollywood actor George Clooney. Birds are very intelligent and sensitive, and extremely loyal. Singing and dancing, they can make you laugh and smile to no end. Some people adopt horses, guinea pigs, fish, and even so-called farm animals like cows, turkeys, and chickens as well. People who have companion chickens say that each one is full of unique personality. They are friendly, faithful, and with love and tenderness, can learn to do many things. Families who keep a cow or ox cherish them as family members. There is an ox in China who even saved the life of his family's young daughter. He stopped her from falling into a well by pushing himself almost into the well. No matter what species, even those that people tend to look down upon as just 'food animals,' if you give them love and respect, they will love and protect and help you in so many ways, both visibly, and invisibly.

But first, before adopting, we should research everything about the animal species or breed we are interested in. We make sure we can care for them properly so that both the animal companion and you would be happy. Because different animals have different energy levels, maintenance levels, or special diets to be healthy. Also, some are more social than others, while others need quieter homes, or more undivided attention from their caregivers. We should find the animal type that may be suitable for your lifestyle or home environment. So please, do consider all these physical and emotional commitments. It is very important to be prepared to be their companions, as well, for their entire lifetime, because they do see you as their trusted family member. You will have from them unconditional love, as well as support, comfort, inspiration, and much, much more. Have fun and happiness with your animal companions, whichever species that comes your way or whichever you choose to be your loving, extended family member.

Q. *Supreme Master Television has featured many animal communicators. Can You tell us more about who the communicators are and what they do?*

M. I will tell you, of course. We introduce all these animal communicators... we call them animal psychic communicators, or telepathic communicators, because they are able to communicate in silence through an inner connection with our animal co-inhabitants. Many of them offer their gift to help other people better understand their animal companions. So if you could not discover why your animal companion is behaving in some unusual way or seems unwell, for example, then an animal telepathic communicator could find out if it is due to their diet or an environmental problem or an injury, or sometimes some emotional setback. Sometimes the animals take on the sickness or stress to direct it away from their human companions. Animal telepathic communicators often don't need to be in the physical presence of the animal. Isn't that amazing? But it's natural, actually. We all have it, just we don't have time to remember.

These communicators can 'speak' through long distance, so some of them are also able to help people locate and find their companions who get lost even. Apart from these very beneficial, practical services, the communicators may be able to tell you about your animal friends' feelings towards you and their deep unconditional love or loyalty to you, as well as what their mission is in life. In many cases, the animals came to help their caregiver develop spiritually in his or her life. Many animals, both in the wild and domesticated, are very psychic and know everything about you – about your past life, your present and future life – but they never judge you. These noble beings only want humans to remember our own love, dignity, and divinity. And the communicators help us to see what a real blessing the animals provide in our lives; and not just the domestic animals but all of them. If you want to try and contact these professionals, you can go to www.SupremeMasterTV.com/Constructive-Scrolls for a free list of worldwide animal communicators. Anyone can also watch past interviews with some of these good communicators on the Animal World: Our Co-Inhabitants program at same: www.SupremeMasterTV.com/AW. Because we don't have time to tell it all here, but people can download them free of charge. Thank you, Louise.

Q. *You're welcome. I think it's safe to say that all animal lovers would like to better communicate with their animal friends. Is it possible for us also to learn to communicate better with our animals?*

M. Yes, Louise, it is very possible to develop or regain this ability. It's just that, due to our busy minds and hectic lifestyles, most of us have lost this inherent gift of communication. We could communicate with each other also, telepathically even. But we can re-learn it with practice and, of course, a cruelty-free diet – meaning no animal products – does help tremendously. To communicate telepathically with animals, we use the universal language of love, again, yes? Anyone can try at nighttime to quiet their mind so that the atmosphere has a gentle and tranquil vibration, and then gently pet their animal companions while sending loving thoughts. Gradually, they might sense a heightened intuition within themselves that can perceive their feelings. And they can also try asking them, the animals, questions inside, and eventually, they will be able to hear the companion's answers clearly. Their inner voices might tell of the most beautiful secrets of the universe. Also, we can try forming a picture in our mind, visualizing what you are thinking. Then, your companion will understand more easily and immediately. Once we are able to communicate with the animal friends, they could open doors for us to communicate with other animals as well and open doors to many other wonders, knowledge, of the universe.

Some animal telepathic communicators can also help; they even offer instructional classes. In one of the Supreme Master Television's program, a lady sought the assistance of an animal communicator, and after that she was able to activate her own telepathic ability and communicate with her own rabbit. It does take some patience, quietude, time and practice, but the main instrument, of course, is love, Louise. Love is everything. Whether we can communicate telepathically or not, the inner world of animals is one of heart-to-heart understanding. Animals do not feel the need to talk a lot, yet they understand so much more. So it is always good to offer our true friendship and enjoy their presence. Then, we will certainly feel a wonderful, inner connection with our beloved animals, naturally.

Q. *What role do animals play on the planet? And can You tell us about the Noble Qualities of dogs and other animals?*

M. Sure. The animals come to this planet with a special role. Many of them are able to bring down the divine power from heaven, or love, just through their presence because they are very connected with the divine at all times. Some, like horses and rabbits, can protect their human caregivers from negative influences, or boost them with good health, good luck, even material fortune, joy, or spiritual upliftment. They watch out for us quietly and humbly send blessings our way. Some of them are from higher levels of consciousness; they only came down in animal form to help humankind or other beings on Earth. Of course, animals also have very noble, vital roles in the physical realm. In the oceans, fish play an important role in quickly recycling nutrients in the ecosystem, which helps to sustain all the marine life. Some animals, like zebras, monkeys, and wild parrots, help to disperse the seeds, while bees and other insects help to pollinate crops and other plants, and others maintain the health of the forests and oceans. Animals directly help humans as well. We notice that dogs are extremely altruistic and courageous. They are the heroic rescuers who dive into rubble to free the victims, keep an injured person warm and alive in the snow until help arrives, or patiently serve the blind. They also provide comfort to prison inmates even, as well as happiness and therapeutic effects for the elderly and hospital patients. These are all well-known facts.

Similarly, in the wild, we can gauge the Noble Qualities of other animals, such as geese, the squirrels, the ducks, et cetera, even, also by observing how they treat their own kind and others with dignity and respect for life. Actually, some experienced animal telepathic communicators have given us messages from the animals. For example, the seals have conveyed that it is important for them to be allowed to stay on Earth – not for themselves, but so they can continue doing their job, which is to keep the Earth in balance with love. You see, the seals and the whales emanate an incredible, great power of divine love, an unconditional love that could be likened to that between a mother and her child. They anchor and distribute this wave of love across our planet. Because of humankind's lack of love and kindness, animals like seals and whales have been born to help fill in this missing void. And it is this love that is sustaining our planet and keeping it from destruction up to now. So we should never ever hurt and kill these noble, gracious helpers of humankind and the planet.

We also were informed, Louise, about the message from the livestock animals who are so miserably trapped in the factory farms. Well, there was no clear message, but more of a feeling of constant terror and panic and oppression, because such dreadful conditions are enough to make them forget their original mission in coming to Earth. It would be enough to make us forget anything as well, if we were in their place. It's very sad how humans deny not only their life and every natural instinct, but also their

beneficial purpose of existence. It is we who lose terribly by seeing these great creatures as mere objects and flesh to be eaten.

Through meditation I have discovered that the Noble Quality – or NQ – of different species can be measured as a percentage to show how they embody the qualities of compassion and selflessness. Dogs and pigs, for example, each have an impressive NQ of 30%. Cows have an NQ of 40%. In contrast, animals with more violent or flesh-eating tendencies have lower NQs. Lions, for example, have an NQ of 3% and tigers, 4%. And as for humans, while some of us have – you know, general break down – some of us have NQs of 10%, many of us have just a 3% Noble Quality. Humans can learn from these examples of Noble Quality in our co-inhabitants. We can develop our own NQ at any time, basically by never harming any living beings, always doing good to others in any situation, and by keeping the loving veg diet. With these simple steps, we can even help elevate the people and animals we come in contact with just as the noble animals assist in uplifting us and our world. That is the privilege of being human. See, we can change. We can be greater. Animals, although they have great NQ, Noble Quality, they often stay that way. For example, if they have 30% NQ, they often stay that way. But we, even if we have like 3%, 4% NQ, we have a chance and opportunities to develop way past that of animals even. You understand? [Q: I do.] Okay.

Q. *For those among us who wish to welcome an animal companion into our lives, or who are seeking to adopt a further companion, what advice would You give? And also, is it better to adopt an animal friend from a rescue centre or sanctuary, or from a breeder?*

M. Yes, Louise. As many experts have recommended, adoption from an animal shelter is the most humane and loving option for bringing an animal into our life. According to the Humane Society of the United States, four million cats and dogs, or approximately one animal every eight seconds, are killed annually in shelters in the United States alone. It is a terrible fate for these innocent, beautiful animals, many of whom were once beloved home companions. See, usually the previous caregivers obtained their companions when they were not fully ready to commit the time and energy, either physically or mentally.

So, in order not to make the same mistake, anyone considering to adopt a new family member should first be prepared to provide for their physical as well as emotional needs. It's good to do a lot of research beforehand about the responsibilities involved. Animal rescue websites often help to list out all the things we should consider before adopting a new companion, such as our financial stability, suitable home environment, and consideration for other children or animals in the home. If there is already an animal companion at home, we should first find out whether they can be compatible living together. Once we adopt the new member, we should show our love for them equally through our words and actions. Also, we should make sure the animal shelter is a non-kill shelter, to support the non-violent way. Adopting from sanctuary is also possible and good, but the non-kill shelters are the most desperately in need of homes.

It is advised not to try to buy a pet from a breeder and especially the pet shop, because the way they get the puppies is just too often terribly inhumane, like the mother and father dogs being treated like machines to bear puppies until they are driven exhausted and insane, get crippled, or die. They and the puppies are miserably kept in tiny, filthy cages indoors or outdoors, exposed to the elements. We mustn't support this practice.

Q. *Supreme Master, there are many puppy mills and puppy farms in Ireland and it's actually something that, as a magazine, we feel it's important, [M: Yes.] that we will be,*

and are, investigating. [M: Wonderful!] But some of the things that people are coming back to us and saying is that, a farmer who would make, say maybe 100, 150 from a sheep, should make 650 from a puppy. He doesn't have to put it in a field. He only has to feed it, the puppy's mother, a very small amount. Basically, it's just a financial arrangement. [M: Yes.] So I can understand where You are coming from because they're everywhere, puppy mills, puppy farms. [M: That's right.] And, unfortunately, it's the more expensive breeds that are really paying the price... bad breeding practices. So it's not even the inhumane way that these dogs are being looked after but the breeding practices are beyond ridiculous where they are ruining the particular breed. [M: Yes.] And the puppies that are coming from these have all sorts of health issues and concerns. [M: Yes. Right.] Which is really, really sad. [M: Yes. That's correct. And it's a well-known fact also.] Yes. But again – it's unfortunate – it's financial. It's got nothing to do with the emotional.

M. Yes. It's also the case like that. So if we want an animal, we should even ask maybe the staff of the shelter to try to match with our personality and our environment and our capability. Then it will be more long-lasting and happy for both the caregivers and the adopted animals. And research has even shown that animal companions provide excellent social support, stress relief, and such health benefits as improved mood, stabilized blood pressure, and increased motivation to exercise. But more rewarding than these is the fact that a life has been saved. And for that, the animal is forever grateful and will always remember the caregiver's kind act. This I know from experience because I can see how my adopted birds and dogs are always so appreciative, so loving, friendly, adorable, protective and loyal. I wish the best of luck and happiness to whomever welcomes a new best friend into their lives. You will see how your lives become much better, I guarantee.

Q. *You mentioned a little bit earlier about the magazine, the Irish Dog Journal. We are actually doing a day... we are calling it 'A Dog's Day Out.' And basically, it's just that, it's a dog's day out. It's a celebration of all dogs. [M: Yes.] Whether they are pampered pooches, whether they are working dogs, such as dogs that work, there are guide dogs for the blind, search and rescue dogs, dogs that work with our police forces, then you've got your activity dogs, like the sledge dogs and carting dogs. But it just really is that, it's a celebration of all dogs, giving them a day out and showcasing the work and what they give us. And then it's kind of like we're giving something back. But You also mentioned about the animal shelters. We're doing that as well, where we're going to those with a no-kill policy to come along and bring some of their dogs so that people can match, as You mentioned before, their personality, [M: Yes.] their lifestyle, to the right dog. [M: That's right. Good.] Because Christmas is a notorious time whereby people are buying new puppies, and the ISPCA have shown that up to 60% of these puppies are mismatched. Three, four, five months later they end up in animal shelters, sadly. [M: Yes. That's true.] Because we are also going to have some fun, we have a fashion show with an amazing dog clothes range that is coming over. [M: Yes, we should always do research before we adopt an animal.] Definitely.*

Okay, we have just a couple more questions. One is that You give awards to people worldwide, including leaders in various, different fields, but You also give awards to animals for their great deeds. Can You tell us a little bit about this?

M. Yeah, I'm always happy to tell about this. The Shining World Hero Award was created to highlight the remarkable, extraordinary heroic nature of our fellow human and animal neighbors. Be it the heroic stranger dog who appeared from out of nowhere and pulled an injured woman 45 meters to a road so that people could see her there and help her –

a completely strange dog – or a cat who showed his unaware caregiver where she had cancer by repeatedly touching the exact spot. In many cases, the family dog, or even rabbit, detected a fire and awakened their human companions in time to avoid the danger, thus saving their lives, sometimes while sacrificing their own even – which they would do without a moment's hesitation. These stories also make me cry forever, Louise. When the dogs or horses sacrifice their life to save their loved family, it makes me cry forever. [Master is crying.] I love them so much. Even I don't know that horse, I don't know that dog, I don't know that animal, but when I read these stories it just touched my heart and I just hug them in my soul and love them and pray for them. But they don't need our prayers, it's just we do that out of love.

There is like, for example, one touching story of an elderly woman who was trapped beneath a collapsed building after the big China earthquake – true story, yes. The two dogs who found her not only barked to get the rescue team's attention, but over the eight days she was trapped, they brought her food, Louise, pushing it through the cracks for her to eat. They licked her face and leaned on her to comfort and give her strength and warmth to survive. Can you imagine? Nobody taught them to do that. They don't even know the woman. For these noble heroes, I give them not only the award, but also gifts of love, even financial tip, and delicious veggie foods and treats, and high quality clothes. I see that it makes you cry too. We are both the same. Yes, and beds that I designed for the animals. We also show their stories on Supreme Master Television to remind people that animals are like our guardian angels in physical form. There is an African Grey Parrot in Japan named Yosuke, who got lost, Louise. And because he remembered to say his full name and address at the right occasion, among the many other words he learned, he was able to return to his home. So there is also the Shining World Intelligence Award also for that kind. So... cutie!

In addition, we have the Shining World Loving Award. The first recipient was Maran Hen, the chicken from the United Kingdom. Would somebody give Louise a tissue, please? [Q: No, I'm fine, honestly.] She 'adopted' three abandoned duck eggs, Louise, the chicken hen adopted three abandoned duck eggs that she found, and stayed with them until they hatched. Now they are living happily ever after – interspecies family. For this pure example of loving harmony, along with the award, Maran Hen also received a pretty little scarf with the word 'Hero' on it, and lots of tasty, nutritious grains for her and her adopted family to enjoy.

All these awards are to show us that animals are 'love in action.' So we should not kill them or eat them, but we should respect them more and even emulate their selflessness and loving kindness. Thank you, Louise, for crying with me. [Master and Ms. Louise Kings laugh.]

- Q. *We laugh now. One last question now, Supreme Master: His Holiness Pope John Paul II declared in 1990 that 'animals possess a soul' and also said that we 'must love and feel solidarity with our smaller brethren.' Do all animals possess a soul and how important is it for our spiritual development to have love and respect for animals?*
- M. Not only the animals but insects even have souls. Plants have souls. Trees have souls. They could speak to me and to you – the trees, the plants... the mountains... the flowers. First of all, I respectfully thank His Holiness the Pope for his true caring statement. He must have been a very, very enlightened Pope to know this. His caring statement about our animal brothers and sisters, I'm very grateful for that. They are really just like us, only appearing in different physical forms to color our life and beautify our world. Just like there are different shades and shapes of flowers, or different types

and sizes of trees, yet all have the same essence. Just like us humans, we are sometimes of different shapes and colors but we have the same essence. The animals are just equipped with finer faculties and other kinds of intelligence than ours; or at least they retain this divine gift which we have forgotten or neglected. So yes, Louise, animals do have souls, like us. Definitely. If we look into their eyes or observe their loving nature, we can see it. His Holiness Pope Benedict XVI also spoke about our animal co-inhabitants, and said that animals 'are given into our care.' This reflects the Catholic catechism, which states that: 'Animals are God's creatures. He surrounds them with His providential care. By their mere existence they bless Him and give Him glory. Thus men owe them kindness. We should recall the gentleness with which saints, like St. Francis of Assisi or St. Philip Neri, treated animals.'

And another part of the catechism says that: 'It is contrary to human dignity to cause animals to suffer or die needlessly.' So even if we don't believe that animals have souls, it's already established and well known that they have feelings, and that they experience love, fear, happiness, and physical pain and suffering exactly like we do. If we consider ourselves higher beings, then we should carry out higher nobler acts – protect the weak and the innocent, and not abuse our power by harming our friends, especially since they do us no harm. We should listen to the great wise religious leaders of the past and present, and regard our animal friends as sacred, cherished creations of God. And as a very basic gesture of dignity, respect and kindness, we should be vegan. When we love and respect the animals, we will develop our own spirituality. When we are able to expand this love to all other beings of the universe, including the animals who are our co-inhabitants, we ourselves expand and become greater spiritually. A peaceful relationship with the animals, with no more killing, would attract to us an abundance of divine blessings. And with the whole world extending such compassion to animals and attracting such immense blessings from the animals, our planet's atmosphere, of course, would stabilize and even change to a more heavenly-like, permeated with feelings of peace and love. Amen, Louise. [Q: Amen.] Amen. So be it.

- Q. *Supreme Master, thank You so much. I really enjoyed that today. I know a lot of what You said is kind of hard to hear but it's the truth, and I think it's something we all need to wake up to, to break that chain. So thank You so, so much.*
- M. I thank you, Louise, for doing all this, which is tremendously beneficial to humans and animals alike. May heaven bless you, your loved ones and your good work, Louise. [Q: And You.] I mean it. Thank you. [Master is crying.] I wish for so many more journalists like you who really do the good job, like reporting the real, good, constructive, beneficial information for the public, you know? Not just for getting famous or being paid just for the sake of a job, but truly dedicate their lives like you do for humans' sake, for animals' sake and for the sake of our planet. I humbly thank you, Louise, and all your staff, your mother, and whoever supports and works with you. God bless you.
- Q. *God bless You and thank You so much.*
- M. God bless you. Bye for now.
- Q. *Goodbye for now, we'll talk soon.*
- M. All the best of luck to you, your magazine. [Q: Thank You.] Bye.

HUMANITY'S LEAP TO THE GOLDEN ERA ³

MC. *In just a few moments, our beloved special guest of honor, Supreme Master Ching Hai – a world-renowned humanitarian, artist, author, and spiritual Teacher – will share Her wisdom and vision with us. [Applause] Supreme Master Ching Hai has dedicated Her life to serving and uplifting all beings, especially those in need. The following video will introduce this beloved Teacher.*

Video. *LOVE IN ACTION: Truth, virtue and beauty are universal values and form the fundamental qualities of any inspiring individual. Great arts are inevitably inspired by great love. Each and every one of us has the innate source of love which can be translated into action. We can paint our canvas of life with kind deeds. Kindness has been considered the core values of human civilization since its origin.*

Throughout history, planet Earth has been graced by many enlightened beings, whose lives were examples of love in action. And many others have inspired humanity to evolve into a more advanced species, with higher consciousness and a greater capacity for love. They have shared their lives and their love with all those around them, helping to create a better world.

One of the current examples of love in action is Supreme Master Ching Hai, a world-renowned humanitarian, artist, and spiritual Teacher. Like many great saintly beings, Supreme Master Ching Hai has shown Her great innate compassion towards all forms of life since childhood. It was natural for Her to seek a spiritual journey and dedicate Her entire life to helping others obtain enlightenment and liberation from their sufferings: 'Whatever we can share, begin with sharing. And then we'll feel a subtle change in ourselves – more love will be pouring into our consciousness, and we will be aware of something. That is the beginning. We are here to learn, to learn to grow as well as to learn to use our power, our limitless power of love and creativity in order to make a better world wherever we happen to be incarnated.'

Supreme Master Ching Hai's love and assistance have extended beyond all cultural and racial boundaries to millions of people around the world: 'She is the Light of a great person, an angel of mercy for all of us.' (Former Mayor Fasi of Honolulu, Hawaii, United States of America). 'She was, because you know the presence. You can feel... You don't have to have studied it to know. The people that have it just have to walk in the room, and in Her case everyone gets it. You don't have to be a believer of the same denomination to know the special people, that there's a Moses, a Jesus, a Muhammed, and not deny their speciality. You don't expect one to go with the other, but they all unanimously go 'oh,' they bow to the specialness, when it's present. And it was present that night, you could... everyone felt it.' (Bill Conti, Legendary Oscar and Emmy Award-Winning, Composer and Conductor, United States of America).

Although She does not seek acknowledgement of any kind, in recognition of Her selfless assistance, Supreme Master Ching Hai has been given awards worldwide by government officials and private organizations on numerous occasions. They include the World Peace Award, the World Spiritual Leadership Award, Award for Promotion of Human Rights, World Citizen Humanitarian Award, Award for Outstanding Public Service to Mankind, 2006 Gusi Peace Prize, Los Angeles Music Week Certificate of

3. [Videoconference with the American people at the 'Humanity's Leap to the Golden Era: Washington, D.C., Climate Change Conference,' Washington, D.C., U.S.A., November 8, 2009 \(Originally in English\).](#) * Note: This conference is recorded verbatim only the question and answer session with Supreme Master Ching Hai.

Commendation, 2006 First Place Silver for the 27th Annual Telly Awards, and the Presidential Active Lifestyle Award from the 43rd President of the United States, George W. Bush. In addition, October 25th and February 22nd have been proclaimed as the Supreme Master Ching Hai Day in the United States. Congratulatory messages were sent to the Chicago ceremony by many government officials worldwide, including Presidents Clinton, Bush and Reagan.

To commend virtuous actions and encourage others to be inspired by their examples, Supreme Master Ching Hai has created a series of Shining World Awards. Through these prestigious awards, She has recognized deserving humans and animals for their exceptional heroism, compassion, leadership, bravery, or intelligence.

Supreme Master Ching Hai is also the source of inspiration to Supreme Master Television, a global station which airs constructive programs with subtitles in over 40 languages. The station encourages harmony, greater understanding and compassion for all beings. It also promotes an organic vegan lifestyle as the most effective and fastest solution to climate change.

Through Her tireless dedication to improve the lives of all beings on Earth, Supreme Master Ching Hai has set a true example of love in action. Supreme Master Ching Hai is one of the truly dedicated people of this era helping others find and create a beautiful vision of our future. Many great people in history have had a dream, and in Her own words, so does Supreme Master Ching Hai: 'I dream that all the world will become peaceful. I dream that all the killing will stop. I dream that all the children will walk in peace and harmony. I dream that all the nations shake hands with each other, protect each other and help each other. I dream that our beautiful planet will not be destroyed. It takes billions, billions, 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.' [Applause]

MC. *And now comes the moment we have all been waiting for, the moment when we get to greet our special guest of honor, Supreme Master Ching Hai. [Applause] Hallo, Supreme Master Ching Hai. You look so beautiful!*

M. *Hallo, my love. Hallo, everyone. Thank you. [Applause]*

MC. *We are extremely grateful that You could join us here in Washington, D.C.. [Applause] Supreme Master Ching Hai, we have been discussing the urgency of climate change and the solutions to many of our problems, and that a vegan diet offers a solution. We also have been talking about the dawn of a new Golden Era here on Earth. [M: Yes.] We have many guests with us here this evening, as well as our worldwide viewers, who would like to ask You some questions. But before we begin the question and answer session, is there anything You would like to say to our guests and viewers?*

M. *Yes, I would like. I would like to thank all the beautiful people for coming. And I am very honored to be with them once again in the company of the great, goodhearted, intelligent people of America, including the distinguished guests, dignitaries, and illustrious speakers who are leaders in their fields of government, science, environment, and health.*

I have been listening quietly. Well, I have been in your country, the United States, many times, including the magnificent nation's capital, Washington, D.C., and I have always been welcomed so much, so much, no matter where I go. For this, I am always grateful and I have a special place in my heart for the United States of America and her citizens

as shining examples of the democratic spirit. I am always impressed by this young, self-made nation that has excelled in strength and leadership through her people's sheer determination, sincerity and faith. And I believe that the courageous actions needed at this urgent time would be led by Americans. Your high standards of integrity and deep love for your families and country will bring about the crucial steps needed to save our precious planet, our home, and the one we want for our children and grandchildren. May this important event be fruitful and beneficial to the participants and the world.

Thank you all for being here. God loves us all. God blesses you all. Thanks a lot. [Applause]

MC. *Thank You, Supreme Master Ching Hai, for Your insightful words and for Your beautiful dress today. You look absolutely gorgeous. [Applause]*

M. Thank you. This is vegan fur. [Laughter] Vegan fur, it's not real fur. [Laughter] I designed it. [Applause] Also the jewelry. You know, right? Look at how beautiful... You don't have to wear real fur. It's beautiful. [MC: It's much more beautiful.] Yeah. And you feel so light wearing it because you don't have a bad conscience. And so warm, so warm. I have something better inside. I also designed it. [Laughter and applause.] Look at this. See? Look: Be Veg, Go Green, Save the Planet. [Master laughs.]

MC. *Master, You look like a queen.*

M. Thanks a lot. Yes. I am the queen of hearts! [Master laughs and sings: To the queen of heart is the ace of beauty!] [Applause] All right, let's get down to business because all of you are busy.

MC. *Well, we have several questions that our guests this evening would like to ask You. Our first questioner is a software developer named Jerry Pelletier.*

Q. *Hi, my name is, like they said, Jerry Pelletier. [M: Welcome.] Thank You. My mother, Chanmo was a devoted follower of Your teachings for many, many years. [M: Oh, I know her.] Yes, I knew, I knew. [M: She's a Buddhist nun.] Yes, yes. [M: Yes, and she's a very, very beautiful woman.] Yes. My question is that this world we share and made up of many countries, and the activities of one country affect the health and wellbeing of other countries. It's kind of... the analogy I can make is the smoking and non-smoking sections of a restaurant. So right now, I think the world is... there's more smokers than non-smokers. So what can we do? Is it just one person at a time? Is it a country at a time? What can we do to get everybody on the same sheet of music to change the way we live to save this world we live in?*

M. Yeah, what can we do? We have to change ourselves first. It begins with us. Since time immemorial, evolution always begins with the individual. If we want to change the world, we change ourselves first. Now, even if the government forbids smoking or drinking or drug, but if people individually continue, then we have not made much difference. So now, we have to change. For example, we change a little bit, our habit, just a very little bit. Like, we put down that piece of meat, and then we replace it with tofu or some other vegetarian protein. Just a little change, very little change, and then the world will change, and then we will continue to live here, and then we can have a better world. Everything will change for the better. Just a little change like that. [Applause]

- Q. *Sometimes it takes an impending catastrophe to make us change and become much greater than we were before. Is this what's happening with climate change? Is it, in fact, an opportunity for us to make an unprecedented leap in evolution?*
- M. Good question, sir, good question. You see, we should not have waited until we have a catastrophe like this, or impending catastrophe, to change. But, nevertheless, you're right. It's possible that when we're faced with such a great upheaval, then we will change and we'll make a leap into the next level. Especially now, we still have a little time to change; it's just that we need to act now, you see, to profit from this so-called catastrophic future awaiting us. We have to act now for all of humanity. Because along with our own survival and health, there is an entire planet that is in trouble, and everyone needs to be vegan to save it. It's a very simple solution that we might overlook.

Because if we all change to vegan, put down the animal products, then we would have a dream world – that I promise. Because like begets like. We forget that the bible told us that 'as we sow so shall we reap.' That means if we create peace, compassion and harmony, then that's what we will get.

Now, the impending catastrophe that you mention, it might be motivating us to change, the whole humanity. But to benefit from this opportunity, more people must act now. All of us must. We face a very dangerous future if global warming continues. In fact, distinguished scientists and other United Nations members have been meeting throughout this year in preparation for the December Copenhagen summit, where they hope to reach agreement on a treaty to replace the Kyoto Protocol. German Chancellor Angela Merkel was just here in Washington, D.C., making an historic address to the United States Congress, and asked the United States to help to lead in halting climate change. I would ask the same even though I am not a Chancellor. I'm sure many of you are aware of the increasing number of global warming effects noted worldwide, so I will share just a few from the world and from the United States.

1. In the Arctic, North Pole, so much ice has already melted that scientists are forecasting an ice-free summer within as little as three to six years, which would be the first time in one million years – first time in one million years! Meanwhile, Greenland is shedding 85 million tons of icebergs each day due to warming, and at a rate that is increasing by 7% each year. The West Antarctic Ice Shelf is also melting, with 3.3 meter sea level rises forecast that would threaten cities like your country, New York, Washington, D.C., and San Francisco. And if all of Antarctica and Greenland were to melt – meaning the ice – then the sea levels could rise to as much as 70 meters, which would be deadly or disastrous to most lives on Earth.
2. Glaciers across the globe are shrinking more quickly than researchers ever expected, leaving rivers and lakes gone, disappearing or drying, with no water for crops and billions who face food shortages due to water shortages, as well.
3. Due to rising sea levels, islands are sinking as we speak, with Tuvalu, Tonga and some 40 other island nations having to plan their whole country's migrations. They are being forced to join the already 20 million climate refugees today. The International Organization for Migration stated that there may be 200 million climate refugees by 2050.

4. According to researchers at Georgia Institute of Technology, United States of America, worldwide the number of the most destructive Category 4 and 5 hurricanes has doubled over the past 35 years. Category 5 storms yield the highest level of destruction in major cities. Their intensity and duration have also increased by 75% since the 1970s. One of these storms whose effects can still be seen and felt was the 2005 Hurricane Katrina, which devastated, especially, areas of New Orleans, with people who are still recovering their homes and their lives today. I am so sorry the American people have had to suffer through such tragedies.

Now, in the United States:

1. Close to a million acres of pine forest have been lost in the Rocky Mountains due to beetle infestation from global warming. Similar also in Canada but, due to the time limit, I cannot report to you everything, so now we just report about United States.
2. In the state of Montana, the famous glaciers of Glacier National Park are now expected to disappear within a decade.
3. According to a new study by the Scripps Institution of Oceanography, the Colorado River, which supplies water to seven Western states, is going dry. Famous river.
4. In fact, researchers say that the United States West is facing a devastating drought crisis as snows from mountains are releasing vast reservoirs of water.
5. The sea level in North Carolina, United States, rose three times faster during the 20th century than during the previous 500 years.
6. The United States National Oceanic and Atmospheric Administration said that for the first time on record, in 2008, six consecutive tropical cyclones made landfall on the United States mainland. The North Atlantic Ocean and the Indian Ocean are the two areas with the strongest hurricane trends.

You may ask, what is the main cause of this damage and destruction to the environment? Perhaps surprisingly, it's not the coal industry or cars or planes or trains or boats or ships. It's methane, which is produced primarily by the livestock industry. A new and just-published report by the respected Worldwatch Institute states that livestock is the largest single contributor to greenhouse gases, responsible for more than 51% of the total emitted. This report factors in an atmospheric heat-trapping effect of methane that is 72 times – 72 times! – larger than CO₂, when averaged over a 20-year period.

Furthermore, just days after the Worldwatch Institute report was released, NASA announced that methane actually contributes much more to global warming than previously understood and it traps 100 times the atmospheric heat over 20 years. And the largest source of methane is? You know – Livestock!

Now, facts such as these have caused people like esteemed climate expert Lord Stern of the United Kingdom to state in an interview that: 'Meat is a wasteful use of water and creates a lot of greenhouse gases. It puts enormous pressure on the world's resources. A vegetarian diet is better.' So I quote exactly what he said.

Now, the United Nations Food and Agriculture Organization reported that livestock raising is the single largest human use of land, the biggest source of water pollution, the number one cause of biodiversity loss, and the top producer of human-caused methane and nitrous oxide. In fact, the United Nations has named livestock as one of the biggest environmental problems of our time with 90% of the destruction of the Amazon rainforest since 1970 being for cattle and growing animal feed. Lush forests are being turned into barren fields at a rate of 36 football fields per minute – 36 football fields per minute! – of rainforest are being destroyed as we are speaking. If you can imagine how big that is, how detrimental that is to our world... The rainforest is the lung of our planet; it's the health of our co-citizens. And as the trees are felled and plants become more exposed and dry, they even emit carbon dioxide rather than absorb it. This is another danger that is attacking us.

Next, meat consumption is a very serious threat to human health. You ask any scientist, they'll tell you this. You ask all the responsible doctors, they'll tell you this. In fact, one of the doctors is sitting there; Dr. Greger, I saw him there. Now, bacterial infections from food-borne illnesses originate largely in animal products, causing widespread illnesses, disability and even death for thousands of Americans each year. The top four bacteria are E.coli, Salmonella, Campylobacter, and Listeriosis. Studies have shown that bacteria from contaminated raw meat can remain even after washing a working surface. And it only takes a few cells of E.coli, for example, to kill a young child. Just a few cells of E.coli to kill a young child, a young, little, tender child. Imagine that, just a few cells.

Add to that, the leading causes of death in the United States, like from heart disease, cancer, diabetes, obesity. Every year, heart disease kills 632,000 Americans; cancer kills 560,000 Americans; stroke kills another 130,000 Americans; diabetes kills 72,000 Americans – just from meat eating. And we cry over war-related deaths. Who cries for these hundreds of thousands of Americans who die because of that piece of meat? Who cries for those young, helpless, innocent, little children who die just because of meat-related E.coli, just a few cells of it?

So, ladies and gentlemen, meat is the worse killer than any war, don't you agree? Yes or no? [Audience: Yes.] [Applause] Thank you! Thank you! Then there are more diseases related to the production of the meat, like swine flu, which Dr. Michael Greger just explained very clearly, originates from animal farms. And the next pandemic, which could emerge any day now, any minute, could be worse for us, could be worse than swine flu.

So, sir, to solve this, we do need to move quickly, and of course we know what to do, right? Yes? Be vegan. You know, yes or no? [Audience: Yes, we know.] [Applause] Thank you. Wonderful people. Wonderful! You make my day. There is an advantage of time here, because one aspect of methane is that it dissipates in around 12 year's time, whereas carbon dioxide, CO₂, stays in the atmosphere for up to thousands of years. So we remove the livestock-generated methane, and the planet cools fast! You see the logic? Yes. From many scientific studies, the health benefits of the vegan lifestyle are already clear. And there are entire communities such as Village of Peace in Israel, where thousands of vegan residents are free of diseases, such as high blood pressure, diabetes and even cancer. In the country of Ghana, there is a similar program where after becoming vegan for more than 20 years now, the villagers, the entire village, don't have malaria anymore; and you know how malaria attacks those countries in Africa. And the previous high infant mortality rate went down to zero. Before, high infant mortality rate... zero. [Applause] I also applaud this program.

So, please, pray with me, Mr. Pelletier, that everyone does wake up in time. Pray. I pray day and night that the divine manifests in the physical realm and wakes up the leaders of our nations, wakes up the religious heads, wakes up everybody in time so that they understand the urgency of our situation, and that they understand the solution of solving this dangerous crisis that is facing us. That is, we have to turn back to our caring and compassionate nature inside our heart. That's very simple. We are that. We are compassion. We are merciful. We are caring. So we just have been cheated. We have been misinformed up to now, so we did not know it. Being vegan worldwide is the advancement of compassion that will uplift and unify all cultures, bringing tranquillity to humans and animals alike. The inner peace that comes from replacing killing with respect for all life will spread like a wave across the globe, elevate human hearts, and create a harmonious Eden on Earth. That will bring us all to a lasting Golden Era. Bless you. [Extended applause.] Thank you.

I am positive we will do it. Yes? [Audience: Yes!] [Applause] We can make it – just a little change, just a little change. Just a little piece of animal meat – change to vegetable protein. We have plenty nowadays. We have vegetarian sausages, we have vegetarian... all kinds of chicken, shrimp look-alike – taste better! [Master laughs.] [Applause] Thank you. I love Washington, D.C.! I love Washington people, you are so elite! Thank you! [Applause]

MC. *Our next questioner is Mr. Bob Lebensold, producer and radio host of a program called 'Environmentally Sound' on WVOX Radio in New York. In fact, Mr. Lebensold and Supreme Master Ching Hai know each other, because he's recently interviewed Her on his program.*

M. Right!

Q. *Hi, Master! [M: Hi, Bob!] It's good to see You again. Good to be with You again. [M: How are you, Bob?] I'm great. I'm great. It's very nice to be here. I'm glad Your people invited me. You have a great crew here, great staff.*

M. Good audience. They are so good. [Q: Yes, very good. And very pretty.] I feel such a loving and supportive atmosphere. Okay, go ahead, Bob.

Q. *Okay, my question is: I still don't quite understand what You mean by 'Leap to the Golden Era.' What does the term 'leap' actually mean? What makes it happen? And what does the Golden Era mean to us here on Earth?*

M. You don't know 'leap,' Bob? [Master laughs.] I am sure you know. You just ask so that you can have some interesting things to talk on your radio show, right? Leap.

Q. *Well, actually, I asked that because I would like to understand what this is about. It's called Humanity's Leap to the Golden Era. And I would like to know just how You see it – what it means in Your terms – because You are the inspirational spark for this whole gathering.*

M. All right, sir. Aye, aye, sir. I will comply. [Laughter] [Q: Thank You.] Thank you for your question. Very thought-provoking. I shall try my best to explain what is meant by 'Humanity's Leap to the Golden Era.' The leap is the big jump that could bring humankind from one incorrect way of life to a better way of life, to the next, higher level in a short time. You see, one small step from everyone in the right direction can result in a big leap in our evolution as a human race. And that small step is very simple. It's just:

No killing. Abiding by the principle of 'live and let live,' adhering to the universal law where we grant life to beget life. Because like attracts like; that, we all know. This, of course, includes adopting a vegan diet. Humans are naturally more generous and peaceful in their heart; it's just that we all have been misinformed, misunderstood for a long, long, long time. We thought meat was good for us, we thought dairy was good for us, we thought fish was good for us, we thought eggs were good for us... It's all wrong. It's all the opposite. It all has been proven that these things that we have been told that are good for us – like meat, fish, dairy, eggs, whatever animal products 'are good for us' – is all wrong. It's the opposite of what is good. It has been bringing us suffering, sickness and tremendous loss of finances from tax payers, for curing diseases and related businesses. So we have been misled for a long, long time.

Now, we have to do research. We have to listen to the wise doctors and scientists. We have to see the result of their research: That meat and animal products are really, really poisonous for us. We have to stop now, especially stop for our children's sake. We can't keep poisoning our children anymore; they are helpless. The poor children, they rely on us, they think we know better, but it's not our fault either. We just need to turn around. Why it's not our fault? Because we have also been taught that way. And our grandparents, our great-grandparents have also been taught that way. And for being too busy, too busy for daily survival, working, we have no time to do research, so we did not know that these things are truly poisonous to us. And above all, it is eating up our planet. It's not just killing people, it's not just killing animals, it's killing our planet. And we have to stop it in order to save our world. We just turn around, that's it. Just walk the opposite way, the right way without causing any more suffering; no taking more lives, but loving and protecting all creatures. That's the leap that all humanity needs. [Applause] Thank you.

We will feel completely different after we make this leap. We will feel evolved to the higher level of consciousness automatically. Just imagine we are big, strong, intelligent and able. We are able to plant all kinds of stuff to eat, and we should not use our might, our intelligence, our capability, to harass, to molest, to torture, to cause suffering and to murder those little, helpless, innocent animals who have never done us any harm. According to the law, they are innocent. And if we kill innocent beings, we are the ones who should be punished. I am sorry if I offend you, but this is the truth. And I am sure you understand it. [Applause] Thank you.

Through our leap in this evolution, we can leave this existence of want and fear, toward a true life of peace and love and enlightenment – from the vicious cycle of killing, suffering, and violence to a circle of loving kindness, protection, and happiness. Can we imagine a world where the meek ones never have to fear the strong? Where there is no more violence, no fighting among neighbors, near or far, and no child has to die of hunger, thirst or illness every few seconds, every day, while their mother watches, completely helpless with her heart drowning in sorrow. As I am speaking, many children are dying somewhere. Every few seconds, a child dies of hunger. We cannot keep doing this. We cannot wait longer. We have to save these lives – not just the lives of animals, but the lives of our children, even if it's not our children... other people's children.

Meat causes so much suffering because it causes hunger and war. We use up all our cereals, grain, soy and good resources, and land and water to support the meat industry, and therefore the world is short of food and water. So in order to save lives we have to stop the meat industry. The way we are living right now is a deeply degraded condition of what we really are. We are the children of God, which is all loving and

kindness. We are the heirs of heaven. We've just forgotten. Can you imagine a God who comes here to Earth and kills everything in sight to eat? Sorry, if there is a God like that, I don't want to be His child. Would you like to be the children of that kind of God? Tell me yes or no? [Audience: No!] [Applause] Okay, no. Thank you. Thank you. You're so kind.

Now, if God is all merciful, all compassion, all loving, and we are the children of God, then don't you think we should walk like God's children on Earth? We have to walk the way of love and compassion. We have to represent our Father / Mother if we want to glorify His name. We always pray every day, 'Hallowed be thy name... in heaven as well as on Earth,' but what do we do to hallow His name? We have to represent Him. We always pray to God because we believe God is merciful, protective, compassionate and loving. And we are the children of God, we must represent these qualities. We are those qualities: We are loving and kindness. We have just been misled, misinformed, and we have forgotten. So please just remember. These qualities are deep inside us, so we know there must be something better than what we see around us. We do have examples through our history of human beings whose lives were so uplifting that they continue to shine until today – not only spiritual teachers, but philosophers like Plato, statesmen like Socrates, the mathematician Pythagoras, and the poet Ralph Waldo Emerson of America. They were all vegetarian. Are you surprised? No, you are not. You don't look surprised to me. So you knew all that.

All the great people, they are vegetarian or vegan. So if we study them carefully, we will see that at the basic core of the civilized life they taught is the vegan diet. The vegan diet is one of the first single greatest acts of compassion, of not harming another life, and not damaging the environment even. If we compare a meat-based diet to a vegan diet, it takes around 14 times as much water, 6 times as much grain, 10 times as much energy, and over 20 times as much land, while often destroying precious rainforest. Being vegan is good business in terms of virtuous merit, as well as preserving the only home we have. The less damage and harm we inflict upon the planet and her inhabitants, the less we have to pay. We are paying dearly now, and we will pay much dearer if we don't stop the meat/animal industry. The more we exert our loving kindness and protection towards all beings, the greater we will be in the world, the greater will be the feeling in our heart as well as in the kingdom of heaven.

That's why great Masters and other illuminated souls of the past all taught us, one and the same, that if we don't wish to be harmed, we must not impose harm on others. You look in all religions, all say the same... this sentence, this same meaning. Whatever is good for us, we should do for others; that whatever we sow, we will reap, without fail. That's why they did teach us not to eat animals and to be vegan. If we make this leap, a very small change in the diet. Instead of meat, instead of animal protein, we choose vegetable protein, which is first class anyway. Animal protein is second class, why? Because they have eaten the first class vegetable and fruit and then we eat their flesh. That is second class. We are humans, why do we choose the second class stuff? It doesn't befit us. So we have to make this leap. [Applause] Thank you. My God! You're so kind.

We have to make this leap, ladies and gentlemen, because if we do, the Golden Era will be here in no time heralding a time of peaceful living, without the perpetual loss of lives – early deaths in the tens of billions each year! My God! Tortured and murdered for our fleeting pleasure, which we could always replace. Meat is replaceable. There are so many wonders of earthly life that we have yet to experience and discover! So much scientific knowledge to be revealed and explored, and invented, and incredible

technologies to be discovered and developed. There are better social systems. These are things mostly beyond our present level of logic or even our imagination; but, they can only be achieved through tapping into our wisdom and creative power in order to open this wisdom, we must first remove the harmful, obstructive substances that block and suppress it, like meat, dairy, fish, poultry and all animal products. These things obstruct our intelligence, delay our progress, not just spiritually, morally, but technologically as well.

Finally, besides our personal reasons of wanting to welcome a Golden Era, we also have the planet to consider, which as I'm sure you know, we are at risk of losing anytime now. So this leap in consciousness is also to save our planet and all other beings that deserve a harmonious world to live in. If everyone makes this leap or shift, we can save our planet. I promise, with all the honor that I have, and God be witness. At the same time, we elevate ourselves, which has been long, long overdue.

Thank you, Bob, for making me talk so much! [Master laughs.] [Applause]

MC. *Thank You, Supreme Master. [Applause]*

M. The Washington people are very polite. They are very polite, educated people. Thanks so much.

MC. *Thank You for explaining the truth so clearly and for encouraging us to do the right thing. Our next questioner became a vegan a few years ago, when he realized that it was a more compassionate and noble way of living. Mr. Alex Arndt, songwriter, musician, and lead singer of the band Sonic Paradigm now promotes the vegan diet through his songs. [Applause]*

Q. *Hallo, everyone. Hi, Supreme Master Ching Hai. Hallo. [M: Hi, Alex.] Hallo. I just wanted to say thank You for being my fan, I am also a big fan of Yours, and I am so happy to ask You this question. [M: Please.] My question is: As a musician, it seems to me that one of the most powerful things is art, in our world, and it connects us as human souls. Why do You think this is? Does the beauty of art remind us of another more noble way of life? Thank You.*

M. Yeah, sure. Sure, Alex, sure. It's so nice to see you, a smart, handsome, compassionate musician. Voice of the voiceless, torchbearer for many people. [Applause] I'm one of your fans as well. I wish you all the best as you continue to write and sing from your heart. Your songs are very touching and ringing with heartfelt truth and feeling, like 'There Are No Slaughterhouses In The Spiritual World.' So why would we want any on Earth, right? That's it. [Applause] Your songs are powerful, very powerful, and is art powerful. You know that. Art can speak to us deep inside without any explanation and language. It just goes straight to our heart. It can elevate a person's mood, dissolving the barriers of prejudice or preconceived notions, and going beyond the need for human language, for a perfect expression.

And you know, Alex, artists like you are considered half-saints already. You are a vegan artist, so perhaps you are more than 50%. Congratulations. [Applause] Aren't they nice? I could talk forever in this kind of atmosphere. The artists are able to emulate the heavenly melodies and the beauties from above and try to express them on Earth as much as they can through their physical instrument and vocal. Because in heaven, everything is so glorious and beyond imagination – full of divine Light and celestial sounds of music. That is what we call the higher vibrations of the universe, which we

can hear anytime. Like now, I'm speaking to you, I don't have any instrument and nobody is playing any harp around here, but I can hear the heavenly music at the same time. The inside melody, this music, is the real music, is the real inspiration behind all the greatest compositions on this planet. I know it because I myself experienced it.

In ancient times, the spiritual practitioners who are connected to heaven, at times tried to replicate the mesmerizing, wonderful music of the celestial abode by creating instruments. So many of the instruments we have – like the harp, the piano, the violin, the flute, the Scottish bagpipes, et cetera – they all correlate with the sounds of real heavenly realms, except the real ones are much more incredibly uplifting, for this matter. I know it because I can compare, because I hear the inner music and I can hear your outside music or other artist's music so I can compare. Though the paints and the gold and precious gems can never be as brilliant as the ones in God's kingdom, they also still help to remind people of their glorious, divine nature, or awaken to something beyond the ordinary world.

So all artists help to awaken the noble qualities within humans. So you are right to say that the beauty of art does remind us of our real Home. It's not just the aesthetic pleasure, but it resonates with our origin. The beauties we adore so much, are us. The nobility, love, and compassion, are us. Therefore, we are grateful to the artists, such as yourself, who have enriched our lives through their beautiful contributions. Let's continue working together until we create our own spiritual world paradise, Alex. Thank you. Heaven bless you. [Applause] [Q: Thank You.] Continue with your music.

- MC. *And we thank You, Supreme Master Ching Hai, for Your words are actually artistic to our souls. They're music. It's heavenly and we are moved with the compassion and passion of what Your wisdom is all about. So thank You once again. Our next questioner is also a musician. He goes by the pen name DiVinci and is renowned for his dynamic form of hip hop. He is most notable for doing many things simultaneously, and can even play music with his feet and face.*
- Q. *Thank you. I'm here with my group, Solillaquists of Sound, and we've dedicated our lives as both people and musicians to inspire everyone to recognize the power that they have as individuals. And it feels really great to be among so many other people that have dedicated their lives to the same thing, so thanks to everyone here, as well as Supreme Master Ching Hai. [Applause] Can You comment on the children that are being born these days? Children like Akiane, they seem to be born with great gifts and maturity, and wisdom that's well beyond their years. What is their role in this time?*
- M. Yes, I'd be glad to inform you. You just remember, there was one little beautiful girl, Akiane Kramarik. She is one of the, what we call, Indigo children or Crystal children. They're born from a different dimension, from a higher dimension, but unlike us they have the ability to retain their divinity, or at least some part of it, so that they can bring to this world some different gifts for us. We are all born from different dimensions, Mr. DiVinci. We are all divine. We are all born from a higher level of consciousness, from what I know. It's just that we have been degraded, we have come to this world and we have been confused, and the negative force of this realm has been deluding us and making us into what we have not willed to be. We should have been much better than what we are. That's why we are never satisfied with ourselves, no matter how much money we have, no matter how successful – big house, big car – something inside us always makes us feel... something's missing. Something... we don't know what. That is our divine origin trying to wake us up.

Indigo children are the children who have exceptional talent for their age. They know more, way beyond their years. And people who have studied or spent time with these special, gifted children have told us about them. These are the youth who are born from higher dimensions and can retain some part of their intelligence, their wisdom and their talent, their quality of the higher dimension. Many children, don't have to be Indigo children, from the time of their birth until about three, four years of age, many of the children still can remember heaven. Sometimes they talk with each other about heaven. Sometimes they told their parents about heaven, but the parents would not listen, would not understand, because the parents have already forgotten. After three, four years of age we have forgotten our origin. So the Indigo children are the ones who still continue to remember after four or five years of age. Lucky for them. Perhaps it's heaven's will to let these children come and remember their divine quality so that we have hope, so to remind us that we could attain like that. We could be like them, or perhaps we were like them. Yes, we are like them, Mr. DiVinci.

Through my meditation, through my search of heaven and Earth, I know we are all divine, Mr. DiVinci. If only I can show it to you. If only I can let you know what I know. If only I can remove all the obstructive substances that many of us have been misled about and put into this temple, the divine temple, and blurred our consciousness. That's the reason we have forgotten our Godly origin. That's the reason why we forgot that we are truly the children of God. We've all heard that we're children of God but we don't know it. We don't really know it because we obstructed ourselves, because the negative force in this world is too heavy: They kind of surround us, they kind of suppress us so that we could not struggle to fight against it. And then we succumb to this negative force and degrade ourselves more and more every day. That's why many Masters came to this planet since time immemorial to try to lift us up, to try to remind us. But the thing is, it's not that easy because we have been sleeping too long.

Now, we're talking about the children, that they have retained some part of their divinity. They've come because they've found that the atmosphere, perhaps, on our planet has become more suitable, more refined and brighter for them. Our planet has been changing recently for the better, you see, as more and more people are doing virtuous deeds, practice deep meditation, spiritual disciplines, and adopting the compassionate, vegan lifestyle.

Nowadays, because the communication is so advanced, so the vegan lifestyle or spiritual lifestyle spreads very easily, unlike the time of Jesus. So nowadays, we don't have those harassments from misunderstanding like the time of Jesus or the time of Prophet Muhammed. Also, our human evolution has benefited from the spiritual Masters who have been gracing our Earth throughout history to bless us. So the atmosphere of our world today has become more purified, despite the setbacks that we have also, at the same time, due to the uncompassionate way that we have been misled into living. Nevertheless, the part that can be purified, it has been purified, so our planet atmosphere has been receptive, uplifted to these higher dimensional levels. So some higher dimensional beings can come here – perhaps more in the future. These so-called Indigo or Crystal children have come to join us; as we continue to purify our world, we'll have more and more of them. They serve as innocent inspiration and reminder towards our own innate higher qualities, as we see their good energy, creativity, intelligence, wisdom and love put into practice.

For some of us who may not know much about these young people, I'll explain a little more. These children, they are born with many talents, including both the artistic and technological, way beyond their tender age. Their faith in the divine gives them a simple

but clear sense of life's purpose. And, not only do they share their creative talents freely with the world, but they also have a lot of inborn virtues. Their nature is of unwavering honesty that can never be compromised by this world. They're lucky. They dislike suffering and injustice. They have more or less telepathic talent. They have intuitive feeling – very strong – so they are very sensitive to other people's feelings and animals' feelings. Oftentimes they could communicate with animals since a young age already. Because their purity naturally repels substances such as chemicals, pollution, and unwholesome foods, these children are also vegetarian or vegan by their own choice, since very, very young, as their nobler selves would only allow them to be so. So their presence is a blessing; it's a gift for the continued development of our world, and at the same time, they are an encouraging signal that our planet is on an elevating path. We can only wish that more and more of them may come, and better yet, that more and more of their wonderful qualities will emerge in every one of us. Even as ordinary adults, we can cultivate spiritual consciousness still, or creativity, intelligence, and other abilities similar to what we see in these Indigo children. We all have the capacity and potential to be higher beings. We have just been suppressed by incorrect choices in life. We have been poisoning ourselves by misinformation. But, all these wonderful qualities, divinity, can be awakened any time.

I know that because I have my own experience. I wasn't born enlightened. You see? I searched for enlightenment, and I reached it at around 30 years of age – similar age to the Buddha. Buddha wasn't born enlightened, despite all the myths about Him. You see, we still have a chance. In our group, many people older than you practice spiritual meditation and they regain their divinity, just the same like the Indigos or more even. So we have choices. We have a chance. We can do anything we want because we are the children of God. Just believe it. It's truly like that. [Applause]

Now, back to Earth. We can always regain all this divinity. Truly, I promise you with all honesty and honor, that we can have it. Every one of you sitting there, whatever age you are, if you don't even have any experience about heaven, you don't even have any talent before, you don't even know what to meditate on – any one of you can attain this divinity again, reclaim it again, provided we have the right counteraction. And the first step is to switch to a more compassionate lifestyle, because that is what we are: We are compassion. A compassionate, vegan diet is the basic way of a higher being, a mark of a true human being. A true human being would never kill. A true being would never harm another, even if his own life is threatened. A real gentleman steps wisely, understanding that all beings are connected, and that by taking a life, compromises his own human spirit and bringing the bad retribution of killing upon him.

So it is not solely the responsibility of these children to improve the world's consciousness level – we must all work together to bring heaven close to Earth. We can all do it; it's so simple. In my group, even children five, six years old can meditate and can hear the inside melody, can talk to God. If we want to bring heaven to Earth, if that is our wish, so shall it be.

Thank you and bless you for being a vegetarian, Mr. DiVinci. [Applause]

MC. *Many thanks, Supreme Master Ching Hai, for the scope of Your vision and for reminding us that we are all God's children. Our next questioner, Mr. David Canther, is a former pastor and founder of ACTS World Relief. This organization provides hot meals, emotional care, emergency supplies, and medical assistance to those suffering from disasters. ACTS' mobile kitchens and medical units also provide inner city relief.*

- Q. *Master, my heart was touched as You were sharing about Hurricane Katrina, and as You know we were there cooking with our kitchens hundreds of thousands of meals when the McDonalds were all closed. And so, we took the quantum leap of faith by offering to hundreds of thousands of people vegan meals. [Applause] [M: Bless you.] It was actually quite a shock when we put up signs on the top of the large tents that we brought in and we could offer different types of food that we listed what they were. The line that was always the longest was for vegetarian and vegan meals. [Applause] [M: Incredible, incredible.] The Red Cross was so interested in that, that it was a risk and they contacted me later and said, 'Actually, you're the first organization that we would like to, in the future, offer to help pay for some of those meals because we can see how the community wants a broader amount of the choice of the kind of food they can eat.' [Applause]*
- M. Wonderful. Good news. Good news. Even in such a desperate situation.
- Q. *There are three questions which I have. What is the role of animals' divine presence on Earth? Do their roles and relationships with human beings deeply connect us further? And lastly, are they helping us to reach the Golden Era?*
- M. Okay, Mr. David Canther. First of all, I want to thank you from the bottom of my heart because you're vegetarian and you offer vegetarian meals to people, and that you give me the good news that the longest lines are the vegetarian food choice. I'm so happy, that means we have a chance to save the planet because more and more people want to be vegetarian. [Applause] A very good sign, Mr. Canther. You see, even in such a desperate situation where people have nothing anymore and they just need food to survive, they still adhere to the vegetarian diet. Oh, God be praised.

Now, I answer your question. You deserve it. Only three questions? I would answer you 300. [Master laughs.] Nice to hear good news. Nice to see good people. Mr. Canther, the role of all wondrous animals and their presence on Earth is to bring divine love onto this planet. The animals are so close to God, we humans can hardly imagine. We hear about plenty of examples, like the dogs that rescue disaster victims who otherwise would not have been found without their extraordinary abilities. They can guide the blind, they even sense when a person is about to have a seizure and dial the emergency telephone number. And then there are other animals we don't see as often, yet with a heavenly role that is just as vital. Like the whales and the seals that populate the vast oceans, covering 70% of our Earth, who bless us tremendously by their powerful and love-filled presence.

You know, in Au Lac, people build some small temples along the coast, many of them, to worship the whales because they want to show gratitude to the whales. Many of the boat people have been rescued by whales from the stormy sea or from a capsized boat; the whales rescue them in number. Since time immemorial, the Aulacese people have always built temples in gratitude to the whales. And these are the true stories. Not only do they bless us invisibly, they also rescue people at sea. And this is very, very common in Au Lac. You go there, you see many whale temples. You still can talk to the people who still stay alive due to the whale's rescue. I mean, the story is alive, it's not like a fairy tale or a legend. It is a living story still – even recently. Even recently. But sadly, they are still seen by some humans as seal fur or whale meat. But these two animals are some of the many animals who literally radiate love to balance our planet. As we are being deluded more and more into the killing of the animals and destroying the environment, the atmosphere of our planet is also being depleted of love and happiness. Therefore, these animals, they were born here in order to balance it, to help

us to fill in the void of love that we lost through our inconsiderate actions. But sadly, we kill them. We kill our benefactors, just because we are blind. We are blind spiritually, telepathically and psychically that we don't see who are friends and who are not. Sadly, the friends, we can see – like the whales, the seals – but we don't recognize. But the enemies we don't see but we listen to. That is the force of evil, the force of the negative in this world. We don't see the force, we don't see that power, we don't see it manifested, personified, but we listen to it daily. So we do many wrong things that we regret. Or, at the time of death, we regret because at that time we can see whatever wrong things we do, just like watching cinemas, and we feel very sorry that we have done such things due to not knowing, due to being misled.

So these animals, they are really our friends, they are our benefactors; but many of us kill them. If we can contact some of the best animal communicators, they will tell you that whales are the greatest love. They house the greatest love of the divine for our planet; seals also. In one of the conferences last time, I have told the audience about the different quality of love of different animals, and whales and seals are one of the few 'number ones' in loving power.

Now, that's not me who says that. It is through meditation and I have been informed like that. So if we kill these beings, we're really killing ourselves. We take out the balance that is greatly needed at this time, especially at this time, in our dire situation. Now, if we let them live, then they will be able to bring back to Earth the powerful, unconditional love, like that of the mother for her child; and they do their noble mission knowingly. They knowingly do it.

Second question: Do the roles and relationships of animals with human beings deeply connect us further? Yes, of course, sir, of course, because the animals are very pure. They are already connected with the higher source of the divine, so we can learn so much from them. The animal does not have to be large. It could be an ant, which is noted scientifically for his intelligence, or a rabbit. A rabbit is also a powerhouse of love; almost next to the whales, for example. Or even a chicken – you may be surprised. There was a Finnish painter who told us that when he was feeling down because his day didn't go well, the chickens in his backyard came and sat in front of him, and just by looking at them he got a sudden energy boost and felt better. Yes, try it yourself. Rescue some chickens from the battery farm, and then try looking at them. Thank you.

Now, some people also report remarkable experiences with marine mammals, like the dolphins, saying that just contacting them once in a while lifted them out of their depression, or nervous breakdown even. And some researchers have even noted a shift in people's brain waves for the better, more positive, following dolphin encounters. So this has been proven, with lasting changes that include more creativity and even a strengthened immune system. Imagine that? Just contact them once in a while.

So how is it that animals are helping us to reach the Golden Era? It is through their unconditional benevolent love and merciful nature, Mr. Canther – I'm sure you know this, or at least you feel it – and their absolute forgiveness, no matter what humanity has done to them. You see, for example the whales, in Au Lac, the big whales that rescue the fishermen in Au Lac, they do know that these are fishermen. They do know that they kill fish for a living, but they still rescue them at sea when the fishermen are in danger. You see? Absolutely unconditional, non-judgemental. This is the love that we humans also house in our heart, but we have suppressed it, because the substances that we took into our body don't help us to develop more of our divinity, but on the contrary, destroy it, or at least suppress it, damage it.

So now, we have to reclaim it again. Speaking of the quality, the unconditional love, I must say something about honoring this love from the animals. For all the generosity of spirit and blessing that they bring into our lives, how do we have the heart to kill them, and eat them, to enjoy their suffering? You must know this, Mr. Canther, since you are already vegetarian. I appreciate that. God bless you. [Applause] Thank you, thank you.

For anyone who is not yet a vegetarian, or who has not understood why, please inform yourself of the unimaginable, utterly cruel and utmost inhumane treatment involved in meat and dairy production, or fishing even, as well as lab experiments or the animal fur industry. If we really connect with the animals, or if we really don't shut down our innate feeling, we will also feel their suffering, which is caused almost exclusively by humans. So please, I ask you, go and find out what really happens to the animals in those slaughterhouses – I will call it 'massmurder house.' If you do, it's likely that they will no longer end up on your plate. The unimaginable horrendous treatment of the babies – baby cows even, baby seals, baby chicks – will make you shudder with horror. Even the egg industry has blood on its hands. If you would like more information, there is a show on the Supreme Master Television called 'Stop Animal Cruelty,' a program on Supreme Master Television at www.SupremeMasterTV.com/Stop-Animal-Cruelty as well as other information concerning humans, animals and saving our planet, et cetera. We don't like to think of ourselves as cruel, much less brutal, especially for something like a hamburger or a piece of bacon, but these are the facts. Animals are utterly, cruelly mistreated day in and day out to feed the very industry that supplies all the meat consumed by humans.

In news just a few days ago, an undercover video sponsored by the Humane Society of the United States recorded the treatment of baby calves, some barely a few days old. As these animals were being led to their murder, many of them were so weakened by the bad treatment and the condition they lived in that they could not walk – or they were too young to walk – they were kicked, beaten repeatedly while laying down, and they were doused with water to increase the pain of the electrical shock, and even skinned alive. Can you imagine that we do these things? [Master is crying.] It may surprise you to know that this was a certified organic facility – it's not just an ordinary animal farm. So now, we know that even the animal products you think are somehow more healthy or eco-friendly, this is not the case at all. Please don't eat meat, it's too cruel.

In another discovery, undercover recording, baby male chicks were being sent by the thousands down a conveyor belt to a giant meat grinder alive! Can you imagine? Little chicks like this, so beautiful, so cute? And they do this. [Master is crying.] We, humans, do this to them. In this factory alone, over 150,000 of the tiny baby chicks are ground up... are ground up, alive, every day for dog meat or whatever meat. All because the male chicks cannot lay eggs. So don't make profit for the industry so they grind them alive. Can you imagine? If anyone does not believe in hell, please go and see these places; then you will know hell exists right here on our planet. These factories also supply the so-called free-range eggs. Some people think that eggs do not require the loss of life, but they do, very much so. And then there are the horrifying conditions of the pigs, which are extremely clean animals, by the way, scientifically proven. But these intelligent, sensitive beings are locked in crates so small they can't even turn around all their miserable lives. But the worst is their actual death process. You see... Oh God, I have to tell you, but it's heart-wrenching.

First, the pigs are stunned, often unsuccessfully, leaving them still conscious when they are hung by the feet and cut open with a knife. In fact, they are still alive when they are next put into a vat of boiling water, with videos that have shown them still twisting in

pain. Imagine if it's us. Imagine if it's our loved one. Imagine if it is human. All this for a piece of meat, dead flesh that often causes even more diseases to humans, not like it even helps us in any way. Is it really worth it? Tell me, please, is it worth it? [Audience: No.] It's not. It's not, you're right. How can we degrade ourselves into such an inhumane, heartless state of being, by supporting these cruel, heart-wrenching practices? I ask myself, 'How can we justify causing that much suffering to another being, when the alternative is so easy, affordable and at hand and healthy?' I hope it is clear that the best, and really the only way, is to be vegan. This lifts the immense burden of suffering and murdering of the innocents from our heart. It can enhance our connection with animals also. The human caregivers at a New Zealand animal sanctuary say that the naturally vegetarian donkeys – the donkeys, they're vegetarian, yes – and there, they make friends with vegetarian human visitors faster than with the meat eaters because they feel safer without the smell of meat. So the animals they do know.

My dogs for example, my dogs, I have even a Rottweiler – a Rottweiler, you know Rottweiler reputation, right? Whenever I took him to our group meditation places – you can see it on video also, I'm not making up a story to glorify my dog. His name is Goody. When I adopted him I said, 'Goody, your race is a Rottweiler and I heard that you don't have good reputation as a race of dogs, so I name you 'Goody' and you're going to be a very good dog so that you can redeem the reputation of the Rottweiler race. It's okay?' So I named him 'Goody' and he's very good ever since. Whenever I bring him to our group meditation... you know our group is all vegetarian, all vegan, and meditation and all that; supposed to be good, and no killing, no drinking, no gambling, no adultery, no stealing, no lying... you know that. So whenever he goes into this group of people, no matter thousands or hundreds, he runs around them, licking them all over and asking them to hold his hand or hug him, or jump on them, whatever. He does that to numerous people – whoever – man, woman, children, and old and young alike, because he feels good, safe there, I reckon.

Now, you don't have to be an animal communicator to see this, that he feels good within our group. Now, when I took him out sometimes to the restaurant, which is a non-vegetarian restaurant... it is difficult to find always in my travels a vegetarian restaurant, but I go in there to eat vegetarian, and I sometimes encourage my people to go into a non-vegetarian restaurant to eat vegetarian food to remind them to keep cooking more and more vegetarian for more people, because vegetarian restaurants, they already know. So I go often to a non-vegetarian restaurant if I have to go out. Then sometimes I bring my dog, whatever dog I bring. Okay now, we talk about Rottweiler, we talk about that race. He's been so good with hundreds of thousands of my Association members whenever he's among them. But I brought him out just to a non-vegetarian restaurant, and the owner of the restaurant, because he knew me, he came and talked to me. He just came, just like two meters near me only, he jumped right in the middle, between me and the owner of the restaurant – the owner is still alive; if you want I can ask him. He jumped right in the middle and sat up straight and looked at him and growled at him already – growling only. I said, 'No, no, don't do that.' So the Rottweiler was quiet. Then the man thought he could approach me a little further. He just took one more step and he stood up, the Rottweiler stood up, and said, 'Grrr, no more!' He protects me that much. But among hundreds or thousands of my people, he never does anything to them. He goes and licks them all over and, pawing them and hugging them. My God, you have to see it to believe. Well, all my people are still alive. You can ask them. The animals do know. I know that from my dogs. All the dogs are the same. All the dogs are the same.

Now, one of the other dogs, called Hermit, he's an Australian Shepherd. He's also very protective. Now, when he goes among our group, all the vegetarians, he also lets them... he's normally very shy; he only knows family members, but when he goes out he's very shy. But when he goes to our group, if I tell him, 'Hermit, never mind, go, let people touch you because they love you' and then he goes. He goes around and lets people touch him, and then he comes back and sits next to me. Yes, fine. But, if I go outside and take this dog with me, even to a bank, he's not growling like that; he's shy. But the bank people see him so beautiful – blue eyes and a very beautiful dog – so they want to touch and he doesn't want them to touch. He hides behind me immediately. Whenever that person approaches, he just runs behind my back and hides. He doesn't want to be aggressive because I told him not to, but he doesn't want to be touched by the meat eater. I'm sorry if I offend anyone. But in my group he lets everybody touch him. These are true stories.

And now, we must know that animals really understand who is who. So if we know all this, we cannot support further the meat industry because that's mass murder. In our society, we only kill someone when he has done something wrong. And nowadays, many countries have already abolished the death penalty. And even a death-sentenced prisoner, they have their own cell and they have clean food, clean water. They are not treated the way we treat our animal friends. This is really not humane at all. Please, stop all this. Please tell everybody else to stop all this. Thank you so much, thank you. [Applause]

- MC. *Thank You, Supreme Master Ching Hai, for reminding us how noble our animal friends are and how they contribute to the loving balance of this world. Our next question comes from Marysol Verela, a freelance journalist with the Examiner newspaper in Orlando, Florida. A vegetarian herself, she is an advocate of the vegetarian lifestyle and has written many articles to encourage people to embrace it.*
- Q. *Yes, good evening, Supreme Master. I'm very happy to be here and to have been invited to this event, and to have the opportunity to go back home and inform everyone who didn't have the same opportunity as me about all the benefits that come from living in this healthy lifestyle. [M: Thank you.] With that in mind, I have a question for You. I recently noticed that there is more and more positive and constructive media happening around the world. [M: That's right.] And there are websites that provide only the good news, and television stations as well. So with that in mind, can You please share with us Your thoughts on the role of the media in transforming society? Thank You.*
- M. Of course they are powerful, Ms. Verela. The media has a very important role in our society, everybody knows that. The printed words are very powerful. People are too busy with their daily activities, so they look to the media for informing and reporting relevant events, important matters, and all necessary information for their lives. So the media is a useful tool to awaken one another at this crucial time, a time when our planet and the lives on it are in danger. That's why I'm so glad to see many television and radio channels starting to broadcast about the urgent situation of our planet, and even the solution of the vegan diet, which is the switch, you know, that we have to make, very small change: Piece of meat out, vegetarian protein in. That's it – just a small change, everyone can afford. And it's cheaper, healthier.

And Supreme Master Television is there as well to contribute and to inform the people in this endeavor. Just recently, Lord Stern in the United Kingdom made a statement that the vegetarian diet is better than a meat diet for halting climate change, and the world media came to discuss the topic more actively, almost on every station. And then, the

Australian and American television channels interviewed former United States Vice President and Nobel Prize Laureate Mr. Al Gore. You know, right? Our hero, you know him. Everybody knows him by now. They asked him, the journalists, the reporters, asked Mr. Al Gore to talk about the vegetarian solution as a means to halt global warming, which he recognized as important in curbing global warming, he recognizes that. He said that he cut back on the animal diet very sharply, and he said that the vegetarian diet definitely is a solution to curb global warming.

So the media helps a lot to point people in the direction of the solution. In fact, the most urgent role of the media right now is to become vegan themselves – compassionate, noble, and doing good deeds and to inform people of this urgent action. They should be an example, the media.

Now, we also see that the public is responding with enthusiasm to spiritual topics like meditation, yoga, alternative living, vegetarianism. They want to know more about science and spirituality. We are, as a race, the whole humanity, becoming more spiritually-minded and reaching beyond just the limited, ephemeral, physical realm for something greater, nobler, and higher. I'm so glad we are in this trend. And the media is a huge, huge help in reminding people to go in this upward direction. But, still, our evolution has been a bit too slow, don't you think? [Audience: Yes.] It's too slow. [Audience: Yes.] So I also look for hope in the good media people such as yourself, Ms. Beautiful. And if I may humbly urge you to encourage people through your work to become vegan, to save human lives, animal lives, and the environment. Because the vegan diet, though simple, is the giant stepping stone that would bring us higher in our evolution. Besides, time is running out for our planet. We must act fast to save lives. So the media has a very great, heroic, noble role to save the world at this moment in our history. And while saving lives, the media can also save the loving, noble quality in human hearts as well. Do you see how great and noble the role of the media is? [Q: Yes.] Thank you, Ms. Verela, for being a vegetarian yourself. God bless you and your company. [Applause]

MC. *Thank You, Master Ching Hai, for the scope of Your vision and for Your pioneering role in the creation of Supreme Master Television. Our next questioner is the owner of Paradise Found, LLC, a company that delivers vegan produce to an ever expanding market in Ohio. Mr. Randall T. Ball has a question he would like to ask Supreme Master Ching Hai.*

Q. *Hallo, Supreme Master. Thank You. [M: Hallo.] I'm honored to come. A lot of people don't know this, Cincinnati is known as 'Porkopolis.' We got our start as the pig capital of the Midwest. So my question is really a very important question, I think, one that I've been asking myself for years, and that relates to the political leadership of this country. And to be able to ask You this in Washington, D.C., seems really important. So I wanted to preface by saying, I'm almost half a century old. When I was growing up, American was known as the land of the free and the leader of the free world, and a beacon of light to the world. And now we've become the leading consumer. So my question is: The American people have demonstrated their compassion and their power, since the beginning, in overcoming many forces of evil. So right now, how do we, as citizens of America, the ones that are literally consuming the planet, encourage and support greater nobility in ourselves, in our fellow American citizens, and in our government leaders? Thank You.*

M. Mr. Ball, good question, sir. Thank you for trusting me with such a great responsibility. I admire the American people very much, sir, you know that, for their faith and open-

mindful, courageous spirit. And right now, the government leaders need our faith and encouragement more, because we really need their leadership to bring about the wide-scale change. We must help provide the government with information about the true cost of the animal diet. Sometimes the government are busy, putting priority elsewhere, you know, sir? Not that they don't like the change, but maybe they are not completely informed. So we have to inform them: Write to them, talk to them, do whatever it takes to inform them of the true cost of the animal diet. Not just costing life, it costs billions of US dollars every year – just for the meat-related sicknesses, not to talk about how it kills our planet. You can gather and print it all this information, and send to your political leaders. If you want, you can go to www.SupremeMasterTV.com/SOS. We have all the information up to date that we have gathered reliable and ready material collected there for you. I myself have also written and sent letters and information to the secular and religious leaders of the world, hoping they have time to read. I don't send a lot of books, just short, condensed information. If you want you can enquire, the condensed one that I sent to the leaders of the world. And if they want to know more, or if you want to know more, or your people want to know more, can always log on to www.SupremeMasterTV.com/SOS. That's it. Or, just log on to www.SupremeMasterTV.com and ask for any subject you want. They are all free of charge and ready anytime. And should the leaders take some positive steps, then we should write to thank them also and encourage them, not always criticize and don't thank them when they do the right thing. We should have positive encouragement, you see? We have to encourage them when they do some right things and so they go further in that direction, or even better, improve.

As for the way that the meat industry is destroying the environment, our health, and the health and future of our children, and the planet eventually, the numbers, the sheer numbers, should be more than enough to shock any of us into action. Allow me to report to you a few shocking facts from the United States, your country, alone – United States alone.

1. Waste of land

Now, in the United States, an area more than nine times the size of California – nine times California's size! – is used either for growing farm animal feed or grazing livestock. It's all about animals, nothing about us. That's about one billion acres, or 80% of all agricultural land in the United States, and about half of all United States land being used for meat production. By contrast, less than three million acres is used to grow all the vegetables in the country. Imagine that!

2. Waste of water

Half of water in the United States is wasted on the production of meat. Just for comparison, 100,000 liters of water are needed to produce one kilogram of beef, while less than 1% of this amount, or 900 liters only, is required to harvest a kilogram of wheat.

3. Waste of food

90% of all soy, 80% of all corn, and 70% of all grain grown in the United States are fed to fatten livestock, while this could feed at least 800 million hungry people, sir. We have hungry people; we have children dying every few seconds because we use too much land, too much water, too much food for livestock instead of on humans.

4. Pollution

Livestock produces 130 times as much waste as the human population in the United States. Can you imagine that? A single pig farm with say, 500,000 pigs, generates more waste yearly than the 1.5 million residents of Manhattan in New York City. In Virginia State, even the poultry farms are producing 1.5 times polluting nitrogen, more than all the people living in the same area. We are killing us, ourselves. All this waste is unregulated and untreated. There's no law to regulate these and treat these things. So the United States Environmental Protection Agency estimates that agriculture, which is mostly for meat production, contributes to nearly three-quarters of the country's water pollution problems – three-quarters of your country's pollution came from livestock.

Now, in 1995 one time, one 8-acre pig manure lagoon burst in North Carolina... For people who don't know what a manure lagoon is, allow me to explain. It is where they have dug a big lake, and then all the manure and the waste – the urine and all that of the pigs – will go in there. And it looks like a lagoon, so they call it 'manure lagoon.' One time, an 8-acre large, such pig-manure lagoon burst in North Carolina, spilling 25 million gallons of this poisonous waste, twice the volume of the notorious Exxon-Valdez oil spill. We complain about oil spills, but this is even worse. Hundreds of millions of fish in the State's New River were killed instantly due to the nitrates in the waste, with further harmful effects once the contamination reached the ocean. This is just one of many incidents, sir. Not only that, we have the enormous dead zones in the Gulf of Mexico, the size of New Jersey, which suffocates all marine life there. And this is overwhelmingly due to the nitrogen runoff from the Midwest, from the animal wastes and the fertilizers for the animal feed crops. This waste is toxic. It contains antibiotics, hormones and pesticides, and 10 to 100 times the concentration of deadly pathogens like E.coli and Salmonella compared to human waste.

5. Health and economy costs

Meat causes hundreds of billions – hundreds of billions! – of US dollars in medical costs alone, and economic burdens on families and governments. Not to mention the pain and suffering of the families, of course, unimaginably great and lifelong. And all the while, we are suffering illness, losing lives, grieving over lost loved ones, family members; losing happiness; losing money due to the animal diet. We are the ones who are paying the industry to continue producing this problem, producing meat, fish and the like, with our hard earned tax money that's used to subsidize them. Ironic? The United States government could, of course, redirect the billions of dollars now spent on livestock subsidies to help farmers switch to organic vegetable and fruit agriculture. That will be a great help to your country and the health of the Americans.

The government should use these powerful tools to spread campaigns about veg alternatives, bans on meat, and laws to help people switch to organic, vegan farming and consumption. A global switch to a veg diet could even save the world governments a lot of money, as much as 80% of all the climate mitigation costs of USD40 trillion by the year 2050. That is, we save USD32 trillion in climate mitigation costs, and having a healthy vegan population is a good deal, good business deal in all positive aspects. There is a very good reason for the American government to abolish meat, fish, eggs and dairy – all the animal products altogether. We must stop animal production now and at all cost if we want to keep

this planet. I repeat: We must stop animal products right now and at all cost if we want to keep this planet.

I have always looked to the American people and their great government leaders as one of the best living examples of democracy and freedom, integrity, of our world. However, I must tell you truthfully that the meat industry is unbefitting to the greatness of your country and of the great American citizen. Don't you agree, sir? [Audience: Yes.] [Applause] Thank you. Great people deserve great things. Great people lead great lifestyles. So we have to do away with the un-great things and we have to begin the great things, for the great people, great country like America.

I pray, sir, that the ones who are aware and want to save the children will do something about it, and fast, to stop this horrendous criminal system that is killing us and destroying our planet, and that we must not allow any longer. Thank you and God bless your faith in the divine, in your leaders, and yourselves. God bless America! [Applause]

MC. *Thank You, Supreme Master Ching Hai, for sharing Your illuminating wisdom with us. Next, we have Mr. Tom Vennum, a clinical bodyworker and a vegan.*

Q. *It's so nice to see You, Supreme Master Ching Hai. This is quite an honor. I'm quite intrigued by the idea of this 'Humanity's Leap to the Golden Era' and the idea of a Golden Era being here on planet Earth. I have a question about it. It seems as time has gone on, we've evolved to a system where we've had to work to provide for our basic survival needs. [M: Right.] How will this system change as we grow into the new era? Will it be more service-based, where neighbors simply provide for one another out of the kindness of their hearts? Thank You.*

M. That would be great. That would be great, sir. Yes, that'd be great. That would be our dream world. It might happen still. Yes. It's nice to meet you, sir. You are correct. You are correct. There are systems like that exist without money, based on what I have seen in more highly developed societies in the universe, such as on other planets.

You see, our planet is not ready yet for this system. It's not the system, this or that. It's the people, the concept of life, the concept of the society has to change first, the people's concept. Once they make a switch to change into a more sociable, more neighborly, more global family-like, then that kind of exchanging system will automatically come to realization. I have seen in other planets: Only the people who are more evolved, or the concept has evolved in that direction, more like a community, global community direction, more spiritually, then they would use that exchange system with no money that you mentioned. These planets, they are inhabited by beings similar to us, but they're more beautiful. I'm sorry. [Master laughs.] Maybe because they are more relaxed. And they are vegetarian – relaxed, happy, and light conscience. So many of these civilizations are much more advanced than we are, even spiritually, even technologically, mainly because they have developed morally and spiritually to a higher level than ours. As a result, they do everything in a more effective and peaceful way.

In our world, we have to earn a living because of the need for physical survival, so we even feel bored at work in many cases. Many people, they work but they don't love their job, they are not interested, because they feel forced to do the job just to earn the money. Often because of that we are forced into some job that we don't even like or not interested or not even capable to do. So often our precious talents and gifts, natural gifts, time and freedom, are all lost in the office or in the factory, or at best, put on hold

for many, many decades until we're retired. And then we're tired to even realize our dream anymore. Or, we are too sick from the whole life long of service and being poisoned by being misled into eating meat, cigarettes, or whatever. So when we're retired, we're really tired, so all our talent, ability, energy, are lost – just for maybe a few dollars an hour. And we are the children of God. And we have talent. Many people who have talent, ability, bury their life into some other mundane, laborious job until they die, unfulfilled. You know that. Yes. It's a pity.

However, in these more developed places in the universe, everyone is secure and has enough, just like your dream world that you have mentioned. They work, but are able to choose which talents and abilities to share and contribute to the society. Because they do that so they do their best, because they do what they love to; they have choices, see? Instead of working for money, they produce for the honor and pleasure of contributing. They bring the fruits of their labor, or their talents, like their harvests or their services, to a place where they can exchange them with one another for the goods they need.

This could be a goal that our world could look forward to. These people in those societies, they can enjoy a lot of time for their leisure, and developing their hobbies and their talents, et cetera, et cetera, and discover their dormant capabilities as well. So therefore, in such a society, there are many wonderful inventions have been born. And many wonderful things happen because people are relaxed and do what they do best. No one ever worries about lacking physical necessities, so their lives are full of freedom and happiness. Doesn't that sound wonderful, sir? [Q: Yes.] Sound wonderful to anybody? [Applause] At least we can dream on, dream on. Because American people say: 'You've got to have a dream. If you don't have a dream, how would you have a dream come true?' Right? So right now we dream that our planet first be saved by a vegan diet, and then we can dream of this dream world in which everyone exercises their talents and their love for their work and creativity, instead of working hard, back broken just for money.

Now, wouldn't it be nice to have this kind of free and happy society? [Audience: Yes.] Well, if I might add, all such societies are also vegan, I told you. Their concept of life is very clear – very clear, very selfless, unconditional, very intelligent. I have not seen a single civilization so advanced and happy, joyful, that is not a vegan society. According to precedent, non-violence is, in fact, vegan, a requirement for advancing to the next levels of civilization. In those societies they only take what they need and their needs are so few. Because once we change our concept, we live a freer life. Our souls are less burdened, our hearts are more open, our minds are so happy. We need very little in life to feel contented – because we're not burdened by the guilt of murdering innocent animals. We are not burdened by the obligation to earn a living, to pay tax, to pay electricity, to pay whatever – all the basic necessities – they should be free for everyone.

Now, in those societies, they don't have this burden, so they're free to develop, and they develop so much. And so they're happy. When you're happy you don't need much. You really don't need much, because you're spiritually also fed, emotionally also satisfied. And as you notice yourself, when we're happy emotionally, or physically or mentally, we hardly need anything. Remember when you fall in love, you hold hands all day; you don't even want to go to eat anything... lay in bed all day talking nonsense together, and you're not hungry. You're happy: You feel you don't need anything. You feel you just need that place, that little room, that's enough.

Now, the taking of another being's precious life, including the life of an animal, no matter how small, certainly never happens in an intelligent and civilized society, as I have seen it. Members of such a true civilization would never oppress, torture, or murder the weak, defenseless and innocent animals that have never done anything wrong to them; but, on the contrary, treat all life with utmost respect and protection, like they would their own life. Furthermore, they don't take up their planet's resources needlessly to try to breed and raise animals for the pleasure of their fleeting enjoyment of the palate. They are frugal and sensible. Perhaps, we can someday join the ranks of the highly developed planets. Maybe we can even learn from them and exchange goods with them. There is much we could look forward to on our own planet and beyond. But first we have to save it, by being vegan – that's the only solution right now. We don't have time for anything else.

Thank you, Mr. Good-Heart for being with us, and for doing your part. [Applause] God bless you.

MC. *We are so grateful for Your fascinating vision and elevating wisdom, Supreme Master Ching Hai. Next, we have a question from Mr. Steve Ma, the founder, president and GEO of the organization Live Green, and he also is a devoted vegan. The letters 'GEO' stand for 'Green Executive Officer.'* [Laughter and applause.]

M. Oh, yeah? GEO, not CEO? Wonderful.

Q. *Hallo, Supreme Master.*

M. Hallo, GEO! [Laughter] Good invention! That's a new word.

Q. *One of the things that we do as an organization is encourage people to go to green businesses and support the business owners who are doing it right. So first I'd like to invite You to come to D.C. and we will go out to a nice vegan meal together at one of the restaurants.* [Applause]

M. Wow! It'd be my honor. God willing. Thank you.

Q. *One of the things we really like to do is point out people who are doing it right, people who are succeeding in helping us live a more sustainable way. And thankfully, there are many recent examples of people, communities, coming together to live a more sustainable way. And for instance, right here in D.C., Mrs. Michelle Obama has created an organic community garden, a vegetable garden. [M: Right.] And school children from nearby schools come by to help maintain that garden. [M: Yeah, I've heard about that.] So I want to know from You specific examples of things that we can do together as communities to really bring about a sustainable planet?* [Applause]

M. Right! Good question! Good question! Yeah, bravo to America's First Lady Michelle Obama. She is my First Lady. Wonderful. [Applause] That is a true First Lady. She has taken the lead by example. You know, in our old system of kings and queens in China and Au Lac, we call the queen, 'Mother of the Nation.' So Mrs. Michelle Obama is worthy to be called that. She has taken the lead by example. She even said that her family feels more energetic and healthier from eating the organic vegetables, local-grown. Imagine if every neighborhood in the United States had an organic veggie garden like that, for sharing fresh, healthy, vegetables with everyone.

There are reports about organic vegetable farming that it is quite profitable, and the demand for organic vegan foods now is growing faster and faster around the world. So one thing we can do is to encourage more organic vegan farmers markets. Farmers markets are more and more popular in the United States now because it's fresh, it's quality, and it's local, so there is less transportation pollution. But, interestingly, studies show that eating locally is not as good as eating vegan. For example, scientists at Carnegie Mellon University calculated that a vegan diet reduced over seven times the emissions compared to a 100% local meat diet. So you see? Eat vegan is better than eat local even, 'loco' meat. In Spanish, 'loco' means crazy – [Laughter] we don't eat 'loco' meat.

Now, in another study, Foodwatch in Germany found that switching from a meat diet to an organic meat diet saved only 8% of emissions, but switching to a non-organic vegan diet, even non-organic vegan diet, reduced 86% of emissions. So we save the planet by being vegan. Even non-organic! So actually, organic is good, local is wonderful, but the first step is at least being vegan, organic or not. Organic, of course, is the best, because when we plant all the tillable acres on our planet organically, then the CO₂, the carbon dioxide, which exists already in our atmosphere will be absorbed 40%. And the other 60%, we take care by being vegan. Then we're happy. Our planet will definitely survive.

Now, the vegan lifestyle is the greenest lifestyle. Right or not? [Audience: Yes!] [Applause] Thank you. Thank you, good children of God. Because even organic meat is actually not eco-friendly at all; it requires even more land, and more energy than the non-organic meat in meat farming. Can you believe that? So it doesn't even help to try to raise animals organically. The so-called 'sustainable,' 'free-range,' organic poultry, for example, needs 20% more energy and has a 20% higher, bigger impact on global warming than non-organic poultry farms. Think about that. So we've been misled all the time. This is a terrible thing about this negative power in this world. It makes us believe things that are not good for us at all. From now on, we have to try to do research and believe only what's good for us. And we have to research until we really find that this news, this information, is truly reliable and believable by example, by proof. Otherwise, just don't listen to anything anybody else says if they don't prove it.

Similarly, organic eggs were found to have a 14% higher carbon footprint than non-organic eggs. So there we are. And even though you don't use fertilizers, the benefit could be cancelled out because of the increased land use. Therefore, only the vegan lifestyle is truly sustainable. Now, once we become vegan and urge others to join through grassroots seminars, flyer distribution, letters, emails, whatever, we could practice sustainability in other ways. As I have suggested before, we could plant organic vegetables and trees. Better still are those fruit trees and nut trees, and those vegetables or legumes like beans and stuff that need little water. That, we can do research to know which ones need less water, because right now we're short of water as well. We're short of everything right now. So we should be frugal not to waste precious energy and water, use our own shopping bags even. We encourage sustainable energy development. And we can write or talk to the government and the media, and the farmers even, because we really do need all the help from the government, from the media, to accelerate the trend. Another good way to quicken our movement to a sustainable planet is to generate more positive energy: Do good deeds and be loving and kind. Expand our loving quality. This is what will create a shield, invincible, to protect us and the planet. Finally, we can pray that divine power manifests on Earth to awaken leaders, media, influential people, and all the world citizens to take the right steps to preserve our planet, and fast – fast before it's too late. Because at this point, we do need heaven's intervention to save our planet. Not to pray to them to

protect us; just to pray so that they awaken everybody to the solution of the vegan diet, because that is the solution that will save our planet. If we can do these things, starting with being veg, we would realize not just a sustainable planet, but a real paradise of peace in our lifetime.

Thank you and heaven bless you for being a vegetarian, a handsome vegetarian.
[Applause]

MC. *Thank You, Supreme Master Ching Hai, for sharing Your most wonderful and insightful answers to these thought-provoking questions. [M: Thank you.] [Applause] Our final question for today comes from Ms. Julie Johnson, a teacher, adult educator, and former Coordinator of Environment and Sustainability Programs at an independent boy's school in Canada.*

Q. *Supreme Master Ching Hai, I'd like to say hallo from Canada. My husband and I are visiting from Canada and I know there are lots of Canadians helping out with the conference today. [M: Hallo!] And we'd like to let You know that You're a climate hero in Canada, as well as here in the States, so thank You for that. [Applause]*

M. Climate hero, I like that. I like that, but I would like to save that title for all the people in the world who are doing more than I do and who are trying more than I am in their own way to save lives. By the way, I also thank them from the bottom of my heart for this opportunity. [Q: Thank You.] Thank you, all of you, for being heroes.

Q. *Yes, thank you, all of you. [Applause] Supreme Master, there are so many inspiring teachers in this world, from many walks of life and these educators treat children as whole beings, and in addition to teaching skills and knowledge, they also instill good values in our children. And I'm wondering, how will noble, loving education help to usher in the Golden Era?*

M. Good, noble education. Hallo, Canada. I've been in your beautiful country and met the kind people of Canada. Very safe country. Also, because your country is peaceful, makes no enemies anywhere. When you don't provoke people, then you are at peace. That's a good example, you see? Canada is a good example of 'as you sow so shall you reap.' Your country only helps people and is being friendly to all nations, therefore, your country is always at peace and the people are happy. But it's cold, very cold. Even then, people are happy. They're not going anywhere, they stay there.

So now, I like your expression very much: 'Noble, loving education.' And it is true that we are indebted to all the inspiring teachers whom we are honored to learn from throughout our lives, especially the teachers who impart the moral values as you mentioned, and a virtuous way of life; who help to nurture the citizens of the world to do good deeds selflessly; who treat others with kindness and fairness; and take care of the weak and the less fortunate. If we have more such teachers, our world could become a heaven. As the famous American historian Henry Adams said, I quote him: 'A teacher affects eternity.' Even eternity, not just one lifetime, a good teacher. A teacher affects eternity; that's something to think about.

The best way, I think, is to start with a spiritual foundation, because spiritual practice includes the basic moral and social standards. I think all the schools on our planet should include spiritual and moral standards in our school curriculum. Because that's what's lacking, deeper subjects. Not just saying, 'Okay, I go to church or I give a little to charity,' which don't always even mention in the school.

Now, the basic moral and social standards we must instill in the children at a young age and provide the inner support they can always lean on throughout their lifetime. A study in Canada, your country, showed that children who have spiritual path are happier. Furthermore, meditation helps children to become calmer and more focused. For example, in the United States, some studies were conducted in schools that taught children how to do simple meditation, and they reported very good results, such as less anxiety, better mood, more attention span. Such kids grow up to be the helpers and strong leaders of our societies. Now, another important part of a noble education, as you mentioned, is to encourage the children's already God-giving loving nature. Actually, all the children, not just the Indigo or Crystal children, are born very sweet and loving and innocent; and they do have connection with God up to the age of three or four. There was a very touching story, a true story; a mother told the story of her two children talking to each other. One child is a girl, she's four years old, and the other is one year old, laying in the crib still. And the four-year-old girl asked her younger sibling, 'Please, can you tell me what God is like, what God looks like? I began to forget already.' That made me cry so much when I first heard about it. 'Please tell me what God is like, I began to forget already,' the four-year-old tells the one-year-old.

And now, we come back to Earth. We have to teach the children to be protective and loving to the innocent lives, like the animals, the helpless, the defenseless, the innocent. The blessing, actually, to our planet, are the animals. This gives them a close affinity with animals since a young age. We have to teach them the value of loving kindness to others, especially to the animals. It is up to us to not suppress or deny them their love for the animals. When we feed our children animals' meat, the children, of course, become anxious and restless, because it goes against their natural instinct. We put violence into their tender body when we should teach them the best example of loving kindness and compassion. It's not just the physical, but subconsciously, in being given meat, they learn something very conflicting with their own care for the animals and love in their own heart, and clashing with everything else they are taught about being loving, being kind, not harming others, not killing others if we ourselves don't want to be harmed or to be killed, treated badly in the same way. We teach our children to be kind, to be loving, to be non-violent, but we feed them the very symbol of unkindness, of violence. That is the piece of animal flesh that we force into their tender body, by force sometimes. If you notice many little babies, when you feed them meat they often spit it out, and then we take it back, forcing them again, again and again until they get used to it and cannot do without. And then they grow up teaching their children the same way. Isn't that a pity? Very sad affair.

But it's not really the parents' or the teachers' fault; it's not our fault, because we ourselves were taught the same, as I have told you, from generation to generation, one leading the next, because we have no time to do the research on the reality of the harm of the animal diet and the benefit of the vegetarian lifestyle. See? Now, we must take time to do it. This is truly a tragic education that has been passing on to us and we have been passing on to our children. We shut off our sensitivity to the suffering of the animals and let ourselves forget that we are degrading ourselves, our true God-like, compassionate and innocent selves. We damage our body, our intelligence and we are killing the planet.

Now, all it takes is a noble teacher, a parent – one noble role model – to nurture in our children what they were born knowing: That we love and care for all living beings as we would ourselves. That is the only philosophy. And that is the only true, noble way of living our lives. If we cannot teach that all life has inherent, precious value, then we may wonder what is worth teaching. Jesus said that above all else, we must love one

another as ourselves. The Talmud said, 'The greatest wisdom is kindness.' The Buddha taught us to uphold compassion, and the Qur'an reminds us to show mercy to all creatures. The Prophet in the Qur'an had stated that: 'Allah will not give mercy to anyone, except the ones who give mercy to other creatures.' It's very clear. Prophet Muhammad, peace be upon Him, also told His cousin, 'Oh Ali, don't eat meat, don't eat that.'

So since human history began, we have been reminded by the great and compassionate teachers, like Mahavira, Jesus Christ, Moses, Buddha, Prophet Muhammad, Guru Nanak, et cetera, et cetera, and many other great teachers who have helped to uplift us already, time and again, to a more civilized way of living with one another. And if we study carefully their message, and their own practice even, at the basic core of the civilized life they taught is the peace-loving vegan diet. That's the beginning of everything else: That's the beginning of the moral building block; that's the beginning of spiritual upliftment; that's the beginning of a peaceful society. If we can provide this same most basic spiritual and moral foundation for our children, then we are doing our part in 'noble, loving education' that you mentioned, and it is certain that we will usher in a Golden Era.

Thank you and all heavens love you for being vegan! [Applause] And your husband. God bless you. Thank you!

MC. *And thank You, Supreme Master Ching Hai, for Your answer. And we want to say that You are one of the most inspiring teachers in this world! [Applause]*

M. Thank you. Thank you. Thank God for blessing me with such privilege. I really thank heaven every day that I'm in the position to be able to contribute some humble goodness to the society. And thank you for being a good audience, thank you for your good questions. [Applause]

MC. *That completes our formal question and answer session. Supreme Master Ching Hai, is there anything else You would like to tell us?*

M. A few words of thanks and goodbye. You see, I am grateful also for the questioners because their questions are very, very thought-provoking, very enlightened, very concerned, very loving. Their enlightened questions, their sincere attention, support and love for the planet give me the inspiration to give a good answer. They said 'good answer' is because of good question. And most of all, I appreciate all of your willingness to join hands in helping ensure the future, for our world. If we act now and together, while we still have a chance, and we still have some time, we can step into a world of our most splendid dreams, and beyond. Thank you for the good questions. [Applause]

I would like to thank again all the inspirational speakers, dignitaries, and participating guests for your many and valued contributions to the world. I also send my appreciation to the organizers for making this conference possible and successful. [Applause] I can imagine how much hard work, dedication, and loving kindness has been put into this conference in order to make it as beautiful as it is. And because of that we have all the beautiful supportive, lively, good-looking audience. Thank you. [Applause] And I salute the gracious hosting nation, America, [Applause] as well as the capital of the great nation Washington, D.C.. As the speakers have said today in so many ways, we must all rise to what is needed by the planet now, and to what we know we can be. The time has come for us to change, evolve, grow and stand tall as the rightful crown of creation, the benevolent rulers and protectors, and heaven's children on Earth. I pray that each of

us may walk away from this important event much more encouraged, much more knowledgeable, and readier than before to go forth in the direction of righteousness, justice and love. Together, let us make the unprecedented leap to the Golden Era, to the time of compassion, harmony, kindness and true peace that awaits us. I know that we can do it. Yes, we can, right? Yes, we can. [Audience: Yes, we can!] [Applause] I am positive that we can do it and I believe the Americans will be standing as one, blazing the trail to our shared wondrous destination. God bless us all. God bless America. God bless our world. Love you. [Extended applause.] Splendid people. Wonderful people, thank you so much. Thank you so much. I'm also standing for you. Thank you, thank you so much. Please be seated.

MC. *Supreme Master Ching Hai, we have a special presentation for You from Mr. Ly Kien Truc (LKT), President of the Vietnamese American Media and Artist Association, Orange County, California.*

M. Wow, let me fly over in a minute! [Master laughs.]

MC. *Please give a warm welcome to Mr. Ly Kien Truc. [Applause]*

M. Well, thank you, thank you. Thank you.

MC. *This inscription reads: 'On behalf of all the people inhabiting this green world, I would like to thank you, the organizing committee and the Supreme Master Ching Hai, for all your compassionate work. Ly Kien Truc.' [Applause] [M: Thank you.] Ly Kien Truc is a journalist and President of the Vietnamese American Media and Artist Association, Orange County, California. [Applause]*

M. Thank you. [Applause]

LKT. *Good evening, the Supreme Master Ching Hai. [M: Good evening.] Good evening, everyone. I am Vietnamese. I am a journalist. The Vietnamese community is in Orange County, Southern California. I am very happy and honored to be here and I thank You very much, Supreme Master Ching Hai.*

M. I thank you. [Applause] Thank you very much, Mr. Ly Kien Truc. I wish your family good health.

MC. *Many thanks for your thoughtfulness, Mr. Ly Kien Truc. Your work as a dedicated journalist is appreciated.*

M. Yes. I send my love and regards to all the journalists at home there, and my best wishes and regards. And thanks for the award, thank you. God bless you. [Applause] In case you didn't know, he also opened a vegetarian restaurant. Please visit. [Applause]

MC. *Supreme Master Ching Hai, we are very grateful for You sharing Your time and Your wisdom with us this afternoon. Before leaving us, would You like to share a final message? [Laughter]*

M. I thought everybody should go and have a vegan gourmet dinner. [Laughter and applause.] Are you hungry? [Audience: Yes!] Okay. I just want to say thank you again. God bless you all and God bless great America. Thank you so much. Please tell me we can be veg, go green, do good deeds, and save the planet. Say yes. [Audience: Yes!] [Applause] So be it. Bless you. We will save the planet with your help. Good night, I love

you all. God bless you. God bless us. God protect the planet. See you sometime. So long, and much love, love – love from my heart. [Applause] [MC: We wish You all the very best, Supreme Master.] I wish you all the best also, my love. Bye-bye, love.

MC. *We would like to also thank our two talented American Sign Language Interpreters Miss Bevin McNamara and Miss Andrea K. Smith. [Applause] Their diligent work has helped the hearing impaired enjoy this very special conference. And our special thanks to Supreme Master Television for sharing this conference with viewers around the world. Inspired by Supreme Master Ching Hai, and with headquarters in Los Angeles, United States of America, Supreme Master Television broadcasts constructive programs with subtitles in over 40 languages.*

Ladies and gentlemen, this concludes our 'Humanity's Leap to the Golden Era: Washington, D.C. Climate Change Conference.' Wishing all of you ever greater happiness, health, and a long, joyous future! May heaven be with you always! Bye-bye! [Applause]

THE CAUSE AND EFFECT OF CLIMATE CHANGE ⁴

Greetings, honorable magistrates, esteemed judges, respected assistants, noble ladies and gentlemen.

I am deeply honored and humbled by the invitation to participate in this special occasion, inaugurating your new program, the 'Diploma Participation in Environmental Rights.'

As a fellow concerned citizen of this world, I offer my congratulations and gratitude for this sincere endeavor that demonstrates your high degree of care and dedication to the environment and our world. May it strengthen your ability to carry out what is most just for all beings on this planet.

Today, I am very honored to offer my humble contribution toward your wise rulings by sharing some of the newest scientific evidence about climate change and its most urgent cause.

Climate effects and threats

We have signs of imminent crisis that are evident in all corners of the world. First, storms have nearly doubled in intensity over the past five years, as we can see in Mexico's own recent hurricanes and floods, which left damage, trauma and grieving families. Meanwhile, sea levels are rising and at a faster pace, with at least 18 island nations that have completely disappeared and many more coastal areas continually threatened. Once towering glaciers are receding so fast that over two billion people are already short of water and food. Many more suffer shortage as tens of thousands of rivers and waters are gone or drying. Mexico herself is currently undergoing the worst drought in nearly 70 years. With 300,000 fellow human beings now dying each year due to climate change, more than 20 million have been displaced as climate refugees. Scientists also worry about the billions of tons of methane sitting beneath the now-melting Arctic permafrost and the ever-warming oceans. Just a fraction released from either one could trigger mass extinctions.

4. Videomessage to the Association of Mexican Magistrates Pro Environment Justice, Mexico City, Mexico, October 29, 2009 (Originally in English). * Note: This conference is recorded verbatim only the video presentation by Supreme Master Ching Hai.

The cause

What causes these damaging changes? It's not cars, ships or planes. It is not coal plants, and it's not even all the smoke-spewing industries in our world. The number one cause of global warming is: Livestock.

Recent research tells us that livestock raising is responsible for more than 50% of the world's greenhouse gas emissions. Livestock is the single largest source of human-generated methane, a greenhouse gas that traps at least 72 times more heat than CO₂, as measured over a 20-year period.

The good news about this heat-trapping methane is that this gas is also more short-lived than CO₂ and disappears very quickly by comparison. CO₂ (carbon dioxide) stays in the atmosphere for thousands of years, while the lifetime of methane in the atmosphere is only about 12 years. In other words, methane does much more damage in the short run but if we stop it, we will be able to reverse the trend of global warming very fast. Therefore, to rapidly halt global warming, to halt the emission of methane, we must stop its number one source: That is, livestock breeding.

Livestock

Now, we talk about livestock. Livestock raising is responsible for countless adverse environmental effects, each of which further aggravates global warming. According to the United Nations and other studies, livestock raising is known to cause the following devastating effects:

Deforestation

Livestock raising is the single largest human use of land, and the main reason for deforestation. Since 1970, livestock production has been responsible for 90% of the Amazon deforestation, to clear land for pasture and grow animal feed crops.

A rainforest area the size of a football field is destroyed every second to produce just 250 hamburgers. Scientists warn that if we continue on this damaging path, the Earth's forests will soon stop absorbing greenhouse gases, and instead will start to release huge quantities of carbon dioxide. Moreover, deforestation for livestock activities also produces black carbon. Black carbon is a greenhouse particle that is 680 times as heat-trapping as CO₂, and causes the ice sheets and glaciers around the world to melt even faster. Up to 40% of black carbon emissions come from burning forests for livestock.

Soil erosion and desertification

Over 50% of the world's soil erosion is caused by livestock, which along with deforestation leads to desertification.

Biodiversity loss

Livestock is the leading cause of animal and plant extinction due to land degradation and other habitat-destroying effects. The livestock industry is killing off our beautiful wildlife, including Mexico's own.

Deadly pollution

Of all sectors, the meat industry is the biggest source of water pollution. Excessive and unregulated animal waste, chemical fertilizers, pesticides, antibiotics, and other livestock-related contaminants choke our waterways and create oceanic dead zones, such as the massive one in the Gulf of Mexico.

Disease

Over 65% of human infectious diseases are known to be transmitted by animals. The filthy and inhumane conditions of factory farming harbor lethal bacteria and viruses such as avian and swine flu, which we all know is a pandemic continuing its global deadly toll.

Food waste

Livestock uses up to 12 times the amount of grain as the same amount of vegetable protein. About 730 million tons of the world's grain harvests are used to produce animal protein. This could feed all the hungry people, numbering one billion in the world, and many times over.

Water waste

It takes over 1,200 gallons of water to grow one serving of beef, but only 98 gallons of water for one complete, nutritionally balanced vegan meal. While 1.1 billion people lack access to safe drinking water, we waste 3.8 trillion tons of precious clean water each year for livestock production.

Energy and resource waste

Animal products require eight times as much fossil fuel energy to be produced, compared to vegetable products. A study found that meat and dairy production in Mexico use the most agricultural supplies and resources in the country, and this is reflected elsewhere around the world as well. All the evidence speaks so loud and clear. If these resources – land, water, and grain – were turned instead towards the direct support of human life instead of livestock, what a different world we would have.

Respected climate scientists including Dr. James Hansen of NASA, Dr. Carlos Nobre of Brazil's National Institute for Space Research, and Dr. Rajendra Pachauri, head of the United Nations Intergovernmental Panel on Climate Change – all have stated that reducing meat consumption or becoming vegetarian would be an effective solution to global warming. That is, we have to live an animal-free lifestyle, a compassionate lifestyle.

Now, I will present just some of the many benefits of a vegan organic diet.

Veg benefits

First, the land for grazing and feed-growing could become forests that help reduce global warming. In addition, if all tillable land were turned into organic vegetable farmland, not only would people be fully fed, but up to 40% of all the greenhouse gases in the atmosphere could be absorbed. This is in addition to the elimination of over 50% of emissions caused by livestock raising. Therefore, in sum, we eliminate most of the human-made greenhouse gases by simply adopting the animal-free vegan organic lifestyle. This also leads to considerable financial savings for world governments. It has been calculated that by shifting to a vegan diet, the

world's governments would save USD32 trillion by 2050, or a full 80% of total climate mitigation costs.

Finally, of course, there are the excellent health benefits of the vegan diet, which has been shown to prevent cancer significantly. It prevents and reverses heart disease and diabetes. It boosts the immune system, extends longevity, and preserves the health, intelligence, and calmness of the adults and children alike.

In closing, honorable sirs and madams, the great country of Mexico has always looked toward advancement in her environmental actions, and are planning to be at the forefront to combat climate change and protect the world. The Mexican Constitution even states that 'all persons have the right to an environment appropriate for their development and well-being.' Bravo. At this most urgent time for the planet, I beseech your honorable graces to please help your country and our world spare lives from the impending global warming calamity. If you don't, there will be too massive a catastrophe, too immense a suffering upon people, families, the children, that our conscience might never be able to bear it.

I can only honor you with the truth when I say that we must become vegan to save our planet. We cannot wait for the sustainable energy and green technology to be available and used by everyone. It would be too late. I call upon the courage of all counsel present, with the authority and power vested in you, may you lead your co-citizens toward the noble, virtuous, life-saving, and planet-sustaining path.

Thank you for your attention. God bless you all. God bless us all. God bless Mexico. Thank you. Muchas gracias.

VEGAN ORGANIC FOR PROSPERITY AND TO SAVE THE PLANET FROM CLIMATE CHANGE ⁵

MC. *So many people, both dedicated professionals and volunteers, have been involved in the preparation of this event. Many of us are aware of what climate change means to our beloved country through the significant impact it is already having on our daily lives. Recent occurrences of earthquakes and mudslides in Indonesia and neighboring countries show the seriousness of this problem. Scientists are also providing confirming evidence of the unstable and dangerous situation in which our planet finds herself.*

Next on our program is the highlight of today's seminar, a videoconference with our most beloved Supreme Master Ching Hai! [Applause] We are sure that Her honorable presence in this seminar will help to elevate the consciousness of the people in Indonesia and of viewers around the world.

Supreme Master Ching Hai is a renowned humanitarian, spiritual Teacher, poet, composer and highly accomplished artist. For over two decades, She has devoted Herself to helping people in need around the world and to promote an ecological and compassionate lifestyle. For Her tremendous philanthropic contributions, in 2006 She received the prestigious Gusi Peace Prize Award, which is equivalent to the Nobel Peace Prize of the East – just one example of countless awards She has received for Her worldwide humanitarian works. A more recently, Supreme Master Ching Hai has provided support to the victims of many of the natural disasters occurring with greater

5. Videoconference with the Indonesian people at the 'Vegan Organic for Prosperity and to Save the Planet from Climate Change' Conference, Jakarta, Indonesia, October 22, 2009 (Originally in English). * Note: This conference is recorded verbatim only the question and answer session with Supreme Master Ching Hai.

frequency around the world. Indonesia has always had a special place in Master's heart. Whenever there was a disaster in Indonesia – be it a tsunami, a typhoon, an earthquake, or a flood – Supreme Master Ching Hai has always sent an immediate donation and relief team to ease the suffering of our Indonesian people.

Supreme Master Ching Hai has been invited to many international conferences to discuss global warming with scientists, politicians, journalists, and many leaders from around the world. She has shared with them, and the public, the easiest and the most effective way to solve global warming, which has been supported by the United Nations and many other authorities and scientists as well. Supreme Master Ching Hai has been invited as guest of honor to attend this most meaningful event, and we are very, extremely, happy and honored that She can join us today through a videoconference.

Ladies and gentlemen, let's now welcome Supreme Master Ching Hai with a warm round of applause! [Applause] Hi, Master, how are You? You look lovely today!

M. Hi. Hi, hi. Hallo, everyone!

MC. Yes. Hi! Thank You for joining us today!

M. Thanks for having me. Thank you. God bless you. God bless all of you. God bless Indonesia.

MC. Thank You, Master! [Applause] Supreme Master Ching Hai, before we begin our question and answer session, would You like to share some of Your thoughts about climate change with us?

M. I'd be honored to join you today. And I'm sure all of us already know, through the distinguished guest speakers, through their contribution of knowledge to our dire situation of the planet, but I'll be glad and honored to share a few thoughts. I hope everyone is okay. How are you? Are you okay? Feel good? [MC: We're really good, thank you, Master.] [Applause] Splendid. Splendid. I will try some Indonesian, like 'Senang bertemu Anda!' (Nice to see you!). [Laughter and applause.] [MC: That's really good, Master! Nice to meet You too, Supreme Master!] I'm very honored to be here today and meet the beautiful people of Indonesia again, since a long time. And, of course, my heart would like to give the best of thanks to all the distinguished guest speakers, dignitaries and audience members, as well as the media, for your participation and support.

Indonesia, your country, is an amazing nation of many islands, beautiful, beautiful, with a variety of ethnic cultures that are harmonized through your national motto: 'Unity in Diversity.' Beautiful motto. [Applause] Yes, beautiful. Your land is also richly endowed with natural wonders, and a myriad of colorful living beings who live in the forest and beneath the seas around you. I was so sorry to know of the earthquake disaster recently that struck your communities. I had conveyed my humble prayers and some humble emergency support, and I'll continue to pray for the safety of your people, as I do for the rest of the people of the world.

On this shared island in space we call 'Earth,' we have been abundantly given everything we need, but we must care for it while we still have the chance. Specifically, it is time to protect Indonesia. Protect her oceans and lush forest – the largest of all in Asia, is in Indonesia. I pray that through this important event, all of us will be further motivated to preserve the beautiful country of Indonesia as one of the jewels of our

planet. So I convey my best wishes for a successful conference today. In just a few days, scientists from the United Nations Intergovernmental Panel on Climate Change will be meeting in Bali. That's another beautiful place in your country. I have been there. [Applause] May this gathering, significant in its own way, serve as a push for genuine concern for the momentum that we need to save our planet in time. May Allah bless you all. May Allah bless Indonesia. Thank you ever so much! [Applause]

MC. *Thank You, Supreme Master Ching Hai, for Your insightful words. And we would like to thank You for all the humanitarian work that You have done for Indonesia, for so many people in so many places. [Applause] We now begin today's question and answer session with Supreme Master Ching Hai. Now, our first question is coming from Mr. Budiharto, a wildlife activist at Cikananga Sanctuary. He is also a Shining World Compassion Award recipient for his compassionate work with animals.*

Q. *Dear Supreme Master Ching Hai, good afternoon. [M: Good afternoon.] Honored Master, most of my daily meals are vegetables, although in fact I have not yet become a pure vegetarian. I do not eat meat because I am an activist in the wildlife rescue center and so automatically I am an animal lover. After reading books and magazines given by You through Your Association members in Indonesia, and also after I received one of Your awards, the Shining World Compassion Award, I understand more why people must be vegetarian to save the world. Respected Master, my question is: Please share ideas with us here on how to make the vegan lifestyle become more and more popular in our society and to become a new positive trend for all levels of society. Or, in other words, how can the vegan lifestyle become more widely accepted in Indonesian society? Because I feel that the vegan lifestyle is still only being adopted by certain communities. Thank You.*

M. Thank you. Thank you, Mr. Budiharto. 'Budi' included – 'Budiharto' – your name means you have Buddha in you. 'Budi' is a Buddha. [Master and audience laugh.] You look like a Buddha also! First of all, thank you for your caring work on behalf of the wild animals. God bless you for that. I'm glad to be able to tell you that with all the available foods and recipes nowadays, it's very easy to be vegan. You can do it; I'm sure of that, now that you know why. Like most of the people of the world, you are not informed about the reason and the cruelty behind that harmless looking piece of meat that we consume. It's just another step in expressing your love for the animals, to be veg, which I can see is already very great.

Your question is how to make the vegan lifestyle become more and more popular, as a positive trend for everybody in the society. Yes, that is surely the ideal, the goal, Mr. Budiharto. This is what we are working to do, through Supreme Master Television and the efforts of our Association members, airing programs and news about global warming and the vegan solution to benefit the people and the planet, as well as the distribution of information to reach the media and government representatives. If the governments recommend the vegan diet to halt global warming, you can imagine the level of response! But we can't afford to wait for the government or anyone else to create the trend. So we start it now, first, by becoming vegan ourselves, individually, and then letting everyone else know how easy and beneficial it is. Do you know some of the vegan advantages, Mr. Budiharto? Okay, I'll tell you. There are really so many, I hardly know where to start. But I will list here just a few, for you and the audience.

1. Fitness: A study in India conducted using a cardiovascular fitness test on both vegetarian and non-vegetarian teenagers, found that the vegetarians had greater endurance and fitness than the non-vegetarians.

2. Performance: Vegan United States ironman tri-athlete, Brendan Brazier – very famous – made a mix from the veg ingredients of hemp, dried pea and lentil powders, that's all... with all the necessary amino acids to make a complete protein. Brenda says these simple ingredients provide energy that has sustained him through many medal-winnings, with quick muscle recovery between the events.
3. Strength: A Belgian study measuring athletic ability found that vegetarians could complete a weight-lifting exercise 69 times, while the meat eaters averaged only 38 times. Almost half. In Denmark, scientists compared the exercise stamina of three different diets, discovering that those who ate meat, milk and eggs, fish were only able to last 57 minutes. Those who consume meat and vegetables were able to continue for 114 minutes. That's better already, yes? But, the vegan diet, a person who consumes only vegan diet, consisting of grains, vegetables and fruits, increased stamina to 167 minutes!
4. Endurance: A test at Yale University in the United States compared the endurance of meat-eating athletes and vegetarians who normally did not even do any exercise at all, a normal person. Each person was given tests such as seeing how long they could hold out their arms like this. Only 13% of the meat eaters, 13% could hold their arms out for more than 15 minutes, and none of them reached 30 minutes – none! By contrast, over 68% of the vegetarians exceeded 15 minutes. Nearly 50% went over 30 minutes, and 28% went over 60 minutes, and one person, one vegetarian person, was able to last for more than three hours, [Applause] compared to 15 minutes even. Yes, not even 15 minutes. The meat eater could not even last 15 minutes.
5. Intelligence: Scientists in the United States measuring intelligence in children found that the IQs of vegetarian youths are significantly above average. And another study similarly of over 8,000 children conducted in the United Kingdom, England, discovered also that those with higher IQs at the age of 10 were more likely to be vegetarian as an adult, like, around 30 years of age. So we also know of many prominent vegetarian and vegan historical figures known for their mental brilliance. The great mathematician and philosopher, Pythagoras was vegetarian, as well as Albert Einstein. We all know who they are, right? Yes.

There are other simple joys to the vegan lifestyle, such as not having to worry about elevated cholesterol and, in many cases, we can even forget about heart disease and cancer. So once we are successful in being vegan ourselves, with organic vegan being even better by the way, we can start inviting others to join us. Ask your friends and colleagues over for dinner and lunch, and introduce them to vegan dishes along the way. They can see for themselves how tasty and healthy it is. We can also pass out flyers that show the health and environmental advantages of being vegan, complete with all the famous, smart, beautiful and strong examples of vegan, like movie stars, athletes, fitness training gurus, et cetera, et cetera. Meanwhile, you also can write to the government, schools and other important organizations to let them know the urgency of our climate, and the importance of being veg, with any materials you need freely available from www.SupremeMasterTV.com. Or, please ask our Association members to help you.

Besides the positive motivation for being vegan, you are helping address a very real need in our world at this time, Mr. Budiharto. This is because our entire Earth is continuing to heat up from global warming, which scientists say is primarily caused by

greenhouse gases emitted by the animal farms for the livestock industry. This activity of killing animals for meat has grown to vast proportions in many parts of the world, outside of our eyes, causing immense suffering for countless animals, causing sickness to us humans, especially the children and the elderly, along with land and water pollution, massive deforestation, loss of habitat for wildlife, which you try to protect, and human diseases that include bird and swine flu, mad cow disease, et cetera, et cetera. Meat production also meaning fishing. After billions of these underwater animals have been snatched from their homes and killed en masse, our oceans are now gravely imbalanced. The cumulative impact of all these destructive activities is really beyond measure, and experts such as the United Nations Intergovernmental Panel on Climate Change are continually revising their forecasts as they realize the Earth's decline from global warming is occurring much, much faster than anyone previously thought or predicted. Stopping meat and dairy consumption and fishing, poultry – all the animal products – is the fastest and most effective way to cool our planet and halt these dangerous changes.

And now that we also understand the immeasurable benefits for the organic vegan diet, we can simply step forward and implement this solution which offers not only better personal health, but literally can save the entire planet, the entire world. This is how we continue to make the vegan lifestyle more popular. So please join us, Mr. Budiharto, and become part of the trend to save our world. [Applause] You can always ask for our assistance from different centers.

- MC. *Thank You, Master, for Your wise answer. Our next question, Master, comes from Ms. Hira Jamtani. She is a policy analyst and a writer on sustainable development and environmental issues. She is also a consultant for the Special Assistant to the Indonesian Minister of Environment.*
- Q. *Dear Supreme Master Ching Hai, what is the farmer's role, especially small farmers in poor countries, in this entire spiritual and ecological movement concerning the vegan society? Can we help them so that their life will be more prosperous through this movement? Thank You.*
- M. Thank you, madam, for your time and your concern. Good day to you. Yes, the small farmers have an important role to play. You're right to be concerned and want to help them, especially during this urgent time and in the future. They have a role in the veg trend to feed the world with nutritious and sustainable plant-based food. And wherever possible, all farmers should become organic vegan farmers to help restore the planet to a healthy balance, while improving people's health and helping to stop the suffering of both humans and animals. I pray this will be the multifold, noble role of all the farmers of the world.

The climate scientists are advising us that we must cut our meat consumption if we want to save the planet. Because the animal farms are too inefficient, too costly, depleting natural resources, polluting the environment, creating huge medical costs, water shortage, world hunger, and conflicts. In contrast to animal raising, growing organic vegetables, fruits and legumes yields more and better nutrition, is harmonious for humans, animals, and the environment, and is more profitable. Organically farmed soil is also healthy and even absorbs a lot of the greenhouse gases from the atmosphere. In fact, if tillable land was globally used for organic farming, it would absorb 40% of all greenhouse gases at least. Can you imagine? 40% would be absorbed by the organic farming method, then we have another 50% that would be cut off by abolishing the

animal industry. Then our planet will be healthy. Very simple, logical, scientific and quick.

Contrary to some beliefs, organic farming is quite profitable, and especially for small farmers. We have examples everywhere and we have shown some of these examples on Supreme Master Television, where the farmers, just sprinkle the seeds on the land, that's it. No water needed, no fertilizer needed, not much work to do even. They just sit there and wait for the rain to come, or even not rain much, then they will harvest, and harvest in abundance.

Now, we have also multiple studies in the United States, India, and New Zealand. They all have confirmed this, that some of the reasons for the greater profits are that the production costs are lower than conventional farming. There are more crop varieties that could be rotated, such as corn, soybean and alfalfa. Also, the organic system is naturally more resistant to drought than conventional farm systems. In the United States, crop yields were at least the same and even up to three times higher than normal after the switch to organic, vegetable farming. Can you imagine? We harvest three times more, on the same piece of land if we do organic farming. At the same time, the environment is more protected, the produce is healthier and tastier. The good news is more and more people are realizing the many benefits of organic, vegan products, making it a trend in many countries and many cities, including Indonesia. Besides, we are facing a food shortage with high food prices. Small farmers can help us develop our economies in a better direction that is no longer dominated and hampered by the meat industry.

The United Nations announced that as of 2009 the world is now seeing the highest number of hungry people in four decades. To be exact, there are 1.02 billion people with not enough food in the world. Hungry. 1.02 billion people are hungry in the world right now. That is one in every six persons, including children, the elderly... women. While we are sitting here in safety and comfort, and have sufficient food for ourselves and our family, our neighboring people, our world co-citizens, more than one billion of them, are living in poverty, in hunger, in thirst. No sufficient water, no clean water, no food to eat. Children are dying every few seconds. Statistically, every five seconds one child dies of hunger. I'm sorry to inform you of all this bad news, but I guess some of you already know and the truth has to be told.

Organic vegan farming is also part of the solution to solve hunger. Small farmers have a spiritual role in veganism as well. The vegan diet itself is a spiritual movement because it is the single most effective way to expand our human compassion, and noble quality, and loving quality. It can reverse the cycle of violence and bad karmic retribution, 'As we sow so shall we reap.' And it places us within a circle of love, protection, and mercy from any negative happenings in the physical realm. So the vegan organic farmer supports countless others to have this great merit by providing them with food that has minimal, or is free of violence, and through that he surely gains many spiritual merits himself. In many cases, organic farming is not different at all from conventional methods. Not much. So besides some labor, the technologies to become organic vegan don't require a lot of investment. But in case the farmers need help, the government can provide, because the government subsidizes the meat farmers anyway. So instead of subsidizing the meat industry, we subsidize the organic farming industry. So the government can give them vegetable seeds and training on better ways to farm without using chemical fertilizers, because sometimes the farmers are just not well informed about the harms of livestock raising, or the chemicals or the fertilizers or insecticides. They are not informed about a better way to grow vegetables and make more profit. The

government can help them implement the measures to conserve the land and improve the quality of their products so that their buyers will trust in them, et cetera. The government can also set up a certification and quality standardization system to further promote the organic vegan industry.

Now, regarding your question on how we can help the small farmers, we can ask the government to support them in becoming organic vegan, by letting them know that this is what the citizens want, and this will save the world. We can encourage our supermarkets, our schools, our companies, et cetera, as well as consider this healthier, more practical way of nourishing people. Ultimately, as consumers, we, the ordinary citizens, have a lot of power in our hands, and it's up to us to create the demand for the right foods and boycott the wrong ones – the harmful foods, the dangerous foods to us and to our children, the foods that are leading our planetary home to destruction. Instead, we should choose to buy organic vegetable and fruit products to save our lives and those of our families, save the animals and the planet. Even if organic vegan is not yet possible or available to you, the most important first step is to stop buying and eating meat, fish, eggs, dairy, and any animal products for you and for your family's sake, for the natural resources' sake, and to plant the seeds for a better agriculture system for everyone. In this way, not only can all the farmers prosper – we help them in this way – but everyone will prosper and enjoy a long and thriving life. Thank you, Ms. Jamtani, for your very considerate question. [Applause]

MC. *Thank You, Master, very much for Your answer. And now, we have a question from Mr. Haji Chaerudin, well known by his nickname Bang Idin. He is a farmer and founder of Sangga Buana Environmental Farmers Group.*

Q. *Thank you. Respected and beloved Supreme Master Ching Hai, my name is Bang Idin. I am from the farmers group, Sangga Buana Environmental Farmers Group. Our philosophy 'sangga' means poles, 'buana' means 'universal life.' Every day I work in the river. I clean the river, convert the waste to organic fertilizer for our plants for almost 15 years in the conservation forest region of Pesanggrahan River. That is my work. And my friends and I, 15 years ago, decided to use organic fertilizer for 60,000 plants in the herbs area, the endangered plants area, and the birds area. Respected Supreme Master Ching Hai, the philosophy in our farmers group's struggle is that nature is not inherited but is our legacy for our great grandchildren. But, even though I am not a vegan farmer, I already do something as part of the vegan movement. We don't eat the fish in the river but we maintain them by working together within our groups. But, how is the solution to be understood when my group consists of poorly educated people such as myself, people within limited insight? Because my parents told me: Clever men don't always understand, the one who understands is not always clever. What is the best solution so that my farmers can be part of the high economic society, while still having a philosophy that loves nature? Thank You. [Applause]*

M. Good afternoon. Hallo, Mr. Bang Idin. Thanks for your presence today. And thanks for being organic farmers. That's great. It's great to know that someone is doing it. Mr. Bang Idin, as you are fondly called, bravo for your hard work in restoring the balance of your country's natural resources. [Applause] And also for your time with young people, helping them to be good stewards of the Earth. I appreciate your diligent efforts. God bless you, Allah bless you.

I, too, have been sadden at times to see how the environment is treated, especially our animal co-inhabitants. It is better if we remember that land is not like a possession, or something that we just do anything we please with. The land is part of the great being

we call Mother Earth which, in a higher sense, belongs to God. In fact, many religious beliefs describe the role of the humans as the stewards or caretakers of the planet. For example, in the Native American tradition there is a saying, 'We do not inherit the Earth from our ancestors; we borrow it from our children.' Just like you have said that. The Christian bible also mentions that, 'The Lord God took the man and put him in the Garden of Eden to till and keep it.' To till and keep it, means to farm and keep it, like what you're doing. When God put the man in Eden to till and keep the Garden of Eden, I don't think God told him to put chemical fertilizer into the land that God has made because God has made it perfect already. It's we who have been destroying the natural resources and underestimate the blessing of Allah, who has made everything perfect already for our use. We have no need for any artificial chemicals to feed our crops. I don't hear any mention of chemical fertilizer in the bible or in the Qur'an or in any other religious scriptures, regardless of what religions we belong to. And the Prophet Muhammad, peace be upon Him, has taught us like this. He said, 'The world is green and beautiful, and Allah has appointed you Hiers guardian over it.' So we should tend to the environment carefully the way our Prophet has taught us, as I know you have been doing. The way you have been doing, sir, is great, is according to Allah's will.

Because of the critical state of the planet, if we don't act quickly there may be nothing left at all for us to even want to protect. At that time it might be too late. We cannot continue the trend like this forever, and stop whenever we want to save the planet. I'm sorry to say we have a limited time. According to all the scientific evidence and all the physical evidence up to date, we don't have much time. Even later on, if we want to save the planet, it won't be successful. So we must do it now while we still have a chance. The threats imposed by global warming are more than imminent; they are already here, as you can see through many disasters, upheavals, climate refugees, phenomena around the world.

Now, according to expert scientists, the atmospheric temperatures are rising so steeply that we do not have much time left to change. We do not have much time left to change. And that is just what they have predicted up to date. But they always predicted and telling us that every time they updated something, it was always getting worse and always faster than they had predicted or they had expected, so we cannot sit here and wait. Even with not much time left to change, we cannot even rely on that. There may be even less time than 'not much.' The effects of climate change can be seen in so many ways, with increased flooding, droughts, fires and even earthquakes everywhere in the world. One of the most tragic disasters of our time was the tsunami that struck your country in 2004, that brought so much sorrow for the Indonesian people and the people of the world. We still feel very sad remembering this, it's like just yesterday. Because the people who are affected, they do not forget yet what happened to their children, their loved ones, their houses, their ancestral heritage. Many things have gone away with the tsunami. It's not just material, it's not just the loss of life. [Master is crying.] It's the heartbreaks that affect people in the aftermath. It's the living who have to live with the tragedy, with the memories of their loved ones, and everything that's gone with it.

I'm so sorry, it should not have happened because Indonesian people are God-fearing people, very good people, hospitable, lovely people. I have been to your country many times and had the chance to experience the love of your countrymen. This should not have happened. [Master is crying.] It's just the collective bad karma of the whole world. And it has to happen somewhere – somewhere that is more vulnerable than the rest, and most often it's the poor people who are in a vulnerable situation, who suffer the most. I'm so sorry. I'm sure you feel the same and your people still feel the pain of this tsunami even after all this time. The inside wound of the heart doesn't heal too fast.

Maybe we can build them houses and give them money, give them food, but we cannot truly heal the pain in the people's heart. Can we? No. Not really, right? We can only pray to Allah to give them strength to continue. Since then, more than 60 Indonesian islands have become submerged. 60 islands from your country's islands have become submerged, gone, disappeared, underwater. Since 2004, since the tsunami, 60 islands have already gone, disappeared forever. And your government is forecasting that 2,000 more islands may sink below the sea over the next decade also, due to global warming. It could be faster. Prediction doesn't always correspond to the natural phenomena or the things that happen due to retribution, due to our careless actions.

So the rising sea level's going to submerge, maybe faster than a decade, another 2,000 of your beautiful, beautiful, irreplaceable jewel islands. Most recently, your country endured another earthquake. This is also another pain and heartache for the people of Indonesia and the world. But this one, thankfully, not as devastating; but still with the sorrowful loss of many lives. It was painful for me to hear of the human loss and the suffering, [Master is crying.] so I did what I could. Of course, like everybody else, I sent some humble contribution and sent some of our Association members, blessed be their good heart, to try to offer comfort to those most in need. However humble the aid, it contains my shared sorrow and prayers for your people in time of need. I wish of course I could do much more, much, much more. [Master is crying.] So sorry. There have also been several quakes since. And scientists have discovered that earthquakes are linked to global warming. Because, as the ice melts at the poles – North and South poles – beneath Greenland, pressure shifts on the Earth's plates that could trigger movement to cause earthquakes.

How do we stop these alarming changes, Mr. Chaerudin? We have to halt the meat consumption and the livestock raising, where animals live so briefly and then are brutally murdered en masse, just for a few seconds of pleasure of the consumers. The greenhouse gases released from the animals, from their waste, agricultural runoff, and the activities related to these massive operations have been identified as the primary, the number one cause of global warming. Such facilities, which are known to be utterly inhumane, horribly filthy and extremely overcrowded, have been built in Mexico, in the United States, and in Europe, with one also – maybe more even in your country – on the island of Bulan that contains 250,000 pigs. That's on the island of Bulan in your country.

As the harmful emissions of these and other animal raising operations cause atmospheric temperatures to get hotter around the world, especially at the Arctic, the destructive effects are too many to count. They include disturbances to birds' migration patterns; homelessness of Arctic animals, such as seals and penguins and polar bears, because the ice is nearly gone; ruined wildlife habitat from Amazonian deforestation for cattle pasture and feed; the release of even more carbon dioxide and heat-trapping methane from thawing regions of permafrost; global sea level rise that is forcing people from their homes. It's not just the earthquake, it's not just the tsunami, it's not just the typhoon, it's not just the cyclone, it's the rising sea levels as well that force people to lose their home, their ancestral home, to go begging elsewhere; losing also their dignity, the power of taking care of their own family; losing their grace; losing their status as the caretaker of the family; losing everything, not just physical possessions, but losing their loved ones as well. And such extreme weather patterns that include extensive flooding along with prolonged droughts. It's easy to see the many forms of environmental harm that are linked to this killing industry, which we call meat consumerism: The mass murder of billions, billions of innocent animals' lives. Even wild animals, such as the

beautiful Indonesian monkeys and the highly endangered Sumatran orangutans, are known also to be hunted and sold for meat.

Mr. Chaerudin, in the Qur'an, Allah forbids killing. Allah tells us to be merciful to all creatures. Prophet Muhammad, peace be upon Him, told us to be merciful to all creatures. He told even His cousin not to eat meat. Please read the Qur'an again and tell me if I'm right. In our society, ladies and gentlemen, all the powerful people in the world, in our society, the law only punishes someone who has done something wrong to the society. The animals, they have never done us any wrong. They live their life quietly, they're eating whatever God provides them, they don't harm us in any way. Even if in some cases they do, because we destroy their habitats, because they have nowhere to live, they have no more food in nature for them to eat, so they have to come to us, trusting that we would share with them some food, because we took away their habitat. In our society if we took away something from someone, we pay back something. So the animals trusted that we would pay them back with some food. But, in any case, we always kill them, if they come too near.

Now, I don't know if there is any law that says that human beings have the right to disturb the wild habitats of the animals. Is there any law from God, from Allah, or from our physical law stating that we have the right to destroy the habitat of the wild, and then kill them if they come near, or don't even come near, like the wild monkeys of Indonesia and the orangutans, and many other wild animals that some noble organizations try desperately to help to preserve? But they don't have enough power sometimes, because the ones who have power do not care. Please forgive me if I offend anyone; the truth is always the truth. Say it or not say it.

Mr. Chaerudin, I hope you and the audience can agree that the legacy to our children should include our promise, our vow, our law, to refrain from killing animals or making them suffer in any way, if we want to call ourselves a civilized human race, we must protect the animals' lives, which are linked to ours. We have to protect them because they are us – because if we don't protect them, we are vulnerable because heaven will not forgive us, if we treat other co-inhabitants unkindly. Also because now we are at the point where we must change while there is still time, otherwise we will face disastrous consequences and we might lose the whole world, our lives altogether. If we want to receive the mercy of heaven for our life here on Earth, we must first be merciful in granting in the same dignity and freedom of life to the animals. I hope you agree. Only then can we have a return of the environmental balance that I know you also seek to protect, Mr. Chaerudin. That's why you are doing what you do. If everyone does this, our world will be transformed. So please, everyone, plant veg, be veg and we can go green later when we've already saved the planet. Save our planet, please. I wish you the best, sir. God bless you. [Applause]

- MC. *Thank You, Master. The next question is from Ms. Harini Bambang Wahono, a member of the Society of Activist Care for the Environment, and the recipient of the National Champion in Nature Conservation and Planting Award, as well as the Kalpataru Award.*
- Q. *Thank you for this opportunity. [M: Hallo, madam. How are you?] [Applause] Good. Respected Supreme Master Ching Hai, I was raised the child of farmers. I have a close relationship and friendship with animals and nature around me. I like nature very much. I also love the green environment at my father's farm, and right now I am feeling and knowing that life on Earth is in great danger because of climate change. I already try to do as much as I can to spread the information to the society in my neighborhood so that the people will take good care of the environment and make the neighborhood a more*

comfortable place to live, and to live in harmony with animals. My question is: What should be our roles and also all the roles of the citizens of this country to save our world from destruction? That's my question. Thank You very much. [Applause]

- M. Yes, thank you for your very loving, concerned question, and the willingness to save the planet. Thank you also for your love towards all beings on this planet. Thank you for your love for nature and the animals which, of course, you inherited from your childhood life, being a farmer's daughter. And congratulations on the awards that you received which you so much deserve, such as the National Champion in Nature Conservation and Planting Award. It is reported that the Prophet Muhammad, peace be upon Him, has said, 'Whoever plants a tree and diligently looks after it until it matures and bears fruit will be rewarded.' Correct me if I am wrong.

I understand your sorrow about the plight of the lives on our Earth. I feel the same, madam. Already we have lost countless, precious human lives and animals and life-supporting plants due to climate change. Every year, at least 150,000 people die due to climate change, including in Indonesia. Also every year, 325 million people are seriously affected by climate change, also including Indonesia of course. That is more than the whole population of your country who are suffering each year due to climate change. Imagine if the whole population of your country suffers due to climate change and in the whole world, 325 million people. That's more than your whole country's population suffering due to climate change. Scientists calculated the annual number of flood events has tripled since the 1980s, and tropical storms and similar events have nearly doubled, madam.

Furthermore, the United Nations Under-Secretary General for Humanitarian Affairs, John Holmes, stated that 99% of the people who lose their lives due to natural disasters are in Asia, including Indonesia. And how many more are we bound to lose if we don't change in time? What are we waiting for? Fortunately, we still have hope, madam. If we still really want to stop all this loss and suffering, we must all become vegans to save the world. Very simple solution. A little change in the diet, that's all. One piece of meat, put one piece of tofu instead. There are varieties of vegetarian diets, not just tofu. I'm just saying that, because nowadays they make vegan beefsteak or vegan hamburger look exactly like the meat product. It tastes even better, healthier, and is more sustainable. So it's just a little change in our diet. That's all. One piece of meat eliminate, and one piece of meatless protein. It's the same, just better, healthier.

Because animal consumption is killing our world. The war is nothing compared to it. The terrorism – what we call 'terrorism' – is nothing compared to it. Anything is nothing compared to the meat industry. It is really killing our people and our planet. One example is fishing. The United States-based Pew Commission found that overfishing is the greatest threat to marine ecosystems, followed by agricultural runoff, including livestock manure – means waste – and fertilizers used on animal feed crops. In your country, Indonesia, where overfishing is common in the precious coral reef areas, one report has put it this way, I quote exactly from that report: 'Overfishing is causing more damage to the coral reefs than earthquakes or tsunamis.' Can you imagine this, madam? And we thought earthquakes and tsunamis were already devastating enough, were already causing too much heartache and sorrow. But overfishing, even just in Indonesia alone, is causing more damage than earthquakes and tsunamis. My God.

Overfishing has caused the remaining fish to be smaller, so the mesh size of the nets has been decreased to capture smaller fish, resulting in other fish being caught as well. The other fish that the fishermen don't need are also being caught there. So it destroys

even more marine ecosystems and destroys more fish life. These are either ground up as animal feed, used as fertilizer, or thrown back into the ocean as dead fish. I have seen one documentary film from Greenpeace Brazil. Actually, we aired it yesterday on Supreme Master Television. You can see that the dead fish are covering the whole entire surface of water. You don't see water. You only see dead fish floating on top. It's a horrible sight to witness. Now, for example, for every one ton of prawns caught, three tons of other fish are also killed and thrown away. For one ton of prawns, three other tons of other so-called useless fish to the fishermen, commercially useless, are being thrown away. Can you imagine how much damage we've done to the sea?

The Indonesian government also acknowledged the devastated oceans due to fishing, and also said that 94% of Indonesia's coral reefs are dying – just in your country alone. It's very devastating to the environment. The coral reefs are there to protect us. If they are dying, we'll be dying. It's just we don't see the effect immediately so we think it doesn't concern us. It does concern us. In addition, every year, Indonesia imports 70,000 tons of beef from Australia and New Zealand. It takes 15,000 tons of water to produce one ton of beef. So in total, the imported beef production alone, which doesn't even reflect the full amount of beef consumed in Indonesia, causes the waste of almost 1.2 billion tons of water each year. That's why we are short of water in the world. Sadly, madam, while this waste is going on right now, 1.1 billion people have no access to clean safe water – 1.1 billion. And 1.8 million children die every year due to sickness from contaminated water. So you can see the animal diet, the animal industry is killing our people, killing our water, killing our planet, killing marine life, killing our sea, killing coral reefs, killing all that is important and protective to us – just for the sake of immediate profit, we're killing our world and we are killing ourselves.

If we truly wish to see real harmony born between humans and animals and nature and heaven, we must be the harmony, we must live in harmony, and act also in harmony, which includes the act of eating harmoniously each time we come to the table. Peace, compassion, mercy begin on our plate. We cannot truly call ourselves harmonious if every meal is the result of filling our hands with the blood of the innocent and harming the environment and killing our planet on which we live. We must protect the environment and the animals because we have to protect ourselves. They are linked to our safety, comfort and longevity and the life of the planet. If we want to have a home for our children, we must protect the animals. How can we call a dinner of fish harmonious, when slow and painful deaths by mass suffocation had to take place to bring the fish there onto our plate? All the scriptures told us that we receive what we grant, or we reap what we sow. The Prophet Muhammad, peace be upon Him, said, 'Allah will not give mercy to anyone, except to those who give mercy to other creatures.' That's stated in the Qur'an.

We need your help, Madam Wahono. We need everybody's help as well. It's not just our animals and trees, but human lives that need help saving. And by being vegan, we are not just ensuring everyone's survival, but this is also our chance to have a new, harmonious, noble, peaceful relationship with other species on our planet. We have to live, befitting the children of Allah. Can you imagine? Suppose Allah would come to our planet, what would He do? Imagine Allah comes here and kills every living creature to eat, just to keep His body alive for a hundred years, more or less. Would Allah ever do that? Would He, madam? [Audience: No, Master.] No. We cannot imagine God, or almighty Allah, would come here and kill every little, innocent, helpless, defenseless loving creature to eat. So we are the children of God. All the Prophets tell us that. Jesus Christ told us that. Buddha told us that. Prophet Muhammad, peace be upon Him, told us that. We are the children of a merciful Father / Mother. We have to be like our Mother

/ Father. This is very logical. That would please the Mother / Father – that we are like Hirm, that we are merciful, that we have compassion, that we are in harmony with each other. All the fathers / mothers would love their children to be like that.

So in order to be worthy of Allah's children, of God's children, we must live the way our Mother / Father would like us to live. This is the stepping stone that would even stop war among humans and bring heaven to Earth, in no time. If we stop the killing, heaven will be here. God would be among us, and we can feel Hirm. We may be able to even see Hirm, not just in vision of meditative prayer, but maybe just like normal. In addition, we should do good deeds to further strengthen the loving, positive atmosphere of our planet. You see, just like when we walk into a room, some people are quarreling with each other or even fighting with each other, we feel very frightened and uncomfortable. Yes? That is the atmosphere of the fighting, argument, discord, that makes us feel we want to step away, we want to run, because we are scared; we feel very uncomfortable. But if we walk into a room where people are sitting together, having a happy party or a wedding, we'll feel so happy, blissful, because the atmosphere is happy. So that is what I mean by 'atmosphere.' We have to create a happy, loving atmosphere for our planet, then we can live in that atmosphere, be protected and be happy. This is very scientific. We don't need even to believe in any religions to understand this: We create our atmosphere. Just like at home, if you're in harmony with your wife, your husband, your children, you'll feel so nice and happy. But when you are not happy with each other – you're fighting or arguing – the atmosphere is really very uncomfortable, sometimes suffocating. That is the atmosphere that I'm talking about.

So we create the atmosphere we live in. If everyone creates the harmonious atmosphere, our planet will be in peace, and we will be like in paradise. We have to create the loving atmosphere for our planet. This will also help protect us. And also, we should pray to heavens, to the great mercy of Allah, and the angels, to all divine beings, to help awaken humankind – awaken us, so that we understand right from wrong. We understand that we must walk the way of God's children. With your admirable, strong, proactive spirit, we have more hope, Madam Wahono. So please help us, help us, help your loved ones and those around you, to all be veg, and do good deeds. Please remind them. Thank you so much. May God bless you. [Applause]

- MC. *Thank You, Master, for those words of wisdom. [M: Thank you.] The next question is from Mr. Teguh Wibowo who is a Red Cross volunteer.*
- Q. *Thank You, Madam. [M: Welcome! Welcome!] Dear Supreme Master Ching Hai, we have been together with Your Association members doing some humanitarian missions at disaster areas recently. We were very touched and admire the sincerity and enthusiasm of Your disciples in helping those people, the victims of natural disasters. They are always enthusiastic even though they eat only simple vegan food. Our question is: If we shift to a vegan or vegan organic diet, will our good humanity side be developed more? Thank You.*
- M. Yeah, hallo. Thank you for doing the good deeds with the Red Cross, helping your countrymen. God bless you. Allah bless you. Thank you for your kind words also about our Association members. They are trying to be the best humans that we want to be. And I am glad that you are happy with the stamina and vitality of their vegan nutrition. I also appreciate very much your efforts and those of the Red Cross in offering comfort and aid to those in the most needed hour in Indonesia, and of course for the Red Cross around the world.

In answer to your question about whether the organic vegan diet will help develop our good humanity side – yes, of course it will. Meat poisons the body, first of all, and that leads to inevitable diseases and heartaches for both the individual and their loved ones. And also, because it makes us sick by poisoning our body, our mind will also be clouded. So we cannot always think straight, we cannot always follow our instinct to be the best human that we want to be. So even from a purely physical perspective, foregoing animal products is a choice of goodness. Consciously turning to veganism for reasons of compassion means that the good humanity side is developed even more. And it's so easy. It's just expanding a little more of what you are already doing. In your work for the Red Cross as a volunteer, you offer your free time, your physical aid, to care for the people in times of disaster. You give them food and basic necessities with, perhaps, a kind word, a comforting gesture, and you see that they feel heartened and uplifted with hope to have the strength to continue in such a dire situation. If you were not there, if the Red Cross were not there, maybe they'd have lost their spirit of fighting, maybe they would die also, of sorrow and hopelessness. So you are saving lives by being there. Well, you just do a little bit more, saving animals' lives, and you'll be perfect.

Well, the choice of the vegan diet is like doing the same thing with the animals, you see. Same thing with humans: You save human lives, give them love, give them help to continue to live. So now, we're doing the same with animals. Just leave them be, let them live. Only in this case the so-called disaster site is what we can call the massacre site, or mass-murder site, where the animals are brutally killed en masse, usually in windowless places where we cannot see so we don't know what's going on, we don't know how horrible the place is inside. We don't know how they're treated. They're screaming, they're dragged alive, they are stabbed, they're hung upside down – every possible cruelty is inflicted upon them. If we don't eat animals' meat, these things will not happen, so we save their lives indirectly. Some animals are shocked electrically to supposedly stun them to no feeling, but this often fails, so they are still conscious while being suspended upside down from a hook, and their throats mercilessly slit – bleeding to death. Some are dragged screaming to their death, while others have been filmed having their heads crushed by the boots of a human. Imagine. We are civilized people. Even if we do not directly partake in this killing, we are still responsible if we eat the meat or dairy products or even fish for that matter. Even eggs are being bred very cruelly, very cruelly. Milk, eggs, they're all very cruelly bred. We cannot imagine what cruelty we humans inflict upon the innocent harmless animals. Even just a little chick like this, so puffy, so cute, so sweet. I have talked about that in other lectures, in other answers, so I would not want to elaborate further here to make pain in your heart. But we have all this information on Supreme Master Television and www.SupremeMasterTV.com if you care to look at how humans treat innocent, harmless and helpless animals. Okay, even fish, since they are produced with the similar cruel practices as meat; we should not consume fish. If we engage on any level in the unspeakably inhumane practices of the animal industry, we also carry the burden of the animals' murder – I'm sorry to say – indirectly. We carry the murders, the effect.

Scientists find more and more that animals are just like us in feeling pain and even knowing when they are being taken to their massacre. To know for ourselves that this is true, we only need to see pictures showing the anguish of the animal as he or she is led to the final stop in his or her tragically short and horrible life. To deepen our compassion – for these and other horrors endured by our endlessly forgiving, loving animal friends – anyone can watch videos available from www.SupremeMasterTV.com/Stop-Animal-Cruelty. It's all free of charge, free of obligation, free of any strings attached. Or you can

watch them from organizations such as PETA (www.PETA.org) and the like, animal protection groups.

The animals are not only like us in having intelligence, emotions and intuition, they are our friends and helpers. So many blessings from heaven come through their very existence! Truly it's like that. Through meditation, through inner knowledge, I understood this, and I'm telling you the truth. We do not kill our benefactors or our friends. Making a vegan choice is thus a true advancement in the evolution and goodness of our humanity. And then we also know that like attracts like, goodness attracts more goodness. As we share this compassionate truth with others, not only will our own humanity be further uplifted, so will the world's.

Thank you very much for your sincere and caring question. May Allah bless you in your work and your life. And bless the Red Cross of Indonesia. [Applause]

MC. *Thank You, Supreme Master Ching Hai, for such a beautiful answer. The next question comes from Mr. Hardianto. He is an Indonesian travel agent, as well as a vegan.*

Q. *Thank you. [M: Wow! Happy, happy!] Dear Supreme Master Ching Hai, climate change brings new questions to the modern society. From economic development, increasing standards of living to luxurious ways of living, even for daily activities, compared to the earlier ages. All these are now challenged once again by the catastrophic climate change that is believed to be caused by human activity. One phenomenon that is also very contributive to GHG emission to the atmosphere is the rapid increase in global population, also as one of the consequences of increased living standards. The question is: How should we human beings develop? Is there or will there be a limit for this development? How should the society be built? Thank You, Master.*

M. Thank you, sir, thank you. It is true that we must be careful of our way of life, and try to be more frugal and protective of our precious resources. We should not lose ourselves in the material aspects of life without paying attention to our moral standards and spiritual development as well. This is important also, even more important than material development. Or else, we will be in trouble sooner or later. We might even lose everything, including our material development, our lives and our planet, like we are, in fact, facing now. I am glad to see that you walk the talk because you are a vegan. Thank you, thank you. The animals thank you. And you look so handsome and healthy. Can you stand up and let everybody look at you? Turn around. He really looks handsome, yes. Look at him. Please don't be shy, you must save the animals at all cost.

Now, if we, the human race, develop as a vegan society, and better yet, a spiritual vegan society, there will be no limit to our material development. Because then, sir, we will have the wisdom and the love to propel us on a balanced, straight course for the future, bright future, for our planet and our children. If we have the spiritual eye, we will find that past civilizations, both on Earth and other planets, sometimes developed too quickly in the technological sense. But the spiritual development, their store of love, was low or empty. And what do we see? We see the pattern is that no society can last long if they refuse to sustain the lives of their own members and fellow beings; I mean, including all the beings, like animals and trees. Or, if they destroy the environment they live in, then that society cannot live long. We can see that also in historical records. Just like the proverb that says, 'The frog does not drink up all the water in the pond in which he lives.' Because he needs the water, you see? So we cannot destroy the environment and live in it as well. It is not the rapid increase in global population that is the problem, sir. It might contribute, but a little bit; we have enough to sustain everybody, more than

that. We have enough food to feed the world twice over, right now even, if we don't feed all the food to the animals. Yes, you know that.

The real problem is our meat consumption, the tendency of mass killing that we have made a part of our lives, and we look at it as a normal life. It is not normal. It is not normal that we cause suffering to others who have feelings and who shed red blood, and call that 'food' or 'earning a living.' We cannot earn a living or sustain a living by death. Meat consumption is the way of not just cruelty but of waste on an unimaginable, gross scale. To illustrate, let's compare a meat eater to a vegan. One meat eater requires two hectares – that's four acres of land – to support him. But that same two hectares, or four acres of land, could support the healthy lifestyle of 80 vegans. Compare that. Now, let's look at water. A meat eater uses up 15,000 liters of water per day, because of the meat diet, which is 15 times as much water as a vegan would use. Because we use a lot of water to raise cattle and to wash them, to clean them, et cetera, and to water the crops that feed the animals as well, so we use a lot of water, just one piece of meat.

Now, there is also a dramatic difference in terms of emissions from the diet. The meat-based diet's emissions is equivalent to driving a car 4,758 kilometers – that is 17 times the emissions of an organic vegan diet, which is equivalent to only 281 kilometers. In other words, an organic vegan diet produces 94% less emissions than a meat-based diet – 94% less emissions! So if we just choose the vegan diet, we will save the world in no time. 94% less pollution emission from a vegan diet, compared to meat diet. Now, vegans also save immeasurable pollution costs, energy costs, resource costs, disease treatment costs, global warming costs, tax costs, plus the emotional costs related to the sorrow and suffering of the people. That is much more than money or anything we can imagine. Now, added together, the impact of a meat-eating population is just unimaginably huge and wrong, whereas the impact of a vegan population always comes out to be a tiny fraction of the meat eaters' terrible impact.

So if we don't eliminate meat consumption, we could never reach even a low, low impact on the environment, no matter what else we do. We must stop the most inefficient, unsustainable, life-destroying practice of murdering animals and stop it now. Stop it yesterday. The animal-meat industry has to go, be it animals from the air, the land or the sea. Can we imagine? The animals, they're just flying in the air, they don't even touch us, they don't do anything to us; we shoot them down, we trap them, drag them home and eat. We call that food. The fish swimming in the sea, minding his own business, doing nothing harmful to us ever, doesn't even know us, doesn't even see us – we net them up, suffocate them, drag them to our table, and we call that food. That fish might have a lot of babies waiting for him. That bird might have a lot of babies waiting for her. And the land animals, they have not been so many. It's just we breed them – meaning inviting them to our planet.

Now, if we invite somebody to our home, what do we call this person? A guest, no? Is that true? [Audience: Yes.] Okay. Now, we invite these poor innocent animals to our planet and then we torture them, molest them, suffocate them and murder them en masse. What kind of hosts are we? What kind of hosts are we? Why do we invite them here and treat them thus? If somebody invited us to their home and treated us like that, imagine how we'd feel. Imagine if we were in the position of that confined pigs or chained cows, or suffocating chickens or ducks in an overcrowded animal factory. Imagine it's us, then you'll understand what I'm talking about.

We have to stop all this cruelty, because we're civilized, humane people. We are civilized, we are educated, we are religious. We have been taught by all the greatest prophets since time immemorial to be a dignified human being. So we have to stop all this mass murdering of the animals from air, from land or from sea, from anywhere at all. That's the only way we can and should develop sustainably for our children and grandchildren and future generations. That's the only way we should develop. And after all, the vegan way of building society is the most befitting to the human standard of compassion. It is truly the way of most peaceful, paradise-like, children-of-God-like civilization, because we save lives. Not only do we save the animals, we save our lives, we save the lives of the world, of the people in the world. Then we are heroes.

The planets that were saved from destruction, like Venus, were saved because their societies became vegan – I mean the ones that are saved. I mentioned there are four Venuses – only two of them were saved because their societies became vegan. The other two Venuses were destroyed – one is completely gone, one is boiling hot, uninhabitable, because they have not been vegan. The two Venuses are saved because they have become vegan. Many planets that did not survive, like Mars, perished with meat still in their mouths, between their teeth.

So it's up to us, sir. If we alone are vegan, we ourselves will change at least, and if there are enough of us, our society will change. You know how it changed your life, the vegan diet. We become smarter, more sensitive, more compassionate, more considerate to other people and the environment and the animals around us. We became a different person; and we are happy to become so different. If everyone in the society becomes vegan, we will develop in an incredible way as a whole planet in the universe. At that time, there will be no limit to our spiritual development and even our social, technological, material development, once we turn to our compassionate God-like nature. Everything else will naturally be built on this new foundation, and the correct foundation, the only foundation we should have – of loving kindness – and the society will develop itself and manage itself accordingly: In peace, wisdom, compassion, and dignified co-existence among all living beings.

Thank you, Mr. Hardianto. [Q: Thank You, Master.] Please advise your clients to do the same. [Applause]

- MC. *Thank You very much, Master, for Your answer. Our next question is from Mr. I Made Sukadana, a property businessman.*
- Q. *Welcome, Master. [M: Hallo.] In one lecture that was shown by Supreme Master Television, I saw Master saying that if we all become vegan, then within a couple of weeks only, we could see the result. Could You please elaborate more on how this can happen? Thank You.*
- M. Yes, Mr. Sukadana. How are you? [Q: Good.] I'm glad that you are here and I'm glad that you asked a very good question. I didn't say a couple of weeks, I said a few weeks, like eight weeks. Okay, eight weeks, two months. It's nothing miraculous, Mr. Sukadana. But you know miracles do happen as well.

Now, we talk scientifically. As I have said before, if the world's people all become vegans, we will see a dramatic change in a short period of time, a couple of months. Nature will rebound almost before our eyes, almost overnight, and we may see the oceans healthy again, the cyclones silenced, earthquakes calmed, forests re-growing, et cetera. These changes would be just the beginning signs of a real Eden on Earth.

Actually, there is the physical scientific reason, as well as the spiritual karma explanation for this.

First, for the scientific reasons, is that, without any more meat or dairy consumption, the livestock industry would shut down. With the mad breeding of cows, pigs, sheep, chickens, and other animals, and fishing, and without the need to constantly grow crops to feed them, we would eliminate the biggest, most urgent problems for the environment – that is the methane and other gases that heat up our planet. The United Nations Food and Agriculture Organization said that the livestock industry is the major cause of the most pressing world problems, namely, global warming, land degradation, air and water pollution, and loss of biodiversity. Can you believe this? It's like that.

For example, global warming: With no animal breeding industries, we immediately stop the number one cause of greenhouse gas emissions. Not just CO₂, not just carbon dioxide, but also methane, nitrous oxide, black carbon from burning down the trees for the livestock, and also toxic gases like hydrogen sulfide. This kind of gas, even if you just breathe once, you die immediately, if it's a strong enough concentration. Some of them are much more potent than CO₂, like nitrous oxide. The livestock sector is the number one source of nitrous oxide emissions, and it is almost 300 times more heat-trapping than CO₂ over a 100-year period. Now, methane and black carbon are what scientists call short-lived gases, meaning, although they are very potent climate warmers, they dissipate and exit the atmosphere very quickly. And it's not just global warming we are talking about. If we are vegan, we don't have to worry about avian flu, which was found in 22 of 33 provinces in Indonesia alone, and has caused millions of poultry deaths and caused many human fatalities in Indonesia – more human deaths in your country than in any other country due to the deadly form of avian flu.

If we are vegan, Indonesia's coral reefs, known as the 'Amazon of the Seas' for their thousands of marine species, will be left in peace and beauty, and will protect us. The coral reef is a protector of our lives, of the sea. Right now, it is endangered, the coral reef, due to overfishing, which includes a destructive form that uses gruesome methods like cyanide poisoning and blasting the fish with bombs and dynamite. My God. The World Resources Institute stated that these types of fishing only bring short-term profit and will cost the Indonesian economy more than USD600 million in losses over 20 years. Moreover, around the world, countless enormous ocean dead zones will have a chance to return to life, because the rivers and the lakes that were polluted by manure and toxic fertilizers for animal feed will be left alone to purify themselves and recover. Also, when we stop vacuuming all the poor fish out of the sea, they will have a chance to restore the balance in the oceans. We desperately need the fish in the sea to balance the ocean; otherwise our lives will be in danger. God puts them there for a reason.

By the way, at least one-third of all the world's fish caught and murdered today is fed to livestock – not to us humans even. On land, millions of hectares will be spared livestock's serious effects of soil erosion, deforestation, poisonous water pollution, and displacement of wildlife, if all turn to vegan. Scientists found that forests are resilient and can grow back if given a chance – very fast. We have seen that evidence in some parts of the world. The scientists also observed that when the ocean is healthy again, even the dead coral reefs will revive themselves. Imagine! Nature is miraculous and incredible. But in order to witness nature's recovery, we must not let our current way of life continue. We cannot continue this way, or else we will pass the point of no return and then we will have a runaway planetary crisis; then we might lose the whole planet or the life on the planet.

Another factor to consider is, sir: The vegan solution is the fastest and most effective because any other solution such as sustainable technologies will take too long to perfect and use. For example, in Indonesia, your precious forests are being cut down to grow palm oil to be used as biofuel energy, and we thought that will help to minimize the CO₂. We are wrong. It's a failure, causing more destruction and more greenhouse gas emissions than it saves. In fact, it's releasing the world's third largest amount of carbon emissions, because of biofuel... in the wrong way. You see, the green technology is not always reliable. This is particularly very tragic because Indonesia has the world's third biggest rainforest, only behind the Amazon and the Congo. Yet, your rainforest is being lost at an alarming rate of one football field per minute. Every minute, Indonesia losses one football-field-size of rainforest. God. And the United Nations says that 98% of the whole forest could gone in just 15 years – your forest, 15 years, sir, the year of your newborn child to grow up as a teenager. 98% – so why don't we just say 100% will be gone? What's the difference two more percents makes to us anymore? Actually, not all of this palm oil product is used as biofuel even. Part of the palm oil products goes to make livestock feed. Imagine, everything goes to the animals! In the name of biofuel even, it will also go there to feed the livestock. Everything goes to the animals. Everything to the animal industry and we don't have much. So we can see how many activities are linked to this destructive practice of animal raising.

Fortunately, we have the solution ready at hand, sir, which is the organic vegan solution. It's so simple, so easy, we might overlook it. We might not believe it. But if we look into all the scientific and the physical evidence so far, we have to accept this organic vegan solution as the one and only to save our planet right now. Instead of spending more money on new technology, we even save money from having to buy meat and subsidize meat with our tax dollars. We simply cannot depend on green technology alone, sir. Now, there is also an invisible aspect to the reversal in the destruction. A compassionate person harms no one and, therefore, brings no harm upon himself. That is why in Buddhism, they say that the moment we drop the butcher's knife, then we are protected, then we can become the Buddha, the saint. It's really like that.

We hear real stories about hospital patients who had a terminal sickness like cancer, turned vegetarian or vegan, and then the tumor disappeared, so operations were cancelled and doctors were very astonished. So people turned vegans and the terminal cancer situation was gone and operations cancelled and the doctors were very surprised. Because the vegan diet protects us from inside out, starting immediately, so that all kinds of calamities will avoid us, stay away from us. And on a bigger scale, our planet will also be healed. Just like an individual being healed by turning to a compassionate diet – like attracts like. The good, loving, compassionate energy will ward off the darkness that is looming toward us, that is next to us right now. We will, in short, have a paradise on Earth. If you have ever wondered what that might be like, we may soon live to see the day when all beings will truly live by your nation's motto, that is 'Unity in Diversity' – in oneness, understanding, caring, faith, and happiness.

I invite everyone to share the hopeful vision that we will save the planet, and will make it a heaven one. Thank you for your open-minded question, Mr. Sukadana. [Applause] God bless you.

MC. *Thank You, Supreme Master Ching Hai. It is a great blessing for all of us here in Indonesia and for all humanity throughout the world. Thank You, Master. [Applause]*

M. Thank you. Thank you, all of you. Thank you, Indonesia.

- MC. *Supreme Master Ching Hai, we have some good news to share with You and everyone. [M: That's good.] Supreme Master Ching Hai's international bestselling book 'The Birds in My Life,' Indonesian version, has just been officially launched to coincide with this seminar. [Applause]*
- M. Oh, thank you. Thank you. Very kind. Very kind of you.
- MC. *The book is about how diverse and beautiful our animal friends are. We're all very happy to have Your book with the Indonesian people here and we hope the love in the book prevails all around, and people's loving mind can be awakened more. Congratulations, Supreme Master Ching Hai! Congratulations, Master!*
- M. Thank you. Thank you. Thank you so much. [Applause]
- MC. *We also sincerely thank the publishing company, PT. Gramedia, for the book launch and for their efforts to be green and environment-friendly.*
- M. Thank you. Good for the animals, good for us. Thank you so much. [Applause]
- MC. *Thank You again, Supreme Master Ching Hai, for giving us the gift of Your delightful book in Indonesian!*
- M. Hope you enjoy.
- MC. *Supreme Master Ching Hai, before we close our seminar, would You like to have a closing speech for us?*
- M. Yes. I would like to thank the people. I would like to have more thanks to the people, to express my appreciation to all the caring presences and your devotion at this important meeting. I am very honored to be invited and be among all the precious guests who have made this occasion special with your sincere, beautiful, enthusiastic presence and very supportive atmosphere. And this, including the Minister of the Environment, Mr. Rachmat Witoelar. Thank you, sir. And also all the dignitaries and engaged audience members. My appreciation also for the gracious and hardworking organizers and the beautiful dancers. We are indeed standing at a pivotal time in our history on the planet, with the choice still available to make mighty steps in the constructive direction of our evolution. I pray that this conference has spoken to your compassionate heart, to change the world, to your vision of a bright new vegan future, a new compassionate world, and to your determination to help create this vision: A survived, thriving planet of peace, health, and happiness for all to enjoy. May heaven give us all the strength. May Allah bless us with courage and love and faith to strive until this dream comes true. Heaven bless you. Allah bless Indonesia. [Applause] Wishing you success and blessings to you all. [Applause]
- MC. *Thank You, Supreme Master Ching Hai, for Your precious time, and for Your presence here with us today. [Applause]*
- M. Thank you. God bless us all. Thank you. [Applause]
- MC. *Bye, Master! We love You!*
- M. So long for now. I love you more. God loves us.

MC. *Thank You. [Applause] Through today's seminar, we have gained much valuable information. We have learned that the organic vegan lifestyle is the fastest and most effective and long-lasting solution for our planet. It is the solution that will halt climate change, and even bring improvements to our one, and home, planet. Our beautiful Earth will become better because of the loving energy that we generate through living the compassionate meat-free lifestyle. The plant-based diet stops the killing cycle and reduces our carbon footprint considerably. Planting trees, adopting green technologies and using sustainable energy helps too. But as we have seen, these approaches take a longer time, and time is a luxury that we do not have. This brings our seminar to a close. We sincerely hope that you have found it to be interesting and of course informative. The solution that has been presented is one that will simply recover what we have lost and transform this world into the paradise that we so much desire it to be. We really appreciate your kind attention and thank you for coming. Let us hope God almighty blesses our efforts in saving this beautiful planet. Thank you once again. Be Vegan! Go Green! Save the Planet! [Applause] Shall we say it together? Can we say it together and out loud? 1, 2, 3... Be Vegan! Go Green! Save the Planet! Please repeat once again, together. Be Vegan! Go Green! Save the Planet! Together we can save the planet. Good night. Enjoy the rest of your evening. Thank you and bye-bye. [Applause]*

PROTECT OUR HOME WITH L.O.V.E ⁶

MC. *Now, for the moment we've all been waiting for, let's invite Supreme Master Ching Hai! Hallo, Supreme Master! [Applause]*

M. Thank you all. Thank you all so much for a beautiful, beautiful gathering. Hallo, everyone. [Applause]

MC. *Thank You very much, Master, for Your great efforts to save the planet. You look so beautiful today. We love and adore You very much. [M: Thank you. Thank you.] Thank You, Master, for joining our conference today.*

M. Thanks for inviting me. Thanks. Everybody was great. Good speech, good dance, yes. [MC: Thank You, Master.] Good MCs, good people.

MC. *Thank You, Master. Supreme Master Ching Hai, before beginning our question and answer session with You, would You like to share Your message about climate change with us?*

M. Yeah. Sure! Sure! I join in with you in expressing some thoughts and support for your group and the great people of Formosa who really care for their island and for their planet.

First of all, I would like to say 'hallo' to all the beautiful people of Formosa or Taiwan on this richly historic island. I'm extremely honored to be with you again, among your great presence, feeling your shining, genuine spirit, very loving spirit. Even over long distance, I never forget the people of Formosa, how hospitable they are, how hospitable they have been to me, and how hospitable they always will be because that is their nature. The nature of the Formosan people is very hospitable, very pure, very genuine. I

6. Videoconference with the Chinese people at the 'Protect Our Home with L.O.V.E' Climate Change Conference, Taichung, Formosa, October 11, 2009 (Originally in English and Chinese). * Note: The letters L.O.V.E. signify 'L' for 'LOHAS,' which stands for Lifestyle of Health and Sustainability; 'O' for Organic; 'V' for Vegan; and 'E' for Eco dimensions to save the planet. This conference is recorded verbatim only the question and answer session with Supreme Master Ching Hai.

can go on forever but I will get too emotional. I miss Taiwan. I miss Taiwai. [Master is getting emotional.] [Applause]

I would like to thank you all also, the esteemed government officials, distinguished speakers, the media, the gracious ones who share video messages with us, and all concerned citizens. Thank you for making the time to come to this important meeting during your busy schedules. We especially thank the Honorable Mayor Amelita Navarro of Santiago, who came all the way from the Philippines and setting aside her precious schedule to participate in this conference. Heaven bless you all, precious guests.

And such an example of commitment to this noble cause shows us that governmental leaders and influential personages are sincere and ready to act to save this Earth. Perhaps today you will find the new insights and strength to help inform them and support the leaders on this important and urgent mission. The conference location of Formosa is both fond and familiar to me, as it is a place I have previously stayed many years in the company of her pure-hearted, loving, hospitable people. The Formosan people have a special place in my heart, and today, we would like to place our faith in them, perhaps to help humankind awaken. I pray that we all join hands together, with new courage, new determination. Because in acting quickly, we still have time to save the world. We still have time to save the world if we act now, if we be veg now. Thank you so much. Heaven bless Formosa.

MC. *Master, we have special guests here with us who have questions for You. [M: Welcome. Welcome.] Now, let's begin our question and answer session with Supreme Master Ching Hai. First, we have Dr. Liu Shaw-Chen, the Director of Research Center for Environmental Changes, Academia Sinica. [Applause]*

Q. *Supreme Master Ching Hai... [M: Welcome, Doctor.] Thank You. What specific actions have You suggested to reduce the greenhouse gases? And are these actions effective? Thank You.*

M. Hallo, Dr. Liu. You are a distinguished scientist and I'm honored to be of some service. I'm glad to meet you. Thank you for raising this very important question on behalf of the audience, because perhaps you are already aware of the answer.

Dr. Liu, in order to reduce the greenhouse gas emissions, we must stop the source of greenhouse gas emissions. The source of greenhouse gas emission is 50% from animal raising, animal products, and we have to stop that source as soon as before yesterday. We must stop further raising and reproduction of animals for meat or any other use. We don't need animals' dead, suffering products to stay alive. I even wear fake fur. This, I designed it – artificial fur. Doesn't it look beautiful? [MCs: Yes, very beautiful. Lovely color.] [Applause] Yes. We don't need to kill to live. That is a very simple philosophy to understand. All the wise sages of old have told us that, and we would be wise too to listen to their counsel.

Coming back to our modern day, countless humans and animals have proven thus. Stop the animal industry, then we will stop greenhouse gas emissions. According to a new study, the livestock industry is responsible for more than 50%. This is a new research, new conclusion. Because before that, the United Nations estimated that it's only 18% – one eighth. And now, the scientists have discovered that it is more than 50% of all greenhouse gas emissions comes from livestock raising, comes from the animal industry. But I am sure there is more than that; we will get more and more updates all the time. The more updates we get, the sadder, the more grim the picture that we get.

This is according to a new calculation, an update since the calculation of 18% which was announced in 2006.

Now, three years later, we discover that it is more than 50% by the scientists. So if the globe changes to a vegan diet and stops the livestock industry from continuing, then 50% of greenhouse gases can start to go down and quickly because the majority of the livestock emissions is methane, not carbon dioxide. You are very aware of this, Dr. Liu. Within a 20-year period, kilo per kilo – meaning for every kilo of methane emitted, it has 72 times more of the heating capacity than from one kilo of CO₂, means carbon dioxide. That is why the livestock sector is responsible for so much of the global warming. At least more than 50% of it.

So, in addition, the good news is that methane is a very short-lived gas. Carbon dioxide takes many decades to leave our atmosphere, but methane has a lifetime of about 12 years only. So that's why scientists, including NASA researcher Dr. Gavin Schmidt, even said that, 'It may be more cost-efficient to reduce methane in the atmosphere than it is to reduce carbon dioxide.' I quoted him exactly.

Therefore, it's more effective and smart for us to focus on methane first, and to do that we have to stop its number one source, the meat industry. And for that, we must change our diet.

Scientists also found that if we change our diet to a vegan diet, we can release vast amounts of land from producing grains for animal feed and return it to forest or feeding humans. Even you have said so, Dr. Liu, in an interview on the Supreme Master Television, that these forests would then be natural carbon sinks, or areas that absorb and remove a lot of greenhouse gases from the atmosphere.

According to researchers in the Netherlands, the forests would be so effective at absorbing carbon dioxide that we would save a lot of money and energy from trying to develop expensive technologies to do what the trees can do better. World governments could save tens of trillions of US dollars, tens of trillions of US dollars – I leave you to calculate how much – over just a few decades if everyone be veg and plant organic. When we plant organic farming, the organic farming will also absorb another 40%, at least, of the carbon dioxide in the air already. So you see, 50% less from no more animal industry, 40% less carbon dioxide from organic farming, then we will be singing, our world will be saved. Our children will continue to live in this home forever.

Right now, one-third of the entire Earth's land surface is used either for grazing animals or growing feed for the animals, not for humans. We humans use very little of this agriculture section. Is that an efficient way to use the land? [Audience: No.] It's not, yes, it's not. In the Amazon, the world's largest rainforest, 91% of the land that was deforested since 1970 is used for livestock pasture. Imagine, the lung of the Earth being barren just for livestock pasture, 91% of it. This is a devastating way to make a cheap profit at the cost of our planet's and our people's survival. We are eating our planet by consuming meat.

So without the needless animal industry, not only will we gain forests, we can also have organic vegan farmlands to grow real, decent food for humans, and like the forests, these farmlands can also absorb a lot of heat, a lot of heat from the atmosphere. I repeat again, the organic farming absorbs a lot of heat from the atmosphere. And a global shift to organic vegan practices could mean 40% of all greenhouse gases

absorbed as well, apart from the 50 plus percent that we eliminate through the terminating of the animal raising practice. See?

So we see here, if we really want to get to the bottom line to find the most effective solution to climate change, we cannot, we absolutely cannot go on ignoring the most urgent, serious cause – that is the animal consumption and the like – because it is heating up our Earth at a dangerous speed, causing catastrophic disasters everywhere; causing suffering to our sweet, defenseless, blessing, loving animals; causing suffering to hundreds of millions of our humans' co-existence through meat-related diseases. Losing loved ones, losing homes, losing lives, losing hopes. One-sixth of the population is starving. Children die every few seconds from hunger. Right now, as we are speaking, Bangladesh is only half the size of what it used to be decades ago. The list never ends if we continue to partake in this killing phenomena, massacring tragedy called 'animal industry.' We can replace this with hundreds more varieties of nutritious, healthy, life-saving food substances. We have info for this, free to download and disseminate, at www.SupremeMasterTV.com. Please help us to inform people before it's too late. Thank you, Dr. Liu. Thank you for your precious time and your wonderful question. [Applause]

MC. *Thank You, Master, for Your wise answer for us. Next, we have Mr. Huang Mu-Lang, an environment-caring artist.*

Q. *My name is Mu-Lang Huang. Thank You very much that I have the chance to enjoy being here, and to meet You. Today I learn from You about LOHAS, organic, vegan, eco. This is our life and the goal. When I read Your book 'The Noble Wilds,' I wondered how the NQ (Noble Quality) of the animals was determined. NQ is mentioned on the first page of Your book. I am very surprised to see that humans' NQ is less than that of many other animals listed in Your book. Please tell us that if people's NQ is so much lower, what can people do to remedy it, and how can people adopt a world view of co-existence with nature?*

Supreme Master, You have achieved the level of being one with all creation, I greatly admire Your boundless love. However, in the time of global climate change, frequent disasters, and global crisis, in order to avoid total destruction, do You have more concrete instructions and directions, besides Your loving lectures, to the worldly people? Thank You! [Applause]

M. Mr. Huang, thank you for participating in this forum. So you are an environmentally caring artist. I'm very, very happy that you are doing that. I hope you are fine. You look good. And you look like an artist, that's for sure. [Master laughs.]

To answer your first question, sir, I was also surprised myself, surprised to discover the differences in NQ – meaning Noble Quality among the races, between the animals, different animals, and between animals and humans. For those in the audience who may not know, NQ refers to our Noble Quality and the Noble Quality in all beings.

In the book, 'The Noble Wilds,' I have listed some of the NQ percentages. For example, cows have 40% Noble Quality; pigs have 30% NQ, means Noble Quality; dog, 30% NQ; geese, 20%; duck, 8% NQ, meaning Noble Quality, et cetera, et cetera. Whereas for humans, there are lots of us who have an average NQ of 10%, and many other humans who have an NQ of just 3%. It's very sad for me to discover that as well. As much as I'm surprised, I was sad.

For comparison, lions also have 3% NQ and tigers have 4% NQ. So why do some animals have a higher NQ? I asked them and they said it's because they have more unconditional love. And I checked up with the responsible divine power and confirmed the same, that the reason why some animals have high NQ is because they have unconditional love, they radiate compassion, they don't harm other co-inhabitants. Except the few that we have mentioned, like tigers and lions. They may even protect them, with selfless disregard for their own safety. You, and the people in the audience, probably would have the chance to observe this in the wild or in your own backyard or in your own household with your pets, your dogs, et cetera.

Whereas us humans, although we are equipped with a higher intellect, we often do the opposite. For example: We hunt for fun; we fish for fun on weekends; we don't care about other people suffering from hunger; we wage war en masse, destroy en masse; promote wars, promote destruction, promote the killing of other people, selling and producing weapons for that reason, and promoting wars for that reason. So actually, it is not surprising if we come to think about it deeply that many humans have the NQ similar to the lions, or just 3%. But even then, the lion only kills when he's hungry; he doesn't kill for fun. And when the lion kills some animals, he asks the permission from that animal. He asks the agreement from that animal, and they both have a mutual agreement before the lion or the tiger kills the other species for food. If you have the telepathic communication ability awakened, which we all have anyway, then you will know this as well. It's not only I who say this but anybody who can communicate with animals will understand this fact, that any animal who kills another animal for food, they ask permission, and they only choose the weak, the old, the incapable, to kill for food so that they will preserve the strong and the thriving reproduction of that species. So they only kill when they are hungry, the tigers and the lions.

Humans, we never have a need to kill another to survive. We have a lot of choices of food in the fruit and vegetable kingdoms. We have more than enough. We are allowed to defend for our own life, but even then, we will still enter the cycle of never-ending revenge. If we kill others, we will get killed in return. And then, in return, we will kill the relatives or loved ones of that person in return. And so it goes on forever.

So there are three ways to raise our Noble Quality, and they are: First, never harm any living being. The one simple rule of all time, of all religions, of all the great Masters since time immemorial. Second, always do good to others in any situation. Follow our heart and intuition, and if anyone needs help at any time, we must help them. Think of the dog who doesn't hesitate one second to jump into harm's way to defend his human companion, or into a collapsed building to rescue a trapped stranger. The dogs have 30% Noble Quality, because they don't hesitate to sacrifice for others. Noble Quality means we put others before ourselves; we're ready to sacrifice anytime for a good cause. We're ready to help any time other people need us, depends on our capacity. Many other things we can do, we would do if we possess a high Noble Quality. So anything good, anything that is noble, that means it comes from Noble Quality or NQ. Yes. Or, we think of the water buffalo in China who pushed himself into a well and got stuck, just in time before the family's little daughter almost fell in. He had 40% Noble Quality. That's no wonder. Keep the loving veg diet. That's number three. If we cannot do much else, like charity or helping someone, just do this, just be veg.

Because the veg diet alone saves hundreds of animal lives from entering your graveyard stomach, and avoid making ourselves into a graveyard, of course. And there will be incredible positive loving energy from your being and transforming every cell,

elevating all around us. The people, the animals that come in contact with us, we elevate them into a higher level of consciousness.

In the bible, God said, 'I have no pleasure in the blood of bulls and lambs and goats. Your hands are full of blood. Stop killing the innocent! Otherwise, I will not listen to your prayers.' In the Buddhist sutra, it also says very clearly, 'Eating meat destroys the seeds of compassion, and a meat eater's every action will terrify all beings due to their bodily scent of meat.' It's very simple: To murder a life is not a noble way of living, including indirect murder of ordering the death, or enjoying the death of an animal for food. So we must keep the loving veg diet to protect our precious noble self.

So as well as all these, we can improve our Noble Quality by loving action. Always remind ourselves to be noble, to do good deeds to help those who need, and help animals whenever we can. They will in turn help to elevate our NQ. We have a lot of information about this on www.SupremeMasterTV.com, feel free to download and print them, as well as many programs you can download and learn many good tips on being veg, planting organic foods, and there are even plenty of shows about a variety of good deeds to inspire you.

Mr. Huang, regarding the concrete instruction and guidance to avoid the planet's destruction, it's again: Be veg, go green, do good deeds and be loving. That's the loving way to live, that's the noble way to live. Plant organic vegetables as our food, wherever possible, in your backyard, in your balcony. We must develop our innate noble qualities, because after all, we are humane beings. And it's the only way we can save the planet from destruction.

Mr. Huang, you still want to hear some more other quality? Instead of NQ? We have another called LQ, I have just discovered yesterday, because of your telepathic questions sending to my brain wave, I have discovered another kind of quality. Do you have time to hear some more? Or the audience would like to hear some more? [Audience: Yes! Yes!] [Applause]

Good. If you did not question this, I would not have looked into the other corner of the library of the universe, or I would not have asked other divine beings or animals for more information, because I probably did not need it. Okay. So now, in addition to NQ – which means Noble Quality – we have another to be endowed within us, that is LQ. LQ means Loving Quality or Godly Quality – we call it LQ for Loving Quality. Loving Quality, this is an unconditional loving quality. It's even beyond the love between husband and wife, beyond the love of the mother and child. Because this unconditional Loving Quality – meaning we have love for all beings, not just our relatives and friends – we're ready to sacrifice or help anyone who is in need, be it our kin or just total stranger, be it our benefactor, or even our enemy, which Jesus has mentioned, 'Love thy enemy.' This is the Loving Quality that we should cultivate. Many animals have higher LQ than humans. I'm sorry again. I'm also very sad to discover this. And also, size doesn't matter, I just discovered as well.

For example, for domestic animals, LQ ranges from high, as high as 300% to low of 80%. That's for domestic animals. The following are some examples to give you an idea of animal's average LQ. For example, the dogs that you have at home, they have 110% LQ, that means more than 100%; pigs, surprise, 120% LQ; ducks, the little ducks that quack around your yard, 90% LQ; chickens, also 90% LQ. The chickens that we're calling them little chicks, they have 90% LQ. That's almost 100%. In the beginning, I thought 100% LQ, 100% Loving Quality, that is perfect already; but I was informed that

it's not, 100% is not the perfect yet. More than 100% we do have. Now, chickens 90% LQ, if you remember; buffalo, 110% LQ; horse, 180% LQ. Well, on and on and on. But these are just some examples.

Now, for wild animals, I am surprised again, just like you will be, Mr. Huang. Their LQ has a range of high, also from 300% to a low 30%. For instance, wild monkeys' average is 100% LQ; the bears that we try to save in the Arctic, 110% LQ; elephants, only 100% LQ – I'm surprised too – whales, the big whales that some people hunt for food, 300% LQ, 300% Loving Quality housed within that loving great, gentle giant we call whales W-H-A-L-E-S. Now, penguins, smaller than whales, but they have 200% LQ. And the seals that people hunt and club them to death savagely for fur, they have 300% LQ.

So up to now, we have whales and seals. And cows also have 300% LQ. The cows that we massacre every day to eat, without a second thought, without mercy, without compassion, without thinking twice. The cows that plow our field, that give milk to some of our children, they have 300% LQ. So up to now, we have the three greatest – the whales, the seals, and the cows, which have 300% LQ. Now, the dolphins that we love to play with, 110% LQ; the rabbit, 110% LQ – imagine? The rabbit that hops around, that looks so cute, 110% LQ.

So NQ is important, LQ is also very important. Intelligent IQ, maybe we have, maybe not, but LQ, NQ is very important.

Now, we come to the tiger, 20% LQ; lion, 21% LQ; leopard, 22% LQ. Would you like to know about humans, sir? [Audience: Yes! Yes, Master. Yes, very much. Yes!] [Applause]

Good, I hear it loud. How do we humans compare? Now, the human average is 20% LQ. The highest LQ of the humans on this planet is 90% LQ, and the lowest of all of us have only 5% LQ. Of course, the saints, the sages, they have thousands of percent LQ. They are not humans, we don't call them humans like us.

So I'm very sorry to inform you this, as I was informed even the day before yesterday. But it may be of some help to some of us to re-introspect about how we spend our precious time, and short time even, on this planet, and with what we depart from it. So if we keep our focus on always being loving, selfless, and kind, our LQ and NQ, and even IQ will rise up in no time. We all have a big bank of Loving Quality within us, big account. The more we spend it, the more interest we will gain. NQ, LQ are similar in pattern. That is, the more we exercise in due circumstances or in our mental makeup, in our mental concept, in our way of life, the higher and greater we will develop, the greater we will become. You will be happier with yourself and happier each day with each other. We will smile even in our dreams. Try. Try and you will see what I mean. Thank you, Mr. Huang. Interesting question. Thank you. [Applause]

Q. *Thank You. I appreciate Your rich advice and so rich of the information for me. From now on, today and after, Your talk will always be the gold on my mind, with my family, with all the friends around me. So I thank You very much for Your advice. Thank You. Bye bye.*

M. Thank you, sir, for your question. [Applause]

MC. *Thank You, Supreme Master Ching Hai, for Your beautiful words of wisdom.*

M. No, it's not my wisdom. [Master laughs.] It's not my wisdom. I have to thank Mr. Huang for asking a very educational question and thus invoked my mind to go search for the true answer. Not just any ordinary answer but a true answer. Because you have asked a question, so I went searching for the truth of the universe. If you had not asked this question, I probably would not have thought about asking about LQ – meaning Loving Quality. This is also new to me, so I have to thank you, Mr. Huang. Thank you so much. And thank all the universal divinity for educating me this way.

MC. *Thank You, Master. And thank you, Mr. Huang. [Applause] Next, we have Mr. Lai Mao-Sheng who teaches people about organic planting in Yuanlin Community College in Changhua County.*

Q. *Supreme Master and honorable guests, [M: How are you?] good evening. I'm here to prove to you that after being a vegetarian for over 40 years, ever since childhood, a vegetarian diet is good for our health! [Applause]*

When I was little, I aspired to promote environmental protection when I grew up. I've worked in this field for over 20 years now. [M: Wow! Bravo!] I've been promoting changing organic waste into food. This is the result of my past work. But I won't talk about my work today. I'm here to ask Master's advice. Global warming has caused many changes to planetary climate. One area of negligence of us humans is using clean water to flush the toilet. How can we call on everyone to cherish our water resources, reduce water waste, establish a system for recycling water and capture rainwater for utilization? Thank You! [Applause]

M. Yeah. Thank you, Mr. Lai. Thank you for being veg. And thank you for protecting the environment all these decades. We have tried to go in your direction all these years as well. Recently we go a step further to try to inform the people all this on Supreme Master Television, such as what foods to plant to save water, like edible plants that don't need much water and can sustain us with more than enough nutrition. We tell people to do organic farming, how to conserve rainwater, ground water, and conserve land, planting trees to attract rain, and the trees also preserve water in the soil so it doesn't erode the land and run away, et cetera, et cetera. And we also show many of the organic self-farmers everywhere in different countries to show people the examples of how easy it is to plant organic, nutritious, and waterless vegetarian food.

For example, in Au Lac, meaning Vietnam; I like the name Au Lac because it denotes a lucky, auspicious meaning and also wishing the people of Vietnam well. Au Lac means 'happy and prosperous,' and also the name of our ancestors. Now, the farmers in Au Lac – meaning Vietnam – discovered a way to reap bountiful harvests during their dry season, which lasts from November to May. They plant drought-resistant crops like green peas, peanuts, black sesame, sweet potato leaves, and creamy beans, et cetera. They don't need any water for this. They just plant them on dry land, or even watermelons and some other melons, et cetera – no watering, no irrigating, nothing needed. The farmers explain that the leaves from the bean plants and other plants spread over the soil to keep the moisture in. The leaves also later become part of the soil and help the soil stay rich. So there is no need even for fertilizer as they would need for rice or corn, for example. It's nature's miracle at work, and there is a bare minimum to almost no labor required even, until it's time to harvest, and which is also very easy. They don't even need much work. They just pull the plants up. That's it.

As you mentioned, Mr. Lai, there are also good ways to harvest the rainwater, by guiding the rain into the soil to be used by the trees and the plants. The trees are like

living pumps to use the water to give fruits, and prevent erosion, et cetera. They use these water-conserving techniques in dry parts of Africa and India and, as a result, the water level rises more than they take out from their wells. And the villagers in the Alwar District of Rajasthan, India, where one Indian village was able to guide the water enough that it brought back to life five flowing rivers – five flowing rivers – that had been dead before, been dried up before due to withdrawing too much water. Now they bring back to life five flowing, abundant rivers, five, which had been dried up before. You see? Because of withdrawing too much water and deforestation. So now the Indian villagers, they have organized and they have done their best to revive these five dead rivers. We could learn from them as well.

But even these water losses pale in comparison to the incredible amount of water that is wasted for animal production. It takes approximately 4,664 liters of water to produce just one serving of beef, but an entire vegan meal can be produced with only 371 liters of water. The livestock sector is probably the world's biggest source of water pollution as well, Mr. Lai. I am sure you know all this, being an environmentalist. Excessive animal waste, chemical fertilizers, and pesticides degrade waterways, killing aquatic organisms by creating algae blooms, which in turn chokes the oxygen from water systems and help form these oceanic dead zones. The number of oxygen-depleted oceanic dead zones has increased from only 49 in the 1960s to 405 in 2008. And I am sure there are more now, there are much more sea dead zones right now. The dead zone in the Gulf of Mexico is one of the largest in the world. It is 22,000 square kilometres and was created mainly from agriculture runoff, including food raised for livestock and manure. Around 212,000 metric tons of fish are estimated to die in the Gulf of Mexico's dead zones every year, Mr. Lai. I'm sure you know this, I am just saying all this for the knowledge of the audience. However sad it is, we must be informed of the fact.

Mr. Lai, in addition to these useful farming programs, we try our best to inform people of the numerous, contaminated drying or disappeared dead rivers and lakes all over the world. There are tens of thousands of rivers and lakes dying all over the world. People are dying from droughts, people are leaving their villages, their hometowns because they don't have any more water to drink. Just because we Formosan still have water, just because where I am sitting, I am lucky to still have water, doesn't mean tens of millions of other people are as lucky. Some die on the road because of starvation; some die on the road looking for water. This is very, very tragic, Mr. Lai. I hope we all wake up... and wake up quick to save our people, to save our home. We have listed some on www.SupremeMasterTV.com for your reference. Please copy at no cost and send it to all other people who you can come in touch with – by mail, by email, by post, leaflets, poster, whatever may be suitable to you.

I also encourage the audience to do the same. Please help. Please help each other, please help us. Because many of our world co-citizens are not aware that many of our other co-citizens are dying because of lack of water, and lack of water means lack of food, lack of security. Water means everything to our existence. We must conserve the water; we must do everything we can. And the first step to begin is to be vegan. Because animal industry uses 70 more percent of our clean water of our planet! Thank you, Mr. Lai. Thank you for doing what you do and thank you for your questions. [Applause]

MC. *Thank You very much, Master, for Your very valuable and useful information. Next, we have Ms. Tan Ai-Chen, animal lover, well-known movie and TV actress, and a vegetarian cooking show host.*

- Q. *Supreme Master Ching Hai, we are all very confident. Please don't feel too sad. [Applause] [M: Hallo!] Master, You look so beautiful today. Is Your dress specially designed for today's conference? [M: Yeah, thank you. It's a Chinese cheongsam.] Yes, 19 years ago, I read a report that while You were practicing in the mountains in Miaoli, You lived a simple life. You had told people that they could be very happy by surviving on white rice, nori seaweed and black sesame. I'd like to ask You that if we eat a vegetarian diet, how can we keep our diet simple and keep our body energized with a beautiful complexion just like You? Thank You. [Applause]*
- M. Hallo, Ms. Tan. Thank you for coming here. You also look beautiful and healthy. [Q: Thank You.] [Applause] You are also beautiful, and very, very healthy yourself. You are a good example of being a vegan.

Twenty-plus years ago, it's true that I was eating black sesame. No seaweed, no luxury like that. Sesame and brown rice and clean water and salt, or sometimes soy sauce. Now, that was when I was on a retreat. I sit in retreat, meditation alone for three months and, of course, I didn't want to bother people bringing food to me every day. First, it's bothering to the busy, ordinary people. Second, they will be disturbing me every time knocking at the door for food, so I just made simple sesame in a big pot and easy to eat anytime I wish. The thing is, that's also enough nutrition.

Because there was a monk in Formosa, he's teaching qigong; he's very, very strong. He could bend metal like you bend noodles. Big metal stick like my thumb, he would bend it like you bend noodles. And if you put a knife to his throat, he would just bend it by his own chi power – means the vital energy of his body. He just makes the knife spring away or bend it – useless, you can't kill him. And if you stab him on the back, the knife also springs back. If you broke a glass bottle on his body, it would just break into pieces; it never harms or injures his body. And he eats only black sesame, brown rice, and water. Why black sesame? Because black sesame is cheaper, that's all. [Master laughs.] White sesame also has good quality. But I don't advise everybody to just eat that. All right? That is for people who have no time or who would prefer to live very frugal and simple, like a monk or a retreat person.

I am not always eating black sesame and brown rice, Ms. Tan. [Master laughs.] But I do very, very often, because of my busy schedule, you understand, Ms. Tan? But whenever I am not busy, I also do a little cooking show for people to let people know that vegetarian is very tasty, just the way you do. Yeah, I'm going the same direction as you are. And I don't advise everybody just to eat brown rice and sesame, even though it's healthy, but it's not that palatable all the time. Although when I eat it, I feel very, very good. Tasty, yeah? Anything was tasty.

But the thing is, not everybody likes this. Yes? So please, don't advise your audience on television to just eat brown rice and sesame. Even though, according to Oshawa, the Japanese nutritionist, he was very healthy and very, very famous, he wrote a book about nutrition and how to cure cancer and all kinds of incurable diseases by brown rice and sesame. If we want to cure our disease, we have to eat according to the instruction, not just blindly sesame and brown rice. Not just that, but people who eat vegetarian, they also cure many diseases. You know that yourself. You want to have brown rice, sesame, all the time? Can do. Can do. Can do.

The monk, he's still living, he stays in Formosa. He lives in a place called Ling Shan Lecture Hall. You can go and learn qigong with him and you know how he's very, very strong. You cannot defeat him with anything. I am also a living example. I eat brown

rice, sesame, a lot, a lot of times whenever I'm too busy, can't even cook or I don't want to bother my assistants to cook because they are also busy. Then, we, all of us, eat brown rice, sesame. And even my dogs, you know, during those times, they also eat brown rice, sesame, and they're very healthy. No problem with any of us at all. It is a problem when we eat a lot more rich food. Sometimes I feel sorry for them and I give them a little vegan butter and vegan cheese and all that, and then they get fat and the doctor says, 'Oh, please, put Your dogs on diet.' Something like that. Otherwise, even just brown rice and sesame, for me, it was enough. I had never experienced any health problems when I was on brown rice, sesame, and a water diet. It's just that, of course I'm going out a lot also, and whenever I'm out, people cook vegetarian and I just eat them. But during the brown rice, sesame period, I never experienced any discomfort of any kind.

Now, we will have a lot of energy and health from the vegetarian diet. The one that you're teaching is very nutritious already. But not all have to eat brown rice sesame, please. We have tons of nutritious, appealing, tasty food from the vegetables, fruits, legume kingdom, which can be enjoyed raw, liquid, or cooked. They are delectable, healthy, and give us an abundance of energy inside and make us young, vigorous outside. We will feel happy, happy and very energetic. You know it yourself. And your audience of your cooking show would know that; they would tell you that. They would give you feedback on that. People, even, just to eat vegetables for two weeks, they feel a big difference already.

And thanks, by the way, for what you're doing to help bring this vital information to the public on your veggie show. You're doing a great job. When people see just how beautiful and healthy and energetic you are, they will be convinced. I'm sure countless people have become vegetarian because of your show. God bless you. God bless you.

We also have a lot of international shows and healthy lifestyle advices and cooking shows from experts, medical professionals, yogis from all over the world to offer people knowledge of a better lifestyle, the vegetarian lifestyle. All people can log onto our website www.SupremeMasterTV.com for a rich wealth of veggie info. The myth that vegetarians are undernourished is just a myth, nothing else. To prove it, we can point to so many beautiful, healthy vegetarians and successful vegans out there. You know we have all of them on television. Some of them are very famous, like in Formosa, even, look at your fellow celebrity Big S, also known as Barbie Hsu internationally, who is a lovely vegetarian singer and actress. There are movie stars like Tobey Maguire who played Spiderman; Kareena Kapoor from India; Yogi Cameron, the former super male model, the most expensive male model who became an acclaimed Ayurveda and yoga therapist; American vegan basketball stars James Donaldson and John Salley; Brendan Brazier, the professional Ironman tri-athlete and vegan; Olympic athletes, et cetera. In fact, many of the best athletes and supermodels choose to be vegetarian or vegan so that they can maintain top healthy condition to do their job; that's why they're the best in their field. Just log onto our website www.SupremeMasterTV.com/Alternative-Living. You can download a free flyer that has some of these veggie elite people, and the benefits of a veg diet. Many more unsung vegan and vegetarian heroes who walk among us, of all ages and all professions – from doctors, to actresses, to singers, to athletes, to fitness trainers. They are healthy, their eyes are shining, and skin is glowing. They often have a brighter face and attitude. And it's been proven that they live longer. It is the meat eating population who suffer 3, 4, 5, 7 times the rate of cancer, heart disease, diabetes, et cetera.

In Formosa, a study found that the vegetarian diet protects men from getting prostate cancer even, and that's the most dangerous for men – prostate cancer; men are very afraid of that. Another study found that Formosan post-menopausal women who were vegetarian had a much lower blood pressure than women who were not vegetarian. There are countless studies such as these, and about children as well. Children who are born and raised vegetarian seldom get sick like their non-vegetarian peers who come to school with the flu or get skin disease and allergies and obesity and all kinds of unbearable afflictions at a tender age.

So it's not fair to the children to feed them meat. It's time to look after our family health in a better way. Even the United States First Lady, Michelle Obama, she shared with her people through personal experiences that fresh vegetables and fruits daily give herself and her family more energy and better health. And she's going to appear on some of the Sesame Street TV shows to teach children about how beneficial vegetables and fruits are. You see? It's good news. Many doctors in the United States advise people to be veg. They treat their patients with veg diet, and they go out a healthier, medicine-free, longer life-expectancy person. These are respected and even famous doctors like Dr. Joel Fuhrman, Dr. Caldwell Esselstyn, Dr. Neal Barnard, and Dr. John McDougall to name a few, who are all vegans themselves, by the way. It is said that Dr. McDougall even joked that he nearly went bankrupt because he lost his patients. They all get healthy and didn't need a doctor anymore! They don't come back. [Master laughs.]

Some of these experts and vegan health information were featured on Supreme Master Television. We have them all and more on www.SupremeMasterTV.com. Free to download and print out and give it to your people whenever you need. Thank you, Ms. Tan, for your noble role as an example and a show host in helping people. [Applause]

MC. *Thank You, Supreme Master Ching Hai. Now, we're joined by Mr. Chen Tien-Wen, the Deputy Speaker of Taichung City Council, who will share with us some very good news about community vegan solutions to climate change. Let's welcome Mr. Chen. [Appplause]*

Q. *I'm the Deputy Speaker of Taichung City Council, Chen Tien-Wen. Today, I'm very glad to have this chance to join the climate change conference. Every member of our council knows very well about the harmful effects of global warming on Earth. From the research of experts, we have learned that the livestock industry is the major factor causing global warming. [M: Yes.] The livestock industry consumes a large amount of resources such as land, water, food and crops, causing severe damage to the ecological balance. For example, the Amazon forest is diminishing at an alarming rate. Everywhere there is a food crisis. And a large amount of poisonous greenhouse gases have been produced such as methane and carbon dioxide. The United Nations Intergovernmental Panel on Climate Change and other researchers and experts from both Formosa and overseas have pointed out one common solution, which is the plant-based diet as a method to mitigate climate change.*

To answer the call of the Environmental Protection Administration for daily carbon reduction by one kilogram, our council held an ad hoc meeting in September and proposed a bill to provide one day of only vegan meals every week to the students of all public schools in Taichung. The Education Department of our city government also sent letters to public school students, encouraging them to eat vegetarian meals one day a week. [M: Bravo.] [Applause]

For the sustainability and survival of the Earth, we all should contribute our effort, and being veg is something each person can do. Eating vegetarian meals one day a week is just a beginning. I hope with everyone's effort and the blessing of the Supreme Master, there will be more and more vegetarians, and then our Earth will become a better place. [Applause] This is my opinion. Thank you.

M. God bless. God bless. God bless. Yeah. Wonderful! Wonderful news, Mr. Chen! Wonderful news! [Applause] Thank you and thanks your enlightened government and your people who support it. Very good. We should do that everywhere and more. Wonderful city. A good step, good step. [MC: Thank You, Master.] Good government.

MC. *Thank you so much, Deputy Speaker of Taichung City Council, Mr. Chen. And we have now Mr. Lin-Hsu Wen-Er, the Chief Editor of Persimmon Books and the CEO of website www.Vegeplanet.com.*

Q. *I am a little over 40 years old now and I got to know You about 27 or 28 years ago when I was about 15 or 16 years old. One day, in a phone booth, I saw a few booklets of 'The Key of Immediate Enlightenment.' So I already read Your book at that time. So I am very happy to have the chance today to talk to You face to face.*

Next, I'd like to ask You a more practical question. We mentioned the problem of the livestock industry, but the truth is that because there is demand, there is killing. However, both vegetarians and meat eaters face the same consequence of raising livestock, such as poor air quality and polluted environment. Vegetarians still have to share all the consequences even though they don't eat meat. It seems very unfair. [M: Yes.] So some people suggested to tax meat products so that meat eaters have to pay more, and in this way we can reduce the demand of meat products. But, it is actually very difficult to implement. So I have an idea. Before, there used to be the issue of cigarette smoking. Now, smoke addicts have to go outside the buildings to smoke. I think this is a very good outcome of the Tobacco Control Act. So is it possible that we also pass a legislation on meat products like the Tobacco Control Act, so that meat shoppers at least see some warning labels on the meat products? Something like, 'Animal protein is harmful to your health.' 'Meat eating increases the carbon emission that contributes to global warming.' Through legislation, we can make a meat eater see the label that reminds him that the steak or shrimp in front of him is costing a big price that we all have to pay. I wonder what You think about this idea, and are there other more practical means that can more quickly improve the Earth's global warming situation? Thank You. [Applause]

M. Thank you. Thank you. Very good! Very good! Very good, Mr. Lin-Hsu. I am very impressed to see that you are both chief editor of a big book publishing company, as well as the head of a vegetarian website. Very young, and very, very enthusiastic, very compassionate. Thank you.

For being in such a position, you must be a very busy man. I understand. But you look so healthy! And handsome! And as a media leader in the veg world, you still continue doing your job and still look good! So the vegetarian diet clearly helps you look good and healthy and intelligent to do all your jobs. Bravo for your positive effects already, for being a walking example. And yes, your proposal is a very, very good idea. [Applause] Yes, that's right! Give him an applause! [Applause] Bravo! Doesn't he look handsome and young? Yeah. And very enthusiastic and smart. I am sure your wife would say that every day. [Master laughs.]

Now, we should be warning people all about the products containing meat, and milk and egg also, fish even. Anything to do with animal products we should, as you said, put a warning label on them. This is because these products bring many of the same health problems and involve the same animal cruelty, and they are destroying our home. The egg industry, for example, routinely disposes of male chicks at a very young age by throwing them into a grinder... gosh!!!... [Master sighs.] where they are crushed into so-called meat while they are still alive. Oh God! [Master is crying.] How can we ever do this? How can we ever do this? Imagine if it were our own defenseless children who were treated thus? Imagine if it's ourselves who were thrown into a grinder and made to suffer while still alive? My God! Is there any hell more horrible than this?

Mr. Lin-Hsu, besides being horrifically inhumane, even just to think about it, even just to mention it, it wrenches our hearts. How can we imagine anybody would do this? I did not know this before either, I did not even know this. The more we go into this information, the more we know about this terrible treatment to... [Master is crying.] the helpless and innocent little chickens and animals. I can't imagine that we do this. I can't imagine anyone would do this. Gosh!!!... These activities are carried out in completely unhygienic conditions, making them a breeding ground for deadly bacteria like E. coli and viruses such as swine flu and in turn killing humans, making people suffer, a lot of people suffer not by death, but by the separation, the loss of loved ones. Even young children who die by swine flu and leaving parents painful, suffering so much.

The damaging health effects of meat and dairy are now well documented for everyone to see. Besides being directly linked to increased risk of such fatal diseases as colon cancer, links have also been made to many other cancers, heart disease, stroke, diabetes, infertility in women and even mercury poisoning found in fish.

Another type of meat poisoning can come from arsenic, which is often fed to poultry to make them grow faster and, in turn, we feed ourselves with this poultry. Of course, then we poison ourselves as well. But nobody would tell us about this. So we are feeding ourselves with poisons every day, not just from poultry, but from cows and pigs, ducks, geese, and not to talk about the cruelty beyond imagination that we are not even allowed to know and to see. If everybody sees how the chickens are treated, how pigs are treated, and how little tiny chickens... [Master is crying.] are treated, grind alive like that, I don't think they would want to ever eat chicken meat again. But we are not even allowed to see this. Most of the farms are hidden away from us, hidden away from our conscience. And we, for not knowing, contribute to all this cruelty. And we, for not knowing, feed poison to our tender, young, helpless, innocent children and wonder why they're sick, they're ill and have to make them suffer for medicines, injections, operations, and cause so much pain to us, the parents. If only all people know this. We're trying to inform them, please help us to inform everybody. This is beyond hell.

One United States study that looked at all sources of arsenic acid – arsenic, you know, a poison substance – said that among the highest are seafood and poultry. Seafood and poultry – poultry means chickens, ducks and all that – they contain the most arsenic. And you know arsenic is poison. Not only that, chronic arsenic exposure has been associated with all forms of cancers in Formosa. Please look into the research and see it for yourself.

In other research, 164 samples of ready-to-serve prepared meat foods from a scientific center in Formosa – means Taiwan, in Taiwan – were evaluated, with up to almost 30% found to contain some form of bacteria contamination, including the potentially, deadly, lethal E. coli.

Finally, in one of the worst animal disease outbreaks to hit the island of Formosa, the virus called hoof-and-mouth disease was transmitted from one pig that came to the island in early 1997. Within just six weeks, 6,000 farms had been stricken, resulting in the tragic slaughter, massacring 3.8 million pigs. Although in that case there are no reported human infections, this gives you some idea of how quickly animal-borne diseases can spread, causing devastation for themselves and humans alike. And these are just a few examples.

So you can see, Mr. Lin-Hsu, the best is to abolish meat altogether. Because unlike tobacco, drug and alcohol, animal consumption is eating up our planet, is killing us humans, and destroying our only home that soon we might not even have a planet to live on, for our children to continue to live on. We have no time to waste now as in the case of the other three poisonous substances, namely drug, alcohol and tobacco. Even if we put label or warning on meat packaging, it's not sufficient.

Now, we can see meat is everywhere, legally killing us and our children, legally killing our planet, killing the environment on massive scales! We must stop animal production now and at all costs if we want to keep this planet called home. The governments give subsidies to animal industry anyway. So these subsidies can also be used instead to turn meat and related businesses into wholesome vegan businesses. Good for the people, good for the business, good for the planet. Doing this we only gain hugely. Not just immediately, but for the long, long run, and we can keep this planet forever and make it into a paradise by just throwing that meat away and stop the animal industry.

So please, Mr. Lin-Hsu, use your media power, join us in informing people of this harm so that they simply stop eating meat. It's too cruel. It's too unwise. It's too insufficient. It's too unsustainable, and it's killing our people and our planet – legally killing. If somebody goes out and kills somebody, we put him in jail. Meat is murder! Meat is killing billions of people, killing our planet, our only home! We have to do something about this crime. It's really simple to be veg, and it is the only way to a future for ourselves and all beings in this world.

Thank you, Mr. Lin-Hsu, for being veg and doing what you are doing to help to save the planet and save us from being the cruelest beings in the universe. Wishing you all the best, and God bless your efforts, sir. [Applause]

- MC. *Thank You, Master, for strongly advising us. We really should stop eating meat. Next, we have Mr. Lin Hung-Rui, the President of Suiis, the first website promoting vegetarianism in Formosa.*
- Q. *Supreme Master Ching Hai, we have been promoting vegetarianism on the internet, and I'd like to ask You what we can do or what changes we can make in the areas of promoting vegetarianism to help roll back global warming through the use of social network analysis, such as Facebook, Twitter, and Plurk? Thank You.*
- M. Sure, sure. Sure, Mr. Lin, welcome. And I'm glad to see you're a vegetarian as well, hopefully a vegan, huh? Congratulations for your noble initiative in being the first to establish a vegetarian website in Formosa. Formosa means Taiwan, you know, right? I hope. I like the name 'Formosa' because it depicts your island – meaning beautiful. So that is truly an accomplishment! So you are already leading the way in using modern technology to reach the public. Everybody could do like what you do. You're right. They should emulate you and do the same to spread this information about the beneficial

vegetarian diet to all corners of the world. Every corner of the world, everybody should know this – by modern technology, by internet.

You asked about what the social networking sites can also do assist in efforts to halt global warming through the vegan diet. I say ‘vegan’ because as explained earlier, this really is the way we need to go to stop the greenhouse gases and the animal suffering. All the websites should help to promote this, but we can’t force them, we can only plead with them, can only inform them and everyone should decide. Please decide soon, otherwise we might have no time. We might not have anything to save when we do want to save. It might be too late then. Please do it soon – now!

So promoting the planet-cooling vegan diet through social network is surely good, yes, yes! You can surely use them to spread the veg idea, veg benefits, veg planet-saving, and the websites themselves should do it also. We should inform people what’s good for them because it’s also good for us. We are living on the same planet. We should also inform people about the terrible harms and costs to our environment and the health of people and children, as well as the life and death matter of our world and related data. We have to inform them all. Almost all people can do this, passing on the true information, the true cost of the animal diet. These can be effective because they use the most modern technology to reach the public.

So yes, Mr. Lin, please spread the ‘be veg’ message and get the word out to as many people as possible. Help people to wake up, because time is running out on us. Thank you for your dedication to this noble cause, and I wish you all the best in heroically helping to save our world. God bless you. Buddha bless you. [Applause]

MC. *Thank You, Master, for Your very insightful and useful advice. [Applause] Next, we have Mr. Luo Hon-Xian, an ex-pig farmer turned vegetarian.*

M. Thank you, Mr. Luo. Congratulations! [Applause]

Q. *Dear Master, I’m so happy to see You! I used to be a pig farmer. A conflict arose inside me, so I decided to give up raising pigs and became a vegetarian. Thank You! [Applause]*

I remember, once a pig dealer came to get pigs from me, and I dragged a pig out with the help of the pig dealer. While we were dragging the pig out, other pigs started to panic. They were really frightened, so they started to run around. That scene had a great impact on me, and I can still feel it now. That night for some reason I couldn’t fall asleep, and I kept thinking about this matter. The next day, since the weather was getting hotter, I went to chat with my neighbor, Teacher Lin, who has been an organic farmer for many years. Then we talked about the pigs. Mr. Lin advised me to stop raising pigs. I asked him why, and he explained to me that raising pigs has affected our weather. I learned the impact of the waste from pig and animal agriculture, just like what the professors have just said.

After our conversation, I started to think about it: It takes a whole year to raise a pig to maturity. No matter how foul the weather was, or how late it was, I couldn’t take a break; I had to go to the pigsty and feed them. I felt for them like the way I felt for my family. But when one year was up, I would sever my feelings for them because I wanted to sell them for worldly gains. Now, I feel a little sad about it. I’m sorry. [Applause]

Because of this, I became more resolute to stop raising pigs. And then I became a vegetarian. I have already been a vegetarian for four months. Almost four months. [Applause] Actually, a vegan! [M: Wow!] When my mother heard that we had become vegetarians, she was happier than anybody else. Before I became a vegan, I weighed over 100 kilograms. Any time I did anything, I would always feel fatigued. And I was very impatient when I dealt with things. Since I became a vegan, I've been losing weight. Also, I would pause to think before I talk. Now, even if I sleep only five hours a day, I don't feel tired at all. The next day, I still feel energetic. [M: Wow! Very good!] My friend asked me, 'Are you taking drugs?' I said, 'Not at all! Why would I take drugs?' My mother also feels that I'm doing the right thing by becoming a vegetarian. Only keeping a vegan diet can make us very healthy.

Finally, I'd like to thank Supreme Master Ching Hai for Your teaching. The images on Supreme Master Television are all so striking to me. Every image touches my heart. I will always remember Master's words. Finally, I'd like to advise all the animal farmers in the world and in Formosa to give up raising animals. Actually, pigs are very intelligent. They love one another and they are very united. And they have very clean habits. Also, pigs have higher IQ than dogs. So in the future, while you scold people, don't say, 'You're dumber than a pig.' You should say, 'Even a dog is smarter than you!' [Applause] [M: It's true.] What I mean is that they are very intelligent, so don't kill them, such intelligent animals. Instead, we should treat the pigs as our pets. Now I still have 12 pigs in the pen. I will keep these 12 pigs until they die. Also, I've changed my job. I'm a truck driver now, and I do organic farming. I turned the remaining land I have into an organic farm. So I just want to tell everybody, every fellow animal farmer, that you can also choose this kind of lifestyle. [Applause] The key is whether you want it or not. Thank you.

Master, I have a question for You. [M: Please.] What should the worldly people do and what should they give up in order to save our only planet? This is my question. Thank You, Master. [Applause]

- M. Hi. Thank you, Mr. Luo. Thank you, Mr. Luo. Your speech has answered your own question. We have to give up meat, that's all there is, just meat. Give up meat and we have everything else. We have the great planet, we have the future for our children, we will have paradise on Earth. It's really worth the change.

And bravo for your decision to stop pig farming and become a vegan. And even become organic farmer, my God, you're getting better and so quick, so quick, I'm very impressed. And now you even promote loving animal awareness by real efforts and activities. Like, you're taking your pigs to the schools and explain it to the children how loving, intelligent the animals are, and encouraging other farmers to turn to vegan organic instead. Thank you so much, thank you so much. And you know yourself by your example and real experience that you are not only healthier now, you also help saving the planet. You are a hero now. And you are even a vegan, you have the clear conscience. [Applause] Yeah. Thank you, my hero. You have the clear conscience of knowing that you no longer contribute to the killing, bad retribution that is taking its toll on our world. Congratulations and thank you for your compassionate choice. And thank you for your noble activities at the present to inform others.

So what should we insist on giving up to save our only planet? Well, Mr. Luo, you know already the answer. The historic decision that you made in your own life, giving up the cruel practice of animal raising, giving up meat and becoming an organic farmer. The answer you have already, that is, we give up meat and then we plant organic

vegetables. Very simple. Very simple. It's not much change, not much demand on anybody at all. At least give up meat and the world will become a paradise. And we will continue to have this world and a better world to live in. Thank you, Mr. Luo, thank you really from my heart, thank you for making a good example. [Applause]

MC. *Thank You, Master. Thank You for this important message.*

M. Good example.

MC. *Finally, we have Mr. Chen Hsueh-Yu, a mathematics teacher of Mighty Brains Cram School.*

Q. *Dear Supreme Master Ching Hai, how are You? In recent programs on Supreme Master Television, You talked about the history of Venus and Mars. These facts aren't recorded in our human history and weren't observed by the scientists. We are very fascinated by such cosmic mystery, and at the same time, we feel the insignificance of our own existence. On our planet, since Edison invented the electric bulb, human life started to change drastically. In a very short period of a couple hundred years, the material life of humans has advanced and has become very comfortable. We'd like to ask Master whether humans' spiritual life also has to go through several stages? You mentioned that You attained the cosmic secret through deep meditation. We heard that the energy field of spiritual practitioners can change the material world, so if more people start spiritual practice, can we reduce the harm brought by climate change more quickly? Thank You. [Applause]*

M. Thank you, Mr. Chen, for being with us and for your insightful question. Yes, there are many stages of spiritual improvement and progress. I have mentioned these before in many of my lectures a couple of decades ago, and our Association members have printed them out in a small booklet and some other bigger books called 'The Key of Immediate Enlightenment.' Please ask for it from our Centers. The booklet that mentions different levels of spiritual advancement is free to take home. It is also described in the scriptures of many great religions, although maybe not as clear and not as categorized like in that little booklet. But in Buddhism, Christianity, you will find here and there the examples of spiritual levels. Here is one from Buddhism: 'Virtues are borne through loving heart to uplift sentient beings. The attainment of a saint and Buddha status result in charity, and the love to deliver fellow beings.' If you have love for all existing beings and show it when a needed situation arises, if you feel their pain as if yours, then you know that you are at the right saintly level – a walking, breathing, living saint whose existence will bring joy to countless others and is well loved by heaven in the hereafter and even now.

So you can try easing into a deeper state of realization to realize your own spiritual level and improve your universal knowledge. You can find a like-minded group of friends or guide to show you the beginning of the road, if you are not yet at the beginning, or more advanced if you are already on the advanced state of spiritual level. And of course, you are correct that the magnetic field from spiritual practitioners can change the material world. But to some extent, it depends on how deep the karmic retribution of the whole population of the planet people. If it's a lot of bad karmic heavy weight then we need a lot more spiritual practitioners to uplift it. But the best is the people have to awaken themselves and neutralize the negative effect of what they have been doing. And the more practitioners, the more beneficial and uplifting energy we will have to counter darkness in the world. But, we must also put this vibration into action, this knowledge into action as well. We have to turn around, change our concept – just turn around and

change our concept, determine to live a nobler, more compassionate life and walk the way of love. We have to determine, to decide that from now on we will not harm any beings at any cost. Instead, we will help everyone to evolve, to enjoy life in the name of God, in the love of the Buddha.

If you want some more information, maybe some of our Centers could help you in Formosa. Thank you, Mr. Chen. It's a very long subject, if we discuss about spiritual levels. But if you get my booklet, at least you can have an idea about what level you are in at the moment, and go from there, Mr. Chen. Thank you. Buddha bless you. [Applause]

MC. *Thank You, Supreme Master Ching Hai, for Your very special message for us. At this point we would like to recognize the Mayor of Santiago City, the Honorable Amelita Navarro will share some words with Supreme Master Ching Hai.*

M. Oh, welcome, Madam Mayor.

Q. *Good afternoon again, Supreme Master Ching Hai. [Applause] [M: Good afternoon.] I would like to repeat once again, it's an honor to be with You and to talk to You personally. It's a dream come true for me.*

I just have a comment and this is: As a country that is situated in the typhoon belt, the Philippines will bear the brunt of climate change earlier than we have predicted. As a matter of fact, Storm Ondoy that submerged Metro Manila is a record of sorts. Then, within just one week, Typhoon Pepeng flooded northern Luzon, prompting the weather bureau to say that that was the first storm that has stayed on land for almost ten days, devastating all of northern Luzon. [M: I'm so sorry...] These are all due to climate change. That is why we are one with You in minimizing global warming. Again, thank You for planting the seeds of vegetarianism in my city, Santiago. It is a hard job for us to take, but we will take the challenge and the challenge must begin now.

On behalf of the City Council of Santiago, I also would like to thank You for Your donation during Typhoon Emong, codename Chan-Hom, wherein You donated USD10,000 for the devastated crops and properties. It went a long, long way to help my farmers to start anew. Thank You very much. Thank You. [Applause]

M. Thank you, Madam Mayor. Thank you for being such a good mother to your co-citizens. Thank you for such a motherly love and the higher love even, that not only you become an example of choosing the loving diet, but you also sign into law and encourage your citizens and other prefectures to do the same. This is really great news indeed. I have to thank you. If we have more mayors like you, the Philippines will not have to suffer so much. I'm so sorry and, of course, we are always there to help in whatever way we can to alleviate some of the suffering of our co-citizens in the Philippines, because they are loving, peaceful, very hospitable people, very generous people. They deserve all the love and help from the whole world.

Saying that, we also do not forget all the islands and other countries who are submerging or sinking or disappearing or disappeared because of climate change. My heart is troubled every day, thinking of all these innocent people and all the defenseless animals who have to suffer in this great upheaval we call climate change. But we still have time, madam, we still have time. We could not reverse the effect of climate change in the past. Whatever happened due to typhoons and floods and earthquakes, et cetera, that occurred in the Philippines and elsewhere, we could not reverse the effect. But we

could stop future disasters by doing what you do, by converting, returning to the compassionate vegetarian diet and encouraging others to do the same. The governments have the power to do this. I beg all the governments of the world, please, do this before it's too late, for the sake of your citizens and your own children as well.

I have been pleading many times and I have been praying to heaven to manifest physically on this planet to awaken the leaders, the people, one by one. I've been praying for all this. And I hope the leaders, the governments, and the people are listening. Important are the governments – must make example, must use the governing power to save the planet. This is the only one chance.

I really wish all the governments follow your example, madam. But, thank you so much for being one torch in the darkness. We need more torches like you. Thank you. God bless the Philippines and we will always support your people in whatever way we can. I will be sending some more people and some more financial support shortly after this for the newly devastated disaster in your beautiful land. I'm so sorry, I could never cry enough... [Master is crying.] for all the victims. I am so sorry, madam. Please convey my love to your people. Please tell them I love them very much. And in my little, humble power, I pray for them. Thank you for coming to share the good news, and to share your blessing energy with us and Formosa. God bless you, madam. God bless you so much. [Applause]

MC. *Thank You, Master. We thank our guests for their very valuable questions. We hope that the panel discussions and the speakers' insightful analyses will make everyone realize the terrible impact of climate change on the Earth and our daily lives. We hope that this conference will awaken the consciousness of the public to the pressing climate change crisis and other environmental issues. Master, before we close our conference, would You like to give a last brief message for us?*

M. Sure, I'd be glad to. I'd be glad to. I would thank everyone again – the governments, the leaders, the supportive media, precious guests, and the audience – for your presence today and for your shared knowledge. I have learned a lot from you and I have enjoyed your love. Even the guests from afar who lend their caring spirit through a video greeting and the esteemed dignitaries and scientists. The kind experts who share their time and knowledge with us, though they are busy and far away that they could not come, but they send their words of wisdom and loving concern through recording videos. And I thank the caring panelists for your valued contributions in addressing our urgent planetary state. I also appreciate all the distinguished government officials, media members and guests, again and again, in this important meeting. And of course, I'm very touched by your caring support and goodwill wish to save this home for ourselves and more importantly, for our children. And we all thank the organizers who made this possible for us to convene and reaffirm our love and determination to be heroes for our planet. I am proud and touched by the leadership of Formosa and the Taichung government to carry the torchlight toward a brighter vegan world.

As I have said before, I truly have faith in Formosa that maybe we could become the first vegan country on the globe. Seeing your steps in the direction of peace and compassion fills me with hope that together we will be able to save this planet. Whatever we have gained from our time today, please go forward, walk with love to inform others of the need to do the same, that is: Be veg, go green, do good deeds and our planet will be saved. May this special land exist in safety, this special Formosa island exist forever so that I might have a chance to come back and visit you again and again. Thank you and I love you all. God loves us all.

- MC. *Thank You, Master. We love You, too. Thank You, Master. [M: Be blessed.] Thank You, Master, for Your precious time and all the important messages.*
- M. *Be blessed. Save our world. Save our vegan world. God bless. Buddha bless you. Thank you so much. Thank you again.*
- MC. *Thank You, Master. [Applause] Joining us on stage are the VIPs, esteemed guests, and delegates from all over who have come to join us in this climate change conference. Along with delegates from 29 co-organizers who are standing here onstage, hand in hand to show their commitment to fighting the threat of climate change and global warming, let us take action today and every day to save the Earth and care for the environment. Thank you to all the participants of this conference and our global viewers for joining us today. [Applause]*
- M. *Thank you, all these heroes. All these heroes, thank you so much.*
- MC. *Thank you. Together we are showing our resolution to save the planet and our co-inhabitants by being veg and going green. Let's all: Be veg! Go green! And save the planet! One more time. Let's all, together, 1, 2, let's all: Be veg! Go green! And save the planet! [Applause] Thank You very much, Supreme Master Ching Hai. Thank You, Master. Thank you very much, Chung Ching University, all our esteemed guests and delegates. Thank you, Taichung City.*
- M. *Thank you all of you.*
- MC. *Thank you everyone for joining our conference today. Thank you. Bye bye.*
- M. *Thank you all of you. God bless. Buddha bless you. Thank you.*
- MC. *Thank You, Supreme Master, we love You! Bye bye. God bless You, ma'am.*
- M. *God bless Formosa. [Applause]*

GLOBAL UNITY: TOGETHER IN SAVING LIVES ⁷

- MC. *We would like to express our sincere thankfulness to all our distinguished speakers who present us vital information on the dire threat of global warming and the sustainable solutions, available in terms of alternative living, particularly the vegan diet. Let's thank them once again with the warmest applause. [Applause] Thank you.*

Today, it is our honor to have also honorable guests here. So we would like to introduce our honorable guest Mr. Ying Kai Wing, member of District Council San Shui Bu. Let's give him a warm applause. Thank you for your time. Thank you for joining us. [Applause] Our next honorable guest is famous great ballet dancer, Jim Wang. Thank you for coming. [Applause]

Distinguished guests, ladies and gentlemen, we are privileged and grateful to have our most honorable guest, Supreme Master Ching Hai, accept the invitation to join this conference. Supreme Master Ching Hai is a highly esteemed invited speaker at many

7. [Videoconference with the Hong Kong people at the 'Global Unity: Together in Saving Lives' Climate Change Conference, Hong Kong, October 3, 2009 \(Originally in English and Chinese\).](#) * Note: This conference is recorded verbatim only the question and answer session with Supreme Master Ching Hai.

climate change seminars and conferences around the world. Let's give a warm round of applause to welcome our most honorable Supreme Master Ching Hai! [Applause] Hallo, hallo, Master! Hallo, Master. How are You?

M. Hallo, hallo. Hallo, everyone. [Applause]

MC. *Thank You, Master, for Your time with us. And Master, first, we would like to wish You: Happy Moon Festival! Happy Moon Festival!*

M. Thank you very much! Thank you very much!

MC. *And a great welcome back to Hong Kong!*

M. Thank you, thank you. You're so beautiful!

MC. *Thank You. Thank You, Master. You too, You are very beautiful! [Applause]*

M. Happy Moon Festival to everyone. [Applause] [MC: Yes, thank You. Thank You. Thank You.] And Happy China Day – two days late, but still Happy China Day, 60 years China Day. Happy China. [Applause]

MC. *We are very happy and touched to have You here today with us. And Hong Kong misses You, we miss You.*

M. Yeah, I miss Hong Kong, too. I used to like it very much because we have a beautiful mountain and we can do retreat there. Yes. Just about ten minutes from the city, but beautiful. I miss that time very much. Beautiful Hong Kong. Thanks for having me back. [Applause]

MC. *Thank You, Master. Thank You. Supreme Master Ching Hai, thank You once again for Your unconditional love and kindness for sharing Your time.*

Master, our distinguished speakers have presented their knowledge and views on the current crisis of the planet. In addition, we have also a diverse group of distinguished guests representing many areas of society, including heads of government, experts from fields of medical science, science and technology, education, religion, journalism, arts and others. They are gathering here in a vital discussion about global warming and its solution. Supreme Master Ching Hai, we would be very grateful if You can share with us Your thoughts and views on global warming.

M. Yes, thank you. I have been listening to our distinguished speakers and I was very, very impressed by all their wise knowledge and very educational and helpful advice to us and the global viewers. I thank them very much, very much. And of course, I'm very honored also to be invited here with you in this conference with the many respected government leaders, media members, NGO representatives, wise professors and other distinguished speakers as mentioned today, and also as well as the caring audience members who spare their precious time in their busy life to come and to share their caring worry about our planet.

Now, we have listened to many important speeches about the current effects of climate change on wildlife, on human health and on the oceans even. So the sense of urgency can truly be felt from these eloquent presentations. While hearing them, the wish would grow stronger in our hearts for a saved planet, and for saved lives.

Hong Kong has long enjoyed prosperity and peace, both as the pride of China and as an internationally admired city. But, as with all cities and countries in the world, she is vulnerable to the effects of global warming such as the threat of sea level rise and as we have learned from the experts today, diseases are intensifying as well. In such an increasingly frightening scenario, we are lucky and blessed to still have the time to save our lives, and the lives of our children and our co-inhabitants. So I am still hopeful that this important conference today will motivate everyone to make the small changes needed to propel us all toward a beautiful future for ourselves and the planet. Thank you. Please be a hero, be veg, go green, do good deeds, and save the planet. Thank you so much. God bless Hong Kong. [Applause]

MC. *Thank You, thank You, Master. Thank You. Now, Master, we have our first honorable guest, Mr. Bobsy. Mr. Bobsy is a vegetarian, and is a Shining World Hero Laureate for being the founder of 'Save the Human' campaign. And some of our guests would like to have Your opinions and advice to their questions. And now, Mr. Bobsy is our first guest who would like to put one question to You. Thank You, Master. [Applause]*

M. Welcome, Bobsy. [Q: Namaste Master.] Nice to know you, Bobsy.

Q. *Pleasure to be here. Thank You. Master, in Your websites, You are urging us and telling us that we have 1,208 days left to save the planet. That is just over three years. Could You please explain why You have specifically stated this number or this number of years? Thank You. [Applause]*

M. Yes, Bobsy. You see, since you ask, I have to tell you the truth. It's my inner knowledge, through meditation, but that I cannot prove to you. Nevertheless, all the scientific data as well as evidence all point to this approximate number. And the evidence is already there and available. As you said, today, more or less, there are only 1,208 days left to save the planet from runaway global warming, from destruction, by all the world's population becoming vegan. That is a small change and a small sacrifice that we all could afford to make and should make for the sake of ourselves and the future generation. Very small change, I think, very affordable change, and very reasonable.

But whether people will become vegan or vegetarian, like yourself or not; whether the world will save itself or not, it all depends on humans' actions. But the countdown is there to remind us that we have a very short time, just a little over three years, for every single person to be veg, to save life on Earth. We have to save this planet for our children, they are too innocent to deserve the destruction that is awaiting them. They're too vulnerable, they're helpless, they depend on us, the adult, the wise grown-up to lead them into the right direction, to protect them, and to save their lives. We have inherited a beautiful planet; it is our duty to keep it that way for our children and grandchildren, and great, great grandchildren later on. We have our duty to protect the home for the children; even if we don't care about our life on Earth, we have no rights to destroy it for others.

I hope the countdown helps people to feel the urgency and join the solution. So I appreciate you, Mr. Bobsy, for your own veg-promoting efforts with your slogan 'Save the Human' campaign. It is fittingly named. We must save the human and human compassionate heart – that is the most important. We have to save our noble quality. Again and again, I always mention, it's not just about the physical existence on this planet that we want to save but we want to protect the children, and by doing that we protect our noble self, our heroic compassionate self, which is our true nature. If we lose them, it's worse than losing the planet. We have to keep our compassionate heart. We

have to be noble and truthful, loving and protective of the weak and the feeble, like children and the helpless defenseless animals. We must protect our noble nature, we must be living, walking, breathing children of God, or the disciples of the Buddhas. Thanks again for your efforts, Bobsy. And thanks for reminding us by your question. God bless. [Applause]

MC. *Thank You very much, Master. Thank You for Your important message. [M: You're welcome.] We will keep Your advice in our heart and work hard, try all our best to work hard to do together and to stop the global warming. Thank You. Thank You, Master, and thank you, Bobsy, for your good question. Thank You. [M: You're welcome.] And now we have our next honorable guest, Dr. Laurence Lau. He is a healthcare consultant. [Applause]*

Q. *I'm honored to be invited here and glad to see You in person. I appreciate the effort You've made and Your organization leading at the head in helping the world dissolve global warming, which is becoming more and more serious. And in fact, there are more people who have died from meat eating, died from drug addictions, alcoholics, than people who die in war. Then, if most people become vegetarians, do You think there would be improvement? And also, if most people become vegetarians, how would that help economically, spiritually, culturally, and scientifically? I appreciate Your answering these four aspects. Thank You. [Applause]*

M. Good question, Dr. Lau. Thank you for your kind words about our humble group. If we have accomplished anything at all, I feel it's just a duty to contribute our part as small as it may be, as concerned world citizens. In Au Lac, we have a saying that when your country is in trouble, even a fool has the responsibility to protect it. Meaning even though we don't have all the knowledge, all the scientific means to help the planet in the way we would have liked to do, even though our group is not very significantly strong in numbers, we still have to do our best, just like everyone else, because if everybody does their part, then the power together is strong. It's like we say one tree cannot do much, but many trees make a forest.

So we are doing our part and we are hoping and reminding and pleading with everyone to do their part because we are all here together. I am one of you. And it's still a very beautiful planet, and I wish it will still be there for the children, for future generations to come. Of course, if the majority of the world's people become vegetarian, or preferably vegan, organic vegan would be best for our world, then there would be a tremendous improvement in all aspects. First, as you imply, Dr. Lau, millions of people who would otherwise be gone because of these killer substances that you mentioned, will be alive.

Economically, that means hundreds of billions in healthcare costs are saved. Millions of family members and children will be secure and provided for, and be protected from the heartaches of losing their loved ones due to poisonous substances in meat, alcohol, drug, tobacco. Billions of tax dollars and government time and energy to fight drug, tobacco, alcohol, and to give meat subsidies are saved also. Billions of dollars in lost productivity for companies are saved too. Productivity will go up, even much higher if people aren't crippled by these killers.

Culturally, without meat, alcohol, drug, and tobacco, of course we would be happier, healthier because our loved ones will be around longer, we will be around longer for them and they will be around longer for us as families. It would be better for the communities, for their countries. Not only will we be healthier, we will feel different, more loving, more caring, more alive, more carefree as well because we are no longer

burdened physically and in our conscience and in our heart by these oppressive, addictive substances. We will also think differently as a society, more clarity and wisdom will be flowing into our minds so that we would know of better ways to run our society and live our lives. Ask anyone who has turned around to forsake meat, forsake drug, forsake alcohol, forsake tobacco, you ask any of them how they felt before, and how they feel after, they would tell you a huge improvement in all aspects of their lives. And they would tell you that they are so glad that they've quit the bad habit. And they will tell you how happier they feel, how lighthearted, how more intelligent, how more productive and constructive, to themselves, to their family, society, and the world at large.

Spiritually, we will have more awareness, more love in abundance. In our heart, we will feel the world of difference. Ask anyone, who has quit these harmful substances, they will tell you the same. Even without practicing any religious faith or any yoga, they feel a world of difference already. And of course, if we practice meditation or yoga, then of course we'll feel even much better than that – calmer, more loving, more attentive, more concentrated in whatever we do. And thus, our productivity will be enhanced and we will be contributing more to the society.

Thus, if everyone forsakes these harmful substances, we will be creating a powerful, positive, loving and harmonious energy that is constructive and beneficial to all on Earth, in all aspects. And with this energy, we will be able to counter and defeat the dark, menacing, dangerous energy that is trying to suffocate us and trying to destroy our only home, for our children, that is our beloved planet.

If all become vegans, vegetarians – organic vegan would be better – we will be much more easily elevated inside, spiritually, without these toxins as obstacles in our lives. And as a result, scientific changes will manifest as well, in the form of incredible fantastic new inventions that improve the quality of life for people on Earth. Our scientific and technological understanding will also go beyond Earth. Because with an elevated, compassionate atmosphere, we can even communicate with other more advanced planet people, and learn from them, exchange with them our knowledge and their knowledge. And of course, the environment will be restored to a wholesome state. Once meat, alcohol, drug, and tobacco are eliminated, the changes and improvements will be so far-reaching, and so wonderful, it will be like a great leap in our evolution. We should pray for this day to come soon, Dr. Lau. Thank you. God bless you. [Applause]

MC. *Thank You, Master. I am sure many more people will become vegan day by day. And thank you, Dr. Lau, for your great concern for others. Thank you very much. [Applause] Our next honorable guest is Mr. Fung Chi Wood who is a Christian priest and is a vegetarian. Pastor Fung, please.*

M. Welcome, Father. How are you, Father?

Q. *Fine, thank You. Thank You very much! Hallo, Supreme Master. Your previous lectures on Mars and Venus revealed that these planets underwent similar global warming crises like those we are facing right now but they did not react in time to save their planets, resulting in final destruction, hence made desolate and barren as such. We, Earth people, are now facing the same chaotic warming crisis. If we do not tackle it with concerted effort, would we end up being like Mars and Venus? Thank You.*

M. Thank you, Father, for this very, very important question. Thank you for being with us, and being such a loving, concerned reverend like you are. Yes, Reverend Fung, I'm afraid that is correct. According to planetary scientists, Mars and Venus were probably

like planet Earth at an earlier time; they had a comfortable atmosphere, warmer temperatures, oceans and lots of water. There is evidence that both of them experienced extreme climate changes. Thus today we see that Mars' surface looks like there had been oceans, mountains, and rivers carved into them, even though there is hardly any living atmosphere left. And Venus today looks like it accumulated too many destructive elements, due to a runaway greenhouse gas effect. The gases are still trapped on Venus at unbearable temperatures, that no being could possibly inhabit it. Well, no physical beings, but I do know that there are unpleasant invisible beings who live on Venus right now. We would not want to get there. We would not even want to know them. They are very, very unpleasant beings. Their nature and behavior are far too vicious for us humans to feel comfortable in contact with them.

So, even based on studies of other planets' cases of climate change – we talk about scientific evidence now – astronomers are worried that our planet Earth might become like either Mars or Venus. Dr. David Grinspoon, who is one of the scientists working on the Venus Express project with the European Space Agency, even said that we should learn from the examples of these other planets, to get smarter, and not to take it for granted that our Earth has had a stable, livable atmosphere in comparison, and that it will last forever, if we don't take care of it. Now, the scientists also say it is possible that there was once life on Mars and Venus.

Through meditation and inner knowledge, and also through the knowledge of higher planetary beings, I have been able to contact the people on Mars; their ancestors were the survivors of the global warming catastrophe. They kindly gave us permission to share their sad past experience and painful lesson with the Earth people, that it was their meat diet, their other unpleasant habits, their livestock production that emitted too much hot and poisonous gas, which triggered the release of other greenhouse gases from huge stores under the soil and ocean.

Venus experienced similar as well. The people killed animals for food, and lacked compassion, and so their extreme, unkind activities led to their climate crises, once the store of their good merit ran out. So tragically, the vast majority of people on Mars, and all the people on Venus perished within a short time, along with the animals and plant life. Very sad history.

Our planet is also facing a similar fate very soon. I'm afraid to say that, but I have to. If we don't stop the meat production and consumption, we will face a similar situation like Mars or Venus. At present, there is a risk that the current gases will trigger much more gases in massive quantities that we might not be able to stop anymore if we don't start now. Time is running out. There are massive quantities of gases, poisonous and explosive, such as under the permafrost. Well, it already happened on many parts of the Earth, as you might be well aware through the media or scientific reports.

Now, the gas released then causes more warming, which causes even more gas to be released. This is like a vicious circle. They even call this vicious feedback circle, a so-called 'climate time bomb.' It happened on Mars and Venus; I pray it won't happen to Earth. I pray day and night to our almighty Mother / Father, to the Buddhas in all directions, to all the divine beings to please help us to awaken all the people on the planet on time to realize the danger that we are in, to realize that we are truly running out of time. We are running out of time, we must wake up soon; we must make a small sacrifice and changes. I am hopeful. I'm having a positive feeling that it won't happen to Earth, but we all must work; we cannot sit there and wait for a miracle to happen. God needs us to represent Him in compassion, in merciful heart, in the way we live a godly

life, befitting the God's children. If we all become vegan and live a virtuous, compassionate life, it won't happen. It's still not so too late. It's still hopeful. Our planet will not follow this fate of Mars and Venus and, instead, will be saved and thriving in every corner. Please help us, Father. Please, Father Fung, you have the power also to know many people, and help us and all the people on the planet. Please pray with us and help us to spread the urgent message, to be vegan so that lives will be spared, and the precious Earth will regain her balance and our God-like nature will be preserved forever and pleasing to heaven. Thank you, Father, for being with us, thank you for your blessing.

MC. *Master, we have now a seven-year old little girl, Andrea Au, who would like to ask You some questions.*

Q. *I am an environmental advocator. I always work with my mom to save electricity at home and like to do recycling in my daily life, as I know that the planet Earth was sick with too many human activities and I want to make my home the only home comfort so that we can continue to live happily and harmoniously day by day. Dear Master, some people say that the food which is good for the Earth is definitely good for human beings because human beings and nature are one as whole. Could You tell us more on this? [Applause]*

M. Wow! Good girl. Good girl, Andrea, good girl. Good example. I'm counting on you to save the planet, you and your mom. Thanks a lot for helping. [Applause] And by the way, you're so beautiful! You're beautiful! You are so smart and pretty. Thanks for your intelligent question.

What you said is perfectly correct. The food we eat that is most harmonious with Mother Nature is also good for human's health and spirit, because all of us are one, are connected. Being one with nature simply means that if we see a friend suffer, we would also feel sad. If we hurt our animal friends, we will feel sorry and suffer. Even sometimes we are not aware of the suffering, but it will come nevertheless.

That's why all the wise teachers of the past told us not to hurt others if we don't want to be hurt. Like Confucius said, 'Do not do to others what we do not wish to be done to ourselves.' What kind of food is best for the environment and best for humans? It's the organic vegan diet. Organic, because we don't want harmful chemicals to be sprayed everywhere, and running into our water, poisoning the river, the soil, and all living things, making humans sick as well.

Similarly, we don't want to kill or harm our animal friends, so we should choose vegan food. This means no meat or dairy products so that no animal has to die or feel pain for us to live. It's not necessary at all. We have abundant food and nutrition from the vegetable kingdom. Also organic because this practice will absorb huge amounts of CO2 already existing in the air, thus cooling our planet. Also, eating meat causes a lot of pollution to Mother Earth. This is from a United Nations' report: 'The livestock sector emerges as one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global.'

Recently, the scientists have reported that the meat diet contributes more than 50% of greenhouse gases, which is very dangerous for our planet survival. Now, if we multiply the animals so much and continuously, their waste alone creates huge mountains of pollution as well.

For example, one animal farm with 5,000 pigs produces the same amount of waste as one whole town of 20,000 people. Imagine that, Andrea? One dairy cow farm with 2,500 cows produces as much waste as an entire city of 411,000 people. So we may wonder: Where does all this waste go? The problem is, their bacteria-filled waste is almost never treated, and it's too much for the land to absorb, so it runs into our drinking water, it pollutes the air, and it contaminates food crops with deadly bacteria like E. coli and salmonella.

That's why you heard recently that even tomatoes, the harmless fruit that we make salad, it was even contaminated with bacteria. So this makes animal products a killer of life on our planet. The best food, therefore, is the cruelty-free, eco-friendly loving organic vegan diet.

Thank you, Andrea, for caring about the Earth at your tender age, I'm very proud of you. Now, if you add to that organic vegan diet, you would really be a heroine of the planet, saving lives and making a shining example and a best friend of the animals, which you love so much! Thank you. God bless you and your mom. [Applause]

MC. *Thank You, thank You, Master. And thank you, our lovely Andrea. And in fact, Andrea is a seven-year old little girl, but she knows many, many languages, and she is a very smart little girl. Yes. I think she knows Spanish. Is that so? [Andrea: Yes.] Yes, good. Very good, very smart little girl.*

M. Yes, she is so beautiful!

MC. *Our next honorable guest is Mrs. Rosina Maria Arquati. She is a vegetarian and animal communicator, and the founder of 'Animal Talk.'*

Q. *Good afternoon. I'm actually vegan. [M: Good afternoon. Vegan, welcome. Welcome.] [Applause] Yes. You cannot talk to animals and kill them or make them suffer. So you have to be all round. [M: Right, right.] My one question to You, Master, is very simple. Human slavery was abolished over 150 years ago. How can we end animal slavery now?*

M. Yes, madam, I ask the same question time and again. By the way, for the audience there, just a little explanation; when Madam Maria said that she is a vegan instead of vegetarian, there is a little difference. I did not know the difference before. I thought vegetarian is vegetarian, but actually because many people made vegetarian into a non-pure vegetarian diet – like some people will say they are vegetarian, but they say they eat chicken, only chicken. And some people say they are vegetarian but they eat eggs and some people say they are vegetarian but they eat other things, they drink milk, cheese, honey or something like that, and wear leather stuff.

The vegan people are the purest vegetarian. They don't use any animal products. They don't even take honey. And they don't take milk, they don't have dairy products – any animal traces at all in their diet. And that is the difference. That's why Madam Maria said that 'I am vegan' instead of 'I'm vegetarian.' Understood now, the difference? [Audience: Yes.] [Applause] So smart, so smart.

Now, to answer your question, madam. It is, you're right, a form of slavery, isn't it? Our treatment, our horrible treatment of our fellow beings, the harmless, defenseless, innocent animals. It is heartbreaking to think about it. Today, we treat countless animal beings in much the same way and even worse, because they all face the cruelty of

massacre and death. At least not all slaves have to be confined in such small cages, that the animals could not even turn around all their entire short, miserable, suffering, tormented life. So animal farming is beyond slavery, it's a death row sentence marked since birth. Entire species of beings are seen as inferior, and labeled as objects for buying, selling, torturing, breeding, abusing, and murdering at the end, in such a cruel way that makes us humans the cruelest beings on the planet. And we should not be in that level because we are human beings. We are human beings. We should be humane. We should have compassion, love and feeling for others just as if it is ourselves. Put ourselves in that position of the animals, then we know what we are talking about. Their God-given lives do not belong to themselves, but to the so-called owners, and ultimately, to the consumers. And we helped to create their misery. All of us. Or most of us. Until we awaken somehow by some good friend, some good situation, some urgent call somewhere, then our merciful heart wakes up and saying to ourselves, 'Oh, no, this is not right. This is not correct, this is not the way I want it for our animals, for our co-inhabitants to be. It's not the way I want to treat the harmless, the innocent, the defenseless. They are even benefactors to humans.'

The similarities that you mentioned about slavery are shocking. But worse still, worse than slavery, this is the most cruel practice that we humans should never imagine, that exists on our planet, especially already 21st century. We had so many Masters that graced our planet: Jesus Christ, Shakyamuni Buddha, Prophet Muhammad, the Jain Master, Mahavira, et cetera, et cetera. Guru Nanak. You name whatever religious leaders and founders, they all taught us compassion and love. They all taught us to respect all beings as the creation of God.

So how can we end animal slavery? Well, we can look at history and study how human slavery was abolished. All it took was a change of perception, a change of heart. It's the same with animals. We must see them as the noble, precious, nobly endowed, feeling beings as they really are, because they are. Some of their quality we humans should even learn from it. The loyalty of the dog, the selfless sacrifice of your pet when it comes to rescuing their family members, or so-called owners. They would not mind their life, they would lay down their life gladly, any time, for their loved one. If you just remember, when you look on television, there are some rescue scene when we have disaster, earthquake or something that destroys our home and many people buried under the rubble, many dogs are sent from different countries or within the countries to go there to rescue the humans. They're walking, running barefooted. And they're running to every corner on broken glasses, on heated stones, under dangerous conditions just to try to find the humans who survived under the rubble. They did not even think for one second how dangerous the situation is, how their life could be terminated, every second. They just concentrate on their mission to rescue human beings.

Now, we humans sometimes, think twice about that. I'm sorry if I have offended any of you. I probably would think twice myself, in that situation if I wanted to rescue somebody, whether it is safe for me also to do it. But dogs, for example, they never think, they never. They lay down their life any time for us. Now, if we humans think animals are inferior to us, I beg you to think again. We should respect them, love them, protect them, instead of thinking of them as an inferior object.

Now, just 150 years ago, as you mentioned, human slavery was the norm. At that time, people thought that slavery is normal, so almost everybody owned a slave or two and treated them the way they wanted. Even branded them with hot iron to make sure that everybody recognized that is a privately owned slave and not be taken away or stolen

or sold again. It was a normal thing to own a slave, and to treat the slave as such, like an inferior object.

Today, we are more civilized, well, I hope, I think. Today, slavery is an atrocity, is recognized internationally as a heinous crime. And the day will come when the same is true for animal slavery and massacring. But until we get there, we must be like the abolitionists and try to show others that animals are not here for us to abuse or to eat; they are here for their own purpose, designed by God, and deserve freedom, respect, and life, just like we do.

Urge your government leaders to ban this cruel and harmful system as well. The famous vegan law professor in the United States, Professor Gary Francione, calls this the 'abolitionist approach.' He says that if we don't support slavery and want to get rid of it, we can start by getting rid of it in our own personal lives. If we don't support slavery, then we would choose no animal products at all. And we don't support cruelty, then we will abolish all animal products from our life. And if each one of us makes this humane choice to end the slavery in our own lives, then together we can abolish the entire cruel system that makes us less than human, that likens us to the so-called... we call them wild beasts, like the lion and the tiger. But the lion and the tiger, they eat when they're hungry only. We even eat for pleasure, at the expense of the suffering, tortured, murdered animals. We call the lions and the tigers wild beasts because they are wild – they eat live animals, they chase, they hunt and eat live animals. Well, then we have to be different, if we want to call ourselves human, the children of God. Can you imagine, would God do this? Would God come down here on Earth and kill everything in sight from the sky to the deep ocean just to feed Himself? Would God do that? If there is a God, would He do that? [Audience: No!] Okay. No, thank you, thank you, thank you so much.

So we are supposed to be the children of God. Like Father / Mother like son, no? If there is a God that we believe or there's a Buddha that we would believe that comes down here, they would never, God would never kill any animals to eat. God would protect them, feed them, love them. Is that not so? [Audience: Yes.] Yes, that is the God that we imagine that we would worship and trust! What kind of God who goes around and eats everything in sight? Then we would also run away because of fear and terror.

Now, if we are the children of God, the disciples of the Buddha, then like Father / Mother, like son; like Master, like disciples, we must do the same. We must represent a God that is merciful, compassionate, loving, kind, protective to the weak and the innocent and the harmless. Not only the animals are harmless, they are very, very useful to us. They are blessings to the planet. They give the planet more love than we could emit. That's why our planet is still holding balance. Without the loving animals, our planet would probably have gone long ago. The way we treat it, the way we treat ourselves, each other, other beings, and the environment, our planet would have been gone, gone, gone, gone. But God is merciful. He sends more and more animals, different species to come here to help to balance the negative atmosphere of our planet to make it more loving, more bearable so that it still hangs in balance.

But now, it's too much. It's too much for the animals to even help us with their loving, kind atmosphere. So please, we now have to stand up and help ourselves. It's high time that we should behave in a way that does not liken us to the animals that we call 'wild beasts,' like lions and tigers, for example.

Now, the entire cruel system could be abolished for animals, just as we did 150 years ago, if we convince ourselves and others who are not informed yet. Because human beings are born noble, loving and kind. We have just been misled, we have just been misinformed, we have just been too busy to think. So if we inform them, inform ourselves of the cruel reality, very cruel reality and be a shining example of compassion, be a vegan, then I'm sure we can make this tragic, yet needless practice disappear for good. Abolished forever. And all beings will live in peace, harmony, happy, fearless of one another.

MC. *We have our next honorable guest, Ms. Peggy Poon. She is a system analyst and is also a vegetarian.*

Q. *Thank You, Supreme Master Ching Hai, and the Association, for giving me the chance to ask a question. My question is: Being veg to save our planet is the most urgent and feasible action we can take; however we should also care for the livestock raising industry, non-staple foodstuffs industry and related businesses like transportation, wholesale and retail, catering and others, who have established vested interests in the business. The impact and change might be great for them. Even if the government is willing to put aside economic consideration, some people may still have a hard time coping with the shifts in their area of expertise, investments, habits, et cetera. I would like to ask Master: What can be done so that they will be able to restart a new business and be willing to change? Thank You.*

M. Thank you. Thank you for your question, and thanks for your consideration for others. That is true that we have to take into consideration those people who are in the business that you have mentioned – how they would change their lives. Yes. But it's not difficult. First of all, we have to know that we have no choice but to change, we have no choice – either that or the planet. Either we change, or we will all go. There's no choice anymore. If we don't stop the livestock raising and meat-eating practice, we will not be able to save the planet, including them and their meat business. So I think we have to choose between our lives and a career. We have to survive first. We have to think of the planet people as a whole, not just some business. It is truly that urgent.

Given this critical necessity, these people who are economically tied to the meat industry would be willing to change if they were properly informed and know how important it is to change their lifestyle and their career. They have many strong motivations. For example, the first is to save the planet from a climate catastrophe, save all lives in this world. If we don't stop it, we will continue on a course toward total disaster and mass extinction, affecting everyone, whether you are in the business of meat, transportation for it, et cetera, or not, or related job of the meat industry. Second, the industry that we are talking about is bad, bad, bad business, is not lucrative at all for the whole planet, for everybody. See? It's a most inefficient business. In Chinese we would say 'a losing business' – means, it's a loss of capital.

Now, the meat industry is not a very lucrative business, with very high production costs for electricity, water and grains have to be wasted to produce the same amount of so-called 'food,' which is replaceable and better. We have better food than meat. For example, if there were no subsidies for a hamburger, for the meat industry, if there were no subsidies, if the governments didn't give them any subsidies for the meat industry in any case, then a hamburger that some people eat produced by clearing forests in India alone – would cost USD200! Not just 99 cents like the way you buy it in some shop, for example. You see, it would cost USD200 – the real cost of a hamburger.

Now, in the United States, even before the swine flu impacted the pig farming business, the pig industry has been losing billions of dollars... losing billions of dollars in the pig industry. Why? Because they cannot afford the grains to feed their livestock due to the high food prices. And the food prices are getting higher and higher nowadays. So how do they survive? Your tax money, goes to the governments, the governments subsidize them, that's how they survive. So it's a losing business. It's a 'losing' business. In Chinese – means losing capital business, means it's not a good business. Everywhere, from the United States to China, the governments have to subsidize animal farmers by paying them at least tens of billions of US dollars every year! Tens of billions of US dollars every year for meat industry. And where does the money come from? [Audience: Tax payers!] Tax payers, yeah, correct! You are so smart. Your money! Your money from your hard earned daily, sweating, tearing, to earn that precious substance that we call 'money,' to feed yourself, take care of your family, protecting your children and your relatives and friends. This money has been draining into the meat industry in order to keep them alive, and then when you buy some piece of meat you think, 'Wow! So cheap! A hamburger 99 cents! My God!' Then keep going to the hamburger shop. But that is your money that you're eating.

Okay, fine, if you can eat that and be healthy, happy, then it would be reasonable. But it's not. These hamburgers and beef burgers contain all parts of the animals that you don't know where they even come from, and contain all kinds of bacteria, all kinds of diseases – breeding causes – that you will find it easily available if you want information. If you want information from the medical journals or medical scientists, they will tell you all this. Not only do we pay a lot of tax money into the subsidies for the meat industry, we pay a lot more tax money for the hospitalization, for the burying of our loved ones, for the heartaches that we have to bear the whole lifetime for losing one of our dearest, or many of our dearest.

And okay, life and death we can't avoid, but the suffering in between, the hospitalization, the poking, picking, injecting, breathing machine, oxygen supporter, et cetera, et cetera. All this suffering is unnecessary for our fragile body to bear. If we avoid meat, we will avoid all that – the money for hospital, medicine. And not only that, before we get the medicine we make more animals suffer by experimenting with them by vivisection, by injecting chemicals into their bodies, by making them suffer, torturing to no end just to obtain the medicine that we feel safe for human use. And again, it's still not safe for human use. All this suffering, all this tax money, paying again, again, and again, and you're working day and night to make ends meet, just to survive, and all this money goes into different directions. It doesn't help you at all. It's just wasting resources, finance and national strength, and human's health and happiness. It's just a waste. It's just a very, very, very bad business.

So you see, the meat industry is terrible, terrible harmful to us in every imaginable situation, in any imaginable aspect. Now, if the subsidies are not going in to support them, the farmers of the animal-raising industry could not make ends meet with their business. They would have gone out of business already. So I suggest the governments don't give any more subsidies to animal-raising industry. Instead, tell them to convert into vegan farmers.

Now, besides all that, for the majority of the workers in the meat business, it's not a safe working place either. It's one of the most dangerous jobs with some of the highest rate of injury and exposure to chemicals and diseases like influenza, swine flu, bird flu, et cetera, et cetera, and mad cow disease, which is always fatal, always deadly. Mad cow disease, up to now, we can't even cure it. Anybody contracts mad cow disease, their life

is terminated. Now, we have to ask ourselves: Is it all worth it? This is not to talk about the effect on the meat consumers in terms of all the sickness – cancers, diabetes, and health problems, heart diseases. Almost all diseases that you can name come from the meat diet or related.

So, given a better choice for livelihood, wouldn't we choose the one that helps ourselves and others stay healthy, over a profession that made people and ourselves sick and die young? Would you say yes or no? [Audience: Yes!] Thank you. Thank you so much.

I have suggested before that we should talk to the farmers, write to them, even going to them one by one if you can afford it, to try to show them that there are better alternatives, such as growing organic vegetables. Nowadays, organic food is very in demand, very in. Many people turn into vegetarian or vegan now. And everybody knows organic vegetables are very healthy. You see, if you eat organic vegetables, you will hardly have to go to the hospital and all the money we can save to better education for the children, better care for the elderly, and building more beautiful roads, more equipment, inventions, and use it more for sustainable energies, for free for everybody. Free energy for everybody, free education for all the children, free care for all the elderly, and free food for all the one billion at least hungry people in the world. The benefit has no ends. I can write 10,000 books about the benefit of vegetarian diet and the harm of the meat industry. But I let you do research a little bit, because you know all the good technique nowadays with computer and information on the internet.

You mentioned that we should also care about the people who have been in the meat industry and that it may be difficult for them to change. It's not so. It's not so. There are many who converted themselves into organic farmers right now. And in Ireland, the Agriculture Minister even wrote to all the farmers in Ireland to tell them to convert themselves into organic farming, vegetable farming, and they subsidize them even. And right now, there's a huge percentage of farmers converting themselves into organic farming, I am so happy for Ireland.

Now, for some other example for your reference, there was one American pig farmer who had owned many pigs all crammed in a filthy factory farm. After being visited by the famous vegan author John Robbins – you probably know him, the famous ice cream heir – and he left his father's business of ice cream, multi-million dollar business, in order to go into a vegan direction. So he visited this pig farm, and then this farmer suddenly remembered that in his childhood he truly loved one pig as his close friend and companion, but he was forced to deny and forget this loving feeling due to the pressure of his family and society, you know, tradition business from the father. But after realizing it, he could no longer abuse the gentle pigs one more second. He decided to quit. So, instead of raising pigs anymore, he bought a small organic farm and sells organic vegetables, and he's doing fine. He's still alive. And his heart is still more alive than ever, I guess. There was another... And by the way, as a side job, he brings his ten pet pigs – he has ten as his pets that he kept from his old farm – and visits schools now often to show the children how intelligent and friendly pigs really are, so the children will not eat the pigs, for example. Not only he doesn't raise pigs anymore, he goes into the opposite direction to protect the animals.

And there was a rancher, he's a Texan. You know, in Texas, they raise a lot of cows and that's where the word 'cowboy' comes from. He owned a big ranch of cows but then suddenly he changed because he had cancer from meat. After he treated himself, became vegan, now he's an animal advocate, he goes everywhere lecturing, telling people the truth, the real truth, the cruel truth and the bad business truth about raising

animals. He's a very staunch advocate for animals. His name is Howard Lyman – L-Y-M-A-N, yes. He's from Texas. He was once or twice a guest speaker on the Supreme Master Television. You can download them again. It's still in the file to download if you want to know about him.

And recently in Iran, there was a dairy cow farmer – he even wrote to us telling his story – who also decided that he needed to change his career to help the planet and his own conscience. So he made sure all his cows were adopted to good, safe homes to live the rest of their dignified lives. And now, he works at a vegan restaurant.

And another story comes from Formosa, where a pig farmer just became vegan after watching the Supreme Master Television and realizing that he wanted to protect the environment and avoid bad karmic retribution for himself and his family. So right now, you know what he is doing? You don't know, huh? Okay, I'll tell you. He is keeping all his pigs as spoilt family member pets, for life. And he is switching to a different kind of farming.

In all these cases, the people involved are doing just fine, even better than ever before. But I suggest that all the people who keep their pigs or cows as pets, I think we should sterilize them so that we don't continue to breed too many animals, because then we would be in the same position right now, or even worse if they keep multiplying.

It took a great amount of courage in the beginning to change their whole life career around, but all of them would guarantee that it was worth it, more than worth it. It's worth the great freedom of their heart, their spirit and happiness of their family as well, and health. Nowadays, there are more and more good opportunities for the farmers, retailers, transporters. They just do the same, instead of transporting pigs, they transport organic vegetables, et cetera. Or the farmer retailers, they could switch from the meat business to organic vegetable farming.

Returning to traditional organic farming methods is already proven by success in Africa, for example, and in some places like the Americas, Europe, and Australia. Organic vegan farming is growing very, very fast, and very, very profitable right now, because there is a growing demand. People are more informed about the harms of the meat and more informed about the benefits of a vegetarian diet. So organic vegan vegetable farming should be very, very, very good for anyone who wants to switch business.

On the Supreme Master Television, we also feature a whole section about organic farming, on our website as well www.SupremeMasterTV.com/Organic-Farming. On this website, we share a lot of info about how to do organic farming, which is very profitable, costs less water, a lot less work and very beneficial to our health, to the workers and to the planet. So please, feel free to take a look and discover for yourself the great benefits of harmonious farming. It's high time we turn away from the harmful, unsustainable meat business and go toward a more civilized, more efficient, more sustainable, more humane means to earn a living, namely organic vegan farming, or vegan restaurants, vegan products, vegan product selling, et cetera. Everything to do with compassionate living is good for you and it's pleasing to heaven. And it will save the planet. It's not just good business, it will save the planet, and it will save countless lives, now and in the future, including the ones involved in the meat business. That's why the Buddha named the meat business as one of the five businesses that people should not engage in. Do you want to know another four as well? [Audience: Yes.] Okay.

The meat business is a bad business. It's very bad for you. And the other four are: Business in weapons, business in human trafficking, business in intoxicants, and business in poison. All these harmful businesses are bad for you, now and in the future. If you believe in the life hereafter, if you believe in heaven and hell, you should stop the meat business immediately, like yesterday. Because nothing good awaits you in the life after if you cause suffering to others, be it humans or animals. You will have multiple suffering in return, and for a long, long time. So instead, these people in the meat industry should join in the trend, which has already begun and expands hugely every day, I am happy to say. Thank you. Be Veg! Go Green! Plant Organic Vegetables! [Applause]

MC. *Thank You. Thank You, Master. Thank You, Master, for Your insightful views on the benefits of vegan farming. [M: Thanks for the question. Thanks for the inspiring question.] And thank you, Ms. Poon, for this question. [M: Yeah. Good question, really inspiring.] Master, our next honorable guest is Mr. Chan Sun Yee. Mr. Chan Sun Yee is the Executive Chef of the HSBC Bank, managing catering for the majority of the HSBC Bank, including fine dining for the top Management of Main Building, a total five business units of HSBC.*

Q. *Hi, Master Ching Hai. I have a question. Many Hong Kong people believe Hong Kong is a fortunate place. Until now, it seems all disasters – windstorms, rainstorms – have not attacked Hong Kong. Furthermore, the people of Hong Kong have been keen on charity in the hope that any bad retribution would be offset by our humanitarian contributions. Dear Master, would this also apply to climate change? Thank You.*

M. *Hallo, Chef. Wow, such a big chef. We are privileged that you are here today. Thank you. Thank you for your presence. I'm sure that what you say is true about the charitable quality of the Hong Kong people. I have known it myself when I was in Hong Kong, many times, and sometimes so many, many months. I have noticed that Hong Kong people are very pious people, very charitable. Yes.*

Virtue and generosity of spirit certainly do have a positive effect on our life. At the same time, we should be aware that there are many levels of virtue and merit, and that the highest charity one can offer is the gift of life and freedom. So, especially at this critical time on our planet, what is needed is a more spiritual sense, is to let all beings live, meaning to stop killing on all levels.

Chef Chan, I read that the government of Hong Kong mercifully abolished capital punishment over 15 years ago, in 1993. So now, the people of Hong Kong just need to extend their compassion to animals, who did not commit any crimes even. They are not criminals, the animals. So we should abolish the death sentence for all animals as well, and turn to the meat-free vegan diet. This will offer true protection from the climate crisis, because the vegan diet does not harm sentient beings, and thus offers the highest merit, the highest reward of all and therefore reduces the bad retribution significantly.

Also, if you are Buddhist, you remember Buddha said the first precept, the first thing a Buddhist should not do is not to kill. Also, through the daily practice of the spiritual principle known as ahimsa, or non-violence, charity is naturally cultivated in ones' heart. Even if you do not feel that Hong Kong needs this level of virtue, Chef Chan, I am sure you already know that a disease such as swine flu doesn't spare anyone, which has severely affected the Hong Kong people – also comes from animal killing.

And in terms of global warming, 70% of drinking water for Hong Kong comes from the Dong River – 70% of drinking water for Hong Kong from the Dong River, which in turn is ultimately fed by glaciers. Tens of thousands of lakes and rivers throughout the world are drying out now due to global warming and glaciers melting. It is thus only a matter of time before Hong Kong will be affected by the Dong River drying out as well. Knowing this, it would be best if we adopt the lifestyle that will restore the stability of our environment and benefit all beings in the world, which surely is the compassionate way of life, beginning with a vegan diet – no animal products.

So please, Chef, join this noble cause and share it with others, especially through your work. There are so many meat substitutes available today. We just cook the same as we cook meat, except we replace that piece of meat with a piece of vegetarian protein, which has more nutrition – first-hand protein instead of second-hand through the animals. So I'm sure you could adapt your delicious dishes to being vegan. If you need any additional information, you can obtain it freely from www.SupremeMasterTV.com/VEG or ask any of our Association members to help you. They would be willing to serve you anytime. And then you would be contributing to the real solution, in fact, the only one that will really work at this time to save our world and save 70% of drinking water for Hong Kong. Without water, where would we be? Yes? So thank you for your important question. And thank you for being a good chef. [Applause]

MC. *Thank You. Thank You, Master. Thank you, Mr. Chan.*

M. I wish you all the best.

MC. *And now we have Mr. Peter Lloyd, who is a vegan and is also editor of Positive News and Holistic Asia.*

M. Ah, I heard of him, yes. Welcome Mr. Lloyd. [Applause]

Q. *Thank You. [M: Good day, sir.] Good day. The question is: How can we inspire hope and joy through ecological activism? I guess what I am trying to dig deeper to is how do we make this a longer-term commitment? I can make the choice as an individual, but how do I convey that to other people? So sort of a deeper look at this cultural change of being vegetarian. Thank You.*

M. Yeah, Mr. Lloyd, it's understandable that you are concerned like that. It's kind of new, this vegan trend is new to many people, even government officials as well. So we have to just do what we can. You may copy many of the information concerning the harmful effects of the meat diet and the benefits of the vegetarian diet, and copy the info, print them out and send them, or send them through email, to whoever you know, or to the governments, to the organizations, to the farmers, et cetera. But I am so happy, by the way, to see that you are already a compassionate example, yes, that you are vegan. It's so not easy for Westerners even, who are so used to being raised as a child and believing in animal protein. It's so not very easy for you. I'm very proud of you and very impressed. And you are part of a positive news media even, that impresses me even more. That is wonderful! Please continue your job. God bless you.

As for how to inspire hope and joy through your activism for the environment, well, as I have said, you know, I understand that a lot of the ecological and environmental news today is not very good due to the effects of global warming. We hear about glaciers melting, water becoming more scarce, rising food shortages, rising food prices with over

one billion people going hungry every day, animals becoming extinct and many species gone forever and so on and so forth. It can seem overwhelming, especially if we think that we are only one person and the problems are so vast. But be assured, Mr. Lloyd, that even though our time is running out, we do still have time to save this beautiful planet and restore it to its original splendor, or even more so if all turn to the vegan diet. You embody the very solution already that is needed for our world.

As it has already been mentioned, recent research shows that more than 50% of emissions that are heating the planet come from the livestock industry. Not 18% – 18% was the underestimate, initial estimate from the United Nations only. Right now, the evidence, the data shows that the livestock industry produces 50% plus. I am sure there is more. But this is kind of a conservative report. The 50% greenhouse gas emissions, which heat up our planet, which put our lives in danger, which put our world into the perilous situation of mass extinction, is from the livestock industry.

Please tell everybody this, whomever you can. More than 50% – can you imagine? If we stop the meat industry, 50% of the heating factor is gone! And then if we turn to organic vegan diet, then 40 more percent plus of CO₂ will be absorbed immediately from the atmosphere by organic vegan planting method. You see what I mean? So we'll be smiling. Just a small little change, I don't know how difficult can it be to replace a piece of meat with a piece of tofu, or a piece of vegetable protein. It looks the same, it tastes even better, more healthy, cheaper in any way. Good for your health. So please, just spread this info through your media. The solution is at hand for each and every one of us, which is simply to forego animal products and become vegan – one small change; it's no big deal.

As I have mentioned many times before, this is not a good thing to say, but I have to make a comparison. If we accuse the people of drug, of alcohol, tobacco addiction that they could not change, they could not quit, we have to accuse ourselves first, because drug, tobacco or alcohol, there is no other thing to replace them for what they are. I don't mean they are good, but there are no other things to replace for the alcohol addict, or the tobacco addict, or drug addicted person. Anyone who is addicted to these three substances – drug, alcohol, and tobacco – they cannot find any other substance to substitute it, so it's difficult for them to quit and these substances are more difficult to quit. And we couldn't even quit meat, which is replaceable by many other better things – taste better, cheaper, good for health, save the planet. If we could not even quit that piece of meat, then we cannot accuse the drug people, the alcohol people or the tobacco people, even the producers of them. If we want to make drug, alcohol, and tobacco all illegal, limit their production and sales, then we have to also start with meat, and right now! Because it's even worse than all of them, all of the other three. I am sorry to say. If I offend anyone I sincerely apologize, but my lifestyle is to tell the truth at all costs.

Now, even if the guy who drinks alcohol, maybe he harms himself, he causes his family trouble, he costs some tax money for hospitalization, he might even, the worst scenario, kills somebody on the street by drunk driving. Okay, that affects a small group of people, yes? And drug, the same with drug, the same with tobacco, cigarette, yes? Affects a small group of people. But meat diet affects the whole world, affects the whole planet. It's killing our lives, it's killing the planet and it's leading the planet into total destruction if we don't stop. [Applause]

MC. *Thank You. Thank You, Master. Our next honorable guest is Ms. Natalie Wong, a primary school teacher.*

Q. *I would like to ask, nowadays, there are lots of vegetables and fruits that contain animals' genes. In this situation, what is the effect if a vegetarian consumes this kind of vegetables or fruits?*

M. You mean the GMO, the genetically modified food, yes? [Q: Yes, Master.] Okay, okay, understand. Yeah, this is not too good, is it? Thank you for your thoughtful question and your concern.

You are right. There is a very direct connection between meat consumption and swine flu as well, and most other human diseases. And the same if we put animals in our vegetable products; it will affect us in many ways. I think we should not mess with the nature law of karma, because every action brings an equal reaction. This means that if we bring no harm to other beings, in this case being vegan, then no harm will come to us. But if we kill, we will be killed. But the thing is, nowadays, many people try to do this so-called genetically modified food, so sometimes we eat vegetarian food and we don't even know that there are animal substances in it. And does it affect us, right? Yeah, it does, if that's what you mean, it does affect us. Not just from a physical perspective, but also spiritual as well. Scientifically speaking, meat is being linked to diseases of all kind – with cholesterol, obesity, heart disease and strokes. Meat consumption has now been linked to more than one kind of cancer and even has been shown to directly cause cancers, just as bowel cancer, et cetera.

So if we put meat or animal substances into vegetables, then we will also have similar effects, more or less. I think we should not mess up with nature and play God. Whatever nature has already offered to us, that is good enough. We should just be thankful and keep it that way, because if we mess it up, we will probably inherit more than we bargain for. There might be more incurable diseases that come from GMO that we don't even know will happen yet. Right now, even if we just eat the normal meat and we have so many incurable diseases already, if we mix it with vegetables, maybe we will have more incurable diseases and more strange diseases that we don't even know how to deal with in the future. So it's better to have organic vegan farming method. Thank you. [Applause]

MC. *Thank You, Master. Thank You for Your advice. And thank you, Natalie. We have another guest, Mr. Moosa Al-Issa. He is also a vegetarian, and he's the Managing Director and Executive Chef of Life Organic Vegetarian Café in Hong Kong.*

Q. *Supreme Master, I have a simple question. If feeding and saving the planet, if veganism is the solution, then how can we help make being vegan the next big trend?*

M. Good question! Good question! Yeah, that is our concern right now, Mr. Al-Issa. A very nice name. [Q: Thank You.] And you're good looking too, being vegan and all. [Master laughs.] [Q: Thanks, I appreciate that.] You see, look at him? Up to now, many vegan people have stood up and asked questions, you see how tall, big, healthy, handsome they are? Have you, yes? [Audience: Yes.] Good, good. [Applause] Can you stand up again and have a look around? Do everything to advertise, that's what you wanted. [Applause] You asked me a question, how to advertise it and you are the answer too, you're part of the answer.

Now, I'm very happy with your positive approach, I'm proud of you. And thank you for being the big trend yourself. You're right; the solution to feeding and saving the planet is veganism. Now, in terms of saving the planet, I have mentioned already many times the greenhouse gas emissions from the livestock industry, which are the primary cause of

global warming. So if everyone in the world puts down the animal products, we will immediately have a cooler planet. Not only that, we will have greater intelligence and better health and creativity available to create more green technologies and other things that bring ease and comfort to humans and enhance our planet.

And to feed the planet, vegan is also the answer because our food supply goes so much farther if it's distributed directly to people instead of going through animals first. So please, tell everybody this. Put up posters in your café, send email, internet to explain all this to people. This is not depriving the animals, either! Without livestock raising, there will be fewer cattle, fewer pig, and goat, sheep and chicken, but the ones that are alive will have quality life, quality treatment and will be valued rather than eaten. The male chicks will be able to live instead of being killed because they don't lay eggs. And the hens won't be mistreated with practices like debeaking, which does happen even with the so-called free range birds. Their beaks are cruelly cut off, leaving the young chicks in extreme pain that you wish you don't ever have it on yourself. That has been scientifically proven even, based on the type of tissue that is cut. After debeaking, the birds are unable to feed properly, much less clean themselves, meaning they cannot preen themselves or engage in other natural foraging activities.

A vegan world would free all birds from such saintless, senseless cruelty. And if we're not drinking milk, the cows will be able to raise their babies rather than losing the babies when they're born, with the mother painfully hooked up to a machine every day for her milk to be taken away for humans to drink, until she doesn't produce enough anymore, then she will be murdered for meat.

So, Chef Al-Issa, to make being vegan the next big trend, we can spread this message in different ways, in all ways possible. We have Supreme Master Television, whose vegan programs and recipes you could freely use also – I'm sure you have many already – in case you want some more exotic recipes from different countries and you can use them freely and distribute them, yes? And they are available freely, no cost, at www.SupremeMasterTV.com/VEG. Or you can log on to any of our websites or ask our Association members to help you find out or download it for you. You could even broadcast the channel in your café. You can offer cooking classes as well, or ask our members to help you to offer cooking classes, free of charge, any time, they'd be willing to do it.

For a farther-reaching effect, you can contact government officials by writing and letting them know the facts about this dire global situation, with all the information available on our websites for you to download and copy and send. Along with your knowledge of a solution, you can circulate petitions to gather more support, as well as distribute flyers so that more and more people are informed – in your coffee shop, or anytime you like or through internet. And can also remind them to make the choice toward the life- and planet-saving vegan diet.

These are just some of the ways. We would be honored if you join in this noble mission, Chef Al-Issa. Heaven bless your noble heart and efforts. Wishing you success, big success. [Applause]

MC. *Thank You, Master. Let's make being vegan our next big trend. Thank you very much, Mr. Al-Isssa. Thank you, Master, our next honorable guest is Ms. Hao Yuan Li, who is a vegetarian and a Chinese language teacher.*

M. Wow, so many vegetarians today. I am happy.

Q. *Recently, Supreme Master Television started to broadcast a series of programs about breatharians and fruitarians, bringing us a new perception of human's will power and perseverance. With our faith in God, we can sustain our physical body without food, not to mention killing animals. Global warming has caused extreme weather around the world, and the food crisis is getting worse. Is it the right time now for us to practice to be a breatharian or waterian? Master, please kindly advise us.*

M. Hallo. Thank you. Thanks for the good question. It's a good question. [Q: Thank You, Master.] Good question. Thanks for bringing this interesting subject up. Your question about these exceptional personages, some holy people, the fruitarians, solarians, breatharians, waterians, and so on – meaning the people who do not require much to live in the physical body, sometimes just a little fruit, or sometimes a little water or sometimes nothing, just the air or the love of God.

So now, to respond to your question about whether we should all begin such a practice as eating air, breatharian – meaning eating air to live – that is not really necessary yet. Besides, I don't think anybody would like to listen to me sitting here telling them: Please, don't eat anything anymore from today, just take air. [Master laughs.] I think they will not like to hear that.

You see, we show all kinds of possibilities on the Supreme Master Television. Sometimes I see something interesting so I advise them to please show it to other people for knowledge, to widen our horizon of knowing different things. And then maybe we would like to make different choices accordingly. But I would not advise all the people to be breatharian – meaning eating air to live – because first of all, they are not even familiar with vegetarian or vegan diet yet. It's so difficult already to tell them to eat vegetables and to eat vegetable protein even, healthier, happier, cheaper and good for the planet. It's still so not easy to tell them already. Now, if you tell me to advise them to be just eating air to live, I think I'd be out of here in two seconds. [Laughter] Let's be more lenient, more practical, you know, take it slowly, one step at a time.

Now, if you are vegetarian, better vegan, I'm already very grateful, the whole planet will be thankful to you already. Because we can't just be breatharian overnight like this, yes? We don't even have time to practice so quick. And then we're short of expert guidance, yes? Have to have expert guidance to be safe, okay? If just overnight, or over a few days, you turn into a breatharian, then maybe you won't be able to survive. It needs strong will power, yes? Strong will power, expert guidance, and great motivation behind your decision to become a breatharian, because we humans have been used to with eating to survive. We also have been used to with the pleasure of putting something into our palate. You see, when the baby was born, the first thing they do is use their mouth to taste everything to get to know things around them. And then slowly the parents give them food and acquaint us with the pleasure of eating. So overnight, or even over months or years, it's not easy for human beings to immediately quit this pleasure. Not just because of survival only, but the pleasure of eating. That's the problem.

Now, as I mentioned earlier, the organic vegan diet is the key to cooling the planet enough so that we can go forward as a global society, and enough so that we can buy time to invent more green technology to make our life comfortable and to grow more abundant food, safe food and a happy life for everybody. But of course, if you want to explore one of these non food alternatives, like a breatharian – then please, do find some expert to guide you and strictly adhere to the guidance; otherwise, like everything

else in life, if we don't do it conscientiously, it might backfire and endanger ourselves or others.

Now, good luck and much joy to you in experimenting different ways of life. We only put it on television so that people have more knowledge about different things that maybe they have not encountered before, or maybe they have not thought about it before. Some people don't know that breatharians exist, but they do exist. A lot of them, and they're still alive even, not like centuries ago or some holy nun in the monastery, or some holy monk who does retreat in a remote area or something, but some living, breathing, walking buddies next door and some even personal fitness training teacher – meaning, physically tough guy, with a lot of muscles and some tattoos to boot. They are practical people, and even a doctor, Dr. Barbara Moore. She was a medical doctor even. She also went without food for years, for a long time until she had an accident and left our world.

You see, these are people, just for us to study, to know that there are such a thing exists beyond our physical day-to-day life habit. I just show that so that people know that even without food, we could survive if we want to. Not to talk about changing a piece of meat into a piece of tofu or a piece of gluten vegetable hamburger. But we don't have to go to the extreme yet. If you like to, you can, but be careful; have expert guidance. There are some teachers about that. You can find out on our www.SupremeMasterTV.com as well. But we don't have to, for the majority of people, don't have to. [Applause]

MC. *Thank You, Master, for Your clear guidance on this topic. Thank you, Ms. Hao. And now we have our last question coming from Mr. Tso Henry Honghui who is a vegetarian translator, specialized in lip-sync translation.*

Q. *Good afternoon, Supreme Master. I am glad to be here today to share this message of global warming warning. Now, individuals like every one of us here are weak. The enterprise takes a much stronger position. Now, under this circumstance, how can we make people around the world be aware of this chaotic change in climate and take action to work together to revert this situation? Thank You.*

M. Hallo, Mr. Tso. Thanks for being here. Thanks for being concerned and taking your time to come and share your worry with us. You look good! You look good!

How do we make other people aware of this situation? Yes. I think we can help reverse global warming by many kinds of activities besides word of mouth to spread the needed message. First of all, Mr. Tso, please become a vegan yourself, or if you are already, thank you. As I have described previously, this is the simplest and most effective way to stabilize the planet and to cool down the climate change. And that way, you have the solution with you already, and then you can, by example, spread the news to everyone around. You are part of the solution and are thus even more effective in helping others to change. You can then gather together with those who feel as you do, same-minded, and can reach even more people that way.

I hope the governments will help us, but if not, we people have to do it. We have to do it as individuals. For example, you can distribute materials such as the SOS flyers that are freely available through www.SupremeMasterTV.com. If you need help with any like this, please let our Association members know and someone will assist you gladly. Other ways you can help to raise awareness of the planet's perilous state include conferences such as the one we are doing today, as well as contacting the media and

the governments, asking them to help, to change, which are ideal because of their more far-reaching influence and power. But sometimes we must also help them understand the true situation so they can report and pass measures more urgently, since we don't have much time. I wrote to many government agencies, officials, and leaders of state. Some of them are not even aware of such a dire situation. You'd be surprised, because they put priority elsewhere and they busy themselves with other state affairs.

So the one thing to remember, Mr. Tso, is that the people who do not appear to be acting in the best interest of the planet right now may simply be unaware, so we have to inform them of how quickly we need to act, and to let them know the most effective way to take action. People are often open to change once they understand. This is a good time to introspect and realize the value of our relationships with humans and other beings. As part of this realization, we should also repent and request forgiveness for causing suffering for the Earth and her inhabitants. We request the help of heaven to help awaken humanity in time to save the planet, to help humanity to understand that compassion is the only way to save the planet, compassion in action – no killing of any kind; live and let live; leave the animals, love them, protect them, don't eat them. We also should convey our gratitude for all the love in our lives. We should thank God and thank heaven and thank the people who have cared for us and thank our animals, our world co-citizens, for their pure love and invisible helping and blessing through their presence as well, because love is really the basis for all of this. Compassion is the answer. If everyone shows our love for all beings through the vegan diet, we can even save an entire world. Thank you again for your efforts, Mr. Tso. God bless you. [Applause]

MC. *Thank You. Thank You, Master, for reminding us to act quickly. And thank you, Mr. Tso Henry, for this essential question.*

M. Yeah, thank you very much. Maybe one day we not only realize that we can survive on vegan diet, but we will even realize that we don't even need food at all. As the whole planet population, we will have more time to create many things instead of occupying ourselves with planting, cultivating, eating, cooking. Maybe one day our planet will evolve in such a stage as Ms. Yuan Hao has asked – whether or not we should all turn into breatharian. Maybe that day will come, Ms. Yuan Hao, yeah, maybe that day will come. But first we begin with vegan, yes, one step at a time. And even if we don't all turn into breatharian, vegan is okay. Vegan is very okay already, very happy lifestyle and very pleasing to heaven.

Remember in the bible, if you are Catholic, God says that He made all the fruits, the herbs in the field that are pleasant to the eyes and good to the taste, that shall be our food. So if God allows us to eat that, then we could be vegetarian and vegan. Just leave the animals alone, that's all we have to do. A small change; instead of meat, we throw a piece of tofu in the pan – simple, healthy, happy.

Thank you, all of you. Can we become vegan today, yes or no? [Audience: Yes!] [Applause] Wow! Wonderful! God bless you so. God bless you. Thank you. Thank you. Thank you. Thank you all the good people.

MC. *Thank You, Master. And thank you for all the questions, good questions from all our guests... [M: Yes, very good.] ... and that shows really your deep concern about the global warming, and this is really 'thank you' from our hearts.*

Thank You, Supreme Master Ching Hai, for Your enlightening answers. And it is also important for humans to be united and work quickly for all the solutions to save our planet and keep our Earth shining forever and bring heaven on Earth. In fact, some of us have already devoted their time and effort on it. To honor these selfless heroes, Supreme Master Ching Hai has established various awards to recognize their compassionate and their generous actions.

Today, with great honor, we announced a recipient of the Shining World Hero Award in Hong Kong, Mr. Bobsy. Mr. Bobsy, a Lebanese-born British artist, is now a resident of Hong Kong. He is an environmental advocator and Hong Kong Earth Champion who provides persuasive examples of what one person can do to protect Mother Earth. Mr. Bobsy cooperated and supported the building of many different green organizations and charity groups. And furthermore, his most incredible action was planting approximately 160,000 trees on Lamma Island during the past ten years. Understanding of the critical nature of global warming, Mr. Bobsy launched the ‘Save the Human’ campaign in March 2009 to inspire people to adopt the vegetarian diet and join in the movement to save our planet. The message is being spread online through YouTube and Facebook. In just a few weeks, the campaign has touched numerous people, not only in Hong Kong but throughout the world.

In recognition of Mr. Bobsy’s noble work, Supreme Master Ching Hai honors him today with the Shining World Hero Award. Now, let’s spend a few moments watching an excerpt of this video, which has also won the South China Morning Post Documentary Award at the recent ‘I Shot Hong Kong 2009 Festival.’

*[Playing the video presentation entitled ‘Save the Human’ by Mr. Bobsy Gaia.]
[Applause]*

M. *Wonderful, wonderful! Funny and wonderful! Thank you. Very informative as well.*

MC. *Now, let’s invite representatives (R) of Supreme Master Ching Hai International Association to present this award on behalf of Supreme Master Ching Hai to Mr. Bobsy Gaia (BG). [Applause]*

R. *Ladies and gentlemen, Mr. Bobsy has set a shining example for us and the world. He is dedicated to helping people transition to vegetarianism, and indeed, through his laudable efforts, many have adopted the plant-based diet. We are honored to be here on behalf of Supreme Master Ching Hai to present this noble award to Mr. Bobsy. Let’s welcome Mr. Bobsy with a warm round of applause. [Applause] Well done! Well done!*

Ladies and gentlemen, we are delighted to present the award letter from Supreme Master Ching Hai and the crystal plague. In addition, Supreme Master Ching Hai has donated USD2,000 to help with the good work. [Applause] The Shining World Hero Award from Supreme Master Ching Hai for Bobsy, founder of Save the Human campaign: ‘In recognition of enlightened leadership, wisdom and eco-conscious creativity, raising global awareness about the many benefits of the vegan diet through your clever and influential video campaign. With sincere gratitude for your wholehearted dedication and inspirational efforts, promoting and empowering compassionate lifestyle changes. The Supreme Master International Association.’ [Applause]

Very good! What beautiful clothes. It’s the Hero jacket designed by Supreme Master Ching Hai. He is really a hero. Congratulations! Congratulations! [Applause] Thank you,

Mr. Bobsy, for your noble work to save lives. Mr. Bobsy, please share a few words for our viewers all over the world.

BG. *I am deeply honored, heartfelt honored. Thank you. [Mr. Bobsy Gaia is getting emotional.] [Applause] Thank You, Supreme Master and everybody. It's been 20 years of working for the planet and our time has come now. Now is the time. Let me stop crying here for a second. [Laughter] [M: Never mind. Continue crying.] Men aren't supposed to cry, right? [M: No, no. It's okay.] We cry, we cry. [Applause] [M: Crying is a natural human emotion. It's not reserved only for women, huh?] Yes. After so many words of wisdom here tonight from our honorable guests and professors – it's good to see the professors speaking so loudly and clearly – words of wisdom from Master as well. Everything has been said. There is not much more for me to add, except perhaps one thing we haven't touched on, and this is the root cause, the root cause of all these symptoms: Global warming, pollution, deforestation and so on, and so forth. These are symptoms, they are not the cause and as any good doctor will tell you, to heal illness you must treat the cause and not the symptoms. So what is the cause? It is our world view. It is how we see the world or what we call 'paradigm.' It is how we perceive. This is where the fault lies. The healing of the Earth and the healing of the human spirit are one and the same. I will say it again. The healing of the Earth and the healing of the human spirit are one and the same. Neither can be achieved without the other.*

I am not here to talk about all these symptoms and disasters that our planet Earth is facing today right here, right now. We all know them. The writing has been on the wall. The professors are speaking. The doctors are speaking. Our artists, our greatest artists have been shouting out for so long. Everyone here in this room knows the symptoms. But we are the root cause of the problem. We are also the genesis of the solution. We created this mess, we can solve it right here, right now. And by going vegan it's the immediate thing we can do. I expect you all to reduce your consumption of meat and dairy on Monday morning. Reduce it, you'll have an immediate impact. We have to change, and change is not easy. Change takes a lot of courage.

Above all, we must believe what we know. We know the planet is dying. We must believe what we know and we must act on our belief if we ever stand a chance of saving the planet. A change takes courage, a lot of courage. 'And we must be the change we wish to see in the world today,' as the great Mahatma Gandhi said. 'Be the change we wish to see in the world.' [Applause] Thank You. Namaste.

M. Namaste!

MC. *Congratulations, Mr. Bobsy, once again! Congratulations. [M: Yeah!] Master, would You like to have a word with Mr. Bobsy?*

M. *Sure, sure. I'd like to congratulate and thank him. Hi there again, Bobsy. Congratulations, Bobsy. You are our hero. Your name is Hero, yeah? I am so touched to see a very emotionally alive man. Most men try to suppress their emotional feeling. That's not right. That's not right. Sincere feeling doesn't belong to women alone. I don't know whoever has written that only women can cry or only women can know emotion. This is not correct. And make man become like a tough macho, no feely touchy, not in touch with the human emotion. That's not correct. So cry as much as you want, Bobsy. Go home and cry again. [Laughter and applause.]*

If we suppress our emotion too much, we will get sick out of that also. So just be natural, be a happy-go-lucky person. You deserve all the happiness and you deserve to have

more and more awards like this. This is just a symbolic gesture to show our gratitude to some of the heroes like you. Your name begins with H. H-E-R-O. Mr. Bobsy Hero. [Master laughs.]

Regretfully, we cannot give all the awards to all the heroes in the world. We can only give to whomever we know. And I am sure there are countless more heroes who are helping quietly to help our planet. But since we know one or two of them, we dig them out so that we feel encouraged ourselves, the award giver, that we have people who are like-minded, we have heroic people, we have idealistic people who truly care for this generation and other generations to come, who really have a heart for things that matter. Not just for physical things, but for things that truly matter. And so, to offer you an award is to encourage ourselves, to comfort ourselves, to remind us that there's someone else there with us. So it's not much of giving you an award; it is a symbol of gratitude and encouragement from our part as well. So thank you for being there. Thank you that we know you. [Applause]

And I am very happy to know some person like you. If there are more people like you, I am sure our planet will be saved and our future generation will thank you immensely. If everyone changes their heart through your effort, through our little humble contribution, then our world will become paradise in no time.

Thanks for doing what you are doing, and I wish you the best of success in your lofty endeavors. I am with you. We are with you wholeheartedly and always. [Mr. Bobsy: Namaste.] Let's continue to work together to realize the noble dream and to save the planet to make it the best for our children and to offer humankind the brightest, heavenly, peaceful planet for all to enjoy. Congratulations again. [Applause]

MC. *Now, we would like to show our appreciation by inviting Spring Melody Chorus to sing for us. Spring Melody Chorus has been well-known in Hong Kong for ten years. They have participated in many big singing events at a variety of venues. In fact, the chorus was originally started by a group of ladies, and only two years ago, gentlemen can join. Today, they are going to bring us two songs, 'Born Free' and 'Beneath the Lion Mountain,' conducted by Ms. Jan Leob. Let's give a warm applause to welcome Spring Melody Chorus. [Applause]*

[After the performance of the Spring Melody Chorus.]

MC. *Thank you, thank you, Spring Melody Chorus. [M: Thank you.] Thank you very much. Ladies and gentlemen, let the message of love and compassion spread around the world via songs, music and dance. Thank You, Master. On such a wonderful occasion for us tonight, our guests are gathering here, not only to express their concern about Mother Earth, but also to hear wise and enlightening guidance from You. Would You please have some more messages to the world before we close the conference?*

M. Everyone has already offered you the best of the knowledge. I just want to thank you, all of you, for all your heartfelt dedication to organize this event, as well as all the distinguished guests who have spared their precious time to come to encourage you and join us in this very meaningful occasion. Seeing so many beautiful heroes in this critical time of our planet, I myself feel very encouraged. I hope you all feel the same and determined evermore to take action to save our planet. That means to save our compassionate nature, God-like nature, Buddha-like nature; don't let it die for a piece of meat. Don't let our noble self die just for a piece of meat, and fish, and cheese, and whatever related animal products. Humans can truly make a global difference through

one single action – that is, being veg. Saving the planet, meaning you save our compassionate nature, God-like nature, and being noble again. Together, our actions will form a great unstoppable, powerful trend, a trend of compassion, of harmony, of peace among all beings on Earth. Starting today, as we join hands in shared determination and love for the planet and for the lofty ideals of the human loving heart. Heaven bless us all to succeed, and may Hong Kong be the shining star of enlightened progress. [Applause]

- MC. *Thank You, Master. Thank You very much, Master. [M: Thank you, all of you. Thank you, all of you.] We are sure Your words are already seeded inside all of us, and we will act with all our might to stop global warming. We wish You all the very best. Let's move on and work together in saving lives of all co-inhabitants! Be Veg! Go Green! Save the Planet! Can we say all together? Can we? [Master and audience: Yes! Be Veg! Go Green! Save the Planet! Yes!] [Applause] Thank you!*
- M. Thank you all. Thank you so much for your efforts. Thank you, thank you. God bless Hong Kong. God bless Hong Kong, Buddha shields you, Buddha protects you. [Applause]
- MC. *Thank You. Thank You, Supreme Master Ching Hai and all our honorable guests and viewers.*

CHILDREN'S HEALTH AND SUSTAINABLE PLANET ⁸

- MC. *Hallo, and welcome to the gorgeous Jeju Island, South Korea, a world famous tourist site known as the 'Hawaii' of Korea. Thank you for joining us for the 'Children's Health and Sustainable Planet' Jeju International Conference! This amazing and historic conference is being broadcast live throughout the world through Supreme Master Television via 14 satellite platforms, IPTV, and the internet. Hallo, all the viewers around the world! [Audience: Hallo!] [Applause]*

I am Grace from Canada. This is the local Jeju way of saying 'welcome.' So welcome! I'm Callie from South Korea and we are very honored to be part of this historic conference. Grace, so how do you like Jeju so far? It's an amazingly beautiful place. Well, glad to hear that. It's not only beautiful, but it's also unique as well. Three places on this Jeju Island are UNESCO World Heritage Sites, and those represent over 10% of the island. Let's introduce Jeju Island to the rest of the world through this video.

- Video. *Jeju is a beautiful island located in the southwest sea of South Korea. Jeju Island, the largest island in Korea, is a historical island with natural beauty. In the center of the island is Mountain Halla, reaching a height of 1,950 meters. Small volcanoes of different sizes and shapes are located all over the island. Jeju's volcanic land and lava tubes provide much academic value and panoramic views. Because of this, they were registered as UNESCO World Heritage Sites in 2007. The UNESCO World Heritage Sites registered in Jeju include Mountain Halla Natural Monument zone, Sungsan Ilchulbong tuff cone, and the Geomunoreum lava tube system of caves, all of which make up 10% of Jeju Island.*

8. Videoconference with the Korean people at the 'Children's Health and Sustainable Planet' Jeju International Conference, Jeju Island, South Korea, September 21, 2009 (Originally in English and Korean). * Note: This conference is recorded verbatim only the question and answer session with Supreme Master Ching Hai.

Mountain Halla is a prominent landmark in Jeju and is the highest mountain in Korea. Due to its beauty and biological value, Mountain Halla has been protected as a UNESCO's Biosphere Reserve since 2002 and has 360 'oreums,' which are systems of lava tube caves. At its crater on top is Lake Bakrokdam. Geomunoreum system of lava tube caves is another natural monument of Jeju showing the history of the Earth's formation. Geomunoreum has a total of nine caves created 300,000 years ago. Although they were created long ago, their beautiful scenery is well preserved. They are rich in lime and display different features, making themselves very unique among the world's lava tubes. Lastly, Sungsan Ilchulbong tuff cone is a volcano located on the shore. Sungsan Ilchulbong tuff cone, due to its unique structure and features, provides world class value in understanding the formation of a water-volcano.

Jeju Island is noted for not only its natural heritage sites but also for its efforts to protect them. Moreover, Jeju Island enacted an eco-friendly school meal act in July 2007, the first of its kind in Korea and started serving eco-friendly produce for school group meals. Jeju strives to protect nature and the people who live there. However, climate change, a world crisis, is awakening people to the need for new efforts. The changes in the ecosystem being caused by global warming are happening silently in Jeju's green forests and blue seas.

Dr. Cho Sung-Hwan, Jeju Fisheries Research Institute: 'The most distinctive phenomenon manifesting on Jeju shores is the decline of seaweed. We discovered from the data collected over the past 80 years that the temperature has increased 1.5 degrees on Jeju Island. This figure is relatively high compared to other areas. We call it 'sea desertification.' Since seaweed itself photosynthesizes, it plays a major role in balancing atmospheric CO2 levels. Moreover, as the spawning location for diverse marine species, when secluded places and submarine forests decrease, seaweed, in turn, decreases.' Dr. Koh Jung-Goon, Mountain Halla Research Division, Department of Halla Eco-Environment Research: 'At 1,950 meters high, and located in the center of Jeju Island, Mountain Halla is the best place in Korea to study the movement of vegetation due to global warming. When the temperature goes up one degree, the vegetation moves up 150 meters vertically. As climate change, such as global warming continues, vegetation moves up, and the unique plants growing in the subarctic zone, especially alpine plants like 'Leontopodium hallaisanense Han-Mazz' found only on Mountain Halla, could become extinct.'

The blue sky, the clean sea, the high mountains, the deep caves, and beautiful people. Despite the impact of climate change, Jeju will take the lead in protecting not only its natural habitat but also the Earth by actively tackling global warming.

MC. What an amazing island, Callie! Well, yes, Koreans sure are proud of Jeju. But you know what? What? Jeju is already noticing the effects of climate change. Yes, climate change is becoming more evident all over the world, causing rising sea levels, floods, droughts, and many other serious imbalances to our ecosystem. We will have to halt climate change if we want to preserve this wondrous beauty of Jeju's landscape, and if we want to protect the most precious resource of this island. And what would that be? Children!

In North America, we have an ancient Native American saying that goes like this: 'We do not inherit this Earth from our ancestors; we are borrowing it from our children.' And yes, that is precisely the reason why we need to act right now. Yes, but what should we do first? Let's find out what many distinguished VIPs from around the world are saying.

Video: *Mr. Ban Ki-Moon, Secretary General of the United Nations: 'The hour is late, it's time to decide. I'm quite confident that you will make the choice wisely in addressing global warming issues. The scientists have made it quite clear...' Prince Charles, His Royal Highness, The Prince of Wales, United Kingdom: 'Climate change, as a self inflicted wound, if you like...' Dr. Rajendra K. Pachauri, Head of United Nations Intergovernmental Panel on Climate Change: '... can wipe out the very meager assets.' Mr. Al Gore, 45th former Vice President of the United States: 'We have a climate crisis that is a planetary emergency.' Ms. Maneka Gandhi, Parliament Member, former Environment Minister, India: 'We are so, so close to the red line, that perhaps we may wake up tomorrow and find that there is nothing to save after all.' Dr. James Hansen, Director of NASA Goddard Institute for Space Studies: 'We have reached a point where we have a real emergency.' Mr. Kofi Annan, 7th Secretary-General of the United Nations: 'The message should be clear, climate change must take its place along those threats like conflict, poverty.' Mr. Jose Manuel Barroso, President of the European Commission, former Prime Minister of Portugal: 'Climate change is responsible for conflicts that can only deepen in the future if we don't act as soon as possible.' Mr. Bill Clinton, 42nd former President of the United States: 'It (climate change) is the only thing that I believe has the power to fundamentally end the march of civilization as we know it.' Mr. Louis Michel, Head of the European Commission for Humanitarian Aid: 'You will have a catastrophe added to another catastrophe.' Mr. Ken Livingstone, 1st Mayor of London, England: 'Climate change means catastrophically violent weather.' Mr. Arnold Schwarzenegger, Governor of California, United States: '... like wild fires and devastation.' Mr. Antonio Villaraigosa, Mayor of Los Angeles, California, United States: 'Rising sea levels.' Mr. Jeffrey Sachs, American Economist, United Nations Special Advisor on Food Crisis: 'Rising food prices.' Ms. Condoleezza Rice, 66th United States Secretary of State: 'To the spread of disease.'*

If the future of the world depended on me, what would I do?

Prince Charles: 'The North Pole ice cap is melting so fast. But what seems to me to be important is that some of the effects we are witnessing now are happening twice as fast as scientists were predicting just five years ago.' Mr. George W. Bush, 43rd President of the United States: 'A report issued earlier this year by the United Nations Intergovernmental Panel on Climate Change concluded both that global temperatures are rising, and that this is caused largely by human activities.' Dr. Rajendra K. Pachauri: 'And if you look at the 4th assessment report of the IPCC, we've assessed several stabilization scenarios.' Mr. Yvo de Boer, Executive Secretary, United Nations Framework Convention on Climate Change: 'In 2010, there could already be as many as 50 million environmentally displaced persons due to climate change, desertification and deforestation.' Ms. Henrietta H. Fore, Administrator of the United States Agency for International Development (USAID): 'Experts tell us that the situation underlying the crisis is not a temporary one.' Mr. Robert B. Zoellick, President of World Bank: 'And it is getting more and more difficult every day.' Mr. Ken Livingstone: '... and there is no guarantee that human civilization can survive.' Prince Charles: 'The doomsday clock of climate change is ticking ever faster towards midnight; we are simply not reacting quickly enough.' Mr. Hilary Benn, British Secretary of State for Environment, Food and Rural Affairs: 'Do we need to move faster to answer the question? Yes we do! Because we have less time than we thought we had.' Dr. Rajendra K. Pachauri: 'So climate change is obviously going to have a major negative impact.' Mr. Achim Steiner, Executive Director, United Nations Environment Program (UNEP): 'The scale and the pace of environmental change at the beginning of the 21st century are a serious wake up call to us as human beings on this planet.' Mr. Michael Bloomberg, Mayor of New York City, New York, United States, 'We know without a doubt that global warming is a

reality and the question today is not 'is it happening?' and is not 'is it bad?' but what are we going to do about it?' Mr. Ban Ki-Moon: 'We are all part of the problem of global warming. Let us all be part of the solution.' Mr. Yvo de Boer: 'The challenge you face is to prove to people that you are serious about adaptation to the unavoidable.' Dr. Rajendra K. Pachauri: 'Meat production and consumption is hugely intensive in terms of carbon dioxide emissions.' Ms. Marianne Thieme, Member of Dutch Parliament, Chairwoman and Founder Party for the Animals, Netherlands: '... more than all cars, trucks and ships added together.' Ms. Maneka Gandhi: 'Unless we change our food choices, nothing else matters, because it is meat that is destroying most of our forests, it is meat that pollutes the waters, it is meat that is creating disease which leads to all our money being diverted to hospitals. So it is the first choice for anybody who wants to save the Earth.' Mr. David Miller, Mayor of Toronto, Ontario, Canada: 'The food we eat and how it is grown and the kind of food we eat matters a lot.' Mr. Ronan Lee, Member of Parliament, Queensland, Australia: 'Everything comes with an environmental price, beef production in particular.' Dr. Rajendra K. Pachauri: 'We consume too far much meat in this world!' Ms. Marianne Thieme: 'There's where the climate problem is: Our meat consumption!' Dr. Rajendra K. Pachauri: '... something that's harmful even for human health!' Mr. Hau Lung-Bin, Mayor of Taipei, Formosa: 'Today, if we want to reduce CO2 emissions, the vegetarian lifestyle is absolutely a very effective way.' Mr. David Miller: 'I do eat a lot of vegetarian meals; I think that's something we can all do.' Mr. Andrew Barlett, former Senator, Queensland, Australia: 'That's one of the easiest ways that we can make an immediate and quite substantial impact.' Mr. Ronan Lee: 'There are some wonderful environmental benefits in terms of taking a couple of steps lower down the food chain.' Mr. Hilary Benn: 'And the choice we face is a really simple one actually.' Ms. Marianne Thieme: 'Just for one day or more than that, become a vegetarian.' Ms. Condoleezza Rice: 'Let us approach climate change not simply as a looming future threat, but as a present opportunity to work together.' Mr. Antonio Villaraigosa: 'The time for action is now.' Mr. Hilary Benn: 'What can I, what can the government do to help? What can you do to help? How can we do this together?' Mr. Gavin Newsom, Mayor of San Francisco, California, United States: 'And it's about what we do from this point on and this point forward.' Mr. Matt Petersen, CEO, Global Green, United States: 'Individuals can take action.' Ms. Helen Clark, 37th Prime Minister, New Zealand: 'We have to play our part.' Mr. Kofi Annan: 'And as individuals through the choices we make, the purchases we make...' Dr. James Hansen: 'If we once understand this and take the necessary actions, then we actually have a much better situation.' Dr. Rajendra K. Pachauri: '... and if you eat less meat, you will be healthier and so will the planet!' The Dalai Lama, His Holiness Spiritual Leader: 'Then, there's some kind of realization of individual responsibility to take care of this planet.' Sir Richard Branson, CEO and Founder of Virgin Companies: 'Our generation has inherited an incredibly beautiful world and it's really in our hands whether our children inherit the same world.' Mr. Ken Livingstone: 'That is our duty, so that our children can have a decent quality of life on this planet.' Prince Charles: 'We cannot be anything less than courageous and revolutionary in our approach to tackling climate change.' Dr. Rajendra K. Pachauri: 'It's a win-win situation if you eat less meat!' Mr. Hilary Benn: 'Living in harmony with the natural world is the only way for the future, six billion people, one planet, one chance to get it right.' Dr. Rajendra K. Pachauri: 'Be Veg. Go Green. And Save Our Planet.'

For more urgent details, please see www.SupremeMasterTV.com.

MC. Very impressive and strong messages there. Grace, luckily we have right here in Jeju those who are working very hard to fight climate change and to protect our children. Yes, and we are going to be hearing from several of them. And to mark this occasion,

experts around the world have extended their personal greetings. We are highly honored to have a very special greeting from Dr. Rajendra K. Pachauri (RP), Chairman of the Nobel Peace Prize-winning Intergovernmental Panel on Climate Change.

RP. Greetings to you, all participants of the 'Children's Health and Sustainable Planet' conference, which is being held in Jeju Island, South Korea, a beautiful part of this world. I've been to South Korea on several occasions and I'm sure that the beautiful surroundings in which you are meeting will inspire you to deal with this particular theme effectively so that not only can you in your own lives make a difference but actually spread the message whereby others can also make a difference. So my very best wishes to you. I hope you have an extremely successful conference.

I would, first, like to express my encouragement for the one day a week organic vegan program. I think anything we can do to move towards nature and closer to nature is going to be of great benefit to human society. I'm quite concerned about the lack of action and, in fact, the insensitivity to the problem of climate change. We know that if we don't take action early enough and adequately enough, we're going to see some very harmful impacts of climate change all over the world. Unfortunately, some of these will take place in the poorest, the most vulnerable regions and for the most vulnerable communities on Earth. And, therefore, I think we have a moral and an ethical reason to take action by which we reduce the emissions of greenhouse gases.

Now, one particular area where we can make a difference is in terms of changes in lifestyle. Of course, the question could be asked, 'What changes in lifestyle?' There are lots of things that we can do in our daily lives, including the use of energy in the home, for transportation and for various other activities as efficiently as possible. But one particular area where I think there are huge benefits is in terms of reduction of meat consumption. I personally believe that both human beings and the planet would be much healthier if we were to cut down on meat consumption, and in particular, I would suggest that the human race should gradually do away with eating red meat because that clearly has the largest emissions of greenhouse gases associated with the entire cycle of red meat production and consumption.

So I think the time has come when we have to bring about a shift in our diets whereby we reduce the consumption of meat, particularly red meat. A lot of people ask me questions on how their children and how they themselves would get adequate protein if they are going to be dependent only on an organic vegetarian diet, and my answer is that I can get you two consultants who will give you that response, and those two consultants are called the elephant and the horse. These are two animals who consume nothing but plant material and they certainly don't lack in proteins. So I would like to submit that if we can shift towards a much lower consumption of meat, we would be much happier; we would be much healthier and so would the planet.

Of course, when it comes to changing diets, changing lifestyles, I think the feeling has to come from within. I don't think this is an area where government orders or government initiatives can really make a difference. Of course, governments should certainly impose taxes on those activities or those products which impose huge environmental costs on society, both locally as well as globally. But in the ultimate analysis, I think it is NGOs, it is civil society, and it is the community itself that has to create awareness on what the benefits of a reduced meat consumption pattern would actually be, and I would submit that NGOs, civil society and people at large must get involved in this campaign to bring about understanding of the benefits of eating much less meat. And I want to compliment

so many of the NGOs, so many of those who are carrying out this campaign and I'd like to give you my encouragement and my very best wishes. Thank you very much.

We have to show particular sensitivity to children who are most vulnerable to climate change because we have to accept the fact that children whose future has to be safeguarded, who depend on the sustainability of natural resources and ecosystems on this planet, are also unfortunately the most vulnerable. For instance, as a result of climate change, there will be much more disease, there'll be more floods, more droughts, more heat waves, and clearly children would be the most vulnerable subjects of this particular trend that we're going to see. It's also true that when it comes to planning the future of children, if this planet is going to see much worse impacts of climate change than we're witnessing today, we're not giving our children a good future, and I don't think it's fair for us to squander these opportunities for preserving all the natural resources of this planet by satisfying our own immediate needs, particularly since those needs are really misplaced; they don't really do the human race any good. So I would appeal to all those who are concerned about the future of their children to see that firstly, we protect them from the worst impacts of climate change, and secondly, that we ensure we leave behind a planet where the natural resources, where all the beautiful things that nature has provided us can be preserved and maintained for their benefit and for the benefit of their children. So this would be my appeal and I hope those of you who are viewing this would take that to heart and do something about it. Thank you very much. [Applause]

MC. Thank you for those very inspiring words, Dr. Rajendra K. Pachauri. Next, we have Mr. Satinder Bindra (SB), the Director of Communications of the United Nations Environment Program, which established the IPCC.

SB. Well, I'm delighted to hear of this conference because if we live healthily, if the planet is nurtured by this current generation, that means people don't recklessly go about with their carbon habits. Then what it means for the next generation and for children is that they'll have a real crack at success. They'll live healthier lives. They'll live more meaningful lives. Because what they need really is clean water, fresh air, and if they don't get that, then what are we doing to the next generation? So I think this conference is really, really important. And I wish all the participants and the organizers great success.

MC. Thank you, Mr. Satinder Bindra. [Applause] Next is Dr. Carolyn Lukensmeyer (CL), Founding President of Global Voices, an organization that supports decision makers. She was also a Consultant to the White House Chief of Staff for nine months during the Clinton years.

CL. I'm delighted to honor your presence in Jeju Island for the conference. What I hope while you are working together, all thousands of you, is that you can develop a strong statement to the rest of the world about what we actually know. It is children's health indicators that show up most quickly in terms of the pollution and the issues of the way in which our environment is degraded. In the famous metaphor of the canary in the mine, which is the birds who die when the air is not strong enough, it's the same with our children and what you're doing together at the 'Children's Health and Sustainable Planet' can make a difference to ensure that world leaders, governments, and everyone on the planet takes immediate short-term and long-term action to ensure that our young people's health is safe and that we live on a planet that is sustained. Thank you. [Applause]

MC. *Thank you. Thank you for your encouraging remarks, Dr. Lukensmeyer. Many people have visited South Korea to encourage global actions on climate change, including many children. We have collected voices from children who very recently came to Korea for climate change activities. Let's hear from them.*

Video. *Now it is the time to act. If not here, then where? If not now, then when? If not us, then who? For many people, climate change, they think like it's the melting of glaciers. What can we do to stop that? It will melt. But it's not that. We, individually, can really do a lot of things. I'll try to take each and every possible action from my side. Please, start now. Sea levels could rise. People on the coastal areas, especially in Africa, and South America could lose their homes. I became a vegetarian when many of my friends were vegetarian. And I asked them why, and they told me that it was because of the environment. If we don't save it now, our future generations will have no place to live. There are no political and geographical boundaries for environmental problems. Blaming any nation for any problem is of no use until we can have any possible action. We children expect you politicians to come up with sustainable solutions to the ongoing climate change and global warming. Be vegetarian and save the environment. Children all around the world, wherever you are, on every corner of the globe, should take care for their environment. Even if you're not taking care, you should do something, a little bit to help the planet. Because in a few years time, we're not going to enjoy our planet. The air will be polluted, there will be diseases all around the world; and it won't be safe. Please save their life, and save the Earth. Vegetarianism reduces animal consumption and energy consumption. Be Veg, Go Green, Save the Planet! Be Veg! Be Veg and Save the World! Be Veg, Go Green, Save the Planet! Save the Planet! [Applause]*

MC. *Such lovely, lovely voices from the children! Did you see their beautiful faces? How can we not respect them and protect them. I absolutely love them. Their voices really touch my heart. To respond to the sincere wishes of the children, highly distinguished experts from around the world are presenting their valuable messages for us today, some in person, some via video. This is a very rare chance to hear the best of the best experts who are speaking for us, for our children, and the planet. First is Mr. Joop Oude Lohuis (JOL), the Manager of the Climate and Global Sustainability Unit for the Netherlands Environmental Assessment Agency, who has done extensive research on the relationship between climate change and dietary change.*

JOL. *Ladies and gentlemen, my name is Joop Oude Lohuis. I'm a researcher at the Netherlands Environmental Assessment Agency. It's a pity I can't be here, it's a very beautiful island so I'll have to make my contribution by screen. Probably the most difficult issues the world is facing today are climate change and the loss of nature and biodiversity. For 10 to 50 years the world is concerned and seriously tries to deal with climate change. The focus is strongly directed towards energy use and fossil fuels, and climate change mitigation policies tend to focus on the energy sector. On the other hand, the livestock sector receives surprisingly little attention, and I think that's an issue we have to discuss today.*

The livestock sector accounts for about 18% of greenhouse gas emissions. That is substantial. The livestock sector accounts for about 80% of total anthropogenic land use, and that is more than substantial. And from a dietary perspective, new insights in the adverse effects and health effects of beef and pork have also led to a revision of consumption recommendations, and I think that's an important issue we have to discuss today.

Recently, we explored the potential impact of dietary changes on achieving ambitious climate stabilization levels. And for the first time, we made an integrated analysis of all the different elements that have, that are related to eating meat, and that is: Substitutes for meat, climate change, the possible effects on the land use, health and costs. And we know that if we go in a business as usual scenario, the livestock would double in the next 40 years and greenhouse gas emissions would go up by about 80%. Well, we found out that food transition on the global scale, eating less meat and / or even a complete switch to a plant-based protein food can have dramatic effects on land use. Up to 2,700 million hectares of pasture and 100 million hectares of crop land can be abandoned, resulting in a large carbon uptake of land, instead of being a source of emissions.

Additionally, methane, nitrous oxide they are potentially harmful greenhouse gases could be reduce... reduced substantially. A global transition to a low meat diet as recommended for health reasons would reduce mitigation costs by about 50%. In terms of climate change, we would like to keep the global temperature below 2°C change, and that would result in a target maximum level of about 450 parts per million CO₂. The mitigation cost in reaching climate targets could go up to a 1 – 2% of global GDP and that's about USD2 trillion a year. A scenario with no meat consumption at all would halve these costs. If we go to a scenario with no meat at all and also no dairy products, the amount of costs would not even go down with 50% but at a rate of 70 to 80%, and that's substantial. Dietary changes could, therefore, not only create substantial benefit for human health and land use but also play a role in reducing future climate change policies at a lower cost.

There are many opportunities in changing a diet from meat to vegetable based products. In our analysis, we assumed soya beans and pulses to be the main substitutes for meat and dairy products, and we included all the effects of changing land use to these type of products and included also the effects. So we think that it's an inclusive study which proves that the effects are scientifically sound. This change in diet could happen within between 2010 and 2030 and then the situation will stabilize.

The change in land use has a main effect, the land use no longer a source of emissions but could even become a sink of emissions. The change would result in a net contribution of one gigaton of carbon to the atmosphere and change the whole situation into a one to two gigaton of carbon absorption by way of changing the land use. There is room for re-growth of forests in areas that are now being used by cow and sheep for grazing, for eating grass. The biggest effects are for sure pertained by reducing the amount of ruminants, that is cow or sheep. They have a less efficient digestion resulting in large amounts of methane emissions.

I think, in summary, that science says that there is convincing evidence that changing diet can really benefit the climate and will benefit our preservation of natural habitats. A change is noticeable in the behavior of consumers and in supermarkets. There is a growing diversity in terms of vegetarian products, substitutes for meats that can be chosen by consumers. So I think one of the elements of change will be that consumers make their own choices and choose vegetarian products and eat less meat. In summary, from what we know now, changing a diet to less or no meat is one of the lowest cost measures to help the climate change targets. It's good for health in summary and it leaves more room for nature and biodiversity. Thank you for your attention. [Applause]

MC. *Wow! Isn't that incredible? World governments will save 80% of the cost to stop global warming if the world becomes vegan. It's clear that the food on our table has a tremendous impact on global warming. So our first step to halt climate change should begin with the meals at home and at school. Yes, speaking of school meals, did you know that Jeju was actually the very first in South Korea to provide environmentally-friendly school meals? And by doing this they really set an example for the rest of the country. That is amazing! What a noble province this is! And it was all made possible thanks to the strong grassroots movements and united efforts of NGOs in Jeju.*

Now, Callie, let's talk about a very timely issue. Something like swine flu? Yes, swine flu, or the novel H1N1 virus, which is one of the biggest threats facing humankind today. But what is the root cause of this disease? Let's find out from Dr. Michael Greger (MG), the Director of Public Health and Animal Agriculture at the Humane Society of the United States. He is a medical doctor and a renowned expert on the many types of diseases originating from factory farmed animals, including swine flu, bird flu, and mad cow disease. And Dr. Greger has prepared this special lecture for this conference via video. Let's take a look.

MG. *According to the World Health Organization, two billion people may become infected with swine flu and our children may be at the highest risk. Normally, 90% of flu deaths are in the elderly, 65 years and older, but with swine flu, children and young adults ages 5 through 14 are more than ten times more likely to become infected. That means 15,000 Korean children may die. Where did this virus come from? Well, the genetic finger-print of this virus was published this summer and the United States Centers for Disease Control and laboratories from around the world have confirmed that the main ancestor of the current pandemic virus was the triple hybrid mutant pig, bird, human virus that emerged and spread throughout industrialized farms in the United States ten years ago.*

This first hybrid mutant was found on an industrial farm in North Carolina in August of 1998 that confined thousands of pregnant pigs in metal crates so small they couldn't turn around. Thanks to long distance live animal transport, the virus then spread throughout North America, and thanks to the export of pigs to Asia, it reached Korea by 2005. This is not the first disease to emerge from factory farms. Unless we start giving these animals more breathing room, it may not be the last. For example China, 2005, the world's largest producer of pork, suffered an unprecedented outbreak of an emerging pink pathogen called Strep Suis (abbreviation for Streptococcus suis) which caused meningitis and deafness in people handling infected pork products. Hundreds of people infected with the deadliest strain on record. Why? The World Health Organization blames in part these intensive confinement conditions. The United States Department of Agriculture elaborates that all Strep suis seems to start off harmless, asymptomatic is normal flora, but then stress – due to inadequate housing, ventilation, overcrowding – allows the bug to go invasive, causing infections of the brain, blood, lung, heart and death. Starts out harmless turns deadly, that's what these kinds of conditions may be able to do. This is not arguably how animals were meant to live.

July 2009, just a few months ago, a strain of Ebola was reported on a factory farm in the Philippines confining 6,000 pigs. It was Ebola Reston, the same strain featured in the book 'The Hot Zone.' Air borne Ebola bug doesn't seem to be able to infect people, but with enough time to mutate in pigs, who knows? So they drove them into these pits and then burned them alive. We feed antibiotics by the truck load to farmed animals. This is total amount of antibiotics used for all of the human medicine every year here in the States. Now, contrast that with the amount that just fed to farm animals, just to promote

growth and prevent disease in such a stressful unhygienic crowded environment, millions of pounds a year.

Now, we as physicians are faced with these multi-drug resistant, antibiotic resistant bacteria, and are running out of good treatment options, particularly in pediatric populations. As Britain's chief medical officer put it in his 2009 annual report: 'Every inappropriate use of antibiotics in agriculture is a potential death warrant for a future patient.' Industrial animal farms have been shown to be breeding grounds for disease for at least ten reasons. For example, because of the sheer numbers of animals, because of the overcrowding, it's like having 5,000 people in an elevator and someone sneezes, because of the stress crippling their immune systems. The operation in Newton Grove, North Carolina, where the ancestor of the current pandemic virus was first detected, was a breeding facility in which thousands of pregnant sows were confined in gestation crates, also known as sow stalls. These are veal crate-like barren metal cages about two feet wide. These highly intelligent, social animals, essentially kept in a box week after week, month after month, for nearly their entire lives. They can develop crippling joint deformities, lameness. If we did this to pets we could get thrown in jail in this country. Not only can these pregnant pigs not turn around, they can barely move for most of their lives. Because of the lack of fresh air the dankness helps keep the virus alive in these kinds of facilities. Because there may be no sunlight the UV rays and sunlight are actually quite effective in destroying the influenza virus. Thirty minutes of direct sunlight utterly deactivates the influenza virus, but it can last for days in the shade, and weeks in moist manure. And indeed, because of the decomposing fetal waste releasing ammonia, burning the respiratory tracts of these animals, predisposing them to infection in the first place. Put these and all these other factors together, and then you have is really this kind of perfect storing environment for the emergence and spread of new so-called super strains of influenza. The public health community has been warning about the dangers of industrialized animal agriculture for years.

In 2003, the American Public Health Association, the largest organization of public health professionals in the world, called for a moratorium on industrialized animal farming. In 2005, the United Nations called on all governments, local authorities, international agencies, told them they needed to take a greatly increased role in combating the world of factory farming, which combined with these live bird markets provide what they call ideal conditions for the virus to spread and mutate into a more dangerous form. In 2008, the Pew Commission on industrial farm animal production, which included former United States Secretary of Agriculture, concluded that these so-called factory farms present unacceptable public health risks. The former Director of the Commission calls these industrial farms 'super-incubators for viruses.' They're a public health menace that must be stopped. Only a few thousand people have died so far of swine flu though, although one could never really call anything that's killed hundreds of children 'mild,' exactly, but this H1N1 virus hasn't been much worse than the regular seasonal flu, so far. But this may be just the first wave. The 1918 flu pandemic was relatively mild first as well. Though we're not exactly sure what happened in 1918 compared to what was to come later, this first initial wave in the summer of 1918 hardly registered a blip, but it came back in the fall to kill tens of millions of people.

In Korea, in 1918, according to the Japanese colonial government at the time, as many as eight million Koreans died the last time an animal flu virus jumped species into human beings. Now, the worst case scenario estimate would be if the swine flu were to combine with the H5N1 bird flu, both of which have been found in pigs. So if a single pig in parts of Asia, or Africa, where the H5N1 bird flu virus, has become endemic, that pig becomes co-infected with both swine flu and the new bird flu, the concern is that it could

theoretically produce a virus with a human transmissibility of the swine flu, but the human lethality of the bird flu.

In 1918, the mortality rate of the pandemic was less than 5%. This estimate, here on the right, potentially tens of millions of people dead in the next pandemic, is based on this two to, same 2 to 3% mortality rate, that the United States Centers for Disease Control calls a 'category 5 pandemic,' around 2% mortality – around two million Americans dead, so that's 2%. But H5N1 has so far killed over half of its known human victims; don't even seem to get a coin toss as to whether or not one lives through this disease. Up to ten million Koreans come down with the flu every year, what if it suddenly turned deadly? That's what keeps everyone up at night, the possibility, however slight, that a virus called H5N1 could trigger a pandemic. That would be like combining one of the most contagious known diseases, influenza, with one of the deadliest, like crossing a disease like Ebola with the common cold.

All animals deserve humane treatment. How we treat animals can have global public health implications, and these newly emerging chicken and pig flu viruses are but one example. We deny them a modicum of mercy to both their detriment and potentially to ours as well. We need to end the long distance live animal transport of farm animals which can spread diseases around the world. We need to follow the Pew Commission's recommendations to abolish these extreme confinement practices, like crates for pregnant pigs, as their already doing in Europe, and starting to here in the States. And ultimately we need to follow the advice of the public health professionals and declare: 'No more factory farms!'

Let me end with a quote from the World Health Organization: 'The Bottom Line.' The bottom line is humans have to think about how they raise their animals, how they farm them, how they market them. Basically, the whole relationship between the animal kingdom and the human kingdom is coming under stress. In this age of emerging diseases, we now have billions of feathered and curly tailed test-tubes for viruses to incubate and mutate within billions more spins at pandemic roulette. Along with human culpability though comes hope. If changes in human behavior can cause new plagues, well then changes in human behavior may prevent them in the future.

Due to time constraints, this presentation by design is an over-simplification of a very serious public-health issue. For the underlying science, allow me to refer you to an invited review I wrote for 'Critical Reviews in Micro-Biology.' I'd be happy to send anyone a reprint, a free copy, if you just email me at MHG1@cornell.edu, 'M,' 'H,' 'G,' just the numeral '1' at c-o-r-n-e-l-l dot e-d-u. I also have a book on the subject, which is also available free, full-text online at www.birdflubook.org. All the citations are hyperlink clickable, all 3,168 of them. We also just released a DVD on Swine Flu in particular. And again, if you email me, I'll be happy to send you a free copy of the DVD. Or you can watch it online in its entirety at www.humanesociety.org/swineflu. Thank you. [Applause]

MC. *Thank you so much for your enlightening lecture, Dr. Greger. It showed us the clear link between factory farming and diseases such as swine flu. So it's beginning to look like the vegan way of life is better not only for climate change but for preventing new diseases. Yes, indeed, an organic vegan diet is the true solution for a sustainable planet.*

We now know that the organic vegan diet is the only way to halt climate change, but sometimes we parents are concerned about whether a vegan diet will keep our children healthy. To respond to these concerns, three world-renowned medical doctors have

sent their valuable messages to this conference. The first is from Dr. John McDougall (JM), a pioneering medical doctor, bestselling author, and the esteemed founder of the McDougall Program. Dr. McDougall has helped thousands of people to overcome heart disease and other critical illnesses, all without medicine. Let's hear his message for our conference.

JM. I want to thank you for the invitation and the opportunity to talk about something really important and that's children's health and children's diets. There is a diet that is correct for people. Human history probably tells that diet best. If you think about it, all large populations of successful people throughout all of recordable history have consumed diets based on starch. For example, in my part of the world, the diet of people several hundred or a thousand years ago was a diet based primarily on corn.

You remember the diet of Aztecs and Mayans? These were the people of the corn. And in South America, it was potatoes, in the Andes people lived on potatoes, that's what the Incas consumed. And if you look further east, what you find was people in Europe and in the Middle East, they lived on diets of grain. Barley, wheat, other types of grain were the foods of these people. And then go far east to where you live, what has the diet of people been traditionally for thousands of years? It's been a diet primarily based on rice or sometimes buckwheat or sweet potatoes. Starch-based diets, that's what the human diet is, it's a diet based starch with the addition of fruits and vegetables. The animal foods that come into diet, they are tolerated but not necessary.

The best diet for kids and adults, that's a diet based on starch with the addition of fruits and vegetables. It does not include animal products. I can't think of a reason to add dairy products-cow's milk, cheese – to the diet of a person who wants to be healthy, trim and active. I can't think of a single reason to add any kind of animal food in terms of meat, like beef or pork or chicken or fish; it adds nothing to the diet that you can't get better from starches, vegetables and fruits. That's what the science says. That's what your experiences tell you and that's what you see when you look back historically. We've gotten away from that, and that's because of business. But we can change back and we could do it for ourselves as well as for our children. Our children need a good start in life. So what I would encourage you to do, all of you listening, is to find out what the truth is and take action.

Yes, these are the most important people in our lives, these little kids are, but they deserve our efforts to make sure we're doing the right thing, particularly when it comes to diet. And you will discover, if you take the trouble, that the right diet for kids is a starch-based diet with fruits and vegetables, and they'll like it too. They already like these foods, they like simple foods, starch foods; they're comfort foods. So let's make it a worldwide effort to make changes that are important for everybody. Thank you for this opportunity. Be Veg, Go Green, and Save the Planet! [Applause]

MC. Thank you, Dr. McDougall, for your time and dedication for public health. Our next distinguished speaker is Dr. Neal Barnard (NB), the Founding President of the Physicians Committee for Responsible Medicine (PCRM), President of the Cancer Project and the Washington Center for Clinical Research, and an Adjunct Associate Professor of Medicine at the George Washington University, United States. He is also a vegan. Let's now hear his specially prepared message.

NB. I want to say a big warm welcome to all the participants in today's conference. Children today have the advantage of having more foods available than ever before. We know more about nutrition than ever before. But unfortunately, sometimes what children

actually eat is not as healthful as it should be, and that's because there are also more unhealthy foods available than ever before. So we need to really help them. So what to eat? And what to avoid? The foods that are healthful for children, I think of them as being in four groups. We refer to these as the new four food groups: Vegetables, fruits, whole grains, and the bean group. Or you might call it the legume group: Beans, peas, and lentils. These four groups together provide plenty of protein. They provide plenty of calcium and iron, they are very rich in vitamins and in minerals, and lots of healthy fiber. They don't have any animal fat, they don't have cholesterol; they are a good recipe for good health.

The most important thing, though, for children is not just to eat foods that keep them healthy while they are children, but it's to learn good health habits, good eating habits, that they can carry with them into adulthood. If children learn healthy eating right from the start, they carry a wonderful gift with them, and they are better able to take care of their own families when they're adults. Well, I have to say some of the very foods that I grew up with are perhaps the most important things to set aside – meats, dairy products, eggs, these foods have cholesterol. They have animal fat, and these foods cause a lot of problems. First of all, these foods are linked to heart problems. If you could look inside the arteries of a typical American boy or girl, before they finished high school, many of them have the beginnings of heart disease already. They're only 15 or 16 years of age. But because of all the meat, cheese, other dairy products and eggs they've been eating, unfortunately, their arteries are starting to get clogged. Over the long run, though, these same foods increase the risk of cancer, particularly breast cancer, prostate cancer, and colon cancer. These things are much less likely to happen on people who are following totally plant-based diets. And what has the children themselves worried and their parents worried is that kids who eat a meaty diet tend to be heavier than other kids.

Now, many well-meaning parents will say, 'We want our children to drink milk or eat meat.' What they're thinking of is maybe this will help their kids to grow taller or to be stronger. But I have to say researchers have looked at this very question. And the children who eat meat and dairy products are not any taller than other kids. What they are is wider than other kids – meaning they're more likely to be overweight. Researchers have looked at thousands of children and shown that those children who grow up on a totally vegan diet – meaning a diet with no animal products at all – they're just as tall and healthy as other kids. In fact, they're healthier, but they're more likely to stay in a good, healthy body weight.

In many countries throughout North America, South America, and particularly today throughout Asia, we're seeing an explosion in meat intake, in dairy consumption, and so that means more and more farms are springing up and the population overall is less healthy than it was when more healthful plant-based diets were the norm. If this trend continues, what we will see is not only more influenza outbreaks, we'll see more heart disease, much more cancer, and shorter life spans. What this means really is a tragedy that people who wanted to live a long, healthy life, and to bring up their children to be able to live in as healthful way as possible will never be able to realize that dream. And it's because we bought into foods that have lurking in them cholesterol, animal fat and other problems that really can exact a terrible price that nobody was counting on in advance. Let me also say a word for parents, teachers, other people who are involved in schools. Schools have sometimes had trouble really serving the most healthful foods. Many of them have perhaps had a misimpression that they need to give children milk in school, or need to give them meat. Schools in the United States and some other places on the globe are now featuring healthy, completely vegan meals for children because

they realize that when you don't provide the milk and the meat, kids do much better. They're healthier, they are less likely to come up with infections, I'm thinking about things like ear infections, asthma, and other problems. They are more likely to stay at a healthy weight, and they are less likely to fall asleep in the afternoon. I have to say when kids get a big, greasy, sugary meal, it's pretty hard for them to stay awake in the afternoon, it's hard for them to concentrate. And on the other hand, when children are fed the most healthful meals, they have the energy and the attention span to carry them all the way through the day.

So, in conclusion, when we think about our children, they are our most precious resource. And, unfortunately, the pressures on parents, on teachers, and on the kids themselves are more intense than they've ever been. There are more and more businesses out there trying to sell unhealthy food, and we can understand why that is. But to the extent that we can put healthy foods on children's plates. If we can have policies in our governments, if we can have practices in our schools that every child, no matter how disadvantaged, has the ability to have a healthful meal, every single meal, every single day, we are going to be investing in the health of the next generation. I thank you so much for helping us all to do that. And I hope you enjoy the rest of the conference. Thank you very much. [Applause]

MC. *Thank you, Dr. Neal Barnard. Our next esteemed guest speaker is Dr. Joel Fuhrman (JF). He is called the 'doctor of doctors' in the United States, and his long-term best-selling books 'Eat to Live,' 'Fasting and Eating for Health,' and 'Disease Proof Your Child' are very popular here in Korea. He has influenced many nutritional studies, as well as the vegetarian movement in Korea. When we invited Dr. Fuhrman to speak, he said he was very happy to connect with the Korean people. Let's now hear from Dr. Joel Fuhrman.*

JF. *Greetings to the beautiful Jeju Island and the honorable governor and officials, the honorable guest Supreme Master Ching Hai, the representative NGOs, parents, teachers, students, and other participants. I'm so happy to be here. I'd like to talk to you today about what an impact nutritional excellence can make for you and people around the world. We can win the war against disease, we can have healthier nations and a healthier South Korea.*

Right now we are spreading American fast food companies, and processed foods are spreading all over the world and people are becoming more overweight, more obese, having more heart attacks, more diabetes, more strokes, and even more cancer. The good news is that nutritional science has advanced to the point where we can have people not have heart attacks; we can win the war against cancer; we can stop people from having strokes; and as they become more elderly, they don't have to become demented in their later years; and in healthy populations with low medical costs, with a dramatically more successful and happier population without the fear of these diseases. And what we've learned, the secrets that we've learnt to protect ourselves have to do with nutrients. And there are two types of nutrients. There are macro nutrients, and macronutrients contain calories and those are called fat, carbohydrate and protein. And if you eat too many macronutrients – too much fat, too much carbohydrate, and too much protein – we can become overweight and we can promote aging and promote heart attacks and strokes. Now, food also contains micronutrients and micronutrients do not contain calories. They are things like vitamins and minerals and phytochemicals.

About 80 years ago, in 1930, scientists first discovered 14 vitamins and about 20 different minerals. And everybody said, 'Wow, this is great, we could help people live

longer and help people be much healthier.’ And what happened between 1935 and 2005 is that heart attack rates went up all over the world, stroke rates went up and cancer rates went up every single year for 70 years straight. We didn’t realize until about 15 years ago that the third type of micronutrients called phytochemicals were missing. Because the third type of micronutrients called phytochemicals are not found in processed foods and they are not found in animal products, but they are found in fruits and vegetables. So when we thought that we could take processed foods and add a few vitamins and minerals to it or take a vitamin supplement and think we’re getting enough, we were mistaken. Because now we know that every tomato has a thousand different nutrients in it! Every head of cabbage, every piece of lettuce, every cucumber, every bean or berry or sprout has hundreds, even thousands nutrients that are so important to protect our precious health. So if we sum up what we’ve learned in the last 15 years in the field of nutritional science, we’ve realized that we have to eat a diet that’s very high in nutrients, very high in micronutrients including not just the ones we discovered 70 years ago but all the new nutrients that we’re discovering – all the new findings, that full symphony of nutrients we’re finding that exists in natural fruits and vegetables, beans, nuts and seeds.

So the first thing I’m saying here, I’m making the point that as a nation, countries all over the world have made tremendous mistakes as far as protecting the health of their population. The mistake we made is we thought that we could eat anything – we could eat white flour, we could eat bread, we could eat pasta, we could eat sugar, we could drink soda all day! It doesn’t have to be high in micronutrients and then we can just take a vitamin pill and be okay. What we found out: It doesn’t work! We actually have to eat real food. Now, here is where I feel that the people of Jeju and the people of South Korea have a unique opportunity in human history. You have a blessing available to you with a climate to grow healthy foods and farmers that grow fresh fruits and vegetables, and a homeland that has availability of peppers and tomatoes and cabbage and lettuce and sesame seeds – you have the availability to eat super foods. And these super foods could protect us against chronic degenerative and dangerous diseases, preventing medical tragedies. So you have to really eat these foods, so let’s talk about this for a minute.

Because we are saying here is that we have to eat a diet high in nutrients and low in calories, so the first thing I’m saying to you is that animal products – like chicken and meat, and fish and egg – should not be the major portion of a diet. A healthy diet has to be plant-based. Most of what we eat has to get these phytochemicals from natural plant foods. So, pasta, white bread, and white rice do not have in them, the phytochemicals and antioxidants. In those foods there is no significant amount of vitamin E and vitamin K, and folate and bioflavonoids, and lignans and plant sterols, and all these phytochemicals, and all the carotenoids that protect against disease. In other words, what I’m saying is that processed foods, drinking soda, having sugar, having white rice, and pasta and white bread are not high nutrient foods. Those are not going to be the foods to protect your precious health because they are not rich in micronutrients. And likewise, animal products like chicken and meat also do not have the same nutrients. They are also missing the vitamin E, vitamin K, the folate, the bioflavonoids, the lignans, the phytochemicals, the carotenoids – the same nutrients that processed foods are missing. Worldwide we’re seeing populations get most of their calories from processed foods and animal products, and they are not eating fruits and vegetables. Then what are they missing? Of course, they are missing those antioxidants and the phytochemicals that are present in plant foods. And instead of going to doctors and getting pills to take to lower your blood pressure, and instead of taking medication to take away chest pains

and then having surgeries on people's hearts or procedures to make the blood to flow better, those do not make people live longer.

The most powerful intervention, the most powerful medicine is what you can do in your own home, in your own kitchens, in your own gardens, and what you can do with your own life to protect your precious health. It's not what doctors can do for you with medications and surgeries. What I'm saying today is that we all are in this together, if we all eat a diet which we call a plant-based high nutrient diet. We look to eat more of the foods that are highest in nutrients. And the foods that are highest in nutrients, including these micronutrients I'm talking about, are green vegetables. Green vegetables win the awards because they have more nutrients per calorie than any other food. In other words, an animal product, like a piece of chicken or a piece of meat, is not high in nutrients per calorie. It gives you lots of calories but not lots of micronutrients. Now, take a piece of broccoli or some cabbage or kale, that also is high in protein, because don't forget green vegetables are high in protein. That's how come gorillas, hippopotamus, rhinoceros, elephants, giraffes get so big – because they eat green vegetables, eat a lot of protein. And green vegetables are high in protein. But here you have the protein packaged with lots of micronutrients – with the phytochemicals, with the antioxidants, with the things that make the body age slower. And we keep our youthfulness, our vigor and our good health until later years. And if we look at the healthiest people around the world and the pockets of civilization where people live the longest, it's always the people that eat the most vegetables live the longest. Let's touch on certain types of foods we want to include in our diet for optimal health.

Number one is beans. Beans, like, kidney beans, navy beans, lentils, split peas. Beans have something in them called resistant starch and resistant starch doesn't raise the glucose level. It's broken down by bacteria in the colon and the bacteria in the colon change the resistant starch into short chain fatty acids and those fatty acids protect us against colon cancer. Beans promote weight loss, they give us energy, they are high in protein, and they protect us against cancer. And they are linked in the scientific studies to the enhancement of longevity in elderly people.

Number two: Green vegetables. To be on a healthy diet we have to eat some raw vegetables and some cooked vegetables. We have to eat green vegetables: Lettuce, salad, cucumber, cabbage, the broccoli family. All those green vegetables have specific compounds that have been shown to protect against breast cancer, prostate cancer, colon cancer and, of course, heart attacks and strokes. They are longevity producing foods. If we mix the greens and the beans now with nuts and seeds, almonds, cashews, sesame seeds, sunflower seeds, they have almost magical super-foods, protective compounds that prevent against cardiac arrhythmias – irregular heart beats. They lower your cholesterol, they make people live longer, they prevent sudden cardiac death, they stabilize the brain. And the healthy fats in seeds and nuts increase the absorption of nutrients from the vegetables and the beans. They also make the protein very complete. So it's not about just eating less fat. It's about eating more of the whole food, healthy fats from nuts and seeds. Now, nuts and seeds contain a special compound called plant sterols. And these sterols have been shown to lower cholesterol levels and protect against heart attacks; but they also have a dramatic effect to protect against cancer as well. What I do is we take some sesame seeds and maybe we'll mix it with an orange and make a dressing or a dip to put on the salad, right? Or we'll throw some seeds and nuts with some tomato sauce and we'll make some kind of dressing or a sauce. In other words, using nuts and seeds as part of your dressings and dips is a very important part of excellent nutrition.

Last, fresh fruit – like oranges and berries and kiwis – also contains various compounds, phenols and anthocyanins, special compounds that protect against various cancers and are important for good health. And lastly, of course, whole grains, like sorghum, wild rice, brown rice. Whole grain rices, whole oats, whole barley – think ‘whole grains,’ not processed white flour, not white rice and white flour, but using more whole grains. So we know now that the more vegetables and fruits and beans and nuts and seeds eaten, the longer people live and the lower the risk of heart attacks and strokes and cancers.

Now, in addition to preventing these chronic diseases later on in life, it also can help people have better function in school – more attention, more alertness – more protection against diseases like influenza, like the flu. When we have the right kind of nutrients in our body, we’re not going to get sick as often. We have to appeal to our governors and our governments, our educators, and our teachers, and our farmers. We have to all work together as a team to bring healthy food into the schools, to bring healthy plant foods into our homes. We’re not talking about adding a little bit of fruits and vegetables to your present diet. We’re talking about making fruits and vegetables the major portion of your diet and then we’ll have a healthy nation and then we’ll have a healthy population to live a long life, free of medical tragedies.

To conclude, on the beautiful Jeju Island and many other fertile areas of South Korea, we have a unique opportunity in human history. This is a blessing. We have science and information that can enable us to live better, and to live healthier and to live longer than ever before in human history. Let’s take advantage of the natural bounty of the land and have one of the healthiest places in the whole world. [Applause]

MC. *Thank you. Thank you, Dr. Fuhrman. And now, ladies and gentlemen, now comes the moment that many of us have been waiting for. We are very excited to introduce our outstanding, wise, caring, engaging and charming guest of honor, the Supreme Master Ching Hai.*

Supreme Master Ching Hai is a world-renowned spiritual Teacher, humanitarian, artist, and author of international bestselling books. Even before climate change became a critical issue, and long before meat production was identified as the primary cause of climate change and new diseases, She began active worldwide campaigns to encourage people to switch to a plant-based diet to save the planet and all the lives on the planet. Through these worldwide efforts, people around the world are realizing that we don’t have much time left and a vegan diet is the key solution. Supreme Master Ching Hai has also joined numerous conferences on climate change, working with scientists, politicians, journalists, and the public to discuss the most efficient solutions. Supreme Master Ching Hai not only cautions people about climate change disasters, but She also actively assists the victims. Wherever there is a disaster, be it in Honduras, Greece, or India, Her help arrives.

Callie, did you know that when Typhoon Nari hit this very Island of Jeju two years ago, She immediately sent a relief team to bring supplies and assistances to relieve the suffering of the Jeju residents? Yes, I also heard about it, and we are very grateful to Supreme Master Ching Hai for helping Jeju, along with numerous regions around the world.

We are extremely grateful to have Supreme Master Ching Hai join us for the conference. Ladies and gentlemen, let’s welcome Supreme Master Ching Hai with warm applause! [Applause]

- M. Thank you. Hallo. Hallo.
- MC. *I see You're wearing a gorgeous purple cover there this evening. What do you say, does She look beautiful tonight? [Applause]*
- M. Thank you. Thank you. It's not real fur. [MC: It's fake fur.] It's my design for people to look beautiful without having to harm the animals.
- MC. *We love it. And the emblem on Your dress tonight is: Go Green, Be Veg...*
- M. I have something better. I have something better inside. [MC: Yeah, yeah, yeah.] Yeah, Be Veg, Go Green, Save the Planet. [Master laughs.] [Applause] Thank you. We don't have to wear fur. We don't have to hurt the animals to look beautiful. We are beautiful already because we are from the divine in any way. Nice to meet you. [Applause]
- MC. *Supreme Master Ching Hai, today we are discussing about children's health and a sustainable planet. We have representatives of many NGOs who are organizing this conference, as well as politicians, teachers, students, and religious leaders who are here with us. Before we begin the question and answer session, would You please share with us Your message about climate change and children?*
- M. Gladly, gladly. First of all, I wish to say: Hallo, Jeju! Beautiful island, beautiful people of Jeju, best wishes to you. God bless you. [Applause]

I have been very impressed and inspired by all these great speeches from all the great people the world over that you have taken the effort to invite them to your meaningful, great conference in Jeju. I was so impressed by their speech, by their sincerity, and by their and your dedication to this urgent and noble cause on our planetary crucial time. I thank you all and warm greetings to the honorable governor, the distinguished leaders, media members, guest speakers, concerned teachers, students and the children and other audience members. Thank you for your precious time and concern in coming to this important event today. It's like a whole village or small world has gathered here together to talk about two of the most cherished gifts ever – that is our precious children and treasured planet Earth.

I had heard that Jeju Island is like a paradise. I've been invited many times; regretfully, I have not been there. And as I was sitting here listening to all the speeches, I had such as strong desire to go to visit Jeju as a tourist. [Master laughs.] And I was asking my assistant here, 'How long it takes to go to Jeju? How warm is it right now over there?' et cetera, et cetera. We have just been exchanging notes and I'm sure if I go there today or another day I would absolutely enjoy the company of your people, and the fresh air and the unique landscape, and the tall mountain and sparkling sea that your island possesses, and the warm people of Korea that I had many times the honor to experience. I love Korea. I love Korean people. I truly do. [Applause]

Such a place as Jeju Island and, indeed, the entire globe we must do our best to save for our own sake and the future of the children. We already have the wisdom and heaven's grace to overcome these challenges; we may just need to remind ourselves of the best steps to take. I wish everyone participating today a lot, a lot of inspiration and a lot, a lot of courage to change through meaningful experience in this direction. Thank you. Thank you. [Applause]

MC. *Thank You for Your insightful speech, Supreme Master Ching Hai. That was beautiful. We will now start our question and answer session. We are honored to have Supreme Master Ching Hai participate in this session. [Applause] This will be a very interesting and informative time for all of us and all the viewers around the world watching through 14 satellite platforms and IPTV and the internet. Representatives from Jeju Province have prepared some questions about climate change and children, which will be answered either by Supreme Master Ching Hai, our guest panelists, or other world-renowned experts. Let's begin with the first question. This question is for Supreme Master Ching Hai. Our first question is from Jung Hyun-Gyu. Jung Hyun-Gyu is a very courageous and intelligent student of Jeju. He is a first year student of Seogwipo High School and also a Korean Youth Climate Ambassador.*

Q. *In the summer two years ago, I had the opportunity to visit the North Pole research stations located in Ny-Alesund under Norway's territory as a Youth Climate Ambassador of South Korea and was able to directly witness the rapid climate change occurring at the North Pole. The moment I stepped on the land at the North Pole, I felt it was warmer than expected. I was afraid the ecosystem at the North Pole was changing. At that moment I thought of Jeju where I live. Although the situation was different, I took it seriously that life in Jeju would change when the temperature rises and vegetation changes. We took a boat to the sea and saw countless floating pieces of ice coming off the ice ridge. We were also able to see some parts of the sea where it was red instead of blue because the soil and melted ice flowed together into the sea through narrow gaps formed when the glacier was melting. An ice ridge which had existed in the summer a year ago melted and retreated over 100 meters back. While exploring the North Pole, I heard the shocking news that two or three days after my Bangladesh colleague returned home, the worst unprecedented rainfall befell his country, causing floods and casualties. I thought it must have been the consequence of global warming. Please everyone, help preserve the North Pole which has many natural advantages, and the beautiful nature of Jeju Island, and natural environments all around the world. It would be a great pity if we cannot live on the planet anymore. Before it is too late, please help so that we can grow up and realize our dreams here.*

On behalf of all children, I appeal to every adult and everyone who watches this program to help make this world a place where we can live. We, youths, do not have much time to work for this because we are busy catching up with our school curriculum. However, this situation is so urgent that we feel strongly that we should do something too. Therefore, I would like to ask Supreme Master Ching Hai's advice on what we, the youths, should do in order to save the Earth. [Applause]

M. *Hallo, Hyun-Gyu. How are you? First of all, I am very impressed by your concern as a youth climate ambassador of your country and of your concerning heart for our shared planet. You are such a good-looking, smart, and full of energy boy who helps the world even though you are so busy with your school work. I only wish there are more people like you who realize that the planet's situation is more urgent than anything else right now. Any good idea from me for youths?*

Yes, you have heard many good ideas from our great panelists, our great speakers, before me. And please, just put them into action. You can copy these ideas from those experts – from the scientists, from the elderly – and then distribute them to your peers, your friends at school or around you. We have other things for you. As you saw for yourself how quickly the North Pole is melting – it's at least twice as fast as the rest of the globe. As I'm sure you already knew, they call the Arctic ice the refrigerator of the

planet, and without it, there will be more droughts and floods in other, even, faraway parts of the world.

The news reported that just this month in September, United Nations Secretary-General, Mr. Ban Ki-Moon, your countryman, he had visited the Arctic region himself in Norway because he is concerned. Surely he also saw the thin and crumbling icebergs, felt the milder air, and maybe even noticed there are fewer wild animals than there should be.

Mr. Ban also visited the Svalbard Global Seed Vault. It's like a Noah's Ark where they are storing all the seeds from all the food crops from around the world – because the climate change is so serious that the governments and scientists know there might not be enough basic food even. So they store them there in case for emergency use. And, according to the news as well, after his visit the United Nations Secretary-General, Mr. Ban Ki-Moon, then urged world leaders to take action immediately to save the planet.

Hyun-Gyu, we don't have to be a world leader to take immediate and very helpful, very powerful action. All you have to do is become a vegan and encourage others to be vegan as well. The world's leading climate scientists told us in television interviews that being vegetarian – meaning no animal products – is the single most effective thing an individual can do to stop global warming. Because to raise cows and pigs and other animals takes up a lot, a lot, a lot of fossil fuel energy – to feed them, to transport them, to grow food for them. And we also have to cut down a lot of the rainforest, which is very detrimental to our stabilization of the planet. And the animals and their waste also produce very potent greenhouse gases, like methane and nitrous oxide, even other toxic gases.

Methane is up to 100 times more potent than carbon dioxide. And nitrous oxide is 300 times more potent than carbon dioxide. And I will share with you a very important, very new scientific finding that just a few people in the world know so far, but it is about to be made public, I think in October. That is, respected scientists recalculated and found that the meat industry is actually producing more than 50% of global greenhouse gas emissions. Meat is the number one cause of global warming. So the number one solution is to stop producing it. Logical, yes?

So we all have to be vegan. That is what the science is clearly telling us right now. Even though the government leaders or the media have not fully caught up with it yet, we can already begin to do it, to take action to stop the number one cause of global warming – by simply being vegan.

Finally, I would like to share with you one more thing about the vegan solution to climate change. That is, from my own insight, I know that if the world's people become vegan, more beneficial results will happen, besides just halting the global warming. One of the results is that the ice in the Arctic will be restored, and quickly, along with the repairing of nature in every corner of the planet, including your home, the green Jeju Island. Isn't that wonderful? [Applause]

This is the truth that I could promise you, but we all must act fast, like yesterday. My suggestion is very easy to do in your busy and productive life, that is vegetarianism or veganism – veganism, meaning no animal products in our lifestyle whatsoever. It's a complete, benevolent, compassionate, humane lifestyle. And it is the single most effective thing an individual can do. That is what NASA climate scientist Dr. James Hansen said, and others as well.

Thank you, Hyun-Gyu, for asking this important question. [Applause] Yeah, I hope all the youth in Korea and in the world will take this vital action. All the best wishes to you and your generation's bright future! [Applause]

MC. *Thank You. Thank You, Supreme Master Ching Hai, for Your answer, reminding us that children can help save our planet through their noble actions. [Applause] This next question is also for Supreme Master Ching Hai. The question comes from Ms. Oh Ok-Man. She is a member of the Jeju Provincial Assembly and Secretary of the Self-Administration Committee.*

Q. *As a model province of climate change, Jeju Special Self-Governing Province is implementing pioneering policies to cope with climate change. We made a database of greenhouse gas emissions of Jeju Province – monitoring changes to the forest, underground water, and the ocean ecosystem; we are expanding new sustainable energy such as wind power, solar energy, and bio-energy; and we are reducing fossil energy, thus enabling a carbon-free island.*

Supreme Master Ching Hai, I know You've discussed a lot with global climate change experts, politicians, NGOs and are working actively in this area. What do You think about our policies and the direction we are taking in Jeju where the influence of climate change is fast appearing and whose people are very concerned? Could You share with us any supplementary information or ideas that we can refer to?

M. Hallo, Assembly Member Ms. Oh. How are you? Certainly, I will try to comply with your request. If you allow me, there is something important to consider. First of all, I am glad to hear that Jeju's government leaders, including yourself, are very, very passionate about halting climate change. The autonomy of the Jeju government and the proactive, pioneering spirit of your people is laudable. Perhaps it's because you call yourselves 'pristine Jeju province' that you put pride and love in your home's natural beauty, so you want to preserve and cherish it more. Jeju is blessed with an abundance of sunshine and wind, so I'm glad you have been expanding your sustainable energies, like wind and solar power. This is going in the right direction, bravo and bravo. And I personally humbly encourage you and your fellow citizens to continue in this way. But, if I may point out, if the goal is to be a truly carbon-free society, we should consider all the major sources of greenhouse gas emissions.

You see, we are emitting greenhouse gases not just through the fumes from factories, houses, and cars, but also through the products that we choose to consume. Besides, CO₂ is cancelled out by aerosols, which are released at the same time from burning fossil fuels. So it means that even though we have CO₂, the CO₂ also has been cancelled out by the aerosols at the same time. Even though aerosols are very detrimental to our health, they actually have a cooling effect that cancels out the CO₂ heat in the atmosphere. So up to now, the climate warming heat is not from CO₂ – is not from CO₂. The warming climate problem is not from CO₂, is not from carbon dioxide. I repeat, it's not from carbon dioxide. It is from other sources, mainly methane. As I told our student friend earlier, at least 50% of total greenhouse gas emissions are coming from animal meat and dairy products. And it's not I who said this; it's all proven, researched, confirmed and published by the top scientists of the whole world. You're going to read it soon in October.

If we only focus on the green energies, like solar panel, wind power, et cetera, it won't have much of an effect, I'm so sorry to say. I have to tell you the truth because this is also my planet. Your island could be my residence at any time in the future. I might love

your island, I might want to go there. [Master laughs.] So I want to protect your island, I want to protect my planet, so I have to tell you everything, although I might offend somebody or I might not be very popular for doing this, but I have to tell you the truth because green energy is not an urgent task for us to handle right now. Because green energy only tackles the effect of maybe aerosol or CO₂, which is not the urgent issue of global warming, the producer. The global warming effect comes from raising livestock, from animals.

So if we continue on the green energy, then we don't have much of an effect to stop global warming. Because their effectiveness will be cancelled out by the large amounts of greenhouse gases that we generate by consuming meat, and the meat industry. Besides the livestock methane that is responsible for a portion of 50% of greenhouse gas emissions – but 50% is still a low estimate; I would say 80% – there is also the burning of forests to make pasture land, to grow food for the animals, and making the chemical fertilizer and pollution to grow the feed, the transportation involved, the constant refrigeration involved, et cetera, et cetera. And all the medical effects, all the costs of the sickness of the people – billions, trillions of dollars goes into the treatment of the people for meat-related diseases. And it's not always even effective, it doesn't always even cure people permanently or perfectly even. Even we spend so much money and people have to go through so much suffering, the diseases are not always completely cured, or in many cases, not at all. So people suffer, people die for nothing also, because of the meat diet.

So, to produce the meat for consumption, it costs us too much: It costs sorrow, it costs suffering, it costs trillions of dollars. All these add up to many more times greenhouse gas emissions than all the world's transportation combined, and apparently, more than all the heavy industries and fossil fuel power stations combined even. Please refer to www.SupremeMasterTV.com for more detailed reports on this and many other concerned matters.

So, in order to call ourselves a low-carbon or carbon-free society, we must eliminate our meat consumption because that is the number one cause, we could say that is the only cause for our climate change – that is, our meat consumption. This is in line with the recommendation of the world's leading climate experts, like the Chairman of the IPCC, Dr. Pachauri, who is a vegetarian himself for the environment's sake. In fact, if we focus on shifting people to be vegetarian or vegan, it will save us much more money than green technology, and of course it's much more effective. And I urge you, the government leaders, because our time is running out, we have to act on this now. Please explain to your co-citizens this important truth and tell them we must work together to become animal-free consumers. We have a very short time to save our planet. We have a great planet to save. We have a great precious treasure – that is, our children – to save. And besides, the governments and the people have nothing to lose by being vegan. For the environment, the absence of livestock will bring about much less pollution and less waste of water and food resources. For the citizens, there are perfectly nutritious, delicious alternatives to animal products nowadays. And, as we heard in the doctors' lectures, the vegan diet is also the best for our children. It's a win-win solution as stated by Dr. Pachauri, and necessary to save the planet. Please, please, I ask Jeju, don't just be a model province, but be a one true, heroic, courageous model for the whole world. We need Jeju's support. Thank you. [Applause]

MC. *Thank You, Supreme Master Ching Hai. Thank You for showing Jeju and all of us how to head in the right direction to halt climate change. Next, we have a special question now for Supreme Master Ching Hai. Ladies and gentlemen, Supreme Master Ching Hai*

is the author of books about the animal world that raise awareness about how noble, loving, and spiritually elevated they truly are. Her books have touched the hearts of countless readers around the world. Such books as 'The Birds in My Life' and 'The Dogs in My Life' are not only long-running bestsellers on www.Amazon.com, but also bestsellers in Kyobo Bookstore in Korea as well. And Master, actually we have a very beautiful student that's going to ask a question and I hope You can see how beautifully she's dressed here. It's Gang Yeon-Jeong, she's one of the readers of Your books here in Jeju. She has a very sweet and touching question for You, Supreme Master Ching Hai.

M. I have noticed her since the beginning. [MC: Isn't she beautiful?] Very beautiful and lovely dress.

Q. *Hallo. I'm a 6th grader in elementary school. I suffered a lot from an incurable disease called rheumatoid arthritis that began at the end of last year. But through a vegetarian diet and meditation, most of it was cured. It confirmed that a vegetarian diet and meditation play a big role in curing diseases. I think children, adults and animals all equally have souls. Therefore, I think that we should not abuse others of different ages and different species like animals. We should not discriminate who is superior or inferior because we are all living beings with souls. The most impressive part of Your books was that You do group meditation with Your birds and dogs. You said You meditated together with the birds and dogs. And it seems to me that animals have a soul the same as we do. Then, do You really think that humans, birds and dogs are all the same? While reading Your books, I was really curious whether the birds and dogs were really meditating or were they just sleeping? Well, some people may not believe it at all, thinking how could birds and dogs meditate. But who knows, they might actually meditate. There is no rule that birds or dogs cannot meditate. So are Your birds and dogs really meditating together with You? Or are they just lying there with their eyes closed? I was very curious about that. [Applause]*

M. Yes, hallo, Yeon-Jeong. First, I am so happy that you don't suffer any pain anymore. It's terrible for a person of your tender age to have to suffer any pain at all. It is avoidable through a vegan diet as you have experienced, and I'm glad that you are a vegetarian. And not only that, your philosophy about the souls in people and animals is beautiful and absolutely correct.

The animals are truly just like us, they just come from different sizes and apparel. You know, just like in your garden you have different flowers, you have roses, you have chrysanthemum, you have maybe lotus and other beautiful flowers. But they are all flowers – different sizes, different colors, different shapes.

So in the sentient world of ours, we have humans, we have animals, we have birds, we have fish, we have insects. It's like that. We are in different shapes, different colors, but we are the same. Just like we have different flowers, they are all flowers, right? See? So the animals all have the same feelings like we do, like they have love, they have sorrow, they have forgiveness, they have fear, loyalty, filial love and parental love, et cetera. I myself witness them.

And to answer your question about my birds and my dogs, whether they do meditate: Yes, they do. They meditate and go sometimes into a very deep level of contemplation. So they are not just laying there with closed eyes. In meditation, they just relax and feel nice and calm, and they contact their God nature inside. Actually, many of the animals, including those in the wild, know how to meditate and contact the divine. They're really

in tune within their souls, more than many of us humans even. They have the same Godly spirit that dwells within you and within me. If we knew just how noble and loving and great the animals are, we would be in awe and respect and love them much more. If everyone in the world understood this like you do, our world would truly be at peace, like heaven.

You are a beautiful soul, Yeon-Jeong. I hope you will continue to be vegan to continue being healthy, and I hope you will share this positive experience with others around you, to help them also to stay healthy and intelligent. You are living proof of how beneficial a veg diet is, because the compassionate lifestyle heals our body and heals our mind. It's the best for our lasting well-being. I wish you heaven's blessing. God bless your loving heart, and bless your family and your country, the beautiful Korea. Thank you. [Applause]

MC. *Thank You. That was an absolutely charming question with an absolutely lovely answer. Yes, and aside from all the talks about climate change or health aspects, if we truly realize the noble qualities of animals, I believe people will switch to a vegan diet. [Applause]*

And now, worldwide viewers and Supreme Master Ching Hai, we have a special surprise for You. The NGOs in Jeju have started something very important and meaningful. Let's now hear the exciting news from Mr. Lee Yong-Jung, Policy Chairperson of the Jeju Coalition for Children's Health. Mr. Lee, would you share the news?

Q. *Yes. Nice to meet You. During this conference, we have once again confirmed that people want us to take more proactive action. Last April, the National Assembly passed the Diet Education Assistance Act. It will take effect in November and we are going to make regulations. And last September 4th, we declared that we would have an organic vegan day once a week according to the IPCC's recommendation. And in May next year, we will have local elections as well. Therefore, with these three changes, I think we need to move forward into a brighter future. For the sake of Jeju Island and to unite with the global community, I think it is an obligation that should be kept in our hearts. In December, we are preparing for a large scale civil-society agreement. It aims at both children's health and agricultural community revival. In the agreement, we need to make sure we practice eating a vegan meal at least once a week. For the local elections next year, we will need to work 10 – 20 times harder than we did in 2004 in order to have candidates for gubernatorial governor, superintendents of schools, and provincial governors come up with policy ideas that address children's health problems, revival of agricultural communities, and global warming issues. In 2004, our efforts bore fruit when they passed the School Meal Assistance Act. We all have to make efforts for these things. [Applause]*

MC. *Amazing.*

M. *Wow! Wow! Wow! Wow! Beautiful, beautiful news! Ah, I like this kind of surprise every day. Thank you, thank you, thank you, Jeju, thank you!*

MC. *Yes, indeed, it is great to see Jeju setting a shining example of becoming more vegan for the whole world to follow. And the quickest solution for climate change is for all of us to adopt a vegan diet; so the courageous NGOs here in Jeju are helping to save our planet. Yes, history is being made here this evening by the 49 noble NGOs of Jeju. [Applause]*

- M. Thank you, thank you so much. All of the NGOs of Jeju, thank you. God bless you.
- MC. *These are the NGOs who organized today's conference and have taken initiatives in creating a green planet for our children. Viewers and the audience, let's give our warmest applause for these absolutely beautiful NGOs who are helping to save the world! [Applause]*
- M. Yeah! Thank you, thank you, thank you. [Applause] God bless you. God bless you.
- MC. *And Mr. Lee Yong-Jung here on this stage has played a major role in implementing the vegan initiative. And he has a question for Supreme Master Ching Hai. Mr. Lee, please ask your question.*
- Q. *Today, scientists and experts came together and discussed various aspects. I wonder whether Supreme Master Ching Hai could share with us what You think is the current condition of the Earth. Also, I wonder whether You could share with us the brightest news and the most serious news among the most recent updates about climate change?*
- M. Hallo, Mr. Lee. Thank you for what you have been doing, you and all the NGOs, for this conference, as well as all the NGOs in Jeju who have helped to save our planet. I am very touched by your obvious dedication to children's health through your profession and that you seek to bring them the highest level of vitality and happiness through the vegan diet. As we have mentioned early already, this is the best and most effective way to heal the planet, so this work that you do on behalf of the future generations is already smiled upon by heaven and thanked by the Earth.

Since you ask about how I see the current situation of our planet, I have to tell you honestly that I do see it as being very, very urgent. I am sure you will agree. I am sure many others will agree. And I, of course, agree with the esteemed scientists who so generously gave their time to speak today about the impacts of climate change, as well as the solutions for it.

As Dr. Pachauri reminded us, the effects of global warming are already being felt on a daily basis by the vulnerable throughout the world, the poor and the helpless already, the children in every corner of our planet. So it is an urgent situation indeed. In fact, some scientists are now saying that without more ambitious, courageous, and unprecedented emission stopping goals than what many nations currently have in place, our globe will soon exceed a two-degree temperature increase, which means disaster for life on Earth.

Regarding your question about updates, Mr. Lee, I would say that the most serious one is the frightening prospect of runaway global warming, the frightening aspect that nations will not do enough to stop it. This has been described by scientists as the conditions that will trigger out-of-control climate change effects, thus spiralling the world into the catastrophe of massive greenhouse gas release. This runaway warming of the climate could easily be caused by melting permafrost, which is the frozen soil extending across the vast expanse of the Arctic tundra. As the permafrost melts, it releases methane stored underground.

Since 2007, scientists have seen more and more evidence of methane from permafrost melt, with recent discoveries of pure methane gas bubbling up from the bottom of the Arctic lakes in both northern Canada and Russia. This situation is so alarming that six

national laboratories in the United States are now evaluating it, along with Russian scientists and the United Nations Intergovernmental Panel for Climate Change, where Chairman Dr. Pachauri has referred to the potential for 'abrupt, irreversible climate change' from the melting permafrost.

This irreversible effect, we want to avoid at all costs, Mr. Lee, especially since it may not be as far away as we would like to think. But let's end with the other update you asked about, the most hopeful one. I would say the most hopeful is that more and more people are becoming aware of the real solution, which is to be veg. You have heard some of the scientists today such as Dr. Pachauri and Mr. Joop Lohuis also talk about the importance of doing so. The more people who eliminate meat and, indeed, all animal products from their lives, the more we have a chance to save the planet and not only that, to actually restore our earthly home to her original grace and beauty and even more so, more than what we have known, more beautiful, more abundant, more peace, more gladness than what we have known up to now. And there will be more incredible inventions to come if our Earth restores itself, leading a life of compassionate, merciful and peaceful existence with all beings on this planet. So please, be a part of the solution and join in first by being vegan yourself and helping to spread this message as much, as quickly as possible: Be Veg, Go Green, Save the Planet. And please regularly check out www.SupremeMasterTV.com for updates on the current climate situation.

You see, there's no need to ask me about my intuition or what I see inside through meditation. We can determine the knowledge about our climate problem as well as the future of our Earth by studying the facts, the data and the evidence from the scientific standpoint. But Mr. Lee, I still have much hope, Mr. Lee. I have a very positive hopeful feeling. I still have it. I don't give up on our home yet. I feel that the world is changing. I feel that the leaders are listening. I feel that the people of the planet want to save their home. I feel that they love their children. [Master is crying.] I feel that they will do something to save their children. I am working with you and everyone else who cares about the planet to bring this hope into realization. I don't have children per se, but I love all the children. And my positive feeling doesn't leave me yet. Although I see the change, it's too slow for my liking, but I still have very great hope, Mr. Lee. Please pray with me, pray with us so that the whole planet's people wake up in time, in time, to save everybody. Thank you, Mr. Lee, thank you, I'm sorry, I'm quite emotional... [Applause]

- MC. *Thank You, Supreme Master Ching Hai, for this very touching response. Yes, and we also share Your compassion. And our next question is for Supreme Master Ching Hai, and it comes from Mr. Jua Yong-Cheol, the award-winning journalist of Jeju Sori. Mr. Jua?*
- Q. *Recently, the Korean movie 'He-un-de' about a mega tsunami enjoyed great popularity in Korea. The movie has a warning message about natural disasters due to global warming. In reality, off the screen, I think we are also facing very serious disasters from climate change, so it's time for citizens and governments to wake up and tackle the problem head-on. Please, help list the top five ways to cope with global warming that we can carry out in daily life. And please advise on the role of the press and the media.*
- M. Nice to meet you. Thank you for your question. Thank you for coming to this beautiful event. Congratulations on your media award which you truly deserve. He has many, many awards. He's an award-winning journalist. He's a very famous journalist. So I congratulate him. Nice to hear of your commitment as a media member in the matter of global warming, which is, indeed, very important. You have a unique opportunity to be able to make a positive difference in people's lives as a journalist.

As you have asked, I can surely list the top five priorities in facing climate change. Beginning with the most important, they are: Number one – Be veg and preserve all life, including the environment. This means a lifestyle free of animal products. Eliminating meat and dairy, and consuming only plant-based food, it's the biggest and most significant change anyone can make to address global warming. And it works. It really works. Especially now that the scientists are saying that the methane and other gases from livestock raising are responsible for more than 50% of all global warming. So if we want to stop the most contributor of all global warming, then we have to stop meat production. It's very simple and logical and scientific. Besides that, we also know from science that methane traps something like 72 times more heat than CO2 in the atmosphere. But the good news is that methane is shorter lived, so if we stop producing it, this gas will disappear quickly from the atmosphere, unlike carbon dioxide, which can last for thousands of years. Besides stopping 50% – I mean even more than that, this is just a very conservative estimate – there are many more other crucial benefits. It solves our water scarcity problem, our world hunger crisis, and land degradation and pollution problem. If you compare to a vegan diet, a meat diet uses up to 17 times as much land, 14 times as much water, and 10 times as much energy. Imagine? We produce enough cereals to feed the entire human population over, abundantly. Yet, one billion people are hungry, and 10.9 million young children die every year – that's one child dying every five seconds while we have abundance of food to feed all the world population and more, two times over even. On the other hand, about one billion people suffer obesity and related diseases, from eating too much or too much meat. Korea has to import pig's feed, costing hundreds of billions of won, that is hundreds of millions of US dollars, each year. This is not to talk about the suffering of the ten million pigs and several millions of cows in Korea each year as well. So there are many, many practical reasons to be veg, aside from the compassionate nature that is cultivated by preserving all life. This is important, too. But if people just start with the vegan diet, the care for all life will also come by the way.

Number two – Be green. These are actions to protect the environment such as planting trees, developing sustainable energy, and driving hybrid cars, et cetera. Of course, this includes the green diet, the vegan diet.

Number three – Be frugal, meaning don't use more than what we need and appreciate what we have. The resource nature has given to us are precious and limited. We can't abuse it because only when we spend wisely will they last.

Number four – Do good deeds. This means being considerate, thinking about and doing things for others, which make them happy, and being kind to both humans and animal co-inhabitants.

Number five – Pray, pray fervently. This is also very important. Pray to heaven, to all the Buddhas, to gods, to all the angels who are helping to awaken us. Pray to all the animals that we have harmed and tortured directly or indirectly by consuming meat – pray for their forgiveness. Pray for heaven's protection and forgiveness as well. Pray all the gods to help awaken us on time to save our home. We have to pray sincerely and act swiftly. We truly cannot do this by ourselves alone. We must repent for all the harm done to the Earth and her inhabitants and ask again and again for forgiveness. And we have to reverse our action. And the best way to repent is to make an effort to change. Turn around, do what is good. Refrain from all what is bad.

Mr. Jua, these things are so easy to do! Truly they are easy, even children can do it. And they are sure to make a difference. I have mentioned many times in the past how

impressed I am with the Korean people's strength and sincerity. If all the brave-hearted Korean people join in and just follow number one, be veg, your country would be transformed in no time. All the anxiety about global warming would fade, because you would be assured of protection and would also be free of the dangerous hormones that are transmitted through meat eating for yourself and for your tender, fragile children. These potent hormones, like adrenalin, are present in the flesh of all the animals because, like us, they panic upon knowing they will die. When adults or children ingest it, they feel restless, anxious, afraid. To eliminate this element from Korean life would immediately have a calming effect, I guarantee you.

So Mr. Jua please, tell as many people as you can through your profession and otherwise to be veg, to do good, and be good, and save our planet. Be a fine example for the world. This is exactly the role the media should have, like that of a true, honest friend to human society: Warning everyone of any harmful situation; bringing new connections and data to light, like the urgent link between meat and global warming; giving chances for people to choose a better way of life; and being a brave voice, a heroic voice especially for the voiceless, including animals who suffer so much, so much, because we are all related and affected. The world needs the media's noble service and leadership. So please, again, once more I ask you and all the courageous journalists to do what you do best, tell the truth about how we are to save the planet. Thank you. God bless you. And by the way, if you ever need any more up-to-date info and you're too busy to get on the internet, please check out our website www.SupremeMasterTV.com/SOS for the latest facts and figures. God bless you.

- MC. *Thank You, Supreme Master Ching Hai, for those five priorities: Be Veg, Go Green, Be Frugal, Do Good Deeds, and Pray. And it's strongly advised to put those five priorities into action at once. We now know that an organic vegan diet is the key to halt climate change and our next question is related to that topic. Mr. Kim Young-Ho has one more question, this time is for Supreme Master Ching Hai, about a slightly deeper meaning of organic farming. Mr. Kim, please go ahead with your second question.*
- Q. *I agree with Supreme Master Ching Hai's words that all humans should change to a vegetarian-based diet to prevent global warming. I am confident that organic farming is eco-friendly and life-saving, and the most suitable farming method that can prevent climate change. But many people still do not realize how important it is. After changing to organic farming, I feel much more at peace mentally. I feel the soil, living beings, and crops all revive healthily, and feel respect towards all lives. If we eat organic agricultural products that save all living beings, it will offer peace and co-existence, therefore, this is the farming method and diet style for our future. I would appreciate it if You could share Your words on the inner or spiritual aspects that organic farming has to offer to us. [Applause]*
- M. Good question. Good question, Mr. Kim. Thank you. Good question. Thank you so much for this thoughtful question. When you speak about organic farming and the Earth, your love for living beings is very clear and evident. So you have already conveyed some of the inner spiritual aspects of organic farming through your deep care. That really is the most important principle, the love for all beings. But we can talk about it to perhaps clarify a little bit more.

Of course, when we say organic farming, we are talking about vegan – fruits, vegetables, legumes and other plants only, no animal products – because this clearly already indicates a spiritual high level of living standards. When we live and let live, when we love all beings as if we love ourselves, then that is already very highly spiritual.

And of course, that is in line with all the greatest religions on Earth. That will be very pleasing to heaven. This allows us more to completely extend our respect and care to all life. And that's why you feel more peaceful, you see? You feel more connected with the surroundings around you because they all pulsate with life. The Earth is pulsating with love and life, the trees, the plants, they are pulsating all this love for life and life. When we sit under a tree, we feel this protective love from the tree. When we enjoy a delicious fruit, we feel the connectedness of this unconditional love from the tree to offer us nutrition and a pleasing taste. If we are in the organic vegan trend or planting organic vegan farming method, then you will feel that more and more the love from nature, the love from the planet Earth, the love from the trees, the love from even a blade of grass, from flowers. We will feel so much love in the air that we breathe. We feel so much love from the earth that we walk on. This we cannot even explain in human language. We must feel it. I always feel it, but I can't transmit this spiritual message to other people. Everyone must experience it for himself. Once we turn to a compassionate heaven intended lifestyle of a vegan diet, then we will feel more and more love, more and more connected all the time. Just like the way you feel.

So you have your own experience to speak of and to tell people. The way you describe organic farming, Mr. Kim, sounds quite like a spiritual principle known as ahimsa, or non-violence. Ahimsa means not harming any sentient beings, beginning with a vegan diet. Organic vegan diet is the best. As we sow so shall we reap. If we sow these benevolent seeds on the Earth, as well as in our heart, as a vegan, we avoid all animal products.

For example, most of the milk production causes suffering, first of all because the babies of the mother cows are taken away at birth. Not many people know that, including myself before. And these baby cows will soon be killed. Deprived from mother's milk and mother's love, they'll be killed as soon as they're taken away. Then, the mother is forcefully hooked up to a machine that can cause tormenting pain along with illness, just so that humans can take her milk.

Another example of a practice causing harm to both animals and Earth is the use of chemical pesticides. If you can imagine, over five billion pounds of pesticides are used throughout the world each year! And only about 10% – 10% of these chemicals even reach the areas where they are intended for. So the rest? What happens? They go into the air and water where they have been linked to everything from cancer of humans and animals to oceanic dead zones. In Europe, one pesticide was found to be the reason for billions of bees dying across the continent, while others are known to make the eggshells of birds become thinner, resulting in the death of their babies because the shells crack and break before the baby is ready to be born.

Since organic vegan farming does not use pesticides and does not have anything to do with livestock raising, milk production or any such harmful activity, it could be called a practice of compassion, in line with heaven, with values that are echoed in many spiritual paths and religious teachings, such as the followers of Buddhism and Confucianism and as written in their scriptures. Like the Dhammapada sutra states: 'A man is not noble because he injures living creatures. He is called noble because he does not injure any living beings.' And from the noble teachings of Confucianism: How does a saintly king treat animals? It's stated: 'He would like to see them live and cannot bear to see them die. Hearing their wails, he cannot eat their flesh for he does not have the heart to do so.' I'm just referring to two of the great religions in our world. And many other religions say the same. But I'm not here to be a priestess today and preach to the

whole audience, moreover we don't have time. So forgive me other religions, if I did not mention yours, but it's the same.

Now, organic vegan farming also brings positive benefits to our own karma. Karma means the retribution, bad or good. So karma follows the law of the universe that says: For every action there is an equal consequence. So if we injure or kill others, we could be injured or killed in return, sooner or later – not could be, but surely be. Organic vegan farming, with its approach of causing the least harm to others, offers the least burden of bad karma. And we can even go a step further, only harvesting from plants that bear fruit, or harvest in such a way that the plant continues to grow. It is thus much better to grow our own food as you do, Mr. Kim, so that we can, for example, pick the outer leaves of the lettuce instead of killing the entire plant. In fact, some practitioners of one religion called Jainism don't even eat root vegetables because they wish to avoid unintentional harm to the beings living in the soil, such as earthworms, which are beneficial to our farming. They are there to fertilize the soil, to air the soil so that our plants grow better, our harvest will be more abundant. They risk their lives to save ours. We should even consider their lives and spare their lives and be protective of their lives.

I thank you, Mr. Kim, for this question so that I have an opportunity not to inform you, but I guess to inform others who are not aware. Because I'm sure you are already aware of all this because it is just this level of human nobility and kindness that is needed for our own inner peace and for the Earth to flourish once more. So please, continue your practice, Mr. Kim, and encourage others to do so. Give them more information about how you do it and why you do it. And get as many people as possible to appreciate its merits the way you do. You can also feel free to download anything from www.SupremeMasterTV.com that might be helpful to you in making this message more clear to others. We have a section called organic farming, dedicated only to organic farming to anyone who can log in and benefit from it. We need it, Mr. Kim. We need people like you. We need people who distribute all the necessary information for organic farming. This is truly the way of the future. It is the way to our ultimate humanity and brotherhood among all beings on the planet. Bless you and all your future endeavors. [Applause]

- MC. *Thank You. Thank You, Supreme Master Ching Hai, for Your enlightening answer about organic farming. It was very touching. [Applause] [M: You're welcome.] We have today's final question, again for Supreme Master Ching Hai, and it comes from Mr. Kim Tae-Seong, the Chief of Jeju Island Agenda 21 and Secretary General of Jeju YMCA.*
- Q. *I'd like to give You a brief synopsis of some of the activities of our NGOs since I am a representative of one of the NGOs. This coming December, the United Nations Climate Change conference will be held in Copenhagen, Denmark. Therefore, the climate change agreement will be decided upon. As a global citizen, I am hoping for the success of this cause. However, I think we need more progressive efforts in order to curb climate change which is accelerating faster than expected. I think NGOs play an important role in implementing progressive action, therefore, I find today's conference to be very meaningful. Could You give some advice on how NGOs could cope with climate change in a more active and prompt way? And what do You wish to see accomplished in the Copenhagen conference? Thank You. [Applause]*
- M. Thank you. Thank you. Mr. Kim, thank you so much for your effort, particularly for this conference. It wouldn't have been this successful without you. The fact that all the audience still stays here is because they felt your sincerity, yours and all the NGOs who organized this event. The audience felt your sincerity and your concern about Jeju and

the world in this crucial time. I'm deeply also grateful to you and all the NGOs that have organized this event. I am happy that you asked this question concerning the climate change conference. Are you going to attend? Yes? [Mr. Kim: Yes.] Good. Please convey some of the messages that we have heard today from the speeches of the great scientists and medical experts and climate change experts, et cetera. Please convey to the leaders there. You are also a leader in the NGOs circle and I'm so honored to meet you. Nice to meet you. And I am glad there is much enthusiasm and readiness for action on your part and the many NGOs present today or may not be present due to their busyness.

The best way for NGOs to help is if all of you actively, together, encourage the number one solution. The number one and the most effective – that is, the vegan diet – to halt global warming, because we don't have much time now to wait for the green technology to even take effect. Even then, the green technology also takes more time to even to install. So the veg diet is the number one because the meat industry emits the most heat trapping greenhouse gas for our planet, and pollution even – more than 50%. Imagine? Imagine if we eliminate more than 50% of harmful gas, then our planet at least cools off more than 50% almost immediately. And if we go into organic farming method, all the tillable land on the planet, if we use it all for organic farming, then that in turn also absorbs 40% of the CO₂ in the atmosphere as well. So altogether combine this, we will cool the planet in no time. This is not anything mysterious or superstitious – it is all scientific. It's all proven and it's all clear.

So it is you and your talents to organize, inform and speaking out, that I rely on to get the governments' attention at the Copenhagen climate change meeting. Please do your best. And the governments can further amplify this solution after hearing you out. The NGOs know well how to start the constructive movements in the world. They are very, very essential and very important to our planet. All the NGOs are very, very important to humanity and to our survival as well once they start the action.

And at this point, it takes all the efforts and all the NGOs, governments, medias, the public, every single individual, to get involved. Our planet is a house that is burning. If we don't work together with a united spirit to put out the fire, we will not have a home anymore. 100% of the world's people must be veg, soon, to save the planet. I thank you and all the NGO leaders here today and the ones absent who started the vegan initiative. Please do more.

As for what I wish the Copenhagen conference to accomplish, I wish what you wish. I wish what everyone who cares about the planet wishes – that all the leaders come together for the highest benefit to all humanity and animals, and the environment. I wish they will gather not just as leaders, but as fathers, mothers, sisters, brothers and other concerned family members who truly wish to save their home for themselves and for their beloved ones. I wish they will all realize the urgent action needed to save this beautiful planet. With this kind of shared motivation, those gathered are more likely to be open to the real solution, which we all know is the organic vegan diet.

We can keep the emission goals, but must expand them and prioritize them wisely. First and foremost, eliminate the single largest source of human-caused methane, namely, livestock. Stop animal production then we will stop global warming – very simple, because global warming is caused by animal products. That's it. Very simple, straightforward, nothing mysterious, nothing difficult. Stop animal products, then we stop global warming. I can repeat that 10,000 times and I never feel that I have said it enough.

Because to be honest, as the plans are going right now, we can't save the planet, I am so sorry. Not in time, not in time. It will be too late the way we are doing now, it will be too late to save our world. But, if we prioritize the vegan solution, be veg first, go green after we save the planet or a little bit slowly, because 'go green' is too slow for the time that we have right now, for the urgent situation right now. So we have to be veg first and that is also to go green at the same time. And then any other green technology, we will have time to develop and install. First, we have to survive, we cut down the number one cause of global warming. We have to eliminate animal products because we want to save the planet. Again, it really is so simple. And if it goes like this, we will have a saved world in no time. No animal products means saving the planet. And even a heavenly world we will have because being veg changes everything drastically, from the environment to people's mentality, to the standard of our world and to having peace in the world, to eliminate hunger, to have brotherhood truly for humankind. And we zoom it in, it will change Jeju Island into the greenest and most brilliant state we could ever imagine, as all corners of the Earth. With temperatures stabilized, ecosystems balanced, animals thriving in peace, and humans finding new health and happiness and incredible new inventions, our life will become a dreamlike heaven as never imagined before. Thank you, Mr. Kim, and thanks again all the NGOs. [Applause]

MC. *Thank You, Supreme Master Ching Hai, for all the amazing answers and for Your precious time. [M: Welcome.] We the people of Jeju are very much grateful to You for accepting our invitation and supporting us so much, supporting our children, our natural beauty, and our shared future. Before closing this conference, Supreme Master Ching Hai, would You like to share a final message for us, please?*

M. Gladly. Yes, I could sit here and talk forever about how to save our planet. But since every happy time must end and you give me this privilege to close the meeting, I would also of course like to say: 'Sarang-heyo, Jeju.' That means 'I love you, Jeju.' I hope you understand my Korean. [Applause] Love you, Jeju. And I thank you from the depths of my heart for your sincere presence, for your passionate care about the Earth, your precious participation and encouragement. I thank all of you, the precious specialists, the panelists, esteemed governor, eloquent speakers, media members and all the caring audience members, for your precious time and your divine presence. My appreciation again, goes to all the NGOs who organized this event, for your support and for making this meeting possible and in such an organized, orderly, beautiful manner.

For everyone present, I would like to say: Your own voices have made it crystal clear that if we choose organic vegan as our solution, we can only win. Yes, we will win. Organic vegan is the healthy diet, which is the diet that calms the mind even, and, of course, will calm the climate, restore the green forests and harmony with all the animals. It's the diet that gives us peace of mind and frees our loving spirit. It's the diet that's mentioned in all the great religious scriptures of the world. So please, remember, we have only to lose meat and we will gain everything else.

You have taken the first step by declaring to be organic vegan one day a week. All the beautiful, noble NGOs, I thank you for that again. And now with this same courageous spirit, please be veg every day of the week, or just another six days, yes, and then next week, the same and the same for next week and the same for another week. One day at a time. One vegan day of the week, and the next day another vegan day of the week, and the next day, another vegan day of the week. That is very simple.

Because organic vegan is the only way we can save the planet. First, be vegan. If we can't find the organic vegetables or fruits, then please, be vegan first. Because this

positive loving energy will envelop our planet, will be a protective shield for us. There's nothing else, no other green power can protect us in this crucial moment of danger.

Please believe me. I have nothing to gain from telling you this, but I tell you because I'm one of you, because my love doesn't know any boundary between me, myself, my family or my country people, or the people of Korea, or any other nationalities in the world. [Master is crying.] I love all people. I love all the beings on this planet and I want to save you all. I want to save them all. Please wake up and wake everybody else up before our house is burned down. Together we will win, together we will save this planet. Not to save the planet for the sake of material existence, but because we save ourselves. We save our great self which is compassionate, which is loving, which is merciful, which is God-like. All the scriptures of the religions tell us this, that we are the Buddha, that we can become Buddha as soon as we want, that we are the children of God. So we have to save our status as the greatest beings in the universe; the crown of the creation. We must save our great quality; not just the planet, but ourselves, our heart, our nobility, our leadership on this beautiful spaceship we call planet Earth. We are the captains. We must lead the planet into safety and save our soul, save the best qualities that we have within us. Together we can maintain not only the beautiful Jeju and all the South Korea as a wonderful paradise, but we will also save the whole world. You will all become heroes. You will all be my heroes. Please, be veg, go green. Love can change the world. Thank you. Be veg, go green, do good deeds. Thank you. Thank you. [Applause] Thank you, God bless you. God bless you all. [Applause]

MC. *Thank You. Thank You very much, Supreme Master Ching Hai. From all of us here, we wish You the very best. [Applause] And we would like to once again thank all of the wonderful NGOs that organized this conference. And our special thanks to Supreme Master Television. With headquarters in Los Angeles, United States of America, and inspired by Supreme Master Ching Hai, Supreme Master Television has been airing constructive programming for the world from 14 satellite platforms about climate change issues, the vegan lifestyle, love of animals and humanitarian works, and all the beautiful content is free of charge.*

Ladies and gentlemen, let's give another warm applause for Supreme Master Television. [Applause] Now, before we close the conference, I've got a question for you, Grace. Have you seen this photo? [Grace: Yes, I have.] Recently, a German elementary student named Felix visited Korea. What he did was, he gently covered the mouth of His Excellency of the Korean Prime Minister Han Seung-Soo and this was to deliver his message, 'Please, no more talk. Take action!'

And ladies and gentlemen, we would like to close this conference with a similar call for action. [Extended applause.] Today, we discussed how to save the planet and keep our children healthy. But we can only change the world if we are willing to change our lifestyles, starting right now. Maybe even this evening. Yes. And by adopting a vegan diet, we preserve the health of not only our children but also this beautiful planet. So ladies and gentlemen, tell us how you feel. Do you want to save the planet for all the beautiful children in the world? If you do, please say, 'Yes.' [Audience: Yes! Yes! Yes!] [Applause]

M. Yes, we do it!

MC. *And can we do it?*

M. Yes, we can! [Audience: Yes!] [Applause]

- MC. *All right! And how can we save the planet for our children? Be Veg, Go Green, Save the Planet. [Master and audience: Be Veg! Go Green! Save the Planet! Yes!] One more time! Be Veg! Go Green! Save the Planet! [Applause] All right! Great people! Great people! Let's do it! Let's all become vegans, and let's encourage everyone we know to be veg too. And this concludes the conference. We thank you all for your magnificent presence. And thank you all the cherished viewers from around the world. We are all proud of you. Thank you.*
- M. Thank you. [MC: Bye, bye.] Bye. Wish you all the best of the best. Be veg, go green, do good deeds.

GLOBAL WARMING: YES, THERE IS A SOLUTION ⁹

- MC. *Our next segment is question and answer period. We would also like to introduce, at this time our guest of honor, Supreme Master Ching Hai, who will be joining us live via videoconference to answer some of the questions that we have.*

Supreme Master Ching Hai is a world-renowned humanitarian, spiritual Master, philanthropist and artist. Supreme Master Ching Hai has for more than 20 years been sharing Her wisdom and deep understanding, traveling across the world and bringing Her message of love for living a complete life. She continues to dedicate Her time and energy to elevate and better the life of all beings. We are now very happy to announce that Supreme Master Ching Hai, our special guest, has honored us by joining this question and answer session. Please receive Her with a round of applause. [Applause]

- M. Hallo, everyone.
- MC. *Hallo, Master. [M: Hi.] You look wonderful today. [M: Thank you! Thank you!] How are You, Master?*
- M. Oh, I am fine. I am fine. How are you?
- MC. *Fine. We are happy to see You, Master.*
- M. Yeah, I am happy, too. It's a pleasure to be here for me, too. [Applause]
- MC. *Thank You, Master. Your Spanish is wonderful! [M: Thank you very much.] Dear Master, welcome to Lima, Peru! It's so great to see You! [M: Thank you.] We feel so honored that You can join us for this conference despite Your busy schedule. Thank You so much, Master. Let's all give a big round of applause to welcome Supreme Master Ching Hai, our special guest of honor. [Applause]*
- M. Thank you, thank you, thank you. Let me say hallo to your people, first. [MC: Yes, sure.] Good afternoon, everyone. [MC: Good afternoon, Master.] How are you doing? Are you okay? Yes? Very well? [Audience: Yes.]

Hallo, everyone. Greetings to all the beautiful people of Peru: Esteemed government officials, dignitaries and speakers, members of the media, and all the caring participants. Thank you for coming today in our shared concern about global warming

9. Videoconference with the Peruvian people at the 'Global Warming: Yes, There Is A Solution' Climate Change Conference, Lima, Peru, September 12, 2009 (Originally in English and Spanish). * Note: This conference is recorded verbatim only the question and answer session with Supreme Master Ching Hai.

and the survival of our wonderful planet. Your country Peru is graced with diverse natural landscapes, with deserts, ocean coastline, you have everything – you have rainforests, tall majestic mountain ranges. We all know that these places are worthy of protection, not only for themselves, not only for the Peruvian but for the sake of all the living beings who inhabit them, including all the people and all other beings in the world, our families and ourselves.

I am pleased to be here and I'm very grateful that this conference is being held today in your magnificent country. As many of you already know, the right actions are needed by each and every person in this world, so I wish everyone something new and beneficial from this event. Thank you again for being here. Thank you very much. I'm ready for your questions. [MC: Thank You, Master. Thank You.] I hope you have a very good time.

MC. *Thank You, Master. [Applause] Dear Master, the first two questions are from Wendy Lau, a UNEP participant.*

M. Yes, please go ahead.

Q. *The first question, what do You see as the weakness in science in solving climate change and diverse environmental problem? The second question, why do we have to solve environmental problems from the spiritual side?*

M. Yes, yes, yes. Hallo, Ms. Wendy. I believe science is doing a good job already in diligently researching and informing the public about the critical stage on Earth that we are facing in terms of global warming. Without science, we probably, the majority of us, would not have known anything at all about our dire state of planetary crisis. So after the United Nations' announcement of the tipping points that mark an irreversible trend, many scientists have stepped forward with detailed research on climate changes. As a recent example, United States and Canadian scientists traveling to the Arctic have noted increased methane gas being released from the Earth's melting permafrost, which is storing immense amounts of methane beneath the frozen surface. Other research has also highlighted how quickly the temperature is rising in the Arctic, much faster than in the rest of the world. This means a vast quantity of methane could be released from the previously frozen soil very quickly, which would be a complete disaster for life on Earth. So we are truly in a grave ecological situation and the scientists have done a fine job in raising awareness on the climate issues through their dedicated research and updated reports.

If you mean the technology to minimize the global warming effect, there are some minimums that have been invented and installed, but the benefit is also minimum! Even with all the scientific research and invention, even if we could have invented something more, it takes long time, it takes more than what we can afford right now to bring them into materialization, you see? All other technology takes a long, long, long time also to be in the market, to materialize, if we can make it till then!

In trying to minimize these dire effects, both scientific and spiritual approaches can be applied. Scientifically speaking, methane from livestock is a major contributor to global warming today. This has been documented by many different scientific bodies, the first of which of course, was the United Nations' report in 2006 – everyone knows by now – called 'Livestock's Long Shadow.' Since then, much more research has been published about livestock, meat production and greenhouse gases. One fact is clear: If we stop meat consumption and livestock raising, we will also eliminate one of the most heat-

trapping gases, which is methane. And since this gas disappears more quickly from the atmosphere, the planet will cool almost immediately. This will also address problems like the melting permafrost, which will otherwise emit more methane if nothing is done to halt it.

We cannot blame the scientists or any scientific technology for the problem of our planet today. They have done their best. Even the spiritual people or non spiritual people we have to do our best as well. The fate of our planet is in our hands before the scientists can do anything to help us.

Professor John Schellnhuber, founding Director of Germany's Postdam Institute for Climate Impact Research, and also Chief Government Advisor on climate change to the German government, told Supreme Master Television in an interview that without changing course, our currently unsustainable practices will 'lead to a big crash,' that's to quote him. And, to stop this crash from being many times bigger, we have to act now. Professor Schellnhuber said that the world's population cannot be sustained on the energy and land demands of a meat diet. So a switch to vegetarianism or veganism is needed to continue supporting our life on Earth. So this is the scientific perspective.

But you are right also about approaching climate change from a spiritual standpoint. Every religion speaks in some way of the law of karma, or 'as you sow so shall you reap.' This is explained through science as a principle of physics, which says every action causes an equal consequence. So the law of karma and science are the same – meaning that whatever we do is returned to us. From this perspective, we would obviously wish to avoid killing; otherwise, we will reap the killing karma in return. All the wise teachings of past and present Masters have thus espoused only love and kindness toward one another. 'Thou shall not kill' is a basic precept of any faith. Therefore, we must return fully to our noble spiritual heritage. Only this can bring us permanent safety and protection by begetting the mercy of heaven in which we can take refuge. Thank you very much. [Applause]

MC. *Thank You, Master, for Your insightful thoughts. [M: Good question.] Master, Mayte Loreda, a chef, a naturalist, and business woman, would like to ask the next question. [M: Please, go ahead.] She couldn't come, but she left her question: 30 years ago, my husband and I decided to become vegetarian based on the principle of respect for life and non-violence. Today, doctors recommend us not to abuse them for health reasons. Additionally, we are finding out that this excessive consumption not only negatively affects human health but the health of the planet as well. When a hamburger arrives on my table, what does it involve in terms of climate change?*

M. Please tell Ms. Loreda that I'm very happy that she and her husband decided to be vegetarian, and for 30 years even. That's a very long, sincere commitment. She and her husband are very smart and so loving to decide to follow their heart. I thank her for asking this beneficial question for the sake of the public. There are a lot of scientific reports made about the costs of meat eating, so I'm sure you are asking for the sake of people who may not be aware. So, please, allow me to state some of the costs of what we are dealing with for the next time one is about to eat a hamburger.

The cost of a hamburger appears to us as cheap. But without the enormous subsidies involved in the meat industry, the real monetary cost of a hamburger would be much higher, much higher, at least USD12. There are so many costs and resources involved for that one hamburger that you are asking about, from the field to the plate, and all the processes in between. From burning the precious forests to growing the corn and soy to

feed the cows, to making the fertilizers and watering these feed crops, to giving the cows huge amounts of healthy land and water, hormones and antibiotics are also forcefully fed to the cows, and we will eat all that. Then, the transport over long distances here and there and finally to the slaughterhouse, to freezing the meat so that it does not rot as it is supposed to, then finally, it has to be cooked before reaching the plate and cooked well because, for example, the United States Department of Agriculture found that 89% of beef hamburger patties contained traces of the deadly E. coli bacteria. 89% of the beef hamburger contains traces of E. coli.

There is more that goes in the hamburger than what you can think you see. Here are just a few examples.

- Destruction of land: First, land must be cleared to raise the cows. For one hamburger, there are 55 square feet of destroyed tropical rainforest, which is an equivalent of 75 kilograms of CO₂, or driving your car for five days straight. Also, biodiversity loss. In the process, we lose up to 30 plant species, 100 insect species – I mean the beneficial ones as well – and dozens of birds, mammals, et cetera. Now, it contributes to hunger. Some of the deforested land is used to grow grains. Oftentimes, poor families are forced off their land in the process. One hamburger costs four pounds of grain that was consumed by the cow – that’s about three loaves of bread or eight plates of spaghetti that could have fed a number of hungry people. So another cold cost of a hamburger is human starvation.
- Now, we have topsoil loss: For one hamburger, ten pounds of topsoil for farming are eroded and lost for hundreds of years, a very serious problem.
- Now, greenhouse gases: Next, one hamburger alone is responsible for greenhouse gas emissions. The methane gas emitted for that piece of meat alone weighs approximately 4.7 ounces, but it has the same heat-trapping effect as 6.8 pounds of CO₂, because methane is very potent.
- Water waste: Not only land and food, but water is also required in huge amounts. Just one hamburger costs 625 gallons of clean water or, it would cost you about 45 showers. A month and a half or two months without taking a shower, for one hamburger alone. Imagine that! On a side note, one cow in his lifetime before slaughter, uses enough fresh water to float a large naval ship. Imagine that again! Just one cow.
- Now, we have fossil fuel waste: One hamburger costs thousands of miles of transportation, all the way from the pasture to the feedlot, then all the way to slaughterhouse, and then to the market. So no matter if you try to buy your food locally to save emissions or not, you can’t win if you eat meat. There is much more greenhouse gas that goes into this hamburger. In fact, one hamburger uses up 6.5 pounds of fossil fuels, or about a quarter gallon of gasoline. That’s over 16 times the amount needed for one full, nutritious vegan meal.
- Now, we have health hazard: There is also the cost in lives. In just one hamburger patty, there are pieces of dozens, or sometimes even hundreds of individual cows, all their flesh mixed together. And you’re getting more than what you think you’re buying. You’re buying a health hazard. There is saturated fat which causes heart disease and stroke. There are also extra things, such as growth-inducing hormones,

traces of antibiotics that are fed regularly to the poor cows – the actual bacterias that are resistant to those antibiotics. These resistant bacterias are called superbugs.

So the added cost here is a multi-fold risk to our health. There are even more costs after the hamburger is eaten. For example, a woman loses 28 milligrams of calcium after eating just one hamburger, which weakens her bones. And there is rampant risk of potentially deadly E. coli infection as beef is a primary source of this bacteria. And again, there are risks of heart disease, cancer, mad cow disease, bird flu, pig disease, swine flu and other meat-related diseases. We also have other human costs like the poor families being pushed off their land for cattle production; the adults and children of the world who are perishing due to hunger; the grief and sorrow of the families who lost loved ones due to meat-related diseases, et cetera, et cetera.

- As for the bigger picture of how much meat eating is costing our planet: The cows in such unnaturally huge numbers, more than one billion on planet, are responsible for more than 50% or even far more, of total greenhouse gas emissions on Earth. Nitrous oxide, which is 300 times more potent than CO₂, is being emitted in vast quantities from the fertilizers required to produce the feed crops for the cattle. The livestock industry produces at least 67% of all the world's nitrous oxide emissions. So a hamburger as you can see, is clearly unaffordable, not only in global warming, but also in deforestation, soil erosion and desertification, water shortage, water pollution, loss of biodiversity – not to mention the negative health and bad karmic consequence prices we also have to pay – and loss of lives, precious lives.

Thank you so much for asking. [MC: Thank You, Master.] Thank her for me – Ms. Loreda. [Applause] And thank her for being vegetarian, and her husband.

MC. *Yes, sure, Master. Master, the next question is from Gloria Narvaez, but she's not here today, so I'm going to read the question in English directly for You: How do we handle the situation in the future if the effects of global warming continue, Master?*

M. Yeah, it's a difficult question. Not only us but so many world leaders and scientists are worrying about this. The truth is, we are already not able to handle such situations in places where global warming is already reaching extreme degrees. Some countries and communities have to cope with worsened drought situations. There is not enough water for raise crops or even to drink. Their rivers and lakes are drying up or completely gone. Please refer to www.SupremeMasterTV.com/SOS for more information. Glaciers melt in many places so dramatically that one moment there are massive floods, and soon after, a drought. So how can we handle the mass migration of tens of millions of people all at once due to desertification, the rising sea levels or the permanent loss of crop fields? It's very difficult and maybe even impossible. And it's not just numbers. Every child, family, and society will be affected in some way by this experience of trauma and tragedy. We are not ready for the changes that are coming. We are not ready at all. We are not prepared enough.

Some of the changes are even anticipated to be unexpected, because there are many complicated interacting factors. The wisest action would be to fix the situation we have now and prevent further damage, then we won't even have to worry about the future. All the leading scientists we have spoken to tell us one and the same: That we must handle it now, not tomorrow. The smartest way would be to stop the worsening of global warming by being vegan. It sounds very simple but it is the best solution, the most

effective and the effect of it will be felt almost immediately. Without this main, most time-effective change, no matter what we try to do, it won't be enough to repel the worst consequences that we have accumulated. Moreover, the problems we already face now – such as the warming atmosphere, water shortage, food scarcity, desertification – we can quickly eliminate by stopping meat production. Stop it now, no further!

So please, tell Ms. Narvaez and everyone else, before the situation gets any more out of hand – let's choose the vegan diet. The future effects will be greatly eased. Only then will we have a manageable situation. Please thank Ms. Narvaez for her concern. And please tell her to do her part – means be veg, go green, so we can all save the planet. Thank you very much. [Applause]

MC. *Thank You, Master. Master, the next question is from Jose Luis Perez and he is not here today. He is a vegan doctor and nutritionist who would like to ask You the next question: [M: Please, go ahead.] How can we make our life much simpler and harmonious despite all the material things around us?*

M. How? Yes, it's a very noble-minded question. I agree with him. Simple living and high thinking are the secrets to a long and happy life. One of the best ways to bring simplicity into our lives he's already doing in choosing the vegan diet; I am very happy to see that. Living without killing or bringing harm to other beings can restore harmony and health to yourself and the world around us faster than most anything else. Especially for such a busy life as his, Dr. Perez, where caring for others is a part of his profession, the love and compassion of the animal-free, or vegan diet gives you more strength, patience and understanding.

Another way to cultivate simplicity is to spend time also in the tranquility of nature, or create a natural environment at home where we can go for peace and quietness. Reading mind-uplifting books such as spiritual scriptures, as well as practicing meditation, are also good ways to remind ourselves that we truly don't need much to be happy and live a contented, peaceful life. People who meditate, according to scientific research conducted in the United States on meditation, no matter what religion they come from, or even if they don't think they believe in God, meditation is still beneficial and, in fact, has been found to help in remaining calm and serene, as well as giving an optimistic outlook on life. Being vegan, as Dr. Perez is, also helps considerably in benefiting from meditation, because he already purified his system by removing toxic meat and animal products from his diet. So the combination of practices like meditation along with daily harmonious living through the vegan diet will lead to a simpler life, with fewer material desires but still full of happiness and contentment.

I hope this answers the question for Dr. Perez. I wish him the best and I thank him for doing his part for the world to save the world, as a vegan and a vegan doctor even. Please send him my love and my friendship. Thank you very much, my friend. [Applause]

MC. *Thank You, Master. Master, Pilar Sanllehi Bracesco would like to ask You the next question. She is a biologist and also the director of the Amazon Shelter.*

Q. *Thank You for answering all the questions. In which way a vegetarian diet has an influence in the spiritual life of people?*

M. Hallo, Ms. Bracesco. Yes. Being veg is beneficial for any kind of spiritual advancement. In fact, all the wise, ancient teachings of sages since time immemorial have highlighted

the importance of a benevolent plant-based diet. It is a fundamental requirement of a spiritual practitioner. The concept behind forgoing animal products is ahimsa – meaning non-violence. By partaking of a vegan diet, we also avoid the bad retribution of killing and thus it will not burden and obstruct our spiritual journey. I'm sure you're familiar with this principle, Ms. Bracesco, in your work to save and protect the animals. Being vegan simply means that we protect all the animals. This killing of other beings must be stopped for humanity to evolve as a civilization. The benefits of doing so are manifold. Besides the restoration of health, biodiversity will be allowed to thrive, planet equilibrium restored along with the easing of our own conscience and our capacity for elevated consciousness. All these are the fruits of a more compassionate diet. This loving attitude also creates a more peaceful atmosphere that brings greater comfort to all beings. At peace with ourselves in the knowledge that we did not cause anguish or pain to our fellow animal brethren, we will have the inner tranquillity to pursue our spiritual endeavors wholeheartedly. Before we expect the lion to lay down peacefully with the lamb, we humans must do it first. As long as the humans cannot even lay down peacefully with the lamb, causing all the anguish, fear, sorrow, oppression to weaker beings and defenseless animals, we cannot realize this heavenly dream as the lion will lie beside the lamb. So we must return to our compassionate self. We must return to our glorious status as the children of God. We have to bring heaven to Earth. Thank you, Ms. Bracesco. God bless your noble work in preserving the precious lives of the animals. [Applause] God bless you!

MC. *Thank You, Master, for Your wisdom. Now, Mr. Nicholas Pauls, our panelist, has two questions for You, Master.*

M. Yes, but he knows everything. [Master laughs.] He knows everything already. He probably asks for other's sake. Okay, go ahead. Welcome.

Q. *Hallo, Master. Thank You. We know about the economic interest behind the meat industry, so the question is: What do You think is the way to inform about this truth, the importance of the meat industry in relation to global warming when neither government nor mainstream media talk about that? And the other question is: How should the disassembling of the meat industry take place? Let's imagine an ideal situation when the entire world stops eating meat, but what would happen with these six billion cows? Where would they go? What would their life be like? [Applause]*

M. Thank you. Good afternoon, Mr. Pauls. How are you? [Q: Very well, thank You.] Thank you, too. I'm glad to see that you are a vegan yourself and you look a picture of perfection – healthy, handsome, intelligent. Congratulations!

In your question of how to communicate the truth about meat, the first thing I can say is that you are already living this truth by example. So congratulations again for that. [Q: Thank You.] To respond to your question about the way to convey the truth about the meat industry and its role in global warming, we cannot wait for the government and the media to get the message out. We have very little time now. So it might be too late by the time the government and the media get involved. Although I see the good trend now in the media that they report more about global warming and the solution than before, and some parts of the world, some small governmental agencies have begun to advise people to eat less meat. But it's too slow. It's too slow for my liking and too slow to help our planetary problem.

So it is we, the ordinary people, we must inform them instead. We must take the lead. We must do it by example. And you would be one of the natural agents for this kind of

message since you are already well-known and I'm sure well-loved by the public. Well, I love you already. [Master laughs.] So I'm sure everybody else loves you. Everybody else loves him there? Yes or no? [Applause] See? See that? [MC: Yes, it's true. Yes, of course.] Yeah, he's handsome, healthy, successful, loveable, intelligent, and so loving and kind to the defenseless animals. Anyone who loves defenseless animals would love other human beings even more so. And this is exactly what is needed right now. We have to inform people of the truth and we have to live by that truth. We have to inform also by example, like what you are doing. Through our Supreme Master Television and materials such as the Alternative Living flyer, the SOS flyer, we try to do that as well – to explain to people the real cause of the imbalance on our planet.

As you are probably very well aware, the facts themselves are very plentiful now. Starting with the 2006 United Nations' report 'Livestock's Long Shadow,' which identified the livestock industry as emitting more greenhouse gases than all the entire transportation sector combined. Even more recently, scientists have stated that the percentage of emissions coming from livestock could total more than 50% of the harmful gases driving global warming today. So the scientists are doing their best to inform the public about the dire situation we are facing now. But it is up to us, all of us, to decide whether or not we should save our planet, save our family, save our children. And we can help to do the rest in sharing information about the most effective solution. Fortunately, this solution not only works, it is readily available immediate to everyone. A vegan diet, free of animal products, and even better organic vegan – these are the keys to human and planetary survival.

As for what we can do about the interests of the meat industry, we must be very steadfast in conveying what we know to be the real truth, and sharing it as far and wide as possible. We can write letters to all these meat-industrial-responsible persons and tell them all these truths. We gather information and send it to them. Tell them they should change their profession. Tell them they should change to save the planet. Tell them they should be organic vegan farmers instead, or many other jobs nowadays – green technology. This truth, our need to stop the killing of animals, is the only one that will stabilize the Earth physically, as well as bringing peace and restoring hope to humans and the planet.

So please, help us spread this message, Mr. Pauls, and you will see the change that comes from more and more people returning to a humane, considerate way of life. I have said before, we can have Eden on Earth, and it is true. Please do join in spreading this message as much as you can in your capacity as a celebrity so you can see for yourself. Thank you for your question and your loving care. Thank you for being so kind to all of us by being kind to the animals. Thank you for doing your part in saving the planet. Thank you very much.

MC. *Master, Juan Gino Rossi Castro, a vegan engineer would like to ask You the next question.*

Q. *My question is: In respecting the free will that God bestows upon human beings, why does humankind destroy the planet that is their own home, damaging themselves and damaging their co-inhabitants? The best example of this is what is happening with global warming, knowing that the consequences similar to what happened on the planet Mars. Why doesn't God stop this before it reaches a critical point? Thank You, Master.*

M. Good afternoon, Mr. Castro. Another vegan! Very nice to see you! I'm glad you are vegan. For your question about free will and why humankind destroys their home

planet, it is not that most humans intend to destroy. Many simply do not understand, are not informed. They don't realize the harmful emissions of the livestock industry, or that killing begets killing, and they are not aware that meat is another kind of addictive poison. They are not aware that meat is destroying our planet. So that's what we try to do now, to help inform people of the planetary benefits of being meat-free as well as remind about the preciousness of all life and of being compassionate.

In fact, the more that we find out about the meat industry, the more we know that it's a filthy, cruel enterprise where animals are tormented in their short lives from birth to their early death. But some of these facts are not easy to uncover, partly because the ones who sell the meat do everything to make it look attractive instead of telling the truth. And the meat industry is often hidden from the public eyes so it's not easily detected by ordinary people – and then we can run out of time all too quickly. Like you mentioned on Mars, for example, the people did not know about the meat and killing karma. So at least you know and I know, and we tell as many people as possible, so that they also know. We have to be veg to save the planet!

Your question as to why God didn't stop it before it was too late, you answered yourself, Mr. Castro. God does not interfere with free will. And if the people don't know, they may sadly choose from ignorance. But we have the chance to change all that now, because we know what we need to change. We know that the vegan diet is the only way, the fastest way. It's the only way to cool and save the planet. So with the help of people such as yourself, we can surely do just that. Please, help spread the message to be veg, go green, and save the planet! Thank you, sir. [Applause]

- MC. *Thank You, Master, for this vital information. Master, the last two questions are from David Roman, President of the Vegetarian Union in Spain who has sent his questions via video.*
- Q. *I have two questions for You. There is talk about predictions, both on a scientific level as well as other kinds, which talk about a profound change that we are going to experience in the year 2012. Could we see a positive turn in climate change in that year? My next question is: We often talk about helping animals, that we have to help them, but, is it not true that animals help us in many ways?*
- M. Yes. Greetings, President of the Spanish Vegetarian Union. Thank you for your exemplary leadership in being veg and for your work to support others in the same. I really appreciate your efforts, as do the many animals whose lives are spared due to your efforts.

Regarding predictions or forecasts for the year 2012 from the scientific community and others, it is true that our situation is indeed urgent. In fact, there is not a moment to lose. We can see everywhere reflections of a planet in trouble, with monsoons and floodings in one location and people losing their harvests and drinking water to drought in another. One way that our world can be preserved and stabilized is through everyone's change to a compassionate lifestyle, choosing organic vegan diet, which not only eliminates methane and other toxic, heat-trapping greenhouse gas emissions from the livestock industry, but the organic part takes care of harmful fertilizer chemicals and allows the soil to absorb a huge amount of atmospheric CO₂.

As for whether we could see a positive turn in the climate in the year 2012, we surely hope for the current trend to continue and the planet's future to be assured by then. I have mentioned before that we have already reached the veg critical mass on Earth –

meaning that the momentum created by the number of people who have already become veg is like a wave that is helping others join in. But we still need everyone in the world to be veg because of how long we have waited to make such a change. So now we need 100% of the world population to be veg to save our world. We have to change before it is too late to change. Because if we don't change now, later when we want to change, it won't be helpful anymore.

And yes, Mr. Roman, you are surely correct that helping animals helps us. They do give in so many ways! They are here to give. They are here to help us. This is another reason that we must be vegan. We must protect their lives because their lives are our lives. They are here to balance the planetary atmosphere. They are here to help heal us and heal the planet. We must protect their lives. We must act in a compassionate way. It is true that we need to stop the global warming emissions, but equally important is to stop killing the beings that have done nothing wrong but only offer us their love and immeasurable services. Besides my own inner communication with the animals, there are many other people who are very gifted in this realm, known as animal telepathic communicators, who themselves have revealed messages from such noble beings, such as dogs, horses, birds, seals, whales, et cetera. These animals wish to convey only their abiding love for humanity and their desire to remain on Earth so that they can continue transmitting that love. It, of course, makes no sense that we would ever consider killing such beautiful hearts and souls as these! They are the best friends to all of us, and this is another reason that we need to change to a no-kill society. In doing that, all humans will comprehend more clearly the vast gifts bestowed upon us by the animal kingdom. Thank you, Mr. Roman, for your caring question. May God bless you with every fulfilled endeavor in your life. [Applause]

MC. *Thank You for enlightening us with Your love, Master. [M: I thank you, also.] Beloved Master and distinguished panelists, this concludes our question and answer session. Beloved friends, we are certain that questions such as these in this session have been very important. [M: Very important.] Yes, Master. Because we have cleared up many doubts and have opened up many alternatives for the solution of the problem of global warming.*

Supreme Master Ching Hai, distinguished guests, all our friends, this concludes our conference 'Global Warming: Yes, There Is A solution!' It has been very important to hear each one of our invited guests because they have demonstrated that the problems about global warming do have solutions, and even more importantly, these solutions are in our hands. So now it's time to act! Let's do it! There are many institutions all over the world, which are very dedicated, working diligently, such as Supreme Master Ching Hai has shown us, giving us much hope and solutions which are achievable for each one of us. If we really love ourselves, we should have compassion for the lives of our co-inhabitants and younger brothers, the animals. And we want to preserve the beauty of our planet Earth. We must act immediately. From this moment, let's each and every one of us commit ourselves to saving our lives, the lives of our loved ones, of the future generations and all the beings on this planet. Let's pledge to be veg to save the planet! So, yes, let's be veg, go green, and save our planet!

If you would like to support in helping our planet by declaring a 'meat-free' diet, go to www.meatfreepetition.com organized by the Meat-Free Movement to sign the petition.

Now, we invite Master to close-up this beautiful conference.

M. Thank you. Thank you. I would like to thank all the eloquent and distinguished speakers for this event. I also appreciate all of you, the bright and loving audience members, for caring about the Earth and coming here today to bring to light the important task of all of us that we have to save this precious planet. This is the only home that we have and thank you, your organizers, for making this meeting possible. May we all be encouraged by the fact that the best, lasting changes start with our own lifestyle; it is the same with saving the planet. Each one of us is responsible; and to encourage others as well.

Because simple, organic vegan diet is the only lifestyle change that is really necessary to restore our shared home. I would like to thank you again for your active efforts to make a difference. I hope together we can really save this beautiful planet. For those of you who are already vegan – bravo and thank you! With the organic vegan lifestyle as part of everyone's heroic mission, our efforts together will surely bring a safe and saved world for both humans and our beloved animal co-inhabitants. I wish you all the best and heaven's abundant blessings to the gentle-hearted people of Peru and beautiful South America. Thank you. [Applause]

MC. *Thank You, Master.*

M. By the way, I would like to report to you something apart from that. I want to report to you about the current climate change effects in your country because it's important that you know about this. The latest report by the United Nations Intergovernmental Panel on Climate Change spoke of Latin America's vulnerability to severe climate impacts. Peru is among the first to feel these impacts, as seen in the following:

1. Farmers in the Cusco highlands are suffering already from irregular, scarcer rain and extreme heat;
2. Due to excessive heat and drought over the last 12 years, 140,000 hectares of potatoes and corns have been ruined – equal to food that could have fed 11 million people in the country. It's been ruined;
3. In the central Piura area, springs that used to provide drinking water until recently are drying up;
4. Mosquitoes causing dengue fever are also being seen for the first time in Piura, as they spread to new areas due to climate change;
5. Peru is home to 70% of the entire range of Andean glaciers, with peaks that supply the country's people with both water and hydroelectric power; however, these are all expected to disappear by 2015, just a few more years;
6. The glaciers in the Andes mountain range so far lost more than 20% of their volume. This is threatening the water supply for 30 million people. In Peru, the loss to glaciers is equivalent to ten whole years of water supply for Lima city;
7. The Cordillera Blanca, a snow-topped northern mountain range of your country, sometimes called 'Peruvian Switzerland,' you know about it, has been steadily disappearing due to climate change;
8. A warming climate has resulted in the 2008 disappearance of the Quilca Mountain snow cap, and in 2007 the Broggi Glacier also vanished, disappeared completely;

9. In early 2009, the Quilca Glacier disappeared completely. Now it's gone. It's gone now;
10. With eight of the country's water basins already noted as being insufficient to meet people's needs, Peru's President Garcia announced in 2008 the construction of two desalination plants to try to address the water scarcity. It's that urgent already in Peru;
11. Dwindling water supplies have caused escalating tensions and even conflicts to erupt as many people, including disadvantaged farmers, don't have enough water, or are struggling for their share;
12. By 2020, it is predicted that up to 77 million people in Latin America will face water shortages;
13. In the past six years, Peru had at least three extreme temperature events and floods affecting more than 500,000 people. Within just 30 years, floods increased by more than 60%, and mudflows increased by 400%;
14. President Garcia declared a state of emergency in 2009 due to climate change-related severe cold and freezing conditions in the southern Andes that caused the death of nearly 250 children, and sickened many others. I have contributed my humble share to purchase children's warm clothes for this matter. But this is not the permanent solution. The permanent solution is we have to stop this happening again. We have to stop climate change. We have to stop this kind of disaster that kills the children in Peru and sickens many other children as well as adults and the vulnerable like the elders, the weak and already sick; and
15. In Chimbote, Peru, heavy pollution from 40 fishmeal manufacturers causes documented human illness and increasing oceanic dead zones, with the ground-up fish being fed to caged salmon, creating yet another environmental imbalance and sickness to humans.

Thank you very much for your attention. I hope this report gives the people of Peru, Latin Americans, and the world a little more wake-up call. I thank you for your attention and I thank you in advance for whatever you will do on your part to save your country and to save the world. God bless you all. God bless the people of Peru. Thank you very much. [Applause]

- MC. *Thank You very much, Master, for Your enlightening information. We would like also to express our gratitude to our three panelists who have honored us with their presence here in this conference. [Applause] Thank you very much everyone. Thank you very much for your valuable presence. Thank You, Master. Thank You for Your love. [Applause]*
- M. You're welcome. Bless you.

THE SECRETS OF VENUS ¹⁰

M. Thank you. Please, please be comfortable. Please be seated. Love you guys! You're good, good. [Audience: We love You, Master!]

MC. *You look very beautiful, Master.*

M. Hallo! [MC: Hallo, Master.] All these good hard working people.

MC. *Our beloved Master, we feel so lucky to be blessed by Your presence today. Thank You so much for sharing some of Your precious time. And we are so grateful for everything that You are doing for the Earth and the multitude of beings here.*

M. I can't do it alone. You guys are really a great help. Also, all your brothers and sisters, and the vegetarians outside, the vegans, waterians, fruitarians, solarrians, breatharians, et cetera, et cetera, as well as the non-vegetarian people. They're also helping a lot now and they are changing to a vegetarian diet which is very beneficial to our planet. I'm very happy that you are doing well. I know you're working hard. [Applause] All these beautiful exquisite people, my God!

I know you wanted to ask me some questions long ago, some hot topic like Venus and all that, but we have been busy, yeah? You know that, right? And I really squeeze it in so we can have some time together. Maybe, who knows, we can save the planet, then you can see me every day, whenever you want. [Applause] Yeah, okay, tell me, we are discussing stuff, right?

MC. *Yes, Master, yes. [M: Right.] We have lots of questions for You.*

M. Ah, yeah, please, go ahead, I am listening.

MC. *Hi, Master, I have the first question. Scientists reported that billions of years ago, Venus could have had oceans like Earth but they dried up, partly because Venus was so close to the sun. Still, the presence of water could mean that there was physical life there and scientists believe today that there is microbial life. Was Venus ever like Earth, sustaining life?*

M. Yes, yes, it was. Yes. It was once a beautiful planet, and now it's no more. There's no life up there at all, no life as we know of. It's a pity.

MC. *The beings that were there before, did they look like us?*

M. Yes. Yes, they did look like us.

MC. *So how does it happen that Mars, Earth and Venus were all inhabited by humanoid looking beings like us? Did we have similar ancestors? Thank You, Master.*

M. Yes, we have only one ancestor. That is God. But some 'fallen angel.' Now, the reason they look similar to us, because we had the similar merit – Mars, Venuses, and some other planets in our galaxy, in our galaxy only. Don't ask too far away, then I will never get out of samadhi. [Master and audience laugh.] Your question is simple but I have to

10. Videoconference with Supreme Master Television staff, Los Angeles Center, California, U.S.A., August 29, 2009 (Originally in English).

check, okay? Takes some time. And also we have been physically busy for the planetary survival, so I had to sacrifice your request and put it back, up to today, and I tried very hard to get it in today. Yes, okay? [MC: Thank You, Master.] Yes. Tell me, what else?

MC. *Mars is known today as the red planet and Venus is boiling hot. [M: Yes.] Did Venus ever have a landscape similar to Earth, with thriving life and green hills, blue seas, or did it have a different landscape?*

M. Yes, yes, they have similar. Our neighboring planets like Venus, Mars, have similar landscape. Some are more strikingly exquisite, more beautiful. Perhaps if we have time a little later on or your question comes up, I will tell you. Okay? [MC: Okay.]

Q. *How technologically advanced were the Venusians before the mass destruction?*

M. Ah, very advanced, much more than us. Sadly, only technology advancement, yeah, not much else, and that's why. You see, they have been a little bit too materialistic. They have been very proud of their own achievement and pay very little attention to the divine nature of the inner kingdom. They were too proud, they had too much advantages from technology. And they think they are God, yes? They thought they could do anything they want. In fact, almost, physically. Let me see if I have anything there for you. Yeah, yeah, okay. Yeah. Go ahead and then maybe I can tell you some other things.

Q. *Was there an enlightened Master before the time of the destruction on Venus?*

M. There have been but they destroyed them immediately. You see, I told you they have been too proud of their material achievement and too arrogant to listen to anyone who talks about something abstract like God or something like value of the inner kingdom or moral standard, et cetera. Therefore, none of the Masters survived. And later, no more Master was sent there, of course. Just a few, beginning and they almost terminated them immediately.

Q. *Master, how many people practiced spiritually at the time?*

M. How many people? None, baby, none. [Audience: Oh!] Yes. Sorry about that. This Venus only. Yes, any more questions? [Q: That's it. Thank You, Master.] Welcome.

Q. *Master, did the Venus inhabitants have a solution, like being vegan, before the mass extinction?*

M. No, no. No. They know nothing about vegan, about compassion, about the interconnectedness between lives. And that's why they faced such a terrible end, worse than Mars.

Q. *And what kind of disaster occurred on Venus?*

M. Explosive and poisonous gases from livestock as well, and that in turn triggered other gases from all sides. And then they just explode within a few weeks, like eight or nine weeks, everything was completely destroyed, and they all annihilated, because of the big explosion from under the earth, from like a volcanic type and gas from the ocean and, of course, from the animals. They all together exploded the whole planet. The whole population died because of explosive and poisonous gases. [Q: Thank You, Master.] You are welcome. It's sad.

- Q. *There seems to be many planets that have undergone this planet-threatening crisis that Earth is going through due to the eating habits of its inhabitants. Why is meat-eating such a hindrance to the evolution of the planet?*
- M. Well, you see, only the low level of consciousness of those planets that have inhabitants with low level of consciousness have been destroyed or ruined. Not the high level ones. [Q: Okay.] Of course, there are countless of them, I'm very sorry to say. Maybe I have it here somewhere... around five billion planets have been destroyed or in similar fate as Venus or Mars.
- Q. *Thank You. Did maya instigate this same test over all planets with the meat eating habit and the destruction of the planet?*
- M. Yes, yes. That's the maya work, of course, the king of the devils. They are chiefs of the negative force. They want to destroy the children of God. And if people are not listening to the divine intuition and / or spiritual guidance, then of course they fall into this trap, surprisingly so easy to fall. Yeah. [Q: I understand. Thank You, Master.] You're welcome.
- Q. *And were You ever on Venus?*
- M. No! No! But I have been on other Venus. Not that Venus. There were four Venuses in our galaxy. They are so named because they're all similar, yes? Similar in size, similar landscape, similar beauty. They call them Venus. And two of them were destroyed. One is destroyed, and we still see now, with the hot gases all over on the planet? Yes. And all that life exterminated. There's another Venus, also destroyed, completely, completely exploded, completely gone to dust in a sudden moment.
- And now, we still have two more Venuses which are very beautiful, much more advanced in technology than our planet. And luckily, on the Venus, the population up there, only one-fourth of them are eating meat, and also very sparesome. And the rest, three-fourths, they're all vegetarian or vegan. [Applause] Therefore, they still can have their planet. The other two planets, one is still there but boiling hot, the other completely incinerated by explosive gas. [Q: Understand.] Because there is some poisonous gas that has been built up also underneath of the surface of that Venus, the second one. Not the hot one now, but the second one, the exploded one, poisonous gas has been built up inside the core of that planet. The planet had an empty core inside, and the poisonous gas has also been built up in there, as well as built up in the atmosphere of the planet. And that's why, that Venus, I just say the fourth Venus, was completely gone, like dust. [Q: I understand.] Exploded, completely disappeared – the whole planet, not just people.
- Q. *How are You? [M: Oh, I'm fine, how are you?] Very well. When did the destruction of Venus happen?*
- M. Oh, that was billions of years ago; long, long before Mars. Therefore, no Venus person was there for me to contact. That's why it took a longer time for me also, to get all the answers for you. You see, the answers come not from Venus. All the answers that you get right now did not come from Venus itself, did not come from this hot planet. And of course, less from the disappeared other Venus – Venus 4, I will call it. In my vision, it's just number 4. And the one we're asking now is number 1, and then the others, 2, 3, all right. The first one and the last one were in trouble.

So these answers, I have to come to ask Mars people. The Mars elderly help me to get some answers. And then the other more profound answer came not from Mars even, because Mars people cannot tell everything. So some of the questions were answered by Mars elderly. But most of the answers I told you, even for the disappeared Venus and all that, came from another source of information. Namely, we have to thank the God of the Galaxy Historical Record Library. He keeps all these records. [Applause] [Q: Wonderful!] Yes. Of our galaxy only. Please don't go too far, I will have to meditate too long. Your questions seem simple, but I had to work hard. I don't know which source to contact, because these informations don't come from the Akashic Record Library. These are from the Galaxy Historical Record Library. And no one is able to go inside to check because, I guess, it doesn't concern anyone. We can check our record in the Akashic Record Library, but we cannot go into this library to check about our galaxy, disappearance or survival. But because the God who is in charge of the Galaxy Historical Record Library, he was kind, and he just let me know the information. So we have to thank him. [Q: Yeah, thank You.] Oh! Her! It's a her, sorry. [Laughter and applause] It's a beautiful goddess, very kind, gentle, helpful. I also did not know this before. Yes, thanks to your question and your earnest inside request that I was able to contact this goddess; otherwise I did not even think about that. You see what I mean? Yes? [Q: Yes.] I did not think about that. No one can go in there, but she gives me information and that is enough for us.

Q. *How much time did they have? Did they take any actions, or was it already too late? [M: It was.] Well, I think You answered this question, but were there not enough people, like Mars, to spread the word that it was important to be veg?*

M. No, no. It wasn't. They didn't have time at all. Within a few weeks' time, the whole planet was destroyed. Yes, destroyed because of the poisonous gases, from livestock. Of course, it triggered other gases from the ocean, from the warm ocean as you know. It's similar to our planetary problem right now. It happened too fast for them. And they did not really have time. They did not really care about this vegetarian diet. They did not really go into any spiritual dimension. Mars was a little better, you see? But this one, no.

In this Venus, the hot Venus, even the core of the planet was also full of hot and poisonous gases, so no life can exist. Maybe those microscopic life, but it's useless for us or for any human to dwell there if you could even get there. The size of the disintegrated Venus, it's similar to Mars. But the other two Venuses are very cool, very good – they have no war at all and they have less meat-eater population, you see? So more or less, they are balanced with the karmic law. Some time ago, I said if we have two-thirds of the planet population vegetarian, then we could have saved the planet too. But now it's too late. Now we need the whole planet population to be compassionate. Vegan would be the best. They also have UFOs. The two surviving planets, they have UFOs.

Q. *How are You? [M: Hey, how are you?] I'm very good, thank You. Very good, Master, thank You. Thanks to You. I had a question but You already helped us to solve it about which planet was first destroyed either Venus or Mars and You told us already, it was Venus. [M: Uh-huh.] However, did Venus ever have a chance to get in contact with Mars planet before the disaster occurred?*

M. No, no, they don't contact each other. The two Venuses that have been annihilated or ruined, they have not much spiritual quality; they don't have telepathy, nothing, because they concentrated all on the physical aspect of development. They do not care about spiritual practice. That's why they got destroyed.

- Q. *Understand. When the disaster happened, did any beings survive the disaster? And how did they manage to survive? And how many beings were able to survive the climate disaster?*
- M. None. [Q: None.] None. [Q: So sad.] They're all gone, all gone. Some died immediately, some died a slow and painful death. Within a few weeks, all gone – men, animals, trees, grass, all. Anything that once existed on this hot Venus planet, all gone in a few weeks' time. And the other planet that I mentioned, the fourth Venus, it's just completely gone in minutes – exploded. [Q: It's very sad.] Very sad, I know. And the main reason for the extinction of the fourth planet was that because they lived a very vicious way of life. They don't care about God or any moral standard. Anyone against them or preaching something like divine nature or God, they immediately kill them, but in a torturous way, in the cruelest, painful, slowest possible death. This is a terrible, terrible planet. It was a terrible planet, the two Venuses. Though they were very, very advanced technologically, they're nowhere in spiritual standard and moral standard. Anyone who dares speak about something that is not materially proven, that person is classified as a witch, as whatever name they can call it – meaning a very worthless person and a bad person, dangerous person. They worry that this kind of person will poison the mind of the planet population, so they destroyed them in the cruelest way possible in public so that everybody knows about it and nobody dares even think in that direction anymore. They just concentrated on developing machines, technology and they had very comfortable lives so they believed in it. They think there was nothing else better than this, better than their heaven at that time. [Q: Understand. It's really overwhelming to know something like that. So sad.] Yes, it is. It makes me feel small. Because I'm already small, you know, but in the galaxy, there are so many things, so many planets and so much happening, it makes us feel like nothing at all; feel very insignificant, less than insignificant.
- Q. *Thank You ever so much for being on the planet Earth with us... [M: You are welcome. You're welcome, welcome.] ... to save us. Thank You so much. [Applause]*
- M. I have to check with my notes. The Martian wise elder answered me only three questions and the rest are from the God of the Galaxy Historical Library Record. I'm very grateful to her – Goddess. Actually, they don't care about 'god' or 'goddess.' Just looks so beautiful. I think it's a 'she.' At least the two remaining Venuses, they worship God, but they have only one religion – makes life simple! They all worship God and on the one religion, that is almighty God. So there is no fighting between religious differences. Never. At least like that they're more balanced and they have three-quarters of the population vegetarians. So there we are.
- Q. *Hi, Master. It's a great honor to have You with us today. I'm very happy and very, very grateful. I have two questions. Did the people who failed to save Venus have to reincarnate onto another planet to make up for their mistakes, for instance, as earthlings in this era facing global warming?*
- M. First, let me check if I have any of that information somewhere. [Q: Okay. Thank You, Master.] Welcome. Just one second. These people, they have been born in a hell-like existence for a long, long time, thousands of years and then later after that, they were allowed to be born as humanoid again but in some very, very frightening planetary existence, where they have to live in constant fear, sorrow, and inner anguish. It's similar to hell.
- Q. *Will Earth be the last planet to be on the brink of extinction?*

- M. No, it won't be the last, honey, as long as we still have cruelty and immoral conduct; especially cruelty, especially killing actions between each other, or to lesser, weaker beings like animals. If any planet, who has harbored or who practices such a lifestyle, they will also have to face the threat of extinction like what we are doing right now.
- Q. *I hope all the planets will awaken soon to be on the right lifestyle.*
- M. Yes, you hope. Let's hope our planet survives first. And then, after that, everyone will be astonished about what kind of inventions we will come to be able to experience and then we can experience other planetary sceneries or visit them, or they can visit us also. [Q: That's wonderful.] And we can have interplanetary connection. That will be very nice. [Applause]
- Q. *Hallo, Master. I have two questions. [M: How are you?] I'm very fine. Thank You very much. How are You? [M: Ah, good, good. What is your question, love?] The critical mass has been reached around March 2009.*
- M. We are getting better, you know? Sometimes I watch television and almost all the television is on the subject of planetary trouble and also on the subject of solutions, like the vegetarian diet. Today, one of the Russian televisions flashed one of the advertisements saying that, they question: 'Is vegetarian the only solution to save the planet, and are we forced to be vegetarian due to planetary crisis?' et cetera. I'm so glad. Maybe we can make it. Who knows? [Applause] [Q: Fantastic.] Good, good. And then we can come to see the other two remaining Venuses. Yeah. [Applause] [Q: That would be great.] Maybe. Yes. And then you don't have to ask me so many questions. [Laughter] Your questions seem simple and my answers also simple, but I had to meditate and search the whole universe and I had to write down whatever I can condense or can translate into human language, and I have to write in the darkness, you know, with a small flashlight because I don't want to break my concentration and connection, you see? And sometimes it's not always very pleasant for the eyes. Because sometimes when I get it, I cannot try to get my eyeglasses or anything like that. I have to do it quick. See, sometimes I scribble around. I couldn't even read my own writing sometimes. [Master laughs.] Okay.
- Q. *Thank You very much. Another question: How many vegans are still needed to save the planet?*
- M. I told you already, the whole planet should be. [Q: Thank You very much, Master.] I don't know if they can be completely vegetarian, all of them, but at least vegetarian, meaning: Suppose if they have some cows as their pets, you know, the cows sometimes give extra milk, then of course they're allowed to take them. But I'm afraid saying that there might be a loophole. They could say, 'Okay, we will have like 100,000 cows as pets!' Then we go back to zero.

I am just hoping that all the people become honest and truly want to save their own lives as well as the lives of their children. I ask all the gods, all the angels, all the divine intelligence to come down on this planet and to help us to awaken humankind because time is pressing and we don't have enough manpower. Honestly like that. Because our group is very small so I pray day and night, ask them to materialize themselves, use their power to influence people, to reason with people, wake them up so they will be vegetarian quick. And of course, they're helping us. Yes. We have to thank them as well. [Master is putting her hands together and bowing to the providence.] [Applause] The gods and goddesses and the angels, they materialize themselves for a short period

of time on Earth and talk with someone or help them to awaken. I do hope that with divine intervention, we might be able to save the planet because it takes too long for my liking.

Q. *Wow, just so much blessing we have. My first question is: How many physical planets are vegetarian?*

M. Oh, plenty, plenty, of course, yes. As many as non-vegetarian planets, there are also as many as vegetarian planets. It's countless, countless. In our galaxy alone, they're countless already. And these vegetarian society planets, they're more advanced than us. They even have traveling belts. You just wear a belt on your waist, like this, and then when you want to go somewhere, just push the button. [Q: Wow. That's really cool!] Yes, very cool! [Laughter and applause.] Push a button then you just fly. [Q: Thank You so much.] That is just one of the so-called inventions of their planets. There are much more than that we could never dream of. But we will have it. We will have all that and more if our planetary population becomes more compassionate, more calm, more developed inside, through calmness, through meditation, through vegetarian diet, through compassion.

People do research and they recommend, they say that meditation calms the mind, makes your heart open and more compassionate, more intelligent even. But the vegetarian diet will lead people there, because there is not much calmness, not much result comes from meditation if we are not compassionate. Even if we could have more intelligence through meditation without the vegetarian diet, then we don't have enough compassion, you see? Then we will use our power in a very destructive way; it won't be any good. We'll probably just earn some merit, physical merit, just like those on the first and the fourth Venus planets who probably had some merits in the past life, you know, through meditation or through some contemplation, but without developing a compassionate side to balance it. Therefore, they were reborn in Venus with all the merit they'd got, all the intelligence that they'd got, but lacking compassion. They killed anyone who talked about compassion, who talked about God, who talked about moral standard immediately, but you know, a prolonged and painful death. Therefore, they could not survive.

Q. *Wow! I can't wait for the day when everybody is just happy and never has to wake up to fear another day of sadness.*

M. I know, me neither. Sometimes I thought I could not even bear one more second, not to talk about another day. But we just have to be patient and pray. You guys, all the people have to pray for divine intervention. Pray to all the gods and goddesses. Pray to all the merciful angels that they'll come down, materialize themselves somehow, because they can, they can. They cannot stay forever, of course, nor do they want to stay forever, but I told you already some other time that the gods and goddesses from different higher levels could come down to Earth and manifest themselves for a certain period of time. It depends on from where they come and for what purposes. So I have requested them, I have prayed to all of them, 'Please, come down and help us, we really need you all right now.' And I do hope that it works, because they did come down. So don't be surprised if in the supermarket you bump into some nice looking boy and looks like you could fall in love with him or something. Please don't! [Laughter] He might disappear in one or two weeks and leave you heartbroken. [Laughter]

- Q. *Thank You so much, Master, thank You. [M: You're welcome, honey.] My second question is: Has there ever been a time in our solar system when it was a community of planets and we were interacting with each other as the same on Earth?*
- M. Oh, yes, of course, of course. Yes. That was a long time ago, long time ago. We had interplanetary connection and all that.
- Q. *Then what made it stop, what was the change that made it not happen anymore?*
- M. Well, we degraded ourselves to material greed, cruelty, ignorance; forgetful of our divine nature, and just plunging into material depth. So the more we go down, the more we go down. And so that's why we arrive at what we are right now. And I do hope people truly wake up on time, otherwise that's it. That's that.
- Q. *Thank You so much for Your time, Master, and I think we all believe that having You over here, we're definitely going to save this planet. Thank You so much! [Applause]*
- M. Thank you. Yes, let's hope so, huh? Yes, let's hope so. [Applause] And you do pray, okay? [Audience: Yes, Master.] You can pray to Master power in time of emergency, you can pray to Master power for liberation in this lifetime. But for our planetary problem, we have to pray to all the divine power up there, everywhere, around us, above us, under us if you will. We have also divine people with power who live under us as well, under the earth crust, yes, deep in the middle of the Earth, or a little deeper, under the crust of the Earth. We have to pray to all these divine beings [Audience: Yes, Master.] to help us in some way, you know, because we are in the physical dimension, so we have to pray to them, request them, invite them to come into our planetary physical existence. And no matter how short a time they can come, they can come and then they leave, and then they come back and leave. You know, it's like visa expired! [Laughter] 'Then please come back again. We'll always be glad to extend the visa infinitely.'
- But the thing is, it's not all of them who like to come down. I have to beg and pray, and request, and we don't blame them do we? Who likes to come down here, especially when the house is on fire? But we need them. So do pray with me, okay? [Audience: Yes, Master. Yes.] We need another 60%, more or less 60% vegan population. We have about 40-something now. It's still very reachable, right? [Audience: Yes, Master.] [Applause]
- Q. *I have a question about the swine flu that is spreading on planet Earth right now. I would like to know that, are those planets who were destroyed in the past, like Venus or Mars, had they been experiencing such pandemics like swine flu?*
- M. Yes, and more. Yes. And the swine flu is nothing yet, baby. We will experience worse than that if we don't change our way of life. If we don't turn around and walk in the opposite direction, then we are heading toward destruction of all kinds. You see, planetary warming, yes, methane gas, from all sides, from all sides now, not just from livestock. But because of livestock, it triggers methane gas from all sides: From the river bed or from the permafrost, from the bed of the ocean, from the mountains, from the dying forests, do you understand? And even living forests, alive forests, if the atmosphere is too hot, the forests also cannot absorb CO2 and they could even release CO2 themselves as well. So we are surrounded by trouble. There's only one escape route that I have told you already. I wish there were several. There's only one: Be veg. That's the path to go, then maybe we still can have time.

- Q. *I have another question. [M: Please do.] Is there a certain quality that determines which planet a soul can incarnate to?*
- M. Yes, yes, yes, yes. There is a standard for humans and animals and all being alike, that we have to adhere to or live up to in order to be reborn in a more favorable planet or a worse planet or maybe a hellish existence which is only suffering. Our planet is half and half, see? We have sometimes suffering, sometimes happiness. Some parts are very, very heavy burdened with the bad karmic retribution. The people suffer too much. In some places, people are okay, but okay for how long? You see? That is another question. Some people are okay for now, but if they overspend their past life merit and do not build up more present for the future good merit, then they will not be okay after a while or after this lifetime. Yes? [Q: And I like Your dress very much, too.] Ah, merci. [Applause] Because you are French! [Master laughs.] French people, they love fashion.
- Q. *I have some questions about the Sun and the Moon but before I ask that, You mentioned something very interesting about the two Venuses. [M: Yes?] And I was just wondering, You said that You were there so was it through Your presence and guidance and grace that they were able to survive?*
- M. Ah, you asked me to praise myself or something? [Laughter] [Q: No. I mean...] I'm very shy about that! Even when people praise me, I'm all blushing already. You ask me about this stuff. Well, think about it for yourself, okay? I'm only happy to serve anywhere, anywhere, yes. [Applause]
- Q. *Was Master doing the same thing over there as You're doing right now?*
- M. Ah, I'm doing this job life after life. It is like a lifer, like I can't quit! [Master laughs.] Wherever I go, I'm assigned a similar job. Some places are more pleasant because people are less obstructive, yes, less karmically burdened. Some places are very heavily burdened. If it's too heavy, then I won't be sent there. I'm not allowed to go there. Not allowed, not like I don't have the power to go there, it's just the bad karmic build-up from the people; we cannot do much. We have to respect the karmic law of the universe as well. For example, in hell, you cannot go there and preach to people. Why? They're suffering too much, they won't listen at all. And they could not even pray down there. They don't think of praying. You understand me? [Q: Yes, Master.] Okay, imagine, when, sometimes, when you're in very deep sorrow, like just heartbroken or something, you could not even think straight. You sit in front of the television but you don't watch anything. You open the newspaper but you don't see what's printed there, et cetera, et cetera.
- Similarly, if a planet has such a dense atmosphere and a very low spiritual consciousness, then even if any Master goes there, it will not do good. You see what I mean? [Q: Yes, Master.] Yeah. Not like heaven is not merciful and does not send Masters anywhere where the suffering needs it and all that; it's not like that. But they won't listen. It would be no use. On the contrary, they might even torture or kill the Master, like some of us humans did a long time ago, you know, with the Masters like Jesus or Prophet Muhammad – they chased Him all over and persecuted Him and His followers, et cetera, et cetera. Because at that time, maybe our planet, some population had still been not elevated enough. So if a planet has so much dense consciousness, then the Master won't go there. [Q: Thank You, Master.] You're welcome. But they will have a chance. They will have a chance. Once they've been cleaning, you know, they're suffering long enough, then their soul will be awakened and look for something more worthwhile, more of divine nature. At that time, they will be reincarnated in some more

favorable situation so that they have a chance to study with a Master or spiritual Teacher of some kind. But it takes a long, long time, sometimes thousands, thousands, and thousands of hundred thousands of years for such a soul to awaken themselves if they have done such a grave sin and denying God while living. You're happy with my answer? [Q: Yes. Thank You, Master.] You're welcome. [Applause]

Q. *Is there anything else You wanted to share with us about those two Venuses?*

M. Oh, they're beautiful. [Laughter] They're very exquisite. Lushful, yeah? Beautiful, and the temperature is just always nice; it makes you healthy, happy. Very little quarrelling between each other. And even the one-fourth of the people who eat meat up there, they know they're wrong. Even they eat meat but they repent all the time and they're trying to minimize all the time as much as they can, so the atmosphere is very conducive to comfortable living. They have all necessity, technology, and transportation, like email and stuff. Our email and internet system here are just kindergarten compared to theirs. [Laughter] And they have UFOs, of course.

Q. *Could You please tell us more about life and the beings on our Sun and Moon?*

M. Oh, Sun and Moon, there are no beings. In the Moon, even if you go there, there are only spiritual beings. And the Moon itself is a spiritual great being – same with the Sun. The Sun is a great, great, great, great spiritual being, who manifests Himself to help our planet, to nourish all beings on our Earth. So we always have to thank the Sun. And in the ancient time, people worshipped the Sun God and for that reason as well. He is beautiful, beautiful inside; loves us all the time. No discriminating, always love, love, love. And whenever you look up to the Sun, you feel only love, love, love. And if you have time, you sit in the sun sometime, you feel happier, no? [Audience: Yes, yes, Master.]

That's why in summer people feel very happy, happier than in winter because it's due to the plentiful sunshine, yes, plenty of sunshine. And it's not because the Sun doesn't love us in winter. [Laughter] It's just that the absence of His presence makes us forget the happiness within us. You see what I mean? [Q: Yes, Master.] But if we are smart and if we concentrate enough, then we think of the sunlight, that's also be sufficient. Even though the Sun doesn't appear, the Sun is hidden behind the clouds, but you must have presence of mind enough to know that there's the light of the Sun all over the planet even at wintertime. Then you're also connected with the Sun and then you feel also loved; maybe less reminded, like in summer, less warm. But it's not always the case. If we remember the Sun, we'll be happy. The Sun is a fifth level being; from the fifth level.

Q. *Wow! The Moon beings are spiritual beings, so would they be able to travel here on Earth to see us or have they ever?*

M. Yeah, if they want to, yeah. The Sun has also beings in it, but not physical beings. The beings in the Sun also help the great being of the Sun to protect our planet, to help all things to grow, and to send us happiness. All they do is just send us bliss and happiness and love. They exist just for that.

And the Moon beings, they are also beautiful. They also love us very much. I have seen the Moon smile at me many, many times and I even have a witness, and he is still alive. The witness is still alive. Truly the Moon smiled at me, so many times, and a long, long time, not just a few seconds or a few minutes. She smiled as long as I sat there. And my

attendant saw it, too. And we were just sitting there, sitting there and looking at the Moon and feeling so happy, happy. But, when I say look at the Sun and be happy, please don't try to do it in midday or something, okay huh? [Laughter] If you have to sit in midday, please sit in the shade, okay? Especially summer because maybe your skin is not accustomed to such heat. [Q: Yes, Master.] Yes, we do have to feel humble. We do. Look, the little trees that have little leaves, he stays in the sun all day, the whole hot summer – never gets burnt, you see? The olive trees, the leaves are so tiny, like my little finger here, never get sun burnt. And we, the big guy, and smart, intelligent humans, and this and that, sit in the sun just a few minutes, 'Oh, I'm burnt! I'm burnt! Oh, sun cream, quick, quick, quick, quick!', all over the body and still feel burnt. Yeah, we should feel humble a little bit, no?

- Q. *Yes, Master. What do they think about our current situation with climate change, the Sun and Moon beings?*
- M. What do you think they think? [Laughter] No? You can answer this question, no? You think about that question, okay? Like a koan for you, hum? All right. Any more question?
- Q. *Yes, Master. Are there any messages from them?*
- M. Be veg! Go green! How about that? [Laughter and applause.] [Q: Thank You, Master.] They love us so much and they are doing what they can. Their job is to make us happy. Their job is not to worry about our planetary crisis, because as soon as they start to worry they won't be happy anymore and they will not radiate this happiness to us, you understand? [Q: Yes, Master.] They are doing their job perfectly already. We always have to be thankful to the Sun and the Moon and the Stars. They are all great beings, all great beings. They are there to make us happy, happy. [Q: Thank You.] And remind us of the glories of heaven. Glorious heaven, shining, beautiful heaven.
- Q. *Hi. Thank You for talking about the Sun. Actually, I really enjoy to watch the sunset.*
- M. Yeah, that's good. Sunset and sunrise are a good time to watch, not midday. [Laughter]
- Q. *And one time I had an experience. We were watching the sunset and suddenly I told her, 'Ah, did you, did you see that?' And she said, 'Yes, they are telling us, 'Hi!'' It was like seeing all the hands say, 'Hi! Hallo!'*
- M. Yes, I told you, they're loving and they're kind. They bring us happiness all the time, all day, all night, 24/7. [Q: Yes, that's true. It was very beautiful.] So kind beings, yes, so kind. Good, huh? I have proof now.
- Q. *I have some questions about UFOs. [M: Tell me.] On Supreme Master Television, we aired the news about how more people are reporting UFO sightings this year. Why is that?*
- M. Because they worry. These UFOs, they came from us. I told you there's some more advanced beings that live underground, yes? I told you long, long, long, long time ago, no? [Q: Yes. Yes.] They came from down there and come up, because if our planet is in trouble, say, like, engulfed by gas and all that, they will also be in trouble; maybe to a lesser degree. It depends on how much trouble we have, they will have also problems down there. So these UFOs are 'homemade.'
- Q. *And are there UFOs from Venus who come to visit us?*

- M. No. No. They are not interested.
- Q. *Are there many UFOs from the people underground? Do they have a message for us?*
- M. They do, they do. Well, I guess I have said somewhere before, but of course they wish that we have peace with each other, yes, and with all beings all around us; because that's the only way to live our life. But of course, they cannot interfere. They know the karmic consequence. They know the karmic pattern, that whatever we have done, we will have to pay for it, good or bad. So they will only stand by and watch. [Q: Thank You so much.] Are you happy with my answer, by the way?
- Q. *Yes, I am. Thank You so much, Master. And You're always more beautiful.*
- M. You're beautiful and you guys are getting more well kept and full, and happier.
- Q. *Yes, we are very happy, Master. Thank You so much!*
- M. Yeah, I'm glad that you're happy there. All of you are good, good, try so hard to work. [Q: Thank You so much.] You're welcome, love. You're welcome so much. [Laughter and applause.]
- Q. *Hi, Master. Will the time for living as breatharian come soon, at least for spiritual practitioners?*
- M. No, not, not so soon, not so soon. It's not requested by heaven. As long as you are vegan, we can save the planet already and heaven is happy. We cannot leapfrog too quick because of the habitual pattern of humankind. I wish it would be like that, but it's not that necessary. It would be better, of course, if all became breatharian, yes.
- Q. *I'm happy to see You again. [M: Beautiful 'Arabian night' princess!] Thank You, Master. Why have so many Masters been born in the Middle East? Like Jesus, like Muhammad, like Moses, like Abraham. Many, all of them. I don't know, all of the Masters...*
- M. Yes, yes, understand. There have been Masters all over the planet, yes, over centuries. It's just that in some countries they had a system of recording and some countries they did not, okay? Yes, that's that. [Q: Thank You, thank You, Master.] You see, for example – I'm just telling you an example, yeah? It also depends on the disciples' enthusiasm also. For example, Buddhism is spread all over China and Asia, yes? Because the Buddhist disciples at that time spread out and recorded His teaching. They had a good recording machine namely called Reverend Ananda at that time. Yes? That's the big computer that the Buddha had. [Laughter] So he recorded all the teachings of the Buddha and then stored it in India where there had been reverence and respect for spiritual Masters, so they keep it well – at that time. No war, no destruction, you see, so they can keep all these records. And later on, it spread; some of them go to China and then the Chinese had a monk called Xuanzang. And he happened to be a prominent monk. Namely, he was a brother, not a blood brother, not a biological brother, but a sworn brother of the king at that time. So the king sent him to India to request all these beautiful sutras that had been housed in India at that time. So Xuanzang was also lucky, went through all over in a peaceful country and, of course, had the blessing of the king and had his power. So he was successful in bringing back all the Buddhist sutras and translating them into Chinese. And of course, China was a powerful kingdom. And, of course, the king believed in Buddhism; the whole country believed in Buddhism. Yes? And then from China, it spread all over. China at that time

was like the main kingdom for all the countries around. All the countries around China had to offer their tax and everything, every year and had to recognize China as the main power, as a 'big brother' power. You see what I mean?

Therefore, Buddhism spread all over. Whereas, for example, Jainism or Sikhism, doesn't spread anywhere. Not because Sikhism is inferior or Jainism is inferior to Buddhism, it just had no instrument. You see what I mean? Or they might not have enough disciples to think of to go. The situation is different, the development is different. Therefore, you see?

Jainism is exactly just like Buddhism, yes? Sikhism also helps people to do good. We know that because I told you guys to give the extracts of the different religious teachings so that people can have a comparative study through our television. You know that, yes? So for Jainism, Buddhism, Sikhism, they're all the same; the main principle is the same. But Buddhism spread all over Asia, and Jainism didn't. Sikhism did not too, not too much. You see what I mean, honey? [Q: Yes, Master.] Yeah, all right, so in every country, every period of time, there are also Masters; not just in the Middle East. It's just probably the recording system at that time wasn't very, very favorable, that's all.

Q. *Thank You, Master. [M: Welcome.] My second question is: Why is this region constantly in turmoil? [M: Yes, Middle East, yes.] Will we soon see the day when there will be peace in the Middle East?*

M. When we are more at peace on our table, everywhere, then there will be peace on Earth, okay? Not just in the Middle East but everywhere. The Middle East is not the only troubled, war-like region. Everywhere else you look, yes? Everywhere else. [Q: Yes, Master.] It's just smaller or bigger. And some region, they've more magnified and more enduring war. And some region, just breaking here, breaking there. But as long as we don't have peace on our table, there will be no peace on Earth. So that's why the vegetarian diet is the beginning of peace on the planet. [Q: Yes, Master.] I wish your country all the best though, of course. You know that. I'm trying my best. [Applause]

Q. *Yeah, they are changing now. There are many people from Jordan, they became vegetarian. [M: Yes, that's why I ask you guys to air all these countries' cultures.] [Applause] Thank You, Master. Thank You for all that You are doing for the Middle East, for all the people in the world. Thank You so much. [M: It's my pleasure, my pleasure.] Especially for the animals. I'm happy that we are saving the animals.*

M. Yes, yes. We are doing that, love. We are, we are. And thanks to you. Thanks to all of you, for your diligent effort – very, very, very big help. All of you, all of your work is bearing fruit. So please, have my gratitude as well, and continue, okay?

Q. *Hi, Master. I have a question about Iran. Because You said it's not a big problem only there, but there are also problems everywhere.*

M. Yes, yes. You are Iranian, of course you are concerned about Iran. [Q: Exactly, exactly, that's why.] Go ahead. It's all right, love. Tell me.

Q. *Would You please shed some light on the situation in Iran that would help the Iranian people? Would You please say something about the current situation in Iran?*

M. I am very, very troubled. I'm very, very sad about some unpeaceful developments over there. It also took me by surprise, yeah? Took me by surprise. And I love your people. I

think you can feel that. [Q: Yes, and they love You very much.] Not just your people, of course. But, of course, I love people who are in more trouble, yes? And it makes me toss and turn a lot. But I pray for your country. But I want your people to have more peace within themselves and more trust in Allah, yes? Everything is temporary, even the worst situation is temporary. The more we struggle, the worse it gets, and it results in more suffering and bloodshed and division between your people. Just let it be in God's hands. If we want to change the outside situation, the best thing is to change from inside, yes? We have to have peace within ourselves first. We have to have peace with other beings on the planet and then peace would be in our home and in our country.

Now, we all have to regulate what we owe to the society, in the karmic pattern. Overall, I think Iran is a freer country than many other countries, don't you say? You know why I know that? If you look at other countries, it could be worse. One thing I told you already – the outside situation is a manifestation of our inner state of self, yes? And the whole country's situation is the manifestation from the inner self of this national population. So the population as a whole shares the karmic connection. So even though sometimes we are innocent, we also are dragged into a bad karmic whirlpool of the collective mass, yes?

Now, I just think the Iranian people should have more patience, yes? Whatever the situation, we should make the best of it. We should be thankful that Iran has peace in the whole nation, yes? Because they have peace, therefore there are many extraordinary inventions that have happened in Iran. Recently, I heard they even are making artificial lungs right now. I had not heard that before. Heart, we heard about it, but lung is difficult. Now they are making it already in Iran. Many other extraordinary inventions came from Iran, and I'm very, very proud of your people. They are so smart, you know, and also they have peace within the country. So it's better we keep this peace first. You see what I mean? Like, if a president has been voted in favor, more than the others, then let it be, let it be. Yes? There's a song of the Beatles called 'Let It Be.' Let it be, yes? As long as the country has peace, at least we can build up something, yes?

I learn a lot about Iran. I think it's a freer country than many other countries. Many other countries would envy Iran, because I've seen some Iranian disciples who can come to see me. That's number one. That means the government is relaxing. I don't know how relaxed, but you know, some countries could not even go out! I mean before. And now I have seen some footage on television, different television, I saw Iranian girls, they wear jeans and they wear tight shirts and all that. They don't have to cover their face all the time. And they go to college in jeans, they walk on the street in jeans. I don't mean jeans are beautiful more than what you wear, I don't mean that. But, at least, there's a freedom of choices. And I saw on television that the Iranian girls nowadays go a lot to do their nose job or whatever, plastic surgery, and not very expensive. And Iranian music is very modern, popular and stuff. I just look here and there, and I think that your country is doing fine.

War of any kind is never a solution. War is never a solution, no matter what manner. Because some people, sometimes you want to just voice your opinion peacefully, but some bad people come in and mess it up and make it more bloody for their own benefit. And in the end, only the poor, innocent people suffer. Do you hear me? So I would like your people to have more peace within themselves, more trust in Allah. In the bible, it says that, 'Not even one hair that falls down is out of Hiers will.' You understand me? Everything works according to Hiers will. I hope your people trust more in God. Because the more we resist the situation, the more tension builds up, and I don't know how much

more trouble it will be. Do you understand me? We should look at the whole nation as a family, yes? And maybe some members of the family are not to your liking, or maybe are behaving in some way that is not favorable, but we have to be patient, yeah? We have to be patient; better than suffering, bloodshed, division, and war within the country. You've seen it yourself, many countries have civil war – brother against brother.

I have nothing to gain from your country. I'm just telling you because you ask me, because I wish peace on your country. Only in peace can we develop anything that is beneficial to the citizens of the nation; only in peace can we talk nicely on the table; only in peace can we have enough mental power to think of what to do next in the future for the whole benefit of the country. We are in the habit of wanting everything, but this world is not a place for us to have everything we want on the plate; because we have to earn it, we have to create it. Heaven is our own making. Yes? So take whatever God arranges, even if you think it's not proper. Who knows? Who knows what is proper in the heavenly plan? I love your people. I love them all. I hope you just take my opinion as just the humble opinion of an outsider, of a very objective outsider who has no interest to gain, nothing to lose even in your country's affairs. But I love your people, truly. God knows that.

Now, you see in your country, it's really very good; very good, very good already for a strict Muslim country. Many countries are more strict. I heard the people are being lashed all the time or a lot of time because of wearing a little jeans in public or wearing trousers in public. In Iran, they run around with jeans, tight jeans and sometimes a skirt and all that, and nobody has been lashed for wearing jeans. Please remember all this! This is a very, very good sign already. I mean, of course, we want more; we always want more. Everyone wants more in every country, but we have to take it easy. We have to take it easy and no matter what government, we have to fully support. We have to fully support, otherwise we get no nowhere, struggling, fighting; we get nowhere. We never progress with war and fighting.

You see, you never heard in Iran that people get lashed for wearing trousers. In some countries, if you wear trousers you get lashed. So don't just look at Iran and criticize. Be constructive, not always criticizing. Any government, we have to work fully with it. Remember the Americans last time, in the voting season? You know, between now President Obama and Senator Clinton, Hilary Clinton? They're both almost neck to neck, in popularity. But, at the end, only one of them should be running, otherwise the Democrat voting would be too divided and then they might lose it to the other candidate of the other party. Do you remember? So they sat together, talked together and Hilary Clinton got out; and not only she got out, she went all out of herself to support President Obama. Yes? And 'Yes, we can,' she said. [Laughter] Yeah, at that time not many of her followers really wanted this situation because it looked like she could also be winning. But you see what I mean? They put the interests of the nation first, yes? They united together to show the world that we are grown up, that we are Americans, that we work for America. We don't work for personal glory, gain... or lose. Do you understand? That is what I call a great statesman or woman; otherwise, we get nowhere, okay? Right. Okay, any more questions, loving?

- Q. *Just a question about the Iranian initiates. Can they bring the level of consciousness up, somehow higher with their meditation, with their practice... [M: Sure, sure, sure, sure, if they have enough people, yes.] and erase some collective bad karma, maybe? Is it possible for them?*

M. Sure, sure, sure, sure, yes. It's already much better. In a former time, not long ago, Iran was in a tight spot, no? War was almost breaking out between big powers, even, or neighbors. They're getting better. Just give your government some time, okay? Give them some time. They need time and support. They don't need too much criticism and opposition because even good governments cannot work in this kind of situation. Give them a chance. Okay?

The whole government is good. You have to trust in the whole system of government, okay? I told you the story. I tell you again, okay? I tell you again, for your people. I don't know what I'm saying before would incur any disfavor from your people or not, but as a spiritual person, a spiritual practitioner like yourself, I uphold the Truth, yes? And I have to tell the truth at all costs. Just like we told that meat eating and alcohol are no good, drugs are no good, and cigarettes are no good, yes?

Now, I'll tell you a story to illustrate my point. A long, long time ago, there was a country that experienced one dictator after another, one tyrant after another. And then there was the last one, the one that was existing, who seemed to be the worst one compared to all the previous ones. But there was one old lady who had been living through these dynasties of tyrants, going to the temple every day and praying for the present tyrant to live long, long, long, long, as long as possible. People hated her. Some scolded her and asked her why she was like a traitor of the country. The whole country was hating this dictator and tyrant, and she was the only one who went to the temple and the church every day to pray for his longevity, and why? So she explained. She said, 'Well, when I was younger, there was a tyrant, and we all felt that he was very bad and I prayed for him to be downed, and he was downed quick. And then came another one, worse than the one that I prayed to be downed, and then I prayed for him to be downed also, and then he was downed. Down with him! And then another one came; worse than the first two! And then now, we have this one, because I also prayed that for the third one also: 'Down with him.' Yeah, I prayed to heaven to punish him, to make him disappear, and then he disappeared and this one we have now, the fourth, is worse than all three previous ones! So this time I don't dare to pray 'down with the dictator' anymore. I pray for him to live long because I'm afraid if he's downed, maybe another one comes, worse than this one.' See what I mean? Yes, sometimes we have to pay. Sometimes we have to undergo fire. Sometimes we have to pass the test of heaven. So whatever it is, let it be. We can only do it all in peace, all in peace and patience. Yeah, understand?

Q. *Yes, Master. Okay, thank You. [M: Okay, you're welcome.] And maybe one last question. What is needed to have a bright future for my country?*

M. That your people have to change. Change in the way of Allah. Study the Qur'an and practice the Qur'an. We have picked out many of the sayings of the Prophet, yes? Heaven will bless the one who is merciful to all beings, to others. You see what I mean? We have to stop the killing of animals, and of course of our own people, at any cost. Because killing will beget killing again, again, again and again, and heaven is not pleased when we treat each other, or treat the animals or any lesser beings in an unmerciful way. If we want mercy, we have to be merciful. If we want a bright future, we have to offer that to others. Whatever we want to have ourselves, we first have to offer it. If we want apples, we have to plant an apple tree. Somebody has to plant it. At least we have to earn the money enough to also buy it, okay?

In this physical world, we have to earn everything, and the best thing is to earn it by virtues and spiritual merit. But it's all in the Qur'an already: 'Be good to strangers. Be a good guest on Earth. Be merciful to all creatures. Oh, Ali, don't eat meat, don't eat

meat.’ Yes, understand me? I know those main points that the Prophet had told people, not just for Iranian people, but this principle can apply anywhere, that people have to change from inside, have to live according to the way of heaven, have to study the Qur’an more and apply those principles to daily practice. Thank you.

Q. *Hallo, Master. Nice to see You again.*

M. Hallo. You look younger every day, why?

Q. *I don’t know. I’m getting older though.*

M. Your cheeks are stretched out and pink, and your wrinkles disappear. [Q: Yeah, I feel better.] Good, good, good. You look better also.

Q. *Thank You. You look much better. [M: Thank you. Thank you.] The United States has quite often been seen as a leader in the world. Could You tell us how we have done well in our job there, and how our leadership could do it even better?*

M. Yes, I really like it that the United States was, or still is, leading in the humanitarian field. I’m very pleased with that, and I wish that the Americans continue in this trend, in more and more humanitarian efforts, less and less war. Because only love can convert people, only love can touch people’s hearts, unconditional love. Brotherly help will touch people’s hearts.

Where do the terrorists come from? Where does the resistance come from? Because people are in want, and the more we frighten them, corner them, the more they resist. In Au Lac we say, even the earthworm, if you step on him, his head would turn around against you. This means that even harmless people, sometimes if they are cornered, they would become more aggressive, more resistant, yes.

You see, in Korea, the South Korean President, God bless him, he has just gone to heaven. He initiated the policy called ‘Sunshine Policy.’ You know what that is? That’s from a folk story: The more sun, the more the guy opens his shirt, and gets open; and if more cold, more wind, then he contracts more within himself, and protects himself, covers himself, and doesn’t show himself, doesn’t smile, doesn’t open himself up. So they’re using ‘Sunshine Policy,’ and because of that policy, the two Koreas are getting better and better, more peaceful, you see? People can be reunited with family, all tears of happiness are flowing.

So I want to tell your people: Learn from history, learn from the lessons of love. Only love and friendship can foster love and friendship. Anything that frightens people, corners people, results in war, trouble and more trouble. And sometimes in anger, people do all kinds of things which they themselves may also regret.

When your new president, namely President Obama, came to office, you have asked me a similar question, saying what kind of message do I have for your president. I said only one sentence: ‘Love expands, fear contracts.’ And love unites, fear alienates. It’s always like that, from time immemorial. It’s not my wisdom. I just learned it from all the wise counsel of the elderly of our planet and it has always worked. They have war and peace strategy. War strategy is easy: Just send every body out killing each other, all the youth, the beautiful, handsome Americans against another country’s youth and handsome other natives, yes? But love and assistance and help will always touch

people's hearts for a long time to come. America should use their power, their financial privilege to help the less developed countries.

- Q. *Yeah, to help the underprivileged. Rather than have an army to fight, have an army for peace.*
- M. Yes, yes. You will see. If your people concentrate with all your financial favor from God, and use that to help others, to help all the weak and needy countries, you will see, you will see. You don't have to fight, you will win all wars. You win all the people's hearts. War – anybody can make. Peace – it takes great courageous leadership to materialize it. Okay, thank you. [Q: Thank You.] [Applause] If you ask, I have to tell you.
- Q. *Some religious scripture in Au Lac mention about the 'Dragon Flower Assembly.' Could You explain about this 'Dragon Flower Assembly'? Could it be coming soon, and does this mean that there will be enough vegetarians at that time to save the planet?*
- M. What do you think? The 'Dragon Flower Assembly' already happened. It's happening all the time. There's so many Aulacese practicing spiritual meditation. When they say later, they didn't know how much later. It's already happening. [Applause] Prophecy is difficult to explain. Only if you are an insider, then you know it. Otherwise how can you explain anything? And, of course, if there are more and more Aulacese people practicing vegetarianism or even our practice, then it would be much, much better for your country and for the world.
- Q. *We are so happy to see You, and thank You for sharing such precious knowledge and wisdom. I have one question. I would like to ask about Master Jesus, Jesus Christ. Did He have a successor?*
- M. Yes, He had. He had the 12 disciples, the first one was Saint Peter, remember? He said Saint Peter has the key to heaven after He left – key to heaven. It's the key that you got at the time of initiation, yes. He has many successors, not just one, not just 12.
- Q. *Hi. How are You? [M: How are you, Choco?] [Laughter] I'm pretty good. My question is concerning trees. Master, You've spoken before that trees have soul [M: Yes.] and many trees are now perishing due to global warming. So my question is: Can You please tell us if trees are like animals, in that they're closer to God, and that when they die, they go immediately to heaven, or is it that they have a different evolution from animals?*
- M. Yes, each one has a different evolution, of course. But the trees who perished by helping humankind, by shading the hot planet, will go straight to heaven, of course. In each tree, there is a soul, and that soul will go back to where it comes from.

Now, our planet has lost many animal species and they won't come back. The reason animals came here in the first place was because we were in need of their help. In the beginning, we did not have much need, as most people were breatharians – long, long ago. Then later on, as we developed more appetite for many edible things on this Earth, then we needed more animals to propagate seeds and fruits, to air the earth, and to disperse different seeds and different agricultural products on Earth. Then the animals came. Then we began to fight with each other more for food and survival, since we know the taste of food, and then other animals have to come down also to balance the atmosphere of our planet, because animals bring down love onto this planet. Where we were losing love, the animals will have to fill it, in this empty space of our love, as our

love lessens, lessens, and lessens because we fight with each other, because we become disharmonized with each other due to shortage or due to greed for food, and then from food or other necessities, and from other necessities, more for power and control. So we lose more and more of the quality of love as we generate more hatred and competitiveness and jealousy into the atmosphere that we live. So more animals have to incarnate into our planet in order to help us to balance that, but now we're killing many of them almost every day. Two, three hundred species are lost every day and they will not come back. Even if they wanted to, they will not be allowed to come back. That's why we see so many animals extinct. The endangered species or the already extinct; we will never see them again because they came here to help, but we harmed them instead. So heaven will not allow them to return. And the less animals, the less love atmosphere on our planet, and also if we generate more hatred the way we live, then we'll be in trouble. Do you understand me?

Q. *Yes, Master. Master, I just want to recount an experience I had with trees [M: Yes.] when I was in Belgium. [M: Yes.] I lived around a farming area and there were a lot of wooded patch areas. [M: Yes.] One day, I was walking through one of these wooded areas and I felt that the trees in there were like alive and the air was moist and it felt like everything was alive and it had a cleansing effect because when I walked out, I felt like I just walked through a different dimension or something. And then I was like, 'Wow!' and then I started looking out for more forests to walk in. [Laughter]*

M. That's right! Yes, yes, yes. You did right, did right. That's why a lot of people like to walk through the forest. Yes? [Q: Yeah.] In Chinese terms, they call it, like 'forest bathing.' It's true because they experience similar to what you experienced, like the cleansing effect of the trees. Not because of the oxygen that they emit, but the love from them; because they never know any harming intention in their being. You see, all they have is love and protection. [Q: Yes.] Yes. That's why I made for all of them a poem recently. I hope I have the time to recite it for you. I am calling all the planetary species and all the forests, to please, please take care of themselves and protect humankind in this hour of need. [Q: Thank You, Master.] And I cried so much when I wrote that, so I wasn't sure whether I could recite it. Because every time I tried to read it again, even just to correct or revise a little, I cried so much; because I feel their response. I feel their love and their frustration, also, for us. They have just love. That's why you felt good. I'm glad you did.

Q. *Hi, Master. Master, regarding meat, cigarette, and alcohol: They are harmful industries and they have very powerful lobbies and so the governments, even though they know that it's not good for their citizens, they allow them to continue selling these products. [M: Yes.] Maybe they put taxes, but even then, they still allow the continuance of selling these products. What will make the governments strong enough to say no to these companies and these products, Master?*

M. You people! People will make the governments stronger. But the thing is, it's like a cycle: The governments have to inform people first. Because the governments have all these instruments to do so, and the thing is, the governments have to inform people first. And if all the people know about it, they will do something, you see? People will request the governments to do this and if enough people request it, the governments will do it because the governments are supposed to work for the people. They are voted in by the people, they are paid by the people, they should be working for the people.

Long ago, under President Ngo Dinh Diem, before he died – I was very young, young kid – I saw everywhere there was a slogan saying: 'The government is the people's servant.' Do you understand me? So if every government understands this, then we can

say something. Because, truly, governments are the servants of the people. It's just nowadays it doesn't work that way. But the governments are supposed to be the servants of the people. They should know they work for the people! They should know that people entrusted to them this noble and powerful task. They should do their job. Yes? [Q: Yes, I agree. Thank You, Master.] You're welcome. [Applause]

Q. *It's so good to see You! [M: Good to see you, Hungarian! I love you.] I love You, too. In a recent interview, Master said that if the current unnatural factory farm practices continue, we would see an even larger pandemic than the one in 1918, which killed 100 million people. I would like to ask You to share more about the devastating effects to humanity, the ones we could avoid if we end meat consumption?*

M. Okay. Not I who said that. There were some scientists who said so and I quoted them. I did even say scientist and I quoted it. Whatever I say, I say 'I say.' Whatever I quote, I say 'I quote.' Not everything I said. I cannot be all-knowing, an all answer machine, you know. [Master laughs.] Besides, even if I know, if the scientists say so, people should know, you see? If a Dr. So-and-So, you know, NASA scientist, or top position something, then people would listen. That wasn't I who said that.

Q. *It was Laurie Garrett, who is a Pulitzer Prize award winning journalist and also scientist, because she's an expert in these issues.*

M. Ah, wonderful! Thank you ever so much. You see? That's fine. It was on Fly-in News on your television. Now, it's logical enough for all to see. It's plain as your nose or mine. Now, if everybody doesn't stop this meat-eating habit, our planetary fate is going to go into the toilet as well. Even they say we developed vaccines and all that now, we are helpless now against this. It just keeps mutating. Right now, it's already frightening, but I don't know in the future, even scientists would say this, that it could be more frightening when they mutate into a more deadly virus. Right now, it's already deadly, and they say it could mutate more, and it's logical. Even with all the vaccines, we are helpless against it. I told you, we are helpless against bad karmic retribution. We pay for what we do. Even the vaccines now, people are scared of the vaccines; even the ones who developed the vaccines don't dare to take the vaccines because of the terrifying side effects – they could be paralyzed forever. They could be dead from the vaccines. That's why they refused it. Might as well die from the flu, maybe you still have a chance to live, 50-50. But if you have the vaccines, the side effects is already evident. Most of the group workers, they refused the vaccines outright – the workers in the health care profession – because they are scared to death. And many parents now refuse their children to have the vaccines. I don't blame them. This is the terrifying thing, it's not like we can control it even.

We have everything now, we have so many threats everywhere, apart from global warming. But global warming is responsible for most of this! And the meat industry is responsible for all of this! So we have to stop the root cause of all this trouble, not by vaccines, but by virtue, by heavenly quality, which is inherent inside of us anyhow. We just take it out and use it. We are human, children of God. We don't go and harass little chickens, we don't hook the fish and make him scream in the air. We don't crowd the pigs in and make them sick and suffering, and then blame them for the sickness. We don't take a little shrimp and fry him alive and, this is terrible! This is not a human behavior. We should not behave this way. And if we do, we cannot blame anything that happens to us which is terrible. All we do is just turn around, and live like a human, like a child of God! A child of God is all angelic, all loving, all kind, all protecting to the weak and the small. A child of God doesn't go around killing, murdering other defenseless

creatures, doesn't go around destroying the planet and the world just for the sake of having a piece of meat, which can be replaced. You see what I mean? [Q: Yes.] I'm also against other things like smoke and drug, and alcohol, yes? But compared to this, for the smoker or for the alcoholic, or for a drug user, it's more difficult for them to quit because there's nothing to replace it. Nothing is equivalent to illegal drugs. Nothing is equivalent to cigarettes, to satisfy them in that way. I don't mean it is good, but there's nothing compared to alcohol for them to replace it; but we can replace meat with vegetable protein. You see what I mean? [Q: Yes.] So if we go around accusing the drug people or drug manufacturer or drug maker or drug dealer, then we are also not too fair. Yes? If we can't change our eating habit, we can't expect the drug, alcohol, the cigarette smokers to change their habit, which is more difficult for them, more addictive, and no replacement.

Meat has plenty, plenty, plenty of replacements. Everywhere, any time. Don't even need it. If we are tougher, we don't even need food at all, see what I mean? If we want to, we could live food-free even. But okay, go ahead, eat something, it's fine, you know, habit, it's okay, why not? But what I mean is, meat is easy to replace, compared to drug, alcohol and cigarette. So now, we have to change that. Yes? [Q: Yes.] We have to change that. If we want to expect all the drugs, the alcoholics, and the cigarettes to quit, we must quit meat. Okay, love?

Q. *I wish the people realized how simple it is to be vegetarian.*

M. I know, so simple, simple. Just habit only, truly. After a few weeks vegetarian, you don't even remember what meat tastes like or look like. You don't want to know. And when you smell fish and meat, you want to throw up even. [Q: That's true, yes.] When you look at animals being slaughtered, your heart will wrench and your sleep will be troubled, feeling so sorry, so sorry for these animals, and feeling so sorry for yourself, that you have been degraded and been cheated into degrading yourself thus far by eating animals, eating the suffering beings. Okay. Anything else, kiddo? [Q: That's all from me. Thank You. Thank You very much, Master.] You're welcome. I hope I have answered all your questions?

MC. *Yes, Master. We'd like to tell You some good news. [M: Good news! That's all we need. Yeah, please.] Yes. So You can relax. [Applause]*

M. Yeah, I relax. Now tell me all the good news. Be veg, go green, save the planet! Tell me, good news!

Q. *We all know that in 2006, the United Nations said that the livestock industry causes 18% of all greenhouse gas emissions. But then this year, we were informed by Dr. T. Colin Campbell, the respected scientist, and also Dr. Richard Schwartz, another vegan scientist, they informed us that the livestock emissions have been found to be greater than 18%, and in fact more than 50%, as Master knows. [M: Or more, yes.] The good news is that this truth will be printed in a scientific journal very soon.*

M. Wow! I like that. Told you, 80%! I told you long ago. Yes? [Q: Yes!] [Applause] I told you long before they told this. [Q: Yes, You did.] Yeah. Now let the scientists tell them. [Applause]

Q. *And I think it's through all Your efforts and prayers and concerns and Your efforts to keep reminding people about this issue that this study must have been able to come out and manifest and be printed.*

- M. It's not me, but I mean, I'm a part of it. We're all a part of it. Not just what we do, it's the passion inside. Yes? The passion inside that really touches people and enlightens the corners of their intelligence, then they will be able to study all this. And thanks to all the gods, the angels from heaven, [Q: Yes.] that manifest themselves periodically, now and then, to help enlighten and awaken humankind. I am ever indebted to them, and to all of you, to all of you who help spread the news, who help to gather the news, research for news and shows, and who write the scripts for the shows, or who light the stage, who type the scripts, who read the scripts with heart, with passion, with true love. All this really helps to bring the result, even very minimal that we have nowadays. But it will be more. Small steps, but they're good steps. I am very, very happy and very thankful to all of you and all the gods and angels from a higher dimension who really help us. [Applause]
- Q. *And from us, we thank You so much for showing us how to do it. Thank You so much.*
- M. I am just a very small part, small part. I know you work very hard. I always love you very much. [Q: We love You, too.] I am very grateful, okay? [Applause]
- Q. *I would like to share with You some of our experiences with the artists who came to perform at the anniversary concert. [M: Yes.] First of all, they were all very appreciative of Master, and they were very honored to be here and many of them were really surprised to learn how multitalented Master is. [M: Hum? Am I?] [Applause] They were really impressed. They really had a lot of respect for Master and they felt very humble to be here. [M: My pleasure, my honor.] Especially, I would like to highlight two of our performers. Bob Kulick is one of them. He composed the music for Your poem, 'Our Time.'*
- M. Yeah, it was really a surprise for me to hear all of my poems turned into music. I was a little bit embarrassed. I texted to your organizer there, I said, 'Why does the program have like 20 and my poetry is about 8 of them?' I said, 'Is this not too boring and embarrassing?' [Q: Everybody really enjoyed it.] They replied to me and said, 'We didn't plan to have so many of Your poetry musicalized, but the composer wanted it.' I was a little bit shy, you know? It was all a surprise to me. I did not tell them to do this. I did not even know that all these poems were made into music. I mean, one or two I knew before, I heard it before. But those new ones, it was the first time I heard it just like you did. I felt a little bit shy, a little bit blushing. [Master laughs.]
- Q. *Well, Bob Kulick, he said, and I like to quote, 'I was so excited about the song that we came up with that we should write another, or a whole album. I think She could be a huge hit. I mean that sincerely... [M: Really?] A whole album would be great.'*
- M. Wow! Wow! Wow! [Applause] Truthfully, I have never thought much of my poems. It's just I made them out of my feeling, true feeling and true passion at that time. But, it came from a professional like this, I feel maybe my poetry is something.
- Q. *It really touches people. Also, Bob Kulick added that he really appreciates Your kind treatment of the animals. He especially highlighted that. [M: It's a natural thing to do, for us.] Also, another artist, Al Jardine, he used to be a member of the Beach Boys. [M: Yeah. I remember the Beach Boys. You know we had the benefit concert and they were one of our performers, the Beach Boys group.] He was actually very anxious before the performance. He really wished that Master will like the song that he composed the music for.*

- M. Sure, I do. I feel flattered, flattered and honored. I was just kind of a little embarrassed because there were so many in one program. [Q: The audience really appreciated it.] If they liked it, it's good. [Q: Yes. After the performance, he did ask if Master liked it.] Yes, sure. Very much. Please tell him I loved it. [Q: Will do.] And I look forward to seeing it again on Supreme Master Television with all subtitles, so we can share with the whole world. [Applause]
- Q. *And he also said that he would like to do a whole album of Your poems. [M: Okay, if he can find something worthwhile, he's welcome to it.] I think he'd be really thrilled to do that.*
- M. I never had the honor to meet most of these artists in person. Except some I have seen before in the benefit concert. To me, they were awesome, like superstars.
- Q. *So, basically, it was a really big success and everyone was really touched, really sincerely touched. [M: Good.] And they all had a very good time and were very honored to be here.*
- M. Wonderful, wonderful. Good news. [Q: Thank You, Master.] Good job, good job. Good news.
- Q. *I have more stories, good stories from the concert. One of them is from Thanh Ha, the singer. [M: Yeah, I know her.] And she said that she was very happy to be at our concert and to share the same stage with other famous American singers. [M: Yes.] However, she said she would have been even happier if she could meet You on that day. And we can tell that she was very touched and she was like overwhelmed by Your love and Your presence on that day.*
- M. Tell her I am sorry I couldn't be there, but I was there in spirit. [Q: Yes. She met You nine years ago... [M: Yes, yes.] in Fresno.] She is one of my favorites, tell her, okay? [Q: Okay.] Her voice is like bells ringing, like chiming bells – very, very clear like the stream water. [Q: Yes.] Clear stream water through the brooks – so beautiful.
- Q. *Yes, yes. Many people at the concert, they also enjoyed her singing very much. [M: Good. I'm glad, I'm glad.] And another story is from Vu Khanh, the singer, [M: Yes.] and he said that he has been singing for 25 years, but at our third year anniversary concert, he felt it's like the first time ever he is singing again because of Your love and he feels so touched. And he told me that for other love songs outside, it took him only a short time to learn the song. But for Your song, it took him a longer time, [M: Why?] because he wanted to learn every word and understand it and sing it with his heart. [M: Understand. Wow! Tell him I thank him ever so much.] And he said that he really, really loves the song and the poem by You.*
- M. Tell him, please, I thank him ever so much for his love, for his dedication and his effort, for his respect for my lyrics and for me. I am very, very, very touched also.
- Q. *He was really touched and he really liked the poem, [M: Yeah.] and he said it's such an honor for him that he is the one that sings it. [M: Okay, it is an honor for me, too. Tell him. Ah, I'm blushing already, guys!] [Laughter] I think it took him by surprise, like when he performed Your song and he sang Your song. And one more note, he said that please tell Her if ever in the future that You have a lecture, he would like to attend. He would like to come to see You.*

- M. Yes, I would also like to attend if it happens again, if we ever have time to do this. All right, right now the planet first, okay? [Q: Yes, yes. That's it, Master. Thank You so much.] Thank you for your love. Thank you for taking care of the artists and making them feel welcome and loved and at home.
- Q. *And they even enjoyed the vegetarian food very much. [M: I'm sure.] He said that if every day he could eat this kind of food, he would turn vegetarian right away. And I told him, 'Why don't you try?'*
- M. Yeah. Give him some recipes. Yes, I know, I know. People just think vegetarian is just, something, chewing vegetables, but it's not like that – very tasty and delicious, yeah? Even now I turn fruitarian, but I still remember the taste of vegetarian before.
- Q. *I turned fruitarian, too. [M: Yeah, you have? Why?] Well, it just came naturally. [M: Okay.] And it feels good. [M: Very easy though, very easy.] And I guess also because I watch Your cooking shows and the karma-less food. So it's very inspiring. Thank You, Master.*
- M. Good, good. Actually, those fruits from the trees, like plums, and melons and whatever, you just eat fruits once or twice a day, you will feel fabulous even. You will feel satisfied. You will not feel missing anything, and you feel your energy even coming back more.
- Q. *That's true. Well, I think I eat too much fruits. [Master and audience laugh.] I should try to eat two or three.*
- M. It's all right. It's just water, just water. Don't worry, don't worry. Later you will find that you don't need that much fruits. [Q: Yes.] In the beginning, yes. Later on you will find that you could eat just one mango or whatever, or half of a mango morning or half evening, then you'll feel you're full. [Q: Yes, yes.] You don't desire much more. Go slow, okay? [Q: Yes, yes, Master.] Step by step. [Q: Okay, okay.] You will arrive there. One day you don't feel like you need that many fruits any more. Truly it's like that. [Q: Yes.] I tell you the truth because I know it. I knew it. It's like that. [Q: Thank You, Master.] Very simple. And you will be also surprised. You'll say, 'Oh, how come I only have half a mango today and I feel like it's just enough.' Yes. [Q: Yes.] And then slowly you'll feel like, 'I don't even need that mango.' [Master laughs.] Okay? [Q: That will be good. So I don't need to think too much about it, which fruit I want.] No, no, don't worry. You just take whatever appeals to you at that time. [Q: Yes. Thank You, Master.] Eat as many as you want of that fruit or more other kinds of fruits. Just eat whatever, okay? [Q: Yes, Master.] Then slowly you don't feel like eating that much anymore.
- Q. *Actually, I have also some good news to share with You about the anniversary. One of our guests, Dorit, she is the founder of the Green Lifestyle Film Festival in Hollywood. And she brought the whole team with her. She brought like 12 people from her team with her and they really loved the food. [M: I'm sure. I'm sure they do.] They really enjoyed the food because some of them are not vegan. So she was very grateful that they can discover very good vegan food. And they enjoyed it so much that they ate and took again and they brought a lot of food home. So that was very good. [M: Good, good news.] She really loved it. [M: Good job, tell the kitchen staff, 'Good job.'] Yes. And it was really beautiful, the setting of the food, too, very attractive. [M: Yeah, I saw some of it.] And Dorit, she also really loved the Celestial Vegan Wine. [M: Yeah?] She loved it so much that she would like to have it for her official wine for the film festival. [M: Yes. We can supply that.] She is ordering... [M: But tell her she has to order long in advance, because the queue is long.] Yes, she is ordering already. [M: Good, good.] And the next*

day, they also wrote in their blog page of the anniversary, very detailed about each performances and really nice. So they were very, very happy. [M: That's kind of them. Brilliant.] And there is another guest, she is Rainbeau Mars. She is a famous vegetarian yoga teacher. We actually interviewed her and aired a show about her. She really loved the performances because we represented different cultures. And she has also traveled in those different countries, so she really appreciated it. But what she was really touched by, it was by Your presence, Master. And she also got to know more about You, about Your teachings, and about Your inspiring work. And she was so touched that she had tears in her eyes when she left. [M: Oh, bless her.] Yes, she said, 'This is what I was searching for.' [M: Bless her.] And the next day, I'm sorry, I'm so emotional...

- M. What, w...h...a...t happened? You're crying? I thought she was the one who cried! [Laughter] [Q: Yes.] And that happened a long time ago and you're still crying. Must have been very emotionally beautiful, huh? [Q: Yes, it was. I'm sorry.] No, it's all right, go ahead. Just don't spoil your mascara and make up. [Laughter] You're a natural beauty. You're not worried. You guys are more and more beautiful every day, do you notice? At least you notice each other, no? Very beautiful. Men and women alike, all more beautiful all the time. [The sister is still crying...] Oh, baby. [Q: Sorry.] It's okay, good, good, good to cry. Clean up. Oh, man. You're really doing it, huh? [Laughter]
- Q. *I'm sorry, okay. So the next day, she wrote into her Facebook, she wrote this message... She wrote, 'I just celebrated Supreme Master Television's third year anniversary, and I am so deeply moved by this community. Thank you, Supreme Master Television.'* [Applause] Thank You, Master, for Your love! [M: We have so many beautiful friends. We're lucky.] Thank You for touching their hearts. [M: We're lucky people.] I could see that You really touched their hearts, and they were melted and there was such a loving atmosphere. It was beautiful!
- M. It was you guys, I wasn't even there. I was just there on teleconference. So thank all of you to be good representatives. You are my eyes, my ears, my hands, my feet, and my everything. Wow! We're lucky, huh? They are also very pure hearted people. It's just like a flower bud waiting for the right condition and opportunity to bloom. [Q: Yes.] Actually, love can melt stone.
- Q. *Yes, that's true. We really could feel Your love, Master. We feel Your love and everybody was so happy. I mean, there was a big difference between when they arrived and when they left. They really left with a shining face and a big smile and they were melted into Your love, Master.* [M: Good.] Thank You so much.
- M. That's what love does to people, to all people. [Q: Yes.] You must have a lot of love in you also, to make them feel like that. Okay. [Q: That's all Your love, Master.] Enough with your tears, otherwise you have nothing left. You will melt also, yeah? [Q: Yes.] We couldn't find you no more. Yes, yes, young lady.
- Q. *Actually, I have another beautiful news.* [M: Yes?] *It's from Panama.* [M: Good, but no more tears, all right?] *No. It's beautiful news from Panama, from a sister.* [M: Yes?] *Well, our Association member from Panama was named yesterday 'Eco Champion of the Month' by the Smithsonian Tropical Research Institute Carbon Committee.* [M: Wow! Bravo!] *Yes. And this Committee was formed to help the Institute conserve energy and remain carbon neutral.* [M: Wow! Wow!] *It's a renowned institute and she is the first person ever to receive this honor and she received this honor because of her promotion of veganism as the best way to reduce carbon emissions, give her colleagues a lot of good information from the www.SupremeMasterTV.com website. So that's very*

beautiful news. And she was featured yesterday in their newsletter and they also included our website. And she received a lot of calls from colleagues, from distinguished scientists and even from directors, and they congratulated her and expressed their big interest in veganism.

- M. Wow! That's the best part! [Q: Yes, it is.] Better than all the congrats! Ah, wonderful! Send her my congrats also, okay?
- Q. *Yes. So thank You so much, Master, for working through her work and touching everybody. Thank You ever so much.*
- M. You're welcome. Just a pure instrument also does help, you see? [Q: Yes. Thank You, Master. Thank You.] All right. You are welcome.
- Q. *Hi, how are You? [M: Hi.] I'd like to share a story, too. This happened at the beginning of this year. The disciples in Costa Rica gave some material from Supreme Master Television to the son of the director of the main TV channel in Costa Rica. [M: Yes?] We didn't hear anything about them for a long time. Suddenly, we heard in the news that the director of this main TV channel became vegetarian. [M: Oh! Wow! Bravo!] And the next thing, we watched on TV is a three-part program about how cows produce so much methane and how the meat industry is destroying the planet. And this made a huge uproar from the meat industry, and they've removed all the advertising from that TV channel, the meat advertising. [M: Okay, okay.] And she said she didn't care. She didn't care about if they remove it or not. [M: Wow! Didn't care. Wonderful.] And they are hoping now to keep going in this direction, supporting this idea of environmental protection through vegetarianism.*
- M. Wow! Wow! Bravo! God bless her. [Q: It's a very good news.] Bless your country. [Q: Thank You, Master.] It's getting in there. It's getting there, everywhere. People are good. Only if they are informed, then they will do it. It's just they don't know. Even the media doesn't always know everything. You see? They are so used to with doing it their way, give whatever advertisement there is and they don't have time to do research in this direction because most of the media before, they just wrote about other things. Right now, they know it and then they concentrate on it. I wish all media join hands. I have seen it more and more nowadays, more and more, all the time. And I am very, very happy.
- Q. *The feedback is very positive. And when you talk to people, you realize that the only thing they need is information and they just understand. So that's why when you think about doing this, you are 100% positive that it will happen because we just need to give them the information. God arranged things incredibly well, because, one time we gave a lady a flyer in Brazil, and then she said, 'Oh, I got this flyer in Spain. The same one. But I didn't read it and now I am going to read it.' [M: I see. Yes. It's good, good.] No one escapes God. It's incredible.*
- M. A good thing can never be done too many times. Right? [Q: Yes, it's true. Yes. Thank You, Master.] Good. Good job. Good job. [Q: Thank You.] Bravo. I am writing letters and giving information to all the presidents and the world leaders and industry, corporate heads and all that, and I am hoping it's also making an effect. I'm still writing and giving them info as well. Not just the letter but all the condensed info and telling them to watch more on your television. It's going to help somehow.

MC. *Master, is there anything else that You would like to share about the two Venuses that are still with us? [M: What else do you want to know?] How come they survived and the other Venuses didn't? How does their evolution allow them to continue?*

M. Because they are more virtuous. The other two Venuses, they were living a vicious life. They lived in vice. They did not know God. They did not respect anything that they didn't see, and they concentrated more on developing their material comfort. Therefore, they had too much comfort. They had everything they wanted. Everything is almost like heavenly life, except devoid of spiritual, moral, and divine quality. And not only that, they persecuted anyone who dared to oppose them or mention anything about the invisible quality of heaven or about God. Anyone who is living a virtuous life, this is like state enemy. They hunt them down. They kill them mercilessly. It's a terrifying place to live for anyone who has a little conscience. Their conscience is zero. Their moral standard is zero. Their tolerance for God and divinity is zero. So it was because of this and the meat diet, it combined, that destroyed the other two planets.

Whereas the two surviving planets, although they still have some percentage of meat eater; one-fourth, 25% of people still have meat, but very much less, lesser degree. Not like they have it every day or three meals a day. It's not like that. Even then they have reverence in their heart, and they are trying to also go into a more merciful lifestyle, compassionate vegan diet. So the balance is very, very well in check, you see? Three-fourths, they're vegetarian, vegan. And the one-fourth is meat eater, but very much less in degree, very much less in quantity. Then they all worship God, they revere the spiritual persons or beings or practitioners. They encourage moral behavior within their society. And they teach moral obligation, compassionate lifestyle, and merciful attitude in school, from kindergarten already, by example and by positive encouragement. In school, they teach already children how to be kind to each other, how to be kind to their planet, how to be kind to other co-inhabitants, like animals, you see? So animals and men live in harmony with each other. And children have been taught already moral standards, merciful behavior since childhood already, so they grow up to become wonderful citizens.

The meat eaters and the meat providers, they live in remote areas, shamefully, far away from the sight of the people. And they don't encourage that in public. Just like right now we forbid smoking in public. Over there, forbid meat eating in public. Therefore, even the meat eaters, they feel ashamed and they know it's wrong and even if they still have some, but they always try to minimize it. You understand me? [Audience: Yes, Master.] A meat eater over there is allowed but is like an outcast, and they feel it. But some people are not as developed as others, so they just tolerate it.

But because the numbers do not outweigh the vegetarian, therefore their planet's merit and peaceful atmosphere is prevalent. Their planetary merit is in balance; overweighs balance. So even though one-fourth of the people are meat eaters, very little or less, still they are covered by the three-fourths of the other benevolent energy. You see what I mean? [Audience: Yes, Master.] And because the society as a whole already supports a compassionate vegan diet, and other meat eaters, even though they do it, they know it's wrong. And so they have repentance in their heart also. So that's the way they preserve their planet. Not because they wanted to maybe, but because they know it as a way of life and they have been brought up like that since they were children. So they become very powerful in spiritual merit and thus they can protect their planet.

If all these Venus populations – of course, 100% of them were vegetarian or vegan – then their planet would even be better, better than just survive and prosper and

progress, and be technologically superior like that, but will be superior, will be just like heaven in the physical dimension. Right now it's like, of course, like 80% heaven, or 70%, but if they all become vegan, then of course their planet will experience much more upliftment in the spiritual dimension.

MC. *Master, I was actually wondering if there would ever be a time when we might get some programming, maybe some cultural programming from Mars something like that on Supreme Master Television? A show or two?*

M. [Master laughs.] Could be, why not? Maybe one day, huh? [Audience: Yes.] [Applause] Maybe one day. [MC: Hope so, Master.] When we earn it, when we earn it. When we earn the friendship of all our neighboring or some of our more advanced neighboring planets, when we cease to be a threat to the universal harmony, when we cease to be a frightening group of scary population, then other planet beings will visit us without invitation even. It's like that, love: Like attracts like, yes? If we would like some beneficial beings to come visit us, then we have to be also beneficial to ourselves, our environment. And other neighboring planets will know it, they will come, and they will invite us to their place to show us extraordinary technology that we could not even think of in a dream, that we would not even know that such things exist. Right now, even if we spread the whole red carpet, the whole planet invites them, they would not come. First, they know, or they think, they cannot help us because we won't listen, as I told you. We have to be in their level to be able to understand also. Second, they worry we might kill them before they even open their mouth or show us their technology. So maybe one day when we are more benevolent, less war-like and more peaceful inside-out, from the table to the outside, to the environment, then don't worry that other planet people won't come to us.

I just tell you one thing, like a belt only. You know traveling belt? Yeah, just put it on, push a button and go anywhere in a flash. Yes, understand? [MC: Yes, Master.] Or even use the cloud to travel. That's just one of those things. Other things I don't have terms in our world; sometimes I see it. Well, we will see. Let's hope we have that day. [MC: Yes, Master.] Okay, any more questions?

MC. *That's all the questions, Master. Thank You so much for spending time with us and putting all the efforts that You have just to find the answers to our questions. And we give special thanks also to the elders from Mars and the Goddess of Galaxy Historical Record Library for helping to find those answers. We're also forever grateful for all the blessings that You give us because we couldn't do this without You... [The master of ceremony is getting emotional.] and we know that the world is going to be saved with You helping us. Thanks. [M: I do my best, honey. I do my best.] And we wish You much serenity and safety, and the best of health. [M: Thank you so much. Yes, thank you. Thank you.] And we look forward to the time when we can see Your beautiful smiling face and celebrate together entire peace on Earth. We love You very much, Master, and we hope that You are with us for many more years to come. [M: I wish.] You're always in our heart.*

M. I wish so too, love. Same here. Same here. I know we have been working very hard. I'm very happy with our television. I'm very happy with the way you are working, all of you, I mean not just as at the headquarters but the supporters, staff all over the world, for going through hours of research and hours of compiling and writing and polishing the words and the styles with all your heart so that your sentence, your script, and your work will touch the millions. And I'm happy to tell you that we have a lot of audience, a lot of fans. [Applause] And as the year rolls by, we have more and more, and I hope the

whole planet will be watching us because we cover the whole planet, wherever satellite is possible. [MC: Yes, Master.] Yes, otherwise our services are available for the whole world if they have internet access or they have satellite service. The whole world can watch now, everywhere; every corner of the world because we cover them all. I make sure we cover them all, all the satellites that necessary for each and every continent. It's just in some countries, there's not enough, technological service, understand? [MC: Yes, Master.] And as the planet lifts itself up, as the population lifts their consciousness again up, there will more and more miracles that happen. There will be more internet access to all the corners of the world that there has not been before, or there will be more satellite services in different countries and different corners of different countries. Then more and more people will be informed, and more and more will be uplifted. But, nevertheless, their soul listens because we are interconnected. And the frequencies of radios or televisions are also permeated in the atmosphere. This kind of positive energy and constructive news, it will reach the recesses of their mind, and they will somehow get it also, without even watching the Supreme Master Television; but in some way more subtle. Then they will also awaken. We just need to be patient, and praying a lot, praying a lot to all the gods and goddesses, all the divine beings, all the angels, to help us to manifest themselves physically onto this planet and help each and every citizen of the world to awaken to a compassionate lifestyle so that they can escape from this dilemma that is terrifying everybody at the moment; be it swine flu or planetary climate change. So be it. [MC: Yes, Master.] We have all the gods to thank, all the gods and goddesses to thank. [MC: Thank You, Master.] [Applause] Good job.

MC. *Master, earlier in the show, You mentioned a poem that You wrote? [M: Yes?] Would You like to share with us now? [M: Oh.] We'd love to hear it. [Applause]*

M. I don't have it here, love. It was written in Aulacese, and I'm afraid if I read it, I will cry and I don't think I can read it. But I hope to read it for you soon. [MC: Okay.] It's just the call on an awakening planet, to call on different species on the planet to hang on in there, to help each other, to love each other. And I call on all the species on the planet to help to awaken humankind, to forgive humankind for their mistakes, and to protect them in this hour of need. First, I ask them to take care of themselves first, as best as possible, so that they can take care of humankind in this hour of need. The different stanzas are for different species. I call on mountain, sea, forest, species, to understand, to forgive us, and to protect humankind. I call on Mother Earth, I apologize, I express my love. I call on all the gods, heavens, to help us, to help to awaken humankind. Generally, it's like that. One day, I will recite it. I hope I won't cry when I recite. This is just like one of the poems of the pig and the chicken, I cry all the time, so I don't dare touch it yet. [MC: Okay. Thank You, Master.] Yes. There were two recent poems. I don't remember much of it, because whenever I write a poem, if it's a very touching feeling to you, then mostly it's spontaneous. So I wrote down, but I won't remember much afterwards, and not sentence after sentence. I would remember some, but not completely. I had to write quick before my inspiration faded into the space, just like I have to write quick all the answers for your questions today in note-stuff, like this, in the dark of the night. The rest I remember.

Look at how many notes you have here. All this, see that? A lot, a lot, and much more. And the rest I remember also. These notes are only short, condensed sentences to remind me of the rest of it. Just not the whole thing, and it's a lot already. I 'eat' a lot of these papers in the night. I have to write down many things in the night, especially when I have question and answer session. I have to tune in with the universal consciousness, the universal intelligence, or the past history to be able to get out the answer. [MC: Yes, Master.] I don't get it from my pocket, I get it from the Truth revealed to me. And if I can't

get it myself, then I ask for help. I ask, 'Who knows about this? Who knows about that?' [Laughter] And then the answer will come to my mind that, 'The God of Venus or the God of Mars or the elderly of Mars or...' I never heard, to be honest with you, the Galaxy Historical Record Library Goddess before in my whole life. Just because you asked questions, I'd got to find this lady. So as per demand, it will be supplied. I'd never heard of this library before. I know about the Akashic Record Library, but that was a common thing; every spiritual traveler knows that. But I never know of this. They record all the planetary survival and lives and the perished, and new forms and all that in that library. And no one is allowed to go in, that is the thing. It's only for the council of the galaxy to refer to; to study or just to keep. You understand me? [MC: Yes, Master.] Only them, they go in there, so they can discuss the future and how to help or how to not help, how to intervene or not intervene. It's not for any mortal, not any even spiritual Master to go in there to read anything in that library at all. So we are really lucky that the goddess in charge of this galaxy – our galaxy only. I don't dare venture too far, I'd be spending all my time writing under flashlight. [Master and audience laugh.]

We don't have to know everything in the universe. Okay? [MC: Yes, Master.] All we have to know is how to live in the universe. We have to know love, we have to know mercy, we have to know compassion for others. Put others before us: Just think of what they want, just like if we were them. We have to consider others and love, and that is the best knowledge for everyone to live in any dimension in this beautiful, incredible, unfathomable universe. So if we can know some more things, it's fine. If not, we have to know love, that's all we need to know. Love will enable us to know many more things, whatever we need to know.

I'm glad you asked these questions also, otherwise I would not know the existence of the Galaxy Historical Record Library and I would not be able to know this beautiful goddess. She is so beautiful. I don't know if it's a she or he, but I think it's she. She is so, so soft, tender, so scholarly – meaning very well versed in literature and very graceful, very beautiful. Her hair is shining, shining, like sunlight. You see the hair, but then you don't see the hair and the body is so tall and huge but so loving, so tender and so, so sweet, so loving! My God, you would like to stay there forever just to look at her! [Master laughs.] So beautiful, beautiful, beautiful, and so generous, so kind, so hospitable to me.

I bid you a loving farewell till the next encounter, okay? [MC: Yes, Master. We love You, Master. We love You.] [Applause] I love you very much also. Good kids, good kids you are. God bless you. God bless you. Love, love.

SOLUTIONS FOR A BEAUTIFUL PLANET ¹¹

MC. *Hallo, everyone! We are the Supreme Master Ching Hai International Association. I am from Canada and this handsome brother is from Bangkok.*

Greetings, distinguished guests! We are members of the Supreme Master Ching Hai International Association. The beautiful lady who is standing next to me is from Canada, and I am from Bangkok. [Applause] Welcome all of you to this climate change conference entitled 'Solutions for A Beautiful Planet.' And a heartfelt thank you for

11. Videoconference with the Thai and Aulacese people at the 'Solutions for A Beautiful Planet' Climate Change Conference, Sukhothai Thammathirat Open University, Nonthaburi, Thailand, August 15, 2009 (Originally in English, Thai and Aulacese).

taking valuable time out of your day to join us here at the Sukhothai Thammathirat Open University in this beautiful and hospitable country of Thailand.

Our opening performance is a special traditional Thai dance from the central region of Thailand. Please enjoy. [Applause] Thank you, Thai dancers, for a splendid opening number. This performance group is called Champupantip Rachavinit Matayom. These very talented young performers range in age between 14 and 17. There are 41 Thai instruments and 26 dancers. [Applause]

[After the performance of the dancers.]

MC. *That was so awesome. Our heartfelt gratefulness to Supreme Master Ching Hai, our beloved Master, for Her compassionate acceptance to join today's conference as our special guest of honor and for allowing us to hold this conference in order to awaken the entire world's population to quick take action and save our beautiful planet. As you all know, we are living in a world of turmoil. We see it on the television all the time with an ever increasing number of natural disasters. According to a recent World Bank report, the five greatest climate change triggered catastrophes to humans are: Droughts, floods, hurricanes, rising sea levels, and damaged crops. These disasters are happening all around the world. All countries are being affected.*

One of the main consequences of the global warming crisis is rising sea levels, which have occurred more and more rapidly than the scientists predicted. Both the Arctic and Antarctic ice caps are melting. So are the Greenland ice sheets. Therefore, unless we stop global warming, the rising sea levels could be devastating. This truly is a problem of global magnitude. In recent years, Bangkok is among 13 of the 20 largest cities in the world at risk from rising sea levels. Some areas in Bangkok are under sea level and the highest point is only 3.5 to 5 feet or 1 to 1.5 meters above sea level. Bangkok is gradually going under at a rate of 4 inches or 10 centimeters a year. Natural disasters which came simultaneously and continuously have caused enormous economic and social damage to this country and seriously affected people's lives and activities.

In addition to endless worries about natural disasters, pandemic diseases are also a problem that people in Thailand and the world are greatly concerned about. You will all remember how shocked we were by the SARS or H5N1 pandemic. Remember that? Yeah, everybody got scared. And now we face the swine flu or H1N1, which comes with an increasing number of deaths. The number of cases of people infected increases daily, and Thailand and all the world is rightly on constant alert. Obviously, Au Lac is also affected when sea levels rise. 35% of the population, as I understand it, will be in great danger if the sea levels rise by five meters. Just five meters. Typhoons with accompanying flooding have continuously taken place during these recent years, which is a direct result of worsening global warming.

But let's move to the Philippines for a moment. On February 7, 2006, there was a terrible mud slide in the Philippines, which engulfed more than 350 houses and a class-two school, burying over 1,100 people and wiping out a small village in Guinsaogon.

The Supreme Master Ching Hai International Association is holding urgent climate change conferences around the world. Today's conference here in Thailand is a meeting place for discussing the most effective solutions to combat aforementioned challenges. Once again, thanks so much for being here with us today. [Applause]

Now, of course, we have all of these challenges but we are ever positive that we can turn these problems around. Do you all remember the greeting of President Obama during his election campaign? Who remembers? [Audience: 'Yes, we can!'] Yeah, 'Yes, we can!' So remember he said that all the way through, 'Yes, we can! Yes, we can! Yes, we can!' So do you think we can solve some of the challenges if we put our brilliant minds together? [Audience: Yes, we can!] [Applause] Awesome. Then, whenever we think about global warming, the climate crisis and we wish to believe that we can overcome them for a better world, we're simply going to say: Yes, we can! Thank you very much! That's awesome. All right.

The program coordinators (PC) would like to share a few words with you. So let's welcome them to the stage! [Applause]

PC. Welcome, ladies and gentlemen. On behalf of the Supreme Master Ching Hai International Association, we would like to welcome all of you to this wonderful event, the climate change conference 'Solutions for A Beautiful Planet.' [Applause]

First, to our beloved Master, we are so grateful to You for being the endless source of our inspiration. Without You, this event would not be possible. We love You very much! [Applause] Our sincere appreciation to the local Thai government, the President of Sukhothai Thammathirat Open University, Associate Professor Dr. Pranee Sankathawat, and also Dr. Laddawan N. Ranong for your generosity in granting us the use of this wonderful facility. [Applause] To our expert panelists, we thank you for sharing your knowledge, support, and time. We appreciate your courage for speaking out on behalf of our precious planet. We thank our distinguished guests for their presence and for sharing their valuable time. As leaders in your respective communities, your support will surely lead to a positive change. We would like to express our sincere gratitude to our brothers and sisters from all over the world but especially those from here in Thailand and those from Au Lac who have spent a tremendous amount of time and energy to make this event successful. [Applause]

Without further ado, ladies and gentlemen, we have a very special program prepared just for you. We sincerely hope that you'll be inspired by the following presentation and become a shining example for your local communities, so that perhaps we can create a heaven on Earth. Thank you! [Applause]

MC. Our sincere thanks for your welcoming words. Present in this magnificent conference hall today are many participants of our climate change conference. And we are greatly honored to welcome these distinguished guests – representatives of Royal Thailand, and distinguished guests from Au Lac. And we are especially very privileged to greet Supreme Master Ching Hai, for She is an outstanding spiritual Teacher, humanitarian, and talented artist, joining us today through live broadcast television. Chances are many of you already have Her pieces of artwork in your homes. She's quite prolific. Supreme Master Ching Hai will share with us Her profound insights and research regarding global warming and, at the same time, She will be responding to questions from the audience in the question and answer session. We hope that today's conference will inspire you as well as every Earth citizen to quickly take action for this beautiful planet.

As you will hear, the situation is very serious and maybe that's why you're here. You know that we are running out of time. According to Dr. James Hansen, the chief climatologist at NASA in the United States, he tells us along with Supreme Master Ching Hai, that we have less than 3.5 years before that dangerous tipping point. That's 3.5 years. That's not a lot of time. We invite all of you to take more action with us now.

Let us honor and introduce to you our distinguished guests, some of whom have graciously offered to share their expertise with us today. The first one, Dr. Art-ong Jumsai Na Ayudhya, Member of Thai Parliament, former NASA scientist; Mr. Ennoo Suesuwan, Senior Executive Vice President of the Bank of Agriculture and Agricultural Cooperatives; Professor Dawan Wiwattanadate, Ph.D., Deputy Director, Energy Research Institute, Chulalongkorn University; Professor Panmanas Sirisomboon, she's a lecturer, Agricultural Technology; Dr. Siwatt Pongpiachan, Department of Environmental Management, he's a lecturer, Prince of Songkla University; Sir Velelo Gardener Kwepile, Counselor of the Embassy of the Republic of South Africa; Sir Howell Howard, Regional Environment of the Economic Section of the Embassy of the United States of America; Sir Nikolay N. Pomoshchninov, Minister Counselor of Embassy of Russia; Sir Stepan N. Golovin, Representative of Embassy of Russia; Dr. Nguyen Tho Nhan, Ph.D., specializing in energy studies at Paris University in France; Dr. Nguyen Thi Minh Kieu, Ph.D., M.D., Chairwoman of Food and Nutrition Association; and Dr. Ngo Duc Vuong, Ph.D..

These distinguished guests whom we have just introduced are among many other distinguished guests who are with us here today. Please join us in welcoming all of our distinguished guests with a warm Thai applause. [Applause] We are very pleased to announce to you that today's program is a very meaningful event and therefore is being broadcast live on Supreme Master Television – a free to air television channel broadcasting 24/7 on 14 satellite platforms covering six continents, 11 cable television channels, 18 websites – 18 websites! And is also live broadcast on www.SupremeMasterTV.com. You can always rely on Supreme Master Television for the truth about the climate crisis, so we encourage you to go there every single day to see the updates of what's really happening with the climate crisis and for the latest information. [Applause]

In addition to guests who are present at today's conference, we are also honored to have received heartfelt congratulations to Supreme Master Ching Hai from guests around the world who have expressed their profound concern about climate change, which is daily threatening the survival of world populations. Here are just a few of unfortunate effects of climate change and how our choices have created difficulties worldwide.

There are many, many effects and we're just going to name a few. According to the World Health Organization, 29,500 children die every single day from starvation. They don't have enough food. How many of you in the room have children? Our children – your children or our grandchildren – could be next. We don't know what's happening with global warming, it's just running so quickly. Our children deserve to live too. So how many of these children do we want to die? Well, the answer is zero. And we invite you to work with us to consider reducing that number from 29,500 children dying daily; you multiply that by 365 days of the year, by several years, that's a huge number. We should not be seeing that happen.

Second indication is that one billion people are starving every single year. Now, we have 6.6 – 6.7 billion people in the world today, one-sixth of them are starving! Again, they have no food. What's the answer? What's the number that we want? We want zero, right? That's what we want to work towards.

A third indication is that we are losing up to 270 species of plants, animals and birds every single day – 270 – because of global warming. In Canada, for example, some of the little birds and creatures that I used to see as a child are no more, they simple don't

exist. And did you know that we have lost 90% of our large sea creatures such as whales?

Yes, the oceans are dying – we have 400 dead zones now where nothing lives. This is due to fertilizer runoff largely of livestock contributing to the lack of oxygen which is necessary to support life. The ice caps are melting faster than we had expected. The Arctic ice cap is projected to be melted by the summer of 2012. Huge chunks of ice from the Antarctic ice cap are falling away. And Greenland is melting very quickly as well. Due to rising sea levels, 18 islands have completely submerged beneath the sea with more than 40 other island nations at risk. Did you know this? This could be you and me next.

And speaking of water, we are experiencing water shortages in many places. In North America, we get most of our fruits and vegetables from Florida and from California, and both of these states are experiencing great, great water shortages. And so, Supreme Master Ching Hai is inviting us to grow our own vegetables. And aquifers under the major cities of Beijing and Delhi and Bangkok, right here in your own city, are drying up. So your water resources are also drying up. These are very, very serious issues.

We wish for every child in the world to live in a safe world where there is an abundance of water, where there is an abundance of food so they don't have to die, and live in a world where we can make our decisions in harmony. Our children need a planet in which to live. It really is worth gathering together and working together to save this planet, just for our children alone. And so, we are here to invite all of you to collaborate even more. I know many of you are doing great things, I know it, we know it, and we thank you for that. But we invite you now to collaborate even more because remember, we only have less than 3.5 years to do this. But can we solve these very serious issues? Yes, we can! [Applause]

Please welcome our first guest speaker via video who is Mr. Lin Hung-Chih (LHC), a legislator from Formosa.

LHC. *Hallo, Supreme Master Ching Hai, honorable guests, and global viewers. I am Lin Hung-Chih, a legislator of Formosa. It's a great pleasure to participate in this seminar via videoconference today. This seminar today is truly very meaningful, because we all know that the extent of global warming is deepening, and the scale of disasters suffered by people is increasing. We will regret tomorrow if we don't act today. If we don't act today, we may not have a tomorrow. According to my personal understanding and experiences, I deeply believe that adopting a vegan diet is the most direct, concrete, and easiest thing that everyone can do to combat global warming and to protect the Earth. Why is it so?*

In addition to less killing, a vegan diet can also reduce emissions of carbon dioxide and other greenhouse gases created from meat production. Meat production causes 20% of all greenhouse gas emissions. Moreover, meat eating consumes a huge amount of the Earth's resources. We all know that the amount of Earth's resources consumed by planting vegetables and fruits equals only 4 to 5% of that used by meat production.

Therefore, we can save Earth's resources if we eat more vegetables and less meat. I've been continuing to promote the vegetarian diet to combat global warming in the Legislative Yuan. I advocate for a one-day-a-week vegetarian diet with the hope that people will eat less meat. At least one day a week, be on a vegetarian diet. Take one vegetarian meal a day if possible. If one person eats vegetarian for a day, it can reduce

at least five kilograms of carbon dioxide emissions. It will be wonderful if everyone does this.

To improve the convenience for vegetarians and enjoyment of the vegetarian diet, we are introducing bills in Formosa to build a vegetarian-friendly environment. In Formosa, since July 1st this year, all vegetarian products must be labeled with ‘vegan,’ ‘ovo-vegetarian,’ ‘lacto-vegetarian,’ ‘lacto-ovo-vegetarian,’ or ‘vegetarian.’ All vegetarians can purchase vegetarian food items based on their needs, and avoid accidentally getting foods that contain animal products. We hope to create a more vegetarian-friendly environment. In addition to such food ingredient labeling, we currently plan to promote vegetarian food certification, or good vegetarian food recognition to encourage more people to eat vegetarian food and to widely promote the vegetarian diet. Many government officials in Formosa also stick to a vegetarian diet as much as possible. They also continue to call on everyone to eat less meat and more vegetables to curb global warming and to enable everyone to have a healthy body. I wish that we will all work together to promote the vegan diet to curb global warming and to have a more refreshing planet Earth in the future that allows all humans to have a happier life. I wish today’s videoconference to go smoothly and to be successful. Thank you. [Applause]

MC. *Please welcome our next guest speaker via video who is Dr. Nick Wilson (NW), a public health physician at the University of Otago, Wellington, New Zealand.*

NW. *Greetings to all at the ‘Solutions for A Beautiful Planet’ conference in Thailand. My name is Dr. Nick Wilson, I’m a public health physician, and I work at the University of Otago in Wellington, New Zealand. One of my areas of research interest is on the effects of climate change and how we can achieve win-win solutions with addressing climate change and also, benefiting public health at the same time.*

I’ve looked at the evidence around climate change and greenhouse gases and dietary patterns, and the evidence is very convincing that typical western dietary patterns are an important cause of greenhouse gases. Therefore, part of the solution is for people to shift to vegetarian diets and this will reduce the level of methane and also CO2 that’s emitted, and these are important causes of climate change. Another advantage is that the environmental damage from current animal agribusiness will also be reduced if people switch to vegetarian diets. And vegetarian diets also have important health benefits, in terms of preventing heart disease, and various types of cancers.

MC. *Thank you, Doctor. [Applause] Please welcome our next guest speaker via video who is Katrina Biggs (KB) from the New Zealand Vegetarian Society.*

KB. *Master Ching Hai and attendees of the ‘Solutions for A Beautiful Planet’ conference, hallo and thank you for the opportunity to talk to you. My name is Katrina Biggs and I am speaking on behalf of the New Zealand Vegetarian Society as the Auckland Media Representative. In New Zealand, animal farming is a large part of our economy, and heavy meat and dairy consumption is entrenched in our culture. The New Zealand Vegetarian Society recognized that the continuation of these things is becoming increasingly destructive to our planet. One of our rules as a vegetarian society is to educate people about the contribution each individual can make to counteract this by taking up a vegetarian or vegan lifestyle. We also participate and network with animal welfare and environmental groups. United we can help greater numbers of people move away from the reliance on animal products and encourage better health and economic growth in more sustainable ways. Vegetarianism and veganism are major steps that can be taken to keep our planet beautiful and alive. Thank you. [Applause]*

MC. *Isn't it exciting to hear what people around the world are doing? Isn't that wonderful? Please welcome our next guest speaker via video who is Professor Ir. Prasasto Satwiko (PS), MBS.,Ph.D., from Indonesia.*

PS. *Hi, my name is Prasasto Satwiko. I'm professor in Architecture and Building Sciences. Currently I work for the Atmajaya Yogyakarta University. At this beautiful moment, I would like to say congratulations for the International SOS Global Warming seminar. This seminar, I think, has a very, very important topic, which is, there is a solution for a beautiful planet. I would like to explain a bit more about why I'm interested in this seminar's topic.*

In my opinion, everyone can do their own role to save this planet. We will destroy our planet through our eating habit. Many reports show that the meat industry has put a lot of distress to this environment. So, back to my background, as a building scientist, I'm trying to design buildings with very low or minimum energy. One of it is to cross out the use of mechanical ventilation. There I have to rely on our nature, our environment. But what can I do if the environment is becoming worse and worse, hotter and hotter? There is no solution except I have to use mechanical ventilation, which is very, very energy consuming.

Now, who put the heat on the environment? Greenhouse gas effect. Who are the biggest contributors to the greenhouse gas? The meat industries. Meat-eating habit means poverty and violence, so we have to stop altogether if we want to save our planet, and to keep our planet blue and beautiful. I hope this kind of beautiful and important seminar can be held sometime in Indonesia, because I believe that more and more Indonesian will be interested in this kind of topic and they can start playing their part. Thank you. [Applause]

MC. *Thank you, Professor. Please welcome our next guest speaker via video, Park Kwang Joon (PKJ), Administrator of Gangwon Meteorological Administration, in Korea this time.*

PKJ. *Good afternoon, distinguished participants and ladies and gentlemen, I would first like to congratulate you on the successful opening of the 'Solutions for A Beautiful Planet' conference.*

As you know well, global warming has become a great concern due to its impact such as increasing meteorological disasters and destruction of the ecosystem. From this standpoint, I think it's timely for the Supreme Master Ching Hai International Association to organize this important conference in Thailand.

Ladies and gentlemen, I would like to take this opportunity to inform you that the Korean government has put together a national strategy for addressing the global warming issue, namely low carbon, green growth, and we're trying to achieve not only new green growth, new growth engines, but also sustainable development. Under the national strategy, Korean Meteorological Administration (KMA) has annexed the role of monitoring, analyzing, and the prediction of climate change, particularly focusing on the research on adaptation of climate change, and KMA has actively participated in the relevant international cooperation activities.

In this regard, let me also inform you that KMA will host the 32nd session of the Intergovernmental Panel on Climate Change in Busan, Korea, in 2010. In closing, I sincerely hope that you will have every success in your deliberations and you will have a rewarding and enjoyable time. Thank you very much. [Applause]

MC. *Bravo to all of these countries who are doing such great things.*

On January 15, 2007, I believe it was Dr. Rajendra Pachauri, who is the Chief of the Intergovernmental Panel on Climate Change (IPCC) for the United Nations, came out publicly and told all of us that there are three things that we can do to halt global warming. Number 1: Don't eat meat; number 2: Ride a bike; and number 3: Become a frugal shopper, in other words consume less. So our next guest speaker via video is Dr. Stephen Schneider (SS), Professor of the Interdisciplinary Environmental Studies at Stanford University. He's a lead author, and works with the United Nations Intergovernmental Panel on Climate Change 4th Assessment. Welcome, Dr. Schneider.

SS. *Hallo, Bangkok, Thailand. My name is Stephen Schneider. I'm a professor here in Stanford University where I study the Earth's climate, how it changes, and what it means to us and how we might fix it. I welcome you to the 'Solutions for A Beautiful Planet' climate change conference, and thank the organizer, Supreme Master Ching Hai International Association, for putting together the conference and also for the work that they do to make people aware of the significance of this issue.*

Scientists are very reluctant to want to talk about very complicated issues until they have a whole lot of confidence that what they know is very solid. Let's start with the Earth's temperature. It's now something like about three quarters of a degree Celsius warmer than it was a century and a half ago. And this warming, according to the Intergovernmental Panel on Climate Change, is unequivocal. Unequivocal is not a typical word for scientists so, in this case, they really mean it. And it's not just because the thermometers tell you this story, it's because it's consistent with 95% of the mountain glaciers in the world that are melting, including major glaciers that affect the rivers and a lot of other activities in Asia from the Tibetan Plateau. It also occurs because we know the sea levels are rising because as you heat the oceans, they expand. And in the last 20 years at least, we've been melting Greenland at a faster rate than anybody predicted, and all the ice up there as it runs out into the oceans is also rising sea level. And if that continues or accelerates, as many people believe is possible, then we run a real risk of meters of sea level rise. The consequences are very clear. Meters of sea level rise would displace hundreds of millions of people in Asia alone.

What else do we know? Well, we know that hurricanes have been more intense in the last 30 years than they were before and we don't make hurricanes. But when you warm up the oceans, that gives them more power. They're going to get significantly intense in the 21st century if we keep on warming as we've been doing. So this is very, very significant for Asia because with all the people that live in mega deltas and all those cities within a few meters of sea level, rising sea level and intensifying cyclones, which increases the storm surge and the flooding damage, is not good news when tens of millions of people every few years are moving into cities. They're literally moving into harm's way.

So what happens half a world away from Asia in Greenland because of warming that's planetary in cause has a real impact right in Asia, as does the melting of the Tibetan Plateau, which will in the long-term affect water supplies and in the short run cause flooding from the rapid melting. So these are very, very direct and important effects. What we're talking about now is if we're lucky, and we really work very hard to try to control the pollution that's creating this problem, we'll warm up another one to two degrees. That's the best we can get, in other words, two to three times more than we already have. The worst looks like it's somewhere around four to six degrees over the

next century and that has many, many ecologists, people who work in agriculture, who worry about coastlines, who worry about fires, very, very worried and arguing strongly that this is a risk that we should not take with our planetary life support system.

So this throws us into a big argument about how to do it and what's fair and what's efficient. But most of the talk has been focusing on carbon dioxide itself. But there's also methane, and methane comes from animal agriculture; it comes from landfills; it comes from leaky natural gas installations, coal mines. And methane also needs to be controlled. Well, if a large amount of the methane comes from agriculture that deals with livestock, then it isn't simply a question of industrial producers, it's also a question of lifestyle – what kind of diets we choose. As the developing countries get richer and they start to copycat the rich countries through very large meat consumption, they will inevitably be increasing methane emissions in that process.

So there are going to be a lot of changes and those changes are unpleasant now to the next two or three degrees and then they become more than unpleasant, potentially catastrophic if we start warming up more than three degrees, and we are on the pathway to warm up more than that. So we really have to act over the long-term for our children, grandchildren, and all the rest of the species on this Earth which, I think, count too and are currently quite threatened by the prospect of many degrees of warming. Because how can they move like they did from the Ice Age to the warm period when now they have factories, farms, freeways, and urban settlements to cross? So the IPCC said that there was a possibility of extinction of up to 40% of known species if we warm up more than three or four degree Celsius. So please, let's not take that chance. [Applause]

MC. Thank you, video guest speakers. From our program thus far, it is easy to see that we have a serious problem. Mother Earth is very sick and she needs us to help her heal. How many of you would like to learn more about the solutions to help us solve these serious problems? [Most of the audience are raising up their hands.] [Applause] How many of you would like to fix things so that your children and grandchildren and all children have a healthier planet to which to live? The following global warming footage will provide you with the information mentioned above. Please enjoy the video presentation entitled 'Causes and Solutions to Global Warming.'

Video. After eons of evolutionary changes, Earth has been transformed into the beautiful planet it is today. From the morning sunlight sparkling on the jade blue water, to the rosy hue at dusk fading in the distant mountains. The wings of birds soaring majestically, flying home to their cozy nests; a day on Earth – so filled with lingering remembrances.

Let us take a moment to still our minds. We become more in tune with the stream of life flowing around us. Can you hear the rhythmic sighing of the wind as it gently plays with the green leaves in the vast forests? Can you see the majesty of the immense mountain ranges? Can you feel the mysterious tranquillity of the desert; and witness you not the endless prairies, the numerous species of exotic flowers and vegetations? Yet, the beauty of our planet Earth may become a thing of the past, a distant memory, once the devastation of global warming occurs on a much more catastrophic level.

According to former United States President Bill Clinton: 'Climate change is the only thing that I believe has the power to fundamentally end the march of civilization as we know it.' Ice sheets in the Arctic, Antarctic and Greenland are melting too rapidly, the resulting rising sea levels are beyond scientists' projections. It is heartbreaking to see the penguins, the polar bears, and seals gradually losing their habitats. What will

happen to them now? Will they become extinct and only live on in history books like the mammoths and dinosaurs of the past?

Another alarming situation of similar magnitude that has developed as a result of the rising sea levels is the climate change refugees' crisis. Islands have been submerged, and more than 200 others are in danger of being submerged into the ocean. As a result, millions of residents on these islands have to flee their home to seek a safe haven elsewhere. Life becomes more and more desolate as the shortage of food, water, and the lack of housing is the heart-wrenching outlook.

The accumulated greenhouse effects, the constantly changing climate that is causing instability in weather patterns – storms with strong intensity, floods, earthquakes, prolonged droughts – causes the lives of citizens worldwide to become more miserable. Human life is fragile in the face of such incalculable damages.

The cause of global warming is determined by the perpetual production of three main types of gas that create the greenhouse effect: Carbon dioxide (CO₂); methane (CH₄), which 72 times more potent than carbon dioxide averaged over 20 years; and nitrous oxide (N₂O), which is 310 times more potent than carbon dioxide. The major cause of these gases is from the livestock industry, as indicated by the United Nations Food and Agriculture Organization report 'Livestock's Long Shadow.' About 36% of the methane dissolved in the atmosphere is primarily produced by the digestive process of ruminant animals and 64% from their urine, which contributes significantly to the development of acid rain.

Livestock farming creates 65% of nitrous oxide related to human activities, the majority of which comes from chemical fertilizers. Aside from the huge amount of greenhouse gases released, the livestock industry has also detrimentally impacted topsoil and water resources in many part of the world. Currently, the livestock industry uses 30% of the earth's surface primarily for long-term breeding farms, but it also accounts for another 33% of globally cultivated land used for producing animal feed. Vast tracts of forest have been destroyed to create grazing pastures for farm animals. For example, 70% of the forests in Latin America, such as the Amazon rainforest, have been turned into grazing pastures. Meanwhile, cattle herds trigger large scale topsoil degradation. Approximately 20% of grazing pastures are degraded through extreme cattle herding where the topsoil has hardened and eroded. This figure is even higher in dry regions where permanent desertification has occurred.

The raising of livestock is numbered among the industries that use a considerable amount of clean water, contributing to the water shortage problem on the planet. 70% of the water resource is used for animal feed production. Other aspects of factory farming also cause water pollution, dead zones, and coral reef degradation. The major sources of pollution are from the runoffs of animal wastes, chemical fertilizers, antibiotics and hormones, chemicals from tanneries and pesticides used for feed crops.

Surely, we all dream of a better future for our planet. But what should we do to make that dream a reality? That is the responsibility of each and every one of us as we are confronted with the ever-increasing threat of global warming. Be veg, plant trees, and go green. These are the three main solutions to saving the planet. It is now critical for our planet to have a viable solution for a clean, sustainable source, which is provided to us in abundance by Mother Nature – wind power, wave power, solar energy. Besides that, there are many activities that can save money, resources, energy, and bring much more benefit to the environment, such as public transportation, walking, biking, or

carpooling to work; turning off high energy consuming devices when not in use, saving water, changing our lifestyle habits by living more frugally, and recycling. Our carbon footprint will be very light when we adopt these eco-friendly practices.

The second effective solution to global warming is to plant trees. Trees have an important role in regulating the atmosphere, preserving water resources, absorbing carbon dioxide, and limiting soil erosion. To help repair and take good care of the Earth's lungs, we should preserve existing trees, as well as plant new ones.

Finally, the number one most effective solution that can immediately stop 80% of global warming is the plant-based diet. It is a sustainable and most eco-friendly lifestyle advocated by many people all over the world. Being veg considerably cuts down the amount of methane released by livestock and thus reduces the effects of global warming. The water shortage problem can be solved, world hunger may be a thing of the past, and the air we breathe will be purer as the forests are replenished.

Being veg is also beneficial to our health. The vegetarian or vegan diet promotes a harmonious co-existence with our animal co-inhabitants who are our friends, helpers, and sometimes even saviors in many instances. Let us switch to a more plant-based diet, even better if it's organic vegan, because it's healthy, it's economic, it's ecological, it's compassionate, it's peaceful, it's noble. Let us envision and together build a bright future and preserve this beautiful planet for our children and their children. Let us treasure and save our only home before it's too late. Be veg, go green, plant trees, and do good deeds. [Applause]

MC. *We've just watched the video footage of the global warming situation which is happening around the world with consequences of catastrophic proportions. We also heard some wonderful solutions, and they're simple solutions.*

What follows now is, you will have a chance to listen to lectures of scientists, who are the pioneering experts who study climate change. Please welcome the first lecturer, Dr. Art-ong Jumsai Na Ayudhya (AJNA). Dr. Art-ong Jumsai Na Ayudhya is a vegetarian, member of Thai Parliament, former NASA scientist, engineer, and educator. [Applause] Dr. Art-ong Jumsai Na Ayudhya is also a scientist and engineer from Thailand who helped design and develop the first successful landing device for NASA Viking Space Project to Mars and is director of the Sathya Sai School. [Applause]

AJNA. *So good afternoon, ladies and gentlemen. [Applause] I won't repeat everything that we have already heard but just something to stress the problem, the crisis that we have on our hands, is about gas methane.*

You know, the northern part in the North Pole area we now find a lot of this methane coming up through the ice because ice is melting and disappearing and methane is now coming up through the ice. And as you know, methane is much worse than gas carbon dioxide for global warming. So this is a very important problem that we have to take care of because it's going to speed up the global warming. The temperature will go up much more quickly in the next three years or so. So this is one thing that we have to watch out.

And now let's look at our beautiful planet. You can see that it is beautiful. It's blue in color, unlike other planets. Ours is the most beautiful one in space. And it contains a lot of water. But when ice melts – when the ice in the Greenland, in the Antarctic, in the Himalayas, in the Andes and other mountains melt – they all flow into the oceans. And

because our world is a water planet especially around the Pacific area, it's a huge ocean and when we look from the Moon, it covers almost half the area of the world. So when you have an increase in the weight, increase in the water, there will be more weight on one side than on the other. And our Earth is rotating in space and suddenly you have more weight on one side than on the other, then you cannot have like a top turning around on its axis anymore; it will start to wobble. So that's a big problem for our Earth right now, that we have more weight on one side than the other because of the melting of the ice. We have more water in the ocean and so more weight in the Pacific area than on the other side of the world.

So, in order for the Earth to survive, we can do two things. We are living on earth plates. Thailand here is part of the Eurasian plate, consisting of Europe and Asia except for India; we are on a big plate. And you know plates are floating on some liquid inner core of our Earth, and so it can move fairly easily and it has been moving since many, many years ago, 250 million years ago, it started to move and it kept on moving.

Well, the earth plates are likely to move more quickly now. This is what scientists have found out, that the Eurasian plate is now moving towards the Pacific Ocean and the Pacific plate is also moving towards the Eurasian plate. So, right now, on the edge where the two plates are joining, it's starting to push on each other, and this is going to create a lot of problems for those living along the Pacific rim because there is a big movement going on in the earth plates now. And it will create not only a lot of earthquakes, big tsunamis will start from the Philippines side for example, and this will create tsunamis coming into the gulf of Thailand. We never had anything like that before, but now there is a possibility that this will take place. And of course, wherever you have the joint of the earth plates, you are going to have more earthquakes. And if we look to the eastern side, next to United States, you see the area which they call most active rift zone. The most active rift zone is where the plates are separating. That's a big problem for all of us. Around Thailand, along the Andaman Sea, we have a joint of the plates and therefore that's where we had the big tsunami that killed so many people in many, many countries in the past.

So we need to do something about it very quickly and as you all said – we can do it! We have to do it and we can do it! So I just want to show you how we are doing it where I'm working. I work at the Sathya Sai School in Lapburi Province, 200 kilometers north of Bangkok. We are doing something about it. We are growing our own vegetables because we need to be sustainable. And if we use animals, it takes several years before they are grown up, but with vegetables only a few months we can get food to eat. So all of us – 350 children, 40 teachers and 50 staff members – we are all vegetarian, we have gone vegetarian. [Applause]

So our children grow their own vegetables. All kinds of vegetables are available in our school. And we grow fruit trees everywhere, and not only fruit trees, we grow trees all over the school. We have already grown some 200,000 trees in our own school. And we grow our own rice. [Applause] Many people say that rice will also create methane, but only if you keep things that will rot in the field then it will create methane. So we are very careful about what we do and so we do not create much methane as a result of our growing rice. So all of our children, they go into the field, they are very happy, they can live outside in the good surrounding. So you see, the whole school, 350 children, we go into the rice field, we grow our own rice and we grow our own vegetables, a lot of it. [Applause] And not only that, we reduce gas carbon dioxide emissions by producing our own energy. This is a machine for producing bio-diesel. We make it from vegetable oils, used vegetable oils and we produce bio-diesel from it.

So you can see it's quite clear and we use it 100% in our trucks in the school. And we have been using it for the past two years with no problems to the engine. There is a building and on top of the building, you see two types of energy: One is solar cells, photovoltaic cells that will produce electricity, and the other one is the wind turbine where we produce electricity from the wind as well. So there is the locally made in Thailand, it costs less than USD200 to put up that, about two kilowatts of power. And these solar cells – we power the whole building that you saw just now as well as lighting along the roads during the night. We store the energy in the battery and then at night time we draw out the energy and change it to AC current. And here because we have some waste from the kitchen, we are a boarding school with about 450 people eating there, so what we do is, we recycle everything. We use this machine to ferment the waste, produce bio-gas, and then that is reused in our kitchen to cook. Actually, this is given to us by the Ministry of Energy in Thailand.

And now we are experimenting with garbage. We use garbage to produce electricity. So we are recycling garbage now. We don't waste anything, we don't burn it, otherwise it will produce black smoke. Instead, we use a gasifier to draw out the gas and that will help in our production of electricity and it does not produce any pollution. What remains become fertilizer which we can then use in our fields again. And we produce all kinds of products for our own use, whether it's shampoo, washing powder, and all the rest. We don't use any chemicals. We try to use our own products and we recycle everything including our water. We don't throw anything away. The water is recycled and reused all the time.

And so I just want to stress that vegetarianism is the way. And you can see many famous people already have been vegetarian like Pythagoras, Einstein, Newton and so many other people – they've always been vegetarian. When you look at carnivores, you can see their skeleton, you can see big fangs that they use to kill other animals and the teeth behind, they are all sharp. In fact, they don't chew the food; they just swallow everything.

Let's look at the vegetarian eating animals, and you can see that the teeth are quite different. The meat eater is on the left and on the right is our own teeth. We don't have the same teeth as the meat eaters, okay? We are vegetarian, we have to chew the food, just as the cows, they chew the food, to make sure that it becomes digestible in our mouth, and the digestive process starts in our mouth. And when we look at the intestines, we find that for vegetarians, we have very long intestines. In fact, it's about nine times the length of our body, whereas the meat eaters, they're only three times the length of their body. And the reason is because if you have a plate of meat and a plate of vegetables, after three or four hours, the meat will start to rot, will go bad, but the vegetables will last until the next day, it will not go bad.

So in that case, we can draw out all the good food from our intestines because we have a very long one. So our own intestines are more suitable for vegetables, not for meat. And you can see the lifespan of people, Eskimos, they don't have vegetables, their lifespan is only 27.5 years, whereas the Hunzas, the Otomi tribe in Mexico and Pakistan, their lifespan is over 110 years. So medical doctor Sir Robert McCarrison, he said about the Hunzas in Pakistan, 'I never saw a case of appendicitis or colitis or cancer amongst these people.'

And there is a group of Harvard doctors and scientists, they went to a village in Ecuador. The villagers were pure vegetarians, and again they found most of them reached the age of over 100 years. And this is a study in America of 50,000 vegetarians

and they found that they live longer, have significantly lower incidence of heart disease and lower rate of cancer as compared with meat-eating Americans. Dr. Kellogg said, 'It's nice to eat a meal and not have to worry about what your food may have died of.' Because you can see chicken flu virus, mad cow disease, Nipah virus and all kinds of problems with animals.

And when you look at the protein, you can see when you compare soy milk powder contains 41.8% protein, whereas chicken and lamb only 18 or 16% protein. So we actually get more protein from soy beans and other vegetables. And this is the problem that creates global warming: You need 17 times more land to get the same amount of protein when you compare livestock and soybean. You need eight times more water to raise animals versus growing vegetables and grains. And when you feed grains to the animals as you do in the United States, for example, you only get back 10% of the calories and the protein of livestock when you eat meat. So you are wasting a lot of good food.

This is the solution to world starvation. We know that many people are dying every day; children are dying because they lack food. You see that 80 to 90% of all grain grown in American is used to feed meat animals. So when you reduce meat production by 10% only, you would release enough grain to feed 60 million people – just reducing 10%. And if people would consume only 50% of the meat they normally eat, we could release enough food to feed the entire developing world.

So becoming a vegetarian and we can save the lives of so many people, we will have enough food for the whole world. And United Nations Secretary General Kurt Waldheim said the food consumption of the rich countries is the key cause of hunger around the world. So I just want to leave these thoughts with you: Let us be vegetarian. Let us do whatever we can wherever we are to reduce global warming. Thank you very much. [Applause]

MC. *Our sincere thanks to you, Doctor, for a very inspiring presentation. Our next lecturer is Mr. Ennoo Sueswan (ES), Senior Executive Vice President of the Bank of Agriculture and Agricultural Cooperatives. Please welcome Mr. Ennoo Sueswan. [Applause]*

ES. *Hallo, good afternoon, ladies and gentlemen, distinguished guests. [Applause] I myself feel very honored to be here with you all. First of all, I would like to tell you something in brief about the Bank for Agriculture and Agricultural Cooperatives (BAAC). Our objective is to provide agricultural credit to the farmers and also the agricultural cooperatives. But in 2006, we have changed our position from the Bank for Agricultural Credit to the Bank for Rural Development so that we can provide any financial services and management services to anyone in the rural areas. The other service that we serve is the marketing support for our farmer customers and also the social welfare for customers, for poor farmers in rural areas also. This is the BAAC driving plan work in this fiscal year 2009 about the global warming. BAAC asks the banks to provide credit so we have to provide the appropriate technology to our customers on how to avoid the global warming. We have also the project that we call 'One million customers, nine million trees for the king.' And we have a project to encourage all the energy saving electricity, water supply, and anything else.*

For the farmers, we also promote our customers to do the sustainable agriculture such as the organic farming. For our officers, about 14,000 officers throughout our country, we also serve them the healthy food. Even in our head office we have the vegetarian food for their own choice, and also all the food in our cafeteria would be safer. And for

physical health, for our officers, we have the exercise group, sports group, stretching every day and also have contestants for 'Mr. and Mrs. Good Health.' For the mental health, we have the counselor in the bank and also provide them the training for meditation also. Because we are the agricultural credit bank, so what concerns for the climate change with agriculture, we're concerned.

This is the world carbon reservoir, you can see that the most proportion of the carbon reserve is in the fossil fuel, second is soil, third is atmosphere and last is forest. Now, it is changing, the carbon balance, you can see that now it is causing many effects to our atmosphere. From the fossil fuel conversion, from the land use and also in the agricultural intensification that is causing carbon dioxide, methane and nitrous oxide. The 'body heat trapping' ability, you can see that agriculture contributes to 30% of greenhouse gas emission. If the carbon dioxide is the baseline of the gases of the greenhouse effect – one unit of carbon dioxide is equal one, methane is 21 times and nitrous oxide is 310 times of carbon dioxide – this is the greenhouse effect in conventional agriculture that is from chemical fertilizer, the cause of carbon dioxide, nitrous oxide. And in the plantation is also causing the methane, carbon dioxide, and nitrous oxide, and also the waste water that contains synthetic fertilizers. Also for the livestock area, the grain that we are planting to feed the livestock, also lost 90% of its original energy. One serving of beef equals to over 1,200 gallons of water used. 20% all global warming causing emissions comes from animals. So raising animals as livestock is one of the greatest contributors to climate change.

This is my proposal for the solution for our beautiful planet: If we can, we must focus on the organic food, non-GMO, no chemical fertilizers, and less meat or vegetarian diet. This is the first thing that we have to do. We must focus on alternative energy, waste to energy, and also the community power plant and the bio-gas, solar energy, and the last is wind energy. For the forest, we will focus on the planting trees, especially now we have the new project, what we called 'tree banks' that will encourage all the community to grow trees, and they can repay money by planting trees also. Thank you. [Applause]

- MC. *Our sincere thanks to Mr. Ennoo Sueswan for providing those profound insights for us today. [Applause] Next, we are pleased to have with us today, Dr. Chamniern Vorratnchaiphon (CV), and he is Senior Director of Thailand Environment Institute. Let's put our hands together for Dr. Vorratnchaiphon. [Applause]*
- CV. *Hallo. I'm very glad to be here. Friends of the Earth, children of the planet. For the past 25 years, I have been working with the local communities on environment as well as with the climate change. I would like to confirm for the beginning by saying that in order to have a real solution, in order to keep this planet, we have to change also from within, from inside. And I would like to discuss and share with you from our own experiences of saying that we have to join hands in order to keep this planet for the next generation, not only for ourselves.*

We have heard from the beginning all the scientists have said, all the predictions that they have made, and all the impacts, whether agriculture, human health, infections, disease, and heat stress, and again and again and emphasize that this is really the activities of the human hands, and also from the human hearts and human minds. Not only the purely externalities, we have heard again and again how many Celsius the temperature of the Earth has increased, and also faster, as Dr. Art-ong and other people have mentioned, than we thought and have expected. And of course, the moderators, two of them, they're saying over here concerning the rise of the sea level as well, how much and how fast that has been going. And also the recent atmospheric

CO2 has changed, as the two have mentioned. And we have heard and we have seen so many formulas, so many models that are really created by scientists in order to solve these problems. And we have to think that whether we rely on these models and sciences and technologies and all the calculations or not. Or whether we should go deeper understanding what are the causes of this climate change. And of course that we can see recently, about the carbon credit, as you know, and the scientists from the beginning, has assigned and has created this mechanism and instrument in order to solve the climate change.

And as we know that this economic instrument has become a mechanism for exploitation and also extortion for personal gain and personal benefit. I don't think that we can go far if we rely totally on the scientific models again and again. And as we can see from the beginning are saying that whether this carbon trading is really contrary to the social justice, whether this carbon trade will strengthen the existing inequalities or not, and we have again and again been saying that the clean mechanism, the CDM poses a lot of direct impact on the human health also. And we have heard again and again on this in the past decade of saying that in order to restore our Earth that we have to protect ourselves in order to reduce the impacts as well as to reduce the damages. And we totally confirm, in order to protect this beautiful planet, we have to join hands together with our own communities as well as technicians, researchers, and also the governments, and we have to adapt ourselves. The sense of adaptation, the ability in order to adapt ourselves to nature, that's really the big requirement of one of the solutions. And of course, not only the purely scientific and economic instrument, but we have to rely also on the local wisdom, as Dr. Art-ong has explained, that a lot of local wisdom has been utilized in order to protect this world. And also the government policy.

But on this we have to identify where are the hot spots, where are the critical areas, and these, all these hot spots and critical areas have been increased tremendously for the past two decades. And the caring capacity, the work that they have been doing with the local governments on these specific issues. And I would like to confirm that it's still very low in order to cope with the natural disasters, as well as the climate change. We have to join hands together in order to bring on the national level as well as local governments and also the community in order to solve the problems.

I would like to share with our friends from abroad, particularly from Au Lac, over here we have His Majesty the King, for the past several decades, he's promoting and which the government and the people are also trying to implement the sufficiency economy. And I think this is one of the great philosophies that we have to implement in our country and try to link between this philosophy and climate change. And what we do that's really by the middle class, by the use of the moderation and also reasonableness as well as the immune system in order to bring life and our economy, as well as the social system in a balanced way. And also we have been working a lot with the schools, more than 200 schools that we have been working with in the country and more than 200 local governments. We try to integrate mindful thinking and also to create the knowledge as well as moderation in our way of consumption. And I totally agree with Dr. Art-ong and other people, and all they're saying over here, we should and we need to be vegetarian. We have to have ourselves immune in order to help ourselves, as well as trying to make use of the science and technology to be implemented.

This is an example that Thailand Environment Institute with other private companies, we campaign in order to integrate into the schools network and try to integrate the global warming or climate change into the curriculum of the teachings, of the eight subjects. We try to promote in the schools, whether elementary schools or secondary schools, in

order to know their own environment and try to adapt the way that they consume in their schools.

In order to promote the sustainable development, my friends of the Earth, we have to think of our next generation, not our generation only – our future children. Let's consider that as very important. There are many projects, whether small or big, we always do it for the sake of our own survival today, not the children of tomorrow. The sustainable development we have to attain.

My friends, this is really the heart, whether we would like to maintain this beautiful planet, our beautiful world. We cannot rely solely on the science and technology. But, what is really needed and what really brings about the sustainability is hidden inside our heart and our mind – spirituality. That spirituality really determines how we live with nature and how we live with other human beings. Spirituality gives meaning to the modes and determines the modes, the way we eat, the way we produce whether in agriculture, whether in industry. There are so many modes of production and consumption that have been destroying the world. And I totally agree with you and support that if we want to have a real effect on climate change, for consumption that's more sustainable, it should be vegetarian. [Applause]

Spirituality, that can change the climate, that's really from inside that you change the outside. You have to think that's really in our mind, in our hearts that determines whether this planet is sustainable or unsustainable, whether we can do better or for worse. Fundamentally, it is really from within, from our own heart. And this is really what we have to bring about, this awareness and transformation. And the source of all the values is really from within, not purely from outside. We always try to manage nature according to the human needs. We have to see that there's really spirituality, that's really how to live with nature.

I have learned and I have taken from this a chart that's used by a teacher. This is the primary school four. He brought that to me and he explained to me, saying that Kalyanamitra, benevolent friendships, is very important for the environment and very important for the climate change. And we're saying that's what is really important in this message, the consideration that human beings should respect tree, forest, water, soil, the sea and also the sky as their good friends and not to be exploited. If we manage to live together with the good friends, we have a solution in order to keep this beautiful planet Earth. And a lot of local wisdom – in Thailand over here we have Loy Krathong Festival. That is a festival to pay the tribute to the water and also to ask for the pardon and to confess their sins to the Earth and to the land and to the water.

So I think this is a really good example for us, Kalyanamitra, we need to change and we need to adapt ourselves with nature for the sustainability. I totally adore the gathering over here for your good heart and also your good works. Thank you. [Applause]

MC. Thank you, Dr. Vorratnchaiphan. And thank you for your devoted attention. As you can see, our speakers today are highly committed to solutions for climate change. Our next guest lecturer, Dr. Nguyen Thi Minh Kieu (NTMK), Chairwoman of Diet Association, has some valuable insights to share with us. Please give a big applause to welcome Dr. Nguyen Thi Minh Kieu. [Applause]

Dr. Nguyen Thi Minh Kieu earned her medical degree in Pediatrics from Medicine and Pharmacy University in 1987. In 2002, Dr. Nguyen earned a Ph.D. in Nutrition Food Science in Japan. After her return to Au Lac, Dr. Nguyen was appointed Head of

Nutrition Food Research Department, Nutrition Center from 2002 to 2006. Since 2006, Dr. Nguyen has been Head of Applied Nutrition Food Science Organization and is Chairwoman of the Food Nutrition Association. Dr. Nguyen is greatly concerned about plant-based nutrition and regular holds seminars to exchange knowledge of plant-based nutrition. Welcome, Dr. Nguyen. [Applause]

NTMK. *Good afternoon, ladies and gentlemen. [Applause] First of all, I appreciate the conference for giving a chance to deliver my presentation today. As you know, nowadays, the global health is not just of any country but also a topic of everyone, every country. The first challenge for global nutrition science is how to associate between human health and global health. That challenge requires global nutrition science to develop a new strategy. A new strategy of nutrition science is nutrition ecology.*

Allow me to emphasize two important points here, that is, holistic and the second is the sustainability. Holistic means the whole, sustainability means forever, long-term, lasting. So both of them contribute to the quality of the nutrition system. I would like to mention four dimensions for achieving a nutrition system quality. It will bring the benefits for health, for environment, for society and for economy.

What dietary pattern is the best for nutrition system quality, also food chain quality? That is the vegetarian diet. So, in order to have a vegetarian diet, which condition of food is the best? That is, regularly produced, the second, food seasonably consumed, and organically grown. There are many approaches to the global health, but from the nutritional point of view, I would like to mention two programs.

The first: Change to a vegetarian diet in the community. And the second: Vegetarian diet for environment protection is still a new concept for people, for communities, especially for government officials. Therefore, we are building action programs on research, on teaching, and on public action. We research on science evidence-based vegetarian diet. We decide a food choice guide for Au Lac is vegetarian. And we decide a dietetic guide for special vegetarian diet and research on holistic and sustainable food sources. For teaching action, we are taking vegetarian cooking classes, 20 courses of special vegetarian diets, and publishing vegetarian diet cookbooks and nutrition books. How about public action? We are holding communication programs for community in order to inform the community on principles of nutrition ecology. From that, they can change eating behaviors and, at the same time, we are launching some activities. The second approach we are implementing is towards the organic agriculture program.

For small scale program, we focus on society effectiveness, how to spread to community clean vegetable models at houses, at offices and at schools. Now we are planning to carry out a project in Tien Giang, a province in southern Au Lac. All kindergarten schools in Tien Giang will develop clean vegetable models for schools. Also, we are taking practice classes on clean vegetable models for community and consulting technology and designing for community.

For large scale program, we focus on financial effectiveness. We have a call operative project on clean vegetables from farms and building strict evaluation processes on clean vegetables and put them into practice. In Au Lac, there is a proverb: 'One tree cannot do anything, but all trees can cooperate to do everything.' So I think that the project can receive the cooperation from many countries, from many people, in order to get the global health, the planetary health. Thank you very much. [Applause]

MC. *Thank you, Dr. Nguyen. That was very, very interesting. And thank you, everyone, for your attention. Up next to share his wisdom is Dr. Nguyen Tho Nhan (NTN) who will share with us his profound insights on global warming. Please give him a very warm round of applause as he comes up to the podium. [Applause]*

Dr. Nguyen Tho Nhan earned his Doctor of Philosophy at the University of Paris, France where he specialized in energy. He is the former Advisor to the Asia Pacific Regional Energy Development Program in Bangkok. He is former Head of the Program of Energy and Environment of the International Organization of Francophone Countries located in Paris. And he's an author. He wrote the book 'Energy and Climate Change.' Doesn't that sound like a great book? Here is the good doctor to speak to us. Give him another round of applause, folks. Thank you. [Applause]

NTN. *Good afternoon, everyone. I would like to talk about how vegetarian diet can help protect the environment and to fight against climate change. We can feel the consequences of climate change like global warming, its elevation of temperatures, the worst temperatures, and also another direct consequence of global warming is the sea level rise that will affect the life of millions of people living in low lying deltas like the place we are sitting now here. And also, we can cite the extreme events like floods, droughts, heat waves, tropical cyclones, storms.*

Facing so urgent and grave challenge, the United Nations found in 1988 the Intergovernmental Panel on Climate Change (IPCC). The IPCC has issued many very good reports and the last one, issued in 2007, had helped the IPCC earn the Noble Peace Prize, together with former Vice President of America, Al Gore. The finding of the IPCC – first, the warming of the climate system is unequivocal. We have heard Dr. Schneider of Stanford University speaking about that. And the second, the increase of the global average temperatures, very likely due to the increase of anthropogenic greenhouse gases. The IPCC recommended two lines of actions. First is adaptation to climate change and second, mitigation to reduce greenhouse gas emissions.

To understand greenhouse gases effect, we can see that our planet receives energy from the sun and it will radiate back energy. But this energy radiated by the Earth will be intercepted and absorbed by the layer of greenhouse gases in the atmosphere. It will make the atmosphere warmer and the surface of the Earth will be warmer. It's the greenhouse effect.

Scientists of the IPCC have measured with precision the rise of temperatures on the Earth. And we've seen now on the graph that the temperatures are rising. And they can use scenarios to predict the global warming in the future, at least in the next century, in this century, 21st century and at the end of the 21st century. In the most favorable conditions, they see that the temperatures would rise about 1.8 degree Celsius, and in the most unfavorable conditions, the temperatures will rise above 4 degree Celsius and it must be kept under 2 degree Celsius in order to avoid dangerous consequences to the Earth.

Global warming can be seen on this picture. We have two pictures of the Patagonia glacier in South America. In the first picture taken in 1928, we can see lots of ice. In the second picture in 2004, all the ice has been melted away. And this is another consequence of global warming, it is the sea level rise that can be measured by indirect measurements, by coastal tide gauges, and recently by satellite telemetry. The sea level rise will be very dangerous for all of us living in low lying deltas. And we can see that if the level of the sea rises about one meter, about this level, there will be many places,

many delta regions will be flooded. From many years until the 18th century, the carbon dioxide concentration is constant at 280 parts per million. But from the year 1750, it is considered as the beginning of the industrialization era, there is a sharp rise of the concentration and also a sharp rise of the temperatures.

The two other greenhouse gases are methane and nitrous oxide. From 1970 to 2000, the greenhouse gas concentration rose 70%, from 28.7 billions of tons to 49 billions of tons. According to the Stern report of the United Kingdom, the food production will be affected and we'll have many famines and hungers in many places, especially in Africa.

Meat consumption is considered as one of the causes of the greenhouse gas emissions. As you have seen that meat consumption has risen very fast. From 1950 to 2000, the meat production in the world has risen from 45 millions of tons to 233 millions of tons. It would be five-fold while the world population increased only two times. The livestock sector, it's the rearing of animals for meat, requires large areas of land. For example, 70% of the Amazon forest was cleared as grazing pastures and large parts used for growing feed crops. And 1 kilogram of beef needs 7 to 16 kilogram of soybean. So when we convert the vegetable to meat, we have wasted a large percentage of protein. We wasted up to 90% of protein, 99% of carbohydrate and 100% of fiber.

In the meat, there is no fiber. And also, the livestock sector uses a large quantity of water, and the water is now considered in deficit in many regions in the world for human consumption. 1 kilogram of maize needs 900 liters of water to be produced and 1 kilogram of beef needs 15,500 liters of water. Animal production is a very grave problem because of air pollution by the methane or by ammonium, and livestock is responsible for 60% of anthropogenic ammonium emissions.

In water pollution, we have nitrate, phosphorus, growth promoters like antibiotics, hormones, heavy metals, bacteria and viral pathogens that are discharged into water sources. And also, pesticides and chemical fertilizers for feed crops also discharged into water for human consumption. That is very dangerous for human consumption. And also, we have waste from slaughterhouses or tanneries. The greatest contribution of the livestock sector to the climate change is the greenhouse gas emission and we have seen that 18% of the total greenhouse gases are emitted by the livestock sector. When we consider that all the use of fossil fuels in the transportation sector by air, by sea, by road, combined, it represents only 14%, and so it's lower than the emission of greenhouse gases by the livestock sector.

The different parts of the livestock production emit a large part of greenhouse gases, like the deforestation, manure, enteric fermentation – this is the fermentation inside the digestive tube of ruminants. When we compare to the vegetarian diet, we can see that a vegetarian diet – no meat and no milk – for one person during one year corresponds to gas emissions of 629 kilometers of car driving while a diet of a non-vegetarian corresponds to 4,769 kilometers. It means that it will emit 7.5 times more carbon dioxide than the vegetarian diet.

Dr. Rajendra Pachauri, Chairman of the IPCC who led the work of more than 3,000 scientists during 20 years to study climate change, has switched to the vegetarian diet some ten years ago. And he is proud of announcing that during that decade of eating no meat, he had contributed to taking away from the atmosphere 12 tons of carbon dioxide. [Applause]

In the city of Ghent in Belgium, the people there decided to initiate a program of what is called Vegetarian Thursday. If every one of us decides to eat less meat or no meat starting from today, we can be proud of participating in the great movement of saving the planet against the dangerous climate change in addition to the obvious benefits of our health and of our spiritual beliefs. So think positive and act positive.

In conclusion, I would like to quote a phrase by Albert Einstein, the greatest scientist of the 20th century. Einstein who is ahead of his time, he has an extraordinary vision and he said that, 'Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet.' Thank you very much. [Applause]

MC. *Our sincere thanks to Dr. Nguyen Tho Nhan for sharing his profound insights with all of us. Let's have one more round of applause to thank our lecturers for sharing their beneficial information and effective solutions in order to help curb global warming. We pray that all world citizens will grasp the messages expressed by the lecturers and quickly take action to save this beautiful planet. Yes, we can! [Audience: Yeah!] [Applause]*

Ladies and gentlemen, it's time to introduce our special guest of honor – Supreme Master Ching Hai. [Applause] The world is very fortunate to have the presence of Supreme Master Ching Hai because, as we've said earlier, She's an outstanding spiritual Teacher, She's a humanitarian, and a talented artist. But to us, Master Ching Hai is more than that. She is the best Teacher anyone could ever ask for. [Applause] She is our mother, our father, our brother, our sister, all rolled into one. She's our hero, She's our role model. And She's a lot more than that! [Applause] She teaches us to be noble human beings – to tread lightly on the planet and to treat animals as equals. She is the best friend anyone could ask for. She wakes us up on the inside so that we can do the work with love and not ego. And on occasion, when we fall down She gently picks us up, dusts us off and gives us some hope one more time. She teaches us to never give up! And we're just really happy to say that about Her. And She has won so many awards! Again, it's very rare that individuals get to experience the great love and compassion of a great Master. So we are all very, very lucky to have Her with us here today. [Applause]

Ladies and gentlemen, right now is the most anticipated part of our program, it's so exciting for us, right, brother? The question answering session to questions from the distinguished guests and the audience, and Supreme Master Ching Hai will share Her profound point of view about global warming and kindly answer your questions through live broadcast television. Meanwhile, we also have a panel of experts which includes leading scientists in research and study of climate change. We'll be inviting them to come up here shortly. [Applause] They're also ready to answer your questions. So welcome to the question and answer session with Supreme Master Ching Hai and our panel of experts. [Applause]

M. Hallo.

MC. *Master, we want to thank You for the opportunity of accompanying You on this noble mission. It's a privilege! Every day we get very excited because we are seeing more and more positive movement towards saving the planet. We know there's a bit of work to do, but we've got 5,000 more committed people here today who are happy to help us, isn't that exciting?*

- M. Are they committed? [Applause]
- MC. *Master, let me ask the audience here. Remember what we said earlier about what Mr. Obama said? If Master asked you that question, 'Can we do it?' what are you going to say? [Audience: Yes, we can!] [Applause]*
- M. So we use the slogan from the President of United States. Will he mind? [Master and audience laugh.]
- MC. *I think he's a pretty loving president. [M: Yes.] Master, before we move into the question and answer period, would You like a moment to share some additional thoughts with the audience or what would You like to do?*
- M. Oh sure, whatever you command. [Master laughs.] You see, I'm so happy to see so many people who reserve their precious time to organize this event and so many audience who are so enthusiastic and supportive of this life-saving mission. I thank you all, the organizers, all the panelists, the speakers, and the audience. May God bless you. [Applause]
- MC. *Thank You, Master. Ladies and gentlemen, let's welcome back to the stage the following experts who will form our panel for this afternoon's question and answer session. So please welcome Dr. Art-ong Jumsai Na Ayudhya, Dr. Chamniern Vorratnchaiphan, Dr. Nguyen Thi Minh Kieu and Dr. Nguyen Tho Nhan. [Applause]*
- M. Yes, I have been listening to them and watching their distinguished presentations. They were so awesome. Aren't they awesome? Let's applaud again. [Applause]
- MC. *Master, our audience has so many questions for You. I think what we will do is to have You answer three questions and then we will have one of our expert panel members answer a question.*
- M. Yes, whatever you designed and organized is fine with me.
- MC. *All right, thank You, Master. [Applause] This first question for You, Master, is from Dr. Panmanas Sirisomboon, Associate Professor of Department of Agriculture Engineering, Faculty of Engineering, King Mongkut's Institute of Technology.*
- Q. *I do agree with not eating animals, not to harm them. And I do enjoy the conference to get the information about the effect of being vegetarian for the world. My question is: Does eating meat really change the weather condition of the world to a critical stage? Does eating vegetarian food really help these same conditions of the world to be better?*
- M. Hallo, Dr. Sirisomboon. Yes, ma'am, yes. Thank you for your insightful question. The answer is yes and yes! The reason is very scientifically clear and proven with the United Nations report called 'Livestock's Long Shadow,' the famous one that everybody knows. It documents the detrimental impact of meat consumption on global warming, saying that a full 18% of all greenhouse gas emissions were produced by livestock raising for meat and that this sector was responsible for more total emissions than all sectors of transportation combined.

As you have heard from our distinguished panelist speakers earlier on, the report is really very alarming for us, and since that 2006 report even, we've heard some worse things. Scientists like Dr. T. Colin Campbell have received updated information that

more than 60% of the intensively warming greenhouse gases are coming from the livestock sector. The problem is worsened by the fact that methane, one of the main greenhouse gases emitted through livestock raising, traps some 72 times more atmospheric heat than other gases, even like CO₂, that everyone was talking about.

CO₂ is not the worst. Carbon dioxide is not our worst threat, methane is. And methane comes from livestock raising. So all of this leads to significant weather disruptions. In 2006, China's Meteorological Administration noted that global warming was causing the strength of typhoons to increase, causing the destructiveness of those making landfall to become greater and causing their travel to be farther than before.

TIME magazine reported United States researchers' finding that the top wind speeds of the Earth's strongest storms have increased significantly since 1981, resulting in some of the disastrous effects we have seen over the past few years. And just this week, Morakot wrought havoc everywhere, especially in the Asian Far East. Formosa, more than 500 people feared dead, and many more missing. 600 villages buried under mudslides because of this. And the search is still going on for the missing persons, and the Formosan government even appeals for international help to assist those trapped by this disaster. They're still not rescued yet. So livestock raising for meat surely leads to an environmental crisis.

But in response to the second part of your question, Dr. Sirisomboon, a vegetarian or diet free of animal traces does benefit the world immensely. Scientists have already shown that the organic vegan diet can reduce the economic cost of halting global warming by 80%. 80% cost reduced if we are organic vegan. This is in addition to the direct planet-cooling advantages of removing methane from the atmosphere. We can only imagine what our world would be like without these harmful emissions. It can be restored very swiftly to a lush green oasis that supports all life. So I strongly encourage all to be veg, Dr. Sirisomboon. And please, spread the word to others, as many as you can. It is absolutely the best thing for the health of our planet and for our health as well. Thank you, Doctor. [Applause]

MC. *Next question, Master, is from Van Anh, a monochord instrumentalist.*

Q. *Most respected Supreme Master Ching Hai, ladies and gentlemen, I'm truly touched to be able to attend the conference this time. Dear Supreme Master Ching Hai, my friends and I are extremely grateful for Your contributions to create a better and more beautiful world. Respected Master, thanks to Your guidance, humankind is transitioning in a positive direction. However, is that change quick and sufficient enough to stop global warming and save this beautiful planet?*

M. Hallo, Ms. Van Anh. Madam Van Anh, not quick enough yet at the moment. I wish we could be much quicker, like yesterday, but we still have hope. I appreciate your concern and certainly hope that all beings and the planet can be saved. Perhaps we cannot save all, but we can save the majority if we hurry up.

This is why the members of our Association and myself, as well as the staff at the Supreme Master Television are working as much as we can to get the message out to the world about the dire state of the globe and the rescuing vegan solution. Scientists have already stated that the livestock industry is the single highest human cause of methane gas in the world. Everything is heating up so quickly, as we can see from the scientists' reports on such alarming upheaval, such as rising sea levels and glaciers melting – in your country, Au Lac, you probably know of global warming related

problems such as the untimely flooding and encroachment of the sea of the Mekong Delta region – both of which have caused havoc and further threat to the region's vital rice and fruit crops. This is due to a combination of sea levels rising, along with the effect of melting glaciers, which are now causing excessive floods but eventually will cause drought and vastly diminished water supplies as well.

So we must work quickly to avoid such unwanted outcomes. And the most effective way, as I have mentioned, is the organic vegan diet, organic vegetable farming. This is also the fastest way to reverse the increased warming climate to prevent further damage and disaster. If everyone does this – be veg – the Earth will begin to cool and we will have more time to implement the measures to eliminate all the carbon emissions. Not only that, through the organic veg diet worldwide, we will see the planet revived to her original beauty and flourishing state even more so in the future. So please, be veg, and tell everyone else of these benefits. The more people who understand and change, the more chance our world will be saved in time. Thank you, Van Anh.

MC. *Our next question is from Nguyen Thi Ngoc An, Ph.D., Head of Environment Department, Hong Bang University, and she is a vegetarian.*

Q. *Greetings, Supreme Master Ching Hai. [M: Greetings, Madam Ngoc An.] I am very happy to see You again. [M: I'm happy to see you again too, Professor.] Humankind is trying really hard to change. If unfortunately these effects are not quick enough to save the Earth, then what will be the fate of the Earth's population? And how is the environment? Thank You very much.*

M. Thank you, thank you. Thank you for coming here with us again. [Applause] Yes, Dr. Nguyen, thank you for caring. I know that there are many, many people who are making the effort to change. And all the green developments, like the sustainable energy technologies and water saving technologies, these are also very good. It's just that they will not accomplish the goal of saving the planet quickly enough. The rapid rate at which the planet is warming can be seen from many examples, one of which is the melting of the Arctic ice.

A recent report released by the United States National Snow and Ice Data Center found that the rate of Arctic ice melt has been speeding up dramatically, with a shrinkage during the month of July equal to 41,000 square miles each day. Meanwhile, Canadian researchers have already forecasted that the entire Arctic ice cap would be gone within a couple of decades, maybe quicker. As the ice disappears, global warming accelerates because of losing the reflective white cover provided by the ice. The scientists also reported that Arctic tundra temperatures have been rising one degree Celsius each decade, which is faster than anywhere else in the world, and that the tundra itself is emitting significantly more methane and nitrous oxide than previously estimated.

This is a dangerous situation, apart from what we are already having. How do we stop this? The most effective way, and the way that truly works, is be veg, be vegan. Stop the use of all animal products and the globe will quickly cool down. We can still continue developing all the other green technologies, after the planet is saved and we have time, which are very good in helping restore parts of the overall planetary balance. But the first and foremost must be the veg diet. And with that approach, we are working toward being able to save the world. Because the switch to the animal-free diet removes all the methane production and its associated pollutants, to say nothing of the animal cruelty, will help reserve these planetary disasters, such as the tsunamis, floods, storms,

typhoons and landslides, et cetera, et cetera. So Dr. Nguyen, in order to help the environment and save lives, we first must be veg. Thank you, Doctor. [Applause]

MC. *This next question is for Dr. Minh Kieu from Pham Minh An, a vegetarian: Dr. Minh Kieu, you are known to be an active supporter for the vegetarian lifestyle and have been very active to spread this compassionate way of living to the Aulacese people. Could you please let us know about the successes and difficulties that you have had in the process of implementing this meaningful mission? Will the Aulacese people realize the importance of the vegetarian diet in regards to their health and the health of the planet that quickly changes their way of life?*

NTMK. *Thank you for your question. [Applause] Firstly, I would like to confirm that not only me but also nutrition science supports the vegetarian diet – means a plant-based diet. As I mentioned in my presentation above, in Au Lac the vegetarian diet has been always taught as a religious practice. So I think scientists in Au Lac will research on a food choice guide for Aulacese vegetarians. I think there are many science-based evidence for vegetarians, that is a strong base for convincing the community to change from a non-vegetarian diet to a vegetarian diet in the future. I am sure of that. Thank you. [Applause]*

MC. *The next question is for You, Master, and this one is from a composer and a vegetarian, Thai An.*

Q. *I'm totally in support of the compassionate vegetarian solution that You lovingly propose. Could You explain further, is the organic vegan lifestyle the most effective solution to save this planet, and also a vision of a noble lifestyle in the future when Earth emerges with other enlightened beings in the galaxy?*

M. Big vision, Mr. Thai An, yes. Just like his name, his name means 'great peace.' Hallo, Thai An. How are you today? Good? [Q: Yes, good. Yes, I'm fine.] I'm very glad. Yes. [Applause] I'm glad to hear that you support the vegan solution. It is a true solution, yes, and it is the most effective way to save the planet. The reason is based on the significant planet-cooling effect of removing methane from the atmosphere, which happens when we switch to the organic vegan diet. And besides removing the harmful methane emissions, organic tilling methods can actually store 40% of the carbon back into the soil.

So, to be veg is a way to not only eliminate significant emissions, but to absorb even more carbon from the atmosphere. The organic approach also does not apply harmful chemicals like the ones used for conventional farming. This is very reassuring for anyone who has children, especially as a recent study showed that young persons are particularly vulnerable to the toxic effects of pesticides. So the organic vegan diet is multifold beneficial. Forests also play a tremendous role in absorbing CO₂. For example, the forests in the Pacific Northwest region of the United States are able to absorb half of all the emissions of the state of Oregon, United States. So we should protect our forests as well, especially from clearing for cattle grazing and for animal feed growing, because these activities even add back many times more greenhouse gases. Most of the deforestation in our world is due to animal raising, taking up a staggering one-third of the entire land area on the globe!

Now, you ask about a vision of Earth merging with others in the galaxy – that's a big vision. We only need to look at our own neighboring planets. Mars and Venus, to see that the vision is bleak, is disastrous, if we don't make the right choice, the right change

now. Any planetary scientist knows that Mars and Venus went through dramatic atmospheric changes in the past, similar to what we have begun to experience right now. Long ago, Mars and Venus were once a lot like our planet – they had water, life, and people similar to us. But the inhabitants of Mars and Venus destroyed their respective planetary homes because they raised too much livestock, and the gases released triggered an irreversible greenhouse gas effect, plus poisonous hydrogen sulfide in the case of Mars. So that's why we see only the traces of the landforms and oceans that once used to be there. And on Venus, the atmosphere is so heated and choked up with CO₂ – carbon dioxide – scientists thus called it 'runaway global warming,' and say this is what the future of Earth might be like.

So let's not end up like either Mars or Venus, our neighboring planets. Also, once we stop the killing, then we will generate a more loving, kind, and inviting atmosphere for other noble beings in the galaxy to perhaps join us or be in contact with us. But, regardless of the contact with other beings, humanity must uphold a gentler, higher standard for the Earth to continue supporting life. This greater virtue is absolutely necessary for the conscience to be at peace. So, beyond the physical consideration of things like methane gas and toxic chemicals, there is also the spiritual consequence of killing. Killing is stealing life, the most precious gift to any physical being. Animals are killed for meat consumption in the cruelest ways imaginable. That makes us humans the cruelest beings on the planet. We are the cruelest beings on the planet. I don't know if we should call ourselves civilized, great beings. The degrading practice of killing must stop. The killing must stop and we replace it by virtuous ways of life that are also peaceful and kind. If all of humanity turns to such a standard, this world will be transformed indeed, heralding a true Golden Age of harmony and happiness for all beings. Let's pray that it will be so. [Applause] Thank you.

MC. *Thank You, Master. Thank you, Thai An. Master, Dr. Cao The Ha couldn't make it today due to his work. However, I'm going to read his question. [M: Please.] Dear Supreme Master Ching Hai, I'm very concern about the effects of climate change and global warming on Au Lac, especially the southwestern region, the granary of Au Lac where people are still impoverished. Please shed some light on the following questions: How much longer and what is the size of land that will be under water? How many people will be affected? Could it be possible that the fertile rice fields in the southwestern region will turn into U Minh type of salt water swamp? At that time, could science create food bearing plants or some kind of plant that is valuable and salt bearing? In summary, what should we do to help the farmers in the Mekong Delta? Thank You, Master. [Applause]*

M. Yes. Please relay to Dr. Cao that I thank him for his caring question, and the urgent tone of this question. It is clear from his question that he is very familiar with the unfortunate series of global warming events in the once-fertile and lush Mekong Delta region.

As we discussed briefly in the previous question, this situation is serious indeed. A combined report from experts at the United Nations, CARE International, and the United States-based Earth Institute forecasts that more than 14 million farmers would lose their rice fields if sea levels rise by two meters. Already the growers are seeing salt water contamination in some crops, along with the excessive flooding that ruins harvests. Scientists say that the floods are due to upstream melting glaciers, which cause the rice to be inundated at times when it needs to be dry. Moreover, as the glaciers continue to melt, the great Mekong River will begin to dry, because there's no more support of flowing water – meaning further hardship for farmers as water becomes more scarce. As it currently supports 18 hydropower stations as well, the drying of the Mekong River

would also have adverse effects on power supplies. And the drought, combined with sea level rise, would cause further salt water contamination.

The government has instituted programs to relocate people whose homes and growing areas are most vulnerable to these effects, but this does not really address their livelihoods or how to save the crops. Research indicates that a one-meter sea level rise could result in up to two million hectares of land in the Mekong Delta being submerged. Depending on how quickly global warming accelerates, this could happen in a matter of years. As for how to best help the farmers in the delta region to cope with this urgent problem, I also wonder myself. It concerns me deeply to see the effects of global warming on this region.

Dr. Cao mentioned scientists developing a salt-bearing plant. Perhaps we can, perhaps not. Even if we can, imagine. You see, some researchers have suggested building additional levees to hold back the floodwaters. Both of these ideas could probably work over the short-term and would help for a little while, but not for long-term. We have to ask ourselves, for how long and at what price this will work? What kind of world will we have left if these global warming changes continue? What kind of drinking water, what kind of air will we have, even if the rice plants can grow in salt water? This is a complex ecosystem with a long, long history of supporting human life, so there is no easy answer.

But the most effective one I know, which is so simple, easy and also scientifically proven, is to adopt the meat-free, animal-free lifestyle. If everyone stops the killing and consumption of meat, these destructive changes will also stop. Just be veg and do good, that's all there is. This is really the way to go. It is the best thing to help us, to help the farmers and the entire country of Au Lac, not just the Mekong Delta. If you turn in this direction and get as many people as possible to come with you, Dr. Cao, I guarantee that you will see good changes around you. And you will be proud to walk the Earth as a compassionate vegan and Earth protector. Thank you. Thank Dr. Cao for me. [Applause] Tell him he has my prayers and good wishes.

MC. *Thank You, Master. We will do that. So the next question for You is from Pham Van Toai, M.D., Surgeon, Trauma and Rehabilitation Hospital, and he is a vegetarian as well.*

M. Good news.

Q. *Hallo. Warmest greetings, Master Ching Hai. [M: Greetings.] I'm really happy to be here, and so excited. [M: Me, too.] You have said that the critical mass of vegetarians on the planet has been reached. Master, what is the current situation of the critical mass and what percentage has been reached? Thank You very much, Master.*

M. Thank you, Dr. Pham. How are you, Doctor? [Q: Thank You, Master.] You are a surgeon, huh? [Q: Yes.] Wow, thanks for being such a life-saving hero.

Dr. Pham, as you are aware, the critical mass in this case means that the number of people on Earth who have adopted the vegan lifestyle has become high enough that it helps create a kind of momentum for others to be more open to join. This number was reached in June of this year, 2009. Till now, we have altogether 40% of the population on the planet that have become veg, including vegetarian and vegan, including waterian, solarian, breatharian, pranarian – meaning people who only live on water, who

only live on liquid, who only live from solar energy, or only live on the chi, the prana energy, or on love from the divine.

So now, we have 40% of all this combination. This is surely encouraging. We need only another 60%, Dr. Pham. However, we are still working hard to spread the veg message. So it helps if we all continue informing as many people as we can, not just sit and wait for the critical mass to take effect. It's very simple for everyone: Just be veg, and we still can save the planet. Thank you, sir.

MC. *Next question, Master, is from Nguyen Van Thinh, M.D., physician at the Center for Education Labor Society.*

Q. *Yes, hallo, Master Ching Hai. As a doctor who cares for and treats drug addicts, I would like to know, how do You assess the dire impact of drugs on human health and activities as well as its harmful effects on the environment? Thank You very much.*

M. Thank you, Dr. Nguyen Van Thinh, for your concern. First of all, I admire your work in helping people to become free of the harmful effects of the addictive substances. And I also thank you for your recognition of the lethal effects of meat, alcohol, tobacco, and illegal drugs, which are all top killers. In fact, Supreme Master Television has devoted an entire website section to information about these harmful substances, available at www.SupremeMasterTV.com/Killers for anyone to research and further their knowledge.

As for the terrifying impact of illegal drugs on human health activities and the environment, it is indeed very severe. To begin with, illegal drugs are linked to criminal behavior, with 50% of United Kingdom burglaries committed by drug users and 60% of all United States arrests involve people who take illegal drugs. Other statistics are too numerous to cite here, but it's easy to see the degraded moral atmosphere created by drugs, one that will only get worse until the harmful substances are stopped. In fact, one study in England found that nearly 90% of drug-related hospital consultations for mental and behavioral problems resulted in hospital admissions, with some 85% requiring emergency admissions. This is terrible to think of the mental agony that the drugged people have to go through.

So, in addition to its very high financial and social costs, drug taking often results in both mental and physical torment to the user. These are some of the costs of drugs that are more obvious and measurable. Perhaps less easy to quantify but equally tragic are the costs to others. Often the addicted person doesn't even know how much the family suffers due to his or her behavior, which can be criminal and destructive and violent. And the drugged person can influence others, especially if that person is a parent, because the child learns this behavior from innocence, not knowing any better. Even if the drug addict doesn't die, the real person inside is lost to those around them and him or herself. And when they are being manipulated by the drug, they can also be dangerous to others and / or to themselves.

As for the environmental impact, it is also very steep. In countries such as Peru, Bolivia, and Colombia, four hectares of rainforests are being destroyed for every hectare of cocaine produced, while nearly 15,000 tons of related chemicals are dumped into the Amazon River Basin each year in its production. Another very damaging drug called methamphetamine generates five to six pounds of hazardous waste for every pound of drug produced. This contaminates the water table and creates public health hazards. And in Cambodia, a rare sassafras-producing tree is becoming even more rare, more

endangered due to illegal harvesting of its roots for the drug called 'ecstasy.' Wildlife experts say that the tree's further destruction could render it extinct.

Many religious scriptures forbid intoxicants such as drugs because they block the development of spiritual wisdom and intelligence. In Buddhism, for example, it is known that the one who breaks this precept and indulges in intoxicants will likely break all the other moral precepts along with it. So on the other hand, refraining from drugs not only contributes to happiness in the family and peace in the society, but it also helps further the goal of cultivating spiritual wisdom.

I wish dearly for a world where such substances as illegal drugs no longer exist. Meanwhile, the good news is that rehabilitation programs such as yours are shown to be very effective. Several different studies conducted in both the United States and the United Kingdom have shown that people who undergo rehabilitative therapy are able to cleanse their systems and tend to stay drug-free for a long time or forever. One study found that over 70% of people participating in treatment programs, both while in prison and after, remain drug-free a year after their release, with increased law-abiding rates.

So once again, Dr. Nguyen, bravo, thank you, and please keep up the good work. [Applause] I thank also people and organizations like yours. Dr. Nguyen, if our world becomes free of all the top killers – free of meat, free of alcohol, free of tobacco, and free of illegal drugs – then we will have a paradise on Earth. What a beautiful world that would be! Thank you! Thank you for your contributions to this noble ideal and dream world vision, and we pray that all people soon know the benefits of such freedom. [Applause]

MC. *What a wonderful world it would be! [M: Yes.] Next question for Master is from Phan Thi Ngoc Ha, External Affairs Cadre, Museum of Vietnamese Women.*

Q. *Eating meat is a long lasting habit of the people in many countries in the world, and it seems to be difficult for them to change this habit. So how can we find the practical solution and practical action to call on these people to become vegetarian? Thank You very much.*

M. Thank you, Ms. Phan. Thank you for your thoughtful question. For those people who are in the habit of eating meat, we have to change the culture, we have to change the trend. We have to show them two things: First, their existing culture does not work the way they might have thought that it does. Second, to show them a better way. The first, showing that the existing culture does not work at all in all favor of their happy life, meaning that we show the disadvantages of meat eating. This is not difficult. If people can quit cigarettes, drugs, alcohol, then we could quit meat. Meat is not as addictive as drugs. So we have already gathered so many facts for Supreme Master Television, which you are free to access in any way you like on www.SupremeMasterTV.com. You can show that scientists worldwide have proved that not only meat is unhealthy, but that it is actually like a poison. Eating meat, or any animal products for that matter, is directly linked to heart disease, strokes, and all kinds of cancers.

Our distinguished speakers before me have mentioned it to you also. With over one million new colon cancer patients diagnosed each year and more than 655,000 related deaths by this ailment alone, truly, every aspect of health does benefit from the 'Be Veg' approach, because so many toxic and poisonous substances are being removed from the diet through removing meat. This is not to mention the freedom from worrying about bacterias and other troubling disorders like mad cow disease, which is most sadly

always fatal – means anyone who contracts mad cow disease will be dead, there's no cure for it.

If we can bring more information that shows graphically how the animals are slaughtered and how they suffer, for many people this is also a turning point. On Supreme Master Television, there is a show that features animal cruelty, so we call it 'Stop Animal Cruelty' show, every Tuesday. It is very gruesome to watch, and it brings tears and pain to our heart when we realize how animals suffer the worst cruelty of all imaginable fate. Every Tuesday we show this program that reveals the harsh, brutal reality behind the façade of a cleanly package piece of meat. You can download all this information and show it to people. All our shows are free to download, free of condition, free of charge, it's just for public interest and service.

Now second, to show the better way of living found through the health-restoring veg diet, we can offer veg recipes, cooking classes, to show how delicious and fulfilling it is. Again, any materials you might find helpful are freely available from Supreme Master Television, and www.SupremeMasterTV.com and also on all our other websites. These include a wealth of free vegan recipes, information about the benefits of being veg, and descriptions of celebrities, athletes and genius-level scientists who are also veg. Spread the information far and wide to as many people as you can. As more and more adopt the organic vegan diet, the new enthusiasts will help spread the word further as well.

So you now have a noble mission, Ms. Phan. Gather others of like mind, spread the word about being veg and you will see a changed world for the better. Nothing could be better than having more people who choose the compassionate animal-product free lifestyle. So I wish you godspeed to be veg, go green and spread information to save the planet. Thank you, Ms. Phan. [Applause] [Q: Thank You, Master, for the answer.] Thank you for caring.

MC. *The next question for Master is from Nguyen Minh Loc, Head of Technical Project Department, Shareholding Project Department and High-Tech Solution Company.*

Q. *Respected Master, ladies and gentlemen. Respected Supreme Master Ching Hai, permit me to ask a question. People who directly destroy the environment are usually those who are 'intoxicated with life and have died in illusion.' How can they be awakened to change their destructive behavior to that of protecting the environment? Thank You, Master.*

M. Thank you, Nguyen Minh Loc. Yeah, Mr. Nguyen. Thank you for your concern and a good question, good question. It is possible to help people to change their habits, because they're just habits. In most cases, people are just simply not aware and not well informed. You see, in Formosa now, the recent poll shows that 60% of the Formosan people are willing to be veg in order to save the planet. You see, it's getting there.

So we just have to inform people. We live our busy lives earning a living, and we have been influenced a lot by society to live in a certain way, even in our food choices. We're too busy normally to think that we have better alternatives, meat being the most environmentally destructive food you can ever imagine. But once people are aware of the effect of their choices, they will change and they do change.

The veg trend now is on the way, unstoppable. We have hope to save the planet. For example, when people see the images of the polluted air, water, and land due to meat production, if they hear or read the shocking facts that one-third of all our land is given to the meat industry, or that 80% of the deforested Amazon rainforest was for livestock raising, or that at least 80% of all global warming is caused by meat eating, many people will change. I hope all will change and very soon.

In the news, we often hear that meat also ruins our health. This is how millions of people switched to the eco-friendly vegan diet as soon as they took the time to be informed or to think about these objective facts. So if we want people to protect the environment, please inform them simply of the facts, through talking in seminars or just to your colleagues, or sending them emails of interesting articles or showing films so they can be aware and then they make better choice themselves. We can be one another's awakener and teacher and encourager to protect the planet. Also, you can write to your government and the media to please address the environmental issue, because many people want to know about it and can choose to live wiser and healthier lives.

This particular example is given about the destructive meat eating behavior because it is the most important one we must awaken to and change. It is also the easiest way to make the largest protective impact on the environment. It's the fastest, least expensive, and much more effective than, say, changing to a greener house or car or any other environmental protective measure. Thank you, Mr. Nguyen, for your good question. [Applause]

MC. *Our next question for Master is from Duong Thi Thu, a juggler from Hai Phong Juggling Theater. Let me read the question for You: I'm a regular viewer of Supreme Master Television. I'm touched by Your noble deeds for the world and all beings. I would like to ask: The Supreme Master Ching Hai International Association has activities worldwide, especially in curbing global warming and has the support of many people and governments, why is it not officially operating in Au Lac?*

M. Maybe will be, yes? Everything changes all the time – political situation changes, people change, planetary change, moral standards change, humanity changes for the better. Everything changes all the time. This question perhaps is just temporarily, in the future we don't even need to ask these questions, or even if we do, the whole world is our home. So if we do not have a chance to operate in this little room, we will have a chance to operate in another room. [Applause]

But we are doing something in Au Lac all the time. Our Association members there spread the SOS Global Warming flyers and they go out planting trees in many barren areas with the government's support and officials' recognition. We also do much disaster relief there, with also the government's support and endorsement and help, with transportation and guiding and helping us to find the victims, or which victims are the most in need, et cetera, et cetera.

So maybe we're not fully officially operating in Au Lac, but we are operating nevertheless. And everything will change all the time. Anyway, I'm very glad that some Aulacese people can come here to Thailand to participate in this event, this meaningful organized global-saving event. So that shows that Au Lac is a free country, [Applause] and that perhaps there's not enough facilities in Au Lac for now, but in the future there will be. The whole world will change. The whole world will change. [Applause]

And one more thing I have to say, the Aulacese, they even are in the World Trade Organization, which is an honor and privilege, and an advantage for Au Lac. And many countries in the world are sending representatives, heads of states, leaders of organizations to Au Lac to visit, to exchange policy, to exchange ideas to help Au Lac or to learn from Au Lac. I'm very happy with the progress in Au Lac. So that is some good point and we look for the positive all the time. Thank you. [Applause]

MC. *Thank You so much, Master. So the next question for our panel is for Dr. Nguyen Tho Nhan from Nguyen Dac Quy.*

Q. *Presently, many people still lack the information or haven't yet realized the seriousness of global warming. They always think that it is a reality that cannot be altered and they just let it be. As a scientist specializing in changing weather patterns, could you please let us know the effect of global warming on Au Lac in particular, and other countries in the region in the coming years? And what is your message to those who are not concerned about human survival? Thank you very much. [Applause]*

NTN. *I'd like to thank you for the question. The problem is that the people are not aware of the global warming and climate change disaster that will come, and the people in the scientific community said that no matter what we do, the reduction of greenhouse gases, the global warming, will continue in the next century and also in the future.*

So the problem now is to bring the awareness to the people. It's what we are doing, or beginning to do, because the global warming problem is known very recently, some decades back, and having a vegetarian diet to fight against climate change is also very recent, and we begin to propagate the idea of eating less meat, eating no meat is the way to fight against climate change. [M: Right.] The problem in our country is the same as in other developing countries. Our country would be one of the most affected by climate change. According to a World Bank report in 2007, our country would be among the five countries most affected by sea level rise. And you see that when the sea level rises about one meter above the level now, then you're among these five countries. Our country will be the most affected except two: One is for the agricultural land flood, we will be second place after Egypt; and the total land to be flooded by one meter rise of sea level, we will be second after one of the islands, the Maldives, something like that. But, in all other domains, like the diminution of the GDP rate, the diminution of land, we will be classed first. So the problem is very urgent. [M: It is.] And as other countries, if the sea level rises about one meter, our country will lose five million tons of rice every year because of loss of land for agriculture and also because of the intrusion of water far into the land.

Now, what has been done in our country, I have to say that we are very behind what is being done in other countries, especially we are much behind Bangladesh, for example. Bangladesh is a country which is also menaced by the sea level rise, but the official authorities have been very active recently. They have founded what is called the NAPA, the National Adaptation Program of Action, that considers every domain of human activities – like agriculture, industry and so on. Everyone has to sit together to find a way, first, to adapt to the climate change and, second, to find ways to mitigate the causes of climate change.

And now, your question is about what the scientists can do. I think what we can do is to tell people to think positive and act positive by eating less meat, eating no meat. [Applause] We have to do everything first to reduce the consumption of fossil fuel, because it is one of the causes of CO2 emissions. But recently, people found that a

very, very good way to reduce greenhouse gases is to reduce the livestock sector, and the livestock sector's reduction of gas emission can be forced upon by the consumers. If the consumers don't eat meat, or eat less meat, then we can have a very good effect. Why? The reduction of fossil fuel is very difficult. But, the vegetarian diet is a better way, a way that individuals can take. Thank you. [Applause]

M. Thank you, thank you. Bravo, Doctor. Bravo.

MC. *The next question for Master is from Thanh Binh, a cheo traditional opera artist who is absent today, Master, so I'm simply going to read this for him. [M: All right. Please.] Hallo, Supreme Master Ching Hai. Thank You for Your devoted efforts to the world. I'm so happy and believe in the bright prospect of the planet when all of humankind adopts a vegan diet. I have a question as follows: In addition to the solution 'Be Veg, Go Green' which You have compassionately launched, is there any other effective solution to help reduce and stop emissions so that our planet could return to its original green, clean and beautiful state, and end global warming?*

M. Please tell him that I thank him for his positive vision and hope that he always upholds it as a torchlight for others. As far as effective solutions to global warming, if there is another solution as nearly effective, I would have shared it already. Since I also live on this planet, I also worry about our planet, so if there's anything better, or as good as the veg solution, I would have been glad to announce it.

So actually, the 'Be Veg, Go Green' message sums up the best solutions so it's easy to remember, but it says a lot. Because being veg – meaning no animal products – can stop 80% of global warming, 80% by our own doing – no protocol, no difficulty, no tax, nothing to pay. This 'being veg' practice will stop 80% of global warming and almost immediately. Therefore, it is the most effective. We just need more people to join the vegan and compassionate circle to make it work. It's the most urgent, time-sensitive solution, in addition to allowing us time to even begin all other solutions. Because we stop 80% of global warming and the remaining 20%, either nature will then be strong enough to take care of herself or we can work on it by going green. 'Going green' encompasses many solutions within it. There is the individual level – we can be frugal and save electricity and water. Companies can make their products in an eco-friendly way, like without plastic, less packaging, et cetera. And governments can have the time to install green technology, like solar and wind energy, wave power, so on and so forth and share these with other countries.

So, first, we have to be veg, second, go green, then we can save the planet. First be veg, and then we have time to go green. One supportive solution is: Do good, doing good deeds for our families, our friends, strangers, and society at large. This will generate positive beneficial benevolent energy to help us to deal with the negative, dark, menacing energy that is causing disaster and trouble, disease, suffering for our planet. Only the positive energy can cancel the negative energy. There's no other way.

Your work as an opera artist is also helping, because you not only entertain people, but you remind people of many virtues through the operas, through the script and your act. In addition, we can also pray to heaven for protection and mercy, and pray that all beings may be safe and have a brighter future. All these – be veg, go green, do good, and prayer – together will be a formula to generate incredible constructive, positive, loving energy. It will be very powerful to counter the disastrous energy that is almost enveloping our planet. In the end, it is this wonderful powerful energy that will save our world. Thank you, Mr. Thanh. [Applause] I'm also a fan of yours. [Master laughs.]

- MC. *We'll have to tell him that. [M: Yes, please tell him.] Thank You, Master. The next question for Master is from Rewadi Ukkawattanakrawi.*
- Q. *Hallo, Master. Thank You for giving us brothers and sisters from Thailand and Au Lac and other countries the opportunity to be together again. Thank You, Master, to let us to join together again. Thank You, Master, to be here in Thailand. What are the strong features of Thailand that can help the world get through the climate crisis? Thank You, Master.*
- M. Thank you. Thank you very much. [Applause] [Q: Thank You, Master.] How are you, madam? [Q: Thank You, Master, I am fine.] Thank you for your important question. I also feel that each and every country has different strengths they can offer to help the world in this time of crisis – materially, socially, and even spiritually. I'm sure Thailand has multiple strengths to contribute to the world, but I think your country's moral and spiritual quality is a special noteworthy strength. I have always admired Thailand and her people for their noble tradition and moral values, and their humility. I believe this has a basis in the teaching of the Buddha.
- The government, for example, His Royal Majesty the King, Her Majesty the Queen, Her Royal Highness the Princess, His Royal Highness the Prince, et cetera, the Royal Household, also respect and have faith in these good, wise, universal teachings. This is a very good example for Thai people. The Buddha taught kindness, sharing, not harming the natural environment, and compassion for all beings, which includes being vegetarian, as you are, madam.
- These teachings are not just spiritual stepping stones for reaching enlightenment but also are very practical ways to sustain our physical world so that it would last and harmoniously. So the strongest, most beneficial feature of Thailand is that you are already somewhat immersed in the noble way of life since ancient times, being a Buddhist country. But more importantly, we must put the teaching into practice, the teaching of the Buddha. We must stop the killing of the sentient beings, whether directly or indirectly. Directly means like the butcher, the people who raise livestock for meat. Indirectly are the consumers, the ones who buy meat to encourage this practice to go further. Or else, the Buddha has said, 'There will be consequences according to the killing action.' It stated very clearly in the Lankavatara sutra. The Buddha said, 'Meat eaters have so many countless offences, thus vegetarians have masses of countless merits and virtues.' So these merits and virtues of a vegan diet are the best strength anyone or any country could have in this time of crisis. If we want life for ourselves and for our planet, we would heed this wisdom and get rid of the meat diet. I pray that Thailand will also return to her original glorious, noble way of life. May the Buddhas bless you all, your country and Thai people. Thank you, madam. [Applause] [Q: Thank You, Master.] Thank you for being veg.
- MC. *Next question for Master is from Rungnapha Thirajaroensakun who is a gift shop owner and vegetarian.*
- Q. *Hi, Master.*
- M. Also vegetarian, wow! [Applause]
- Q. *Swine flu is getting more deadly every day. How will it finally be halted? I love You, Master.*

M. I love you too, Madam Rungnapha. You see, this is the tragedy of our time, one of the most, unprecedented, unstoppable right now – this is the swine flu. It is very sad, very deadly, every day. How it will be halted? Yes, I do share your concern about this tragic, painful, frightening situation that we have gotten into. But it's our own making. The so-called swine flu is very frightening because we are told it is likely to get worse, and more widespread, and more deadly. To remind us, I will share a few recent findings from the researchers and the World Health Organization.

Firstly, swine flu is unprecedentedly the fastest growing pandemic we have ever seen, imagined, and we have seen so many, we have known so many in the past. It became a pandemic in just two months. Previously, similar deadly flu viruses took at least half a year to spread globally, and we have heard of so many bad ones already. But this swine flu is likely to infect two billion people, that is one in every three person in the world, over two years to be infected. We are already close to 2,000 officially counted fatalities and there could be thousands more without a vaccine. But, even the vaccine is not completely reliable. We hear of death cases every day, officially only. Unofficially, we would never be able to know. First, the supply for everyone is sorely inadequate, the vaccine; we don't have enough vaccine. Next, the virus, in some cases, was completely resistant to the vaccine even; the vaccine did not help at all.

And now, some British researchers said that the vaccine might not be much help for the children who are in the most vulnerable group. Isn't that frightening and sad? If you have children, I'm sure you worry day and night. Many countries are prepared to close schools, or already closed schools, prepared to close schools completely even, every school in the country to stop the spread of the disease or to minimize the risk for the children – some developed countries even, like France. So how can we stop this unfolding, terrifying nightmare, you ask?

The only way to halt it is to make sure it can never happen again in the first place. That is, no more animal raising. Stop the virus at its source, which is precisely at the utterly inhumane, filthy, cramped, hot, soiled, bacteria-infested pig farms. Pig farms are the source of swine flu. We have to stop pig farming. We have to stop the place where the swine flu originated and spread and mutated and become worse and worse every day first. Thus, the root cause of the swine flu virus is our cruel meat-eating habit that makes us a very cruel being, and not very dignified at that. As long as the meat industry continues, such viruses will continue to be born. After this one, we will have the next and the next and the next and the next and the next, and one of them will be even worse than we can imagine now, and more deadly, as the experts have warned us long ago. The animal farms must be closed. And to do that, we must be vegan. [Applause]

By the way, the swine flu is by far not the only scary disease – that also comes from or is spread by humans' cruel treatment of animals. Avian flu, tuberculosis, listeria, Crohn's disease, mad cow disease, campylobacter, staphylococcus aureus, et cetera, et cetera. And now, we have its more dangerous form, called MRSA, namely methicillin-resistant staphylococcus aureus, it's a 'superbug' – meaning there is no antibiotic to cure it, no antibiotic for this superbug. We have it now in our world and its likely source is because we fed the animals too many antibiotics. So these diseases arose because we over-breed animals and create the conditions for the diseases to form and spread. Other diseases came from hunting – another cruelty committed on the poor animals. HIV, the killer of 25 million people since 1981, is from humans' consumption of primates. And just recently, as you know from the news, people in China are dying from the pneumonic plague, which originated from hunting marmots for food. It's very contagious and can kill a victim within 24 hours!

So all these diseases, not just the swine flu, could be prevented if only humans turn away from such unhealthy, cruel, violent habits – the habits of raising, hunting and eating animal flesh. It has to be stopped, the consuming of animal flesh. Thank you for asking this very heart-wrenching question. [Applause]

MC. *Thank You, Master. The next question is for Dr. Art-ong Jumsai Na Ayudhya from Mr. Ud Prapanwat from the Publication Department of Ammarin Printing and Publishing Limited. He's absent today, so I'll read the question for you: In the big picture, global warming seems too large-scaled and farfetched. Can you give more close-to-home examples of the impact of global warming so that people can realize how serious it is? And how can we take part in alleviating this problem?*

AJNA. *Well, there's a big problem with the imbalance in the world, because the rising sea, it's rising up all the time. We have more weight in the Pacific Ocean more so than on the other side of the world. And because of this, there is an imbalance in the world. The world is going around like a top in space, moving around the axis, and it's steady, it's peaceful. But then, we start to increase the weight on one side more than the other. So it's just like when you play a top, you spin the top, normally the top will spin on its axis steadily, but suppose we put a little bit of clay on one side of the top and then try to spin it again, this time it will start to wobble, it will no longer spin on its original axis.*

So is the world. We are going to have a lot of problems because of its imbalance and it's possible the worst scenario is that it will suddenly change the axis of rotation. This has happened before in our world in the past. The North Pole has not always been where it is. It has changed in the past because the world became hot when we got closer to the sun. Sometimes we are further away from the sun, so we got the Ice Age. So there is a lot of imbalance. Many times there is a change in the axis of the rotation of the world.

Well, that is the worst scenario that could happen. But also, because of the imbalance in the weight around the world, the earth crust is also moving. And because the earth crust is moving, we are going to get more earthquakes, we are going to get more tsunamis, we are going to have a lot of problems because when you have tsunamis, big waves are going into the shores of various countries; it's very destructive. So these are some of worst examples that could happen in the very near future because of the global warming effect. Thank you. [Applause]

M. Good answer, Doctor. Good answer.

MC. *The next question for Master is from Hoang Kim Thanh.*

Q. *Dear Master, I sincerely would like to ask You to shed light on the following question: What role do youths play in saving the planet? Do You have any message or suggestion to inspire the young people to be more actively involved in protecting the environment?*

M. Yes. Good question. You see, the young people have a very important role in saving the planet. They are our future. They are at the peak of their energy and idealism. They love justice for people and animals, and willingly help when given a chance. They are perceptive and open to new ideas to what is logical and practical at that moment rather than being used to the established way of things all the time. So their age group is often the one who tries to be vegetarian to help animals and the environment, which is excellent. The young people have this flexibility that we need right now, to react quickly

to the emergency of our planet. So their role today is one of actions and leading society by their sincere example.

Like last year, there was a young teenager who invented a new water purifying technology that could turn polluted household waste water into pure clean water before even reaching the drain – very gentle on the environment and the animals, not to mention humans. And it only costs about USD6 to make. That's remarkable. He won first place out of thousands of inventors in an international contest in Sweden.

Of course, like all of us, the young people sometimes are too busy in their daily lives to study or spend time with their friends or their hobbies, but it seems that given the chance and information, the young people would understand clearly that it's not just the environment but the people and the animals, including themselves, who are in danger right now due to climate change. They will be even more inspired when they know they have the power to do something about it and now. But, they must take time to inform themselves or be informed also.

The best thing they can do to protect the environment is to be veg. I can never emphasize it enough – very easy, yet very, very powerful solution, being veg. So the youth have a heroic mission right now to help save the world. Just to be veg and spread the information to other youth and other people. Thank you, Hoang Kim Thanh. [Applause]

MC. *The next question for Master is from Bui Quang Huan, an IT staff.*

Q. *We are very happy to see You today. Dear Master, our inhabitants and humankind are being affected by global warming. So do those animal friends ever pray for God's grace to help save the planet? And what role do they play in curbing global warming? Thank You, Master.*

M. Thank you, thank you. I'm glad you ask this question, as it expresses regard for our animal friends. The animals indeed have very important roles just by being here on our planet. Your first question, I will answer that most animals are in touch with God's grace already, at every moment of their lives here on Earth. They bring to our planet this divine grace and love, the power of love in its purest form. They are here to help the planet become more elevated. So in a way, their presence itself is like a prayer being answered, because they bring the blessings through them from the divine to which they are so near. So much more the reason they deserve our respect and protection.

The animals are truly noble, gentle beings, selfless, and in harmony with one another, the environment, and with heaven. Their role has always been since time immemorial, that is, to bring love and blessings to the world with their pure presence. Even in the physical aspect, scientists have shown now and again how each and every species fulfill a valuable role in nature. They keep the ecosystem in balance – every pond, every forest, every desert, and the air and the ocean all around us are in balance, thanks to the plants and animals working together to make it so, and keep it so. They are also humans' helpers, our companions. If we would only stop harming and torturing them and killing them, and give them a chance to fulfill their God-given mission, then our planet will be saved and will be kept in splendor.

So, in answer to your second question, Mr. Bui, about their role in global warming, they are by their presence, helping our Earth as much as possible. However, global warming and climate change, even the war and disaster, are humans' doings. And they know it is

up to humans to change their destructive course and return to being peaceful dwellers of this planet. They wait on the sidelines in full support of humans, for the day they can be our friends again, truly, not our victims. On that day of peacemaking between humans and animals, our eyes may begin to be opened to our co-inhabitants' true magnificent roles on Earth. Thank you, Huan.

MC. *Next question for Master is from Tassanee Tantumaroj, employee of an electronic company.*

Q. *Thank You for holding this seminar in Thailand. For how long can our recent activities to alleviate global warming postpone the deadline? Or have they already stopped the disasters that are supposed to happen in the next three years?*

M. Miss Tantumaroj, thank you for your concern for our planet's future. Your concern is everybody else's concern and it is my concern too. It is true that our efforts to alleviate global warming in recent few years helped to postpone already the deadline, somehow, somewhat, for some time. Not so long ago we only had about two years before we faced the point of no return. Then, as more and more people put in effort, namely by switching to a vegan diet, with a wish to help the planet – this powerful wish helps and this powerful action helps – so time was added because of each one's great positive energy through this compassionate diet and well wish, until we had an extension of about four years now. Of course, this is also heaven's great merciful grace for giving us this second chance. The deadline, however, does not get postponed forever. In fact, every day on Supreme Master Television, there is a countdown of how many days we have left to change before it is too late.

Today is day 1257. We can still save a great part of our population if we become vegan. Now, thanks to the millions of people who have become vegetarian or vegan recently, already some of the disasters that were already at our doorsteps were mitigated or, in some cases, even dissolved completely. But you see, even so, we must still continue to spread the urgent message and encourage those around us and our governments and the media to help to spread the organic vegan solution.

I want to plead with everybody, with everyone in power, with every media agency, every reporter, everyone that has power, everyone that has some power, everyone who is ordinary citizen, please be veg to save our planet. Everything else will go along fine. We will have time to implement other solutions, which is not as urgent as stopping the killing of animals for meat because it is meat that is threatening our planet existence. It is meat that causes the global warming. So we have to stop the cause of global warming and the cause of destruction to our planet – that is the meat industry. Meat, fish, dairy, these are the killer of our planet and the killer of our children, the killer of our future generation. If we do not heed the scientists' warning and all the evidence and become veg, then more disasters will keep on coming, and one may be worse than another. Maybe we will not be able to cope.

Now, if we look around, we can see the growing frequencies and strength of disasters everywhere. Flood events worldwide are now three times higher than in the 1980s. In 2008, there were 40 category 5 storms, the most ever recorded including the Atlantic, India and Bangladesh, and in the Philippines. It takes just 1 category 4 or 5 storm to destroy a major city, just one. What's more, we have more reports of unending drought, freezing weather, storms, and animal species and even plant and tree species are slipping away faster and faster, because they are unable to withstand the global

warming consequences. These are truly almost always the consequences of humans' violent actions. The number one action is meat eating.

So we are grateful we have a few more days to help more of our fellow world citizens to change to the benevolent diet to save our planet. But, these days are still numbered. We can't prolong forever. We can stop the disasters, make them go away for good, forever, make all the unfavorable disease situations, threatening weather to go away if all of us switch to the organic vegan diet. Pray it be so. Thank you, madam. [Applause]

MC. *The next question is for the panelist, Dr. Minh Kieu, from Tieng Thi Minh Chau, a public servant for the government.*

Q. *Dear Dr. Minh Kieu, recently some governments have to take some important decisions regarding GMO food, like the European Union and the United States of America, for instance. What is your opinion regarding GMO food and what do you advise us to do to prevent the GMO industry from expanding? Thank you.*

NTMK. *Thank you for your question. I think that is a big question and so it is difficult to answer. But, from the nutrition point of view, the more natural, the more happiness. So if you ask me to give the community any advice, I think the advice is that: Please choose more and more natural food in your meal and less processed food as much as possible. I think that's also the way to prevent disease. Thank you.*

M. Very good, Doctor. Very good.

MC. *The next question for Master is from Nguyen Van Tien, chef of a vegetarian restaurant.*

Q. *Respected Master, thanks to Your blessings, we have the opportunity to gather here today in this house full of love to discuss these important issues. I would like to ask, what would You like to convey to the leaders of nations, organizations, individuals, and all humankind in this urgent time? Thank You, Master. [Applause]*

M. Thank you, sir. Yes, Mr. Nguyen, my message is the same as I have spoken all along during this time together.

To sum up, to all the leaders, I call on them once more to put their love first for their countrymen and women, and for all the children to accept with courage the deed that must be done, to use the mighty power in their hands entrusted by people to save the world. The global livestock industry is now contributing almost about as much to global warming as the energy sector, or even more. And I know it contributes at least 80% of it.

Meat production is depleting your people's water, damaging their health, pushing them to war, and breeding new deadly disease each day. It's killing your people. Only you can stop it. They need your shining heroic vegan example because they really look to their governments, to their leaders. They would be greatly facilitated by your laws for organic vegan farming and campaigns or laws to make the much needed lifestyle vegan change. Your co-citizens, your subjects, will appreciate you, praise you, love you, support you and they will remember you for saving the world for generations to come even, for saving their lives and the lives of their loved ones, as well as their future children. And heaven will reward you greatly. Lead the veg change. Promote forgiveness and peace and then even all other troubles, like poverty, conflict, even financial crisis, pandemics, will also subside. I thank you, leaders of nations, for all the efforts in this direction so far. But if you allow me, I honestly say that what we are doing

and planning now is not enough, and not fast enough, and I bid you the courage and faith to do more and faster.

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

To the individuals, thank you for doing your part to save our planet, but please, to make it in time, we have more to do and we have little time. We have to continue to urge our leaders and our fellow human beings, neighbors to change, be vegan to save themselves and their families and children and the animals, and everything they feel is worth living for. We can get out of the danger but through the right direction. Our house is on fire but the water hose is right there in front of us. Just pick it up and use it, it's as simple as that. Just be vegan. And please, be quick. Our days are numbered.

To all humankind, heaven loves you so much. So we have hope for the planet's survival, more than ever before. We shall awaken to a new compassionate vegan planet that is full of loving energy, kindness and blessing no end from heaven. I pray you all will continue towards this peace in our reach. Thank you so much, all of you. Thank you. [Applause]

MC. *We turn now to our expert panel for a question. Dr. Chamniern Vorratnchaiphan will answer a question from Stephanie Adam, a community development advocacy worker.*

Q. *Thailand and Au Lac are situated in the Mekong River Valley which is foreseen to have a lot of bad effects by global warming. According to you, in what ways can these two countries collaborate to deal with issues of global warming while waiting for the global communities to act together?*

CV. *Well, thank you so much for your question. Well, environment has no boundaries. Climate change also has no boundaries. Whatever people in Au Lac are suffering, the Thai also are suffering. So that means that by working together and sharing of information, that's one of the basic things that we can do. The second thing is how to prepare in order to cope with the impacts of the climate change, considering that's very important.*

I have been working in the Asia Pacific region regarding the preparedness for disasters, the preparedness in Asia. I consider that Au Lac is one of the most prepared in the region. So I think about the weather, in terms of the information collecting and also identifying the critical or the hotspots where the impacts of the climate change are occurring, particularly in the delta of the Mekong River, and I think that we should have an exchange in these practices. And I think that the government, as well as the people at the community level, should learn to share between these two countries.

I totally agree with the, as I mentioned earlier, be veg. But, there are still a lot of exchanges – import and export of meat – between the two borders, Thai and Au Lac. Please stop eating meat and after that, the people will not export the meat to Au Lac. So I think that this should be considered very important, we should be realistic, and some of the export of the meat, be considered as illegal practices and so we should stop that. Thank you. [Applause]

Could I take the opportunity to ask Master a little bit? [M: Please.] Thank You so much. You are considered for us one of the prominent spiritual leaders in the world. [M: Thank

you. Thank you.] And I consider that You have powers and strength of Yourself and also Your Association. I would like You to spread out these challenging tasks in order to stop or in order to reduce or in order to avoid the destruction of this planet to these groups: One is that the Intergovernmental Panel on Climate Change which is going to meet at the end of the year in Copenhagen. If possible, I would like You to make another site meeting and spread out this spiritual side of the message to the climate change. Because on the spiritual aspect, it's very little talked about. And I said in my presentation, they over-emphasize on the economic instruments and other technological instruments, not from within as You always say. So I think it's a very great challenge and I think You can do it with Your own strength and Your own power.

Second group, I would like You to spread these challenges and warnings to the industrialists. They are the great polluters in the world and they are not here in this room. They pollute the world and carry on in order to destroy our planet. So I think that if You have a chance to do it, please do so.

Third group, that's really for the young children. I understand that You love children. And I would like to have really a solid practical program for the children of the Earth in this world in order to learn, in order to know more, to be less materialistic, but to be more spiritual in this aspect, could be more sustainable. Thank You so much. [Applause]

- M. That's right, sir. That's right. Thank you. Thank you, sir, for entrusting us with such a very, I would say, heavy but noble mission. The Association friends and I, myself, are trying our best. In fact, I'm working day and night, and many of us are working day and night, even in my sleep, in my meal-time, my time with my dogs. I think of nothing else, I'm working for nothing else but to join you in saving the world and the people.

Concerning the governments and the industrial companies and the press, I'm writing to them. I have been writing to them and I'm still writing to them to inform them of the urgency of our climate as well as the practical, simple, easy solution. Concerning the spiritual aspect of our standard of the world, I trust that Jesus has taught us a lot, Buddha has led us into a compassionate way of living, Prophet Muhammad has instructed His people in a wise way of living, compassionate way of living, the Jain Masters, the Sikh Masters, et cetera, et cetera. We have had so many spiritual teachings, we all have to just put them into practice, like love thy neighbor, animals are our friends, be compassionate to all beings. All main religious doctrines have taught us already this.

I, myself, I'm doing my part and request my Association members to do their part. And we're doing our best. And we're praying also with our heartfelt love for all people because they are just not informed. Just like many of us before becoming vegetarian, we were not informed. Therefore, I have nothing but love and compassion for people and, of course, for the animals who suffer so much. And because of their suffering, we reap the suffering in return.

But you see, Doctor, I have to speak in a neutral way. So many religious groups and leaders have already told people to do good, and so many religious scriptures have already taught us. I only teach the persons who come to my place and ask for spiritual guidance, or on some occasions when I go out to lecture. The rest of the time right now, I'm only telling people the general guideline to save the planet because this is urgent. And even in saving the planet, being veg, this is also the basis of a spiritual moral and virtue. If a person who tries to be vegetarian to save himself, to save his children and family, and to save the world, then he is a very spiritual, noble oriented person. I have

no wish to even take him into my circle to be my student or anything of the sort. I only wish him or her to be morally fit as a human being, as a dignified, civilized, intelligent, loving human being to one another, by sacrificing whatever necessary to save other beings. In this case, we don't sacrifice much, we just switch a piece of meat to another piece of vegetable protein. I think that sacrifice is very minimum and is maximum worthwhile.

So in this case, if the whole planet people turn to this kind virtuous compassionate living, then I think they are the best Buddhists, they are the best Christians, they are the best Muslims, they are the best Jains, they are the best Sikhs, they are the best Bahais, in whatever religions, and whatever school of faith that they belong to. Because, actually, they're all the same, all the faiths, all the religions say the same thing. It's just we miss the point. We must study our religious scriptures again and pick out the point that is useful for our planet right now – that is, be compassionate; that is, treat all beings with respect according to all the religious scriptures and God's will. So, in that case you see, they don't even have me to teach them, they teach themselves. And they just stay where they are with their religious faith and just exercise the teaching of their own religious doctrine. That will be very good for our planet right now. As for spiritual teaching, that is spiritual enough for me.

Our Association is just a small group, and we are just practicing what the religious teachers taught us. And we put it into practice and also, of course, we get in touch with our own loving, divine power by just some simple technique. Scientifically, everything has a technique and has a way, but if people just be veg and adhere to their religious teaching, which is a compassionate lifestyle, dignified status of the children of God or the Buddha's sons and daughters, then we are fine spiritually.

Concerning the children, sir, if the parents are well-grounded in spiritual basis, as I have just mentioned right now, then the children will follow and they will have a chance to live a virtuous life and also, consequently, saving our planet.

And, the third group, the industrial sectors. It exists because of the demand of people. We demand, so they make. So if we stop demanding something which we think is not conducive to our global survival, then the industry will stop to exist also. But, nevertheless, I write to these people, the industrial people as well as government and media, as much as in my power and my time allows. And I also plead with all the people to please write to the government, the media, and the industry group as well. And write to the farmers, explain to them. This, I have talked a long time ago also already, that we should contact the farmers, for example the animal farmers, and explain to them our dire situation and offer them the alternative way of life. They can switch to planting organic vegetables, not just vegetables, organic is even better, of course. Because organic farming absorbs 40% of the CO₂ in the air. So, before we stop our industry or making a new invention, organic farming is already a savior of our planet. And then if we stop meat eating as well, and all the animal raising industry stopped, and then we save more from CO₂ as well, not to talk about methane.

So organic farming is our savior. So we have to stop demanding meat, then the meat industry will cease. We cannot blame the meat industry people if we continue to consume meat. We cannot blame drug dealers, alcohol makers, cigarette producers, we cannot even blame the consumers of these deadly substances if we, ourselves, could not even leave that piece of meat and become vegetarian, which is much easier than stopping the addiction of drugs, stopping the addiction of cigarettes, or stopping the

addiction of alcohol. So we ourselves have to be the example. If we want all the bad industries to stop, we have to stop the demand of it.

Thank you so much, sir. You are very, very concerned like a father. I am very touched. [Applause]

MC. *Our next question for Master is from Dr. Art-ong Jumsai Na Ayudhya.*

M. Yes. Welcome, Doctor.

AJNA. *Dear Supreme Master Ching Hai, in the year 2012, many people, be it monks or famous people, have predicted that there will be the most serious disaster on the planet. May I ask You, Supreme Master, what will happen in the year 2012? [Applause]*

M. Dr. Art-ong Jumsai, thanks for being with us again. Thanks for blessing us with your pleasant, happy, fatherly presence. And thank you for your wonderful speech, your wonderful lecture earlier on. I watched and was very amazed at your knowledge and your dedication. And thank you also for being vegetarian as well. You are a hero.

Concerning your question, as a NASA scientist, even former NASA scientist, with your senior years now, I am sure you can guess already the answer. No need for the monks to predict, no need for me to have any prediction, if I have any prediction at all.

Sir, we are in trouble. We are in very deep trouble and in a perilous state. And our fate is in our hands. Our fate is in the hands of every person on this planet. Every person on this planet can decide what will happen in the year 2012. Can you imagine how powerful we are? Only if we use our power to stop the disaster that is looming large in front of us. We have no need for any crystal ball, any psychic power or future fortune-telling ability to see this. All the evidence all these years, all these decades, have told us clearly that we are in danger. And luckily, all the evidence also offer us a solution, regardless of religions, regardless of political directions, regardless of parties, regardless of industries, regardless of all the theologies, we can unite in the heart to save our only planet. It's very simple to stop the cause of destruction of our planet. The cause of destruction of our planet is our unkindness to our environment, to our co-inhabitants. So now, we just stop that. We be kind, we be considerate. We don't have to talk about Buddha's teaching. We talk about the cause and effect, scientifically.

So now, we found out everything, that the meat industry is the one that causes our global destruction, we will just have to stop it, one way or another. If the governments don't do it, then we do it individually. We spread information, we encourage everyone, we inform everyone to be vegan. But please, I hope the governments would please make it into law to forbid the killing of animals, to forbid any more animal livestock raising. If they are truly the leaders that pledge to protect their people, to improve their country in many aspects, then this is the first step we have to do. Stop the meat industry, stop the fish industry, stop the dairy industry, then our planet will be the way it was and even better. This, I can promise. Otherwise, the year 2012, 2013, 2014 we will never know what will happen to us if we do not do the right thing.

There are only two ways to do things in our world – the correct way and the incorrect way. And right now, to save the planet, there is only one way to stop the cause – that is the animal industry, by all means, in all aspects.

Thank you, sir. That's my prediction. We have to do it. My prediction is that we have to save the planet ourselves. [Applause]

MC. *Thank You, Master. [M: It's okay. Thank you.] Thank You. We are deeply grateful to You, Master, and distinguished panel of experts for your kindly and thorough answers. This ends the question and answer session with Supreme Master Ching Hai and our outstanding scientists. Our heartfelt thanks to you for the enlightened questions that help us all and all people who are global viewers of Supreme Master Television to receive the beneficial understanding given.*

M. I thank you also, all of you involved, all the distinguished persons who have tried their best to express their view, their knowledge, and to inform the public at large. And right now, you are informing the world because we are live on the Supreme Master Television. And we will re-air this again. [Applause]

Just the last question of Dr. Art-ong was really also a very thoughtful provoking question and it's still lingering in my mind. So, in that direction, I would like to inform you something that probably you would not like to hear, but it is necessary to know before we go.

You see, in the world, we have many bad news, which is not published, which is not informed by the governments, or many governments or many medias, that is, our world's major rivers are dying. One third are gone, or going – the rivers, the source of our life, the water that feeds us, billions of us. The major rivers are dying, going or gone. Groundwater wells for three billion people are drying up as well – not just rivers, but groundwater to make wells are dying for three billion people. We have six billion people in this world and the sources of groundwater for wells, which support half of our world population are dying, drying up. And the top ten global river systems are drying or ebbing away: China's Salween River, Europe's Danube River, South America's La Plata, North American's Rio Grande, India's Ganges – the famous Ganges, the holy, the life sustaining Ganges, Pakistan's Indus River, Africa's Nile River, and Lake Victoria, Australia's Murray-Darling, Southeast Asia's Mekong / Lancang, China's Yang Tzu, et cetera, et cetera. They are dying, drying up, ebbing away, day by day. And many major lakes dried up or dying, not including the dangerous side effects, such as they release CO₂, methane, and other gases after they dry or while they're drying.

I could list them all for you but due to lack of time, I will give this to the Supreme Master Television to make a scroll on it. And I will probably name it 'Dying Water,' something like that. So please look for it, for the complete list – shortened, condensed, we can't tell them all. We just pick the major, the famous, big rivers and lakes.

In conclusion, I can only tell you that many, tens of thousands of rivers and great lakes are dying, dead, gone or going. And I don't know how many more we must wait for to die in order for us to wake up. The leaders of the nations must do something. The people of all nations must do something. Just because we can still sit here pretty and talk, just because in our area there is not yet water shortage or food price going up, doesn't mean it will not happen to us soon. We have to do something to avoid the tragedy that is already happening to billions of other people. There are one billion people hungry already because of climate change, and short of water and food. One billion already! And three billion people are short of water. How many more, I don't know, how many more of suffering people are we waiting before we take action? Please do it now! Just be veg. Stop the meat, dairy, fish industry. Be benevolent. Create a merciful energy that will envelop our world, that will emit mercy, love, protection for us

and our children on this planet. Please take action now. Very simple. Just be veg. Just be veg is truly enough for now. And it will be enough for a long future to come. Just be veg so we have time to save our planet in order to implement any other green measures that we want to implement. But everything is not as efficient as being veg. Just be vegan. Please be vegan. Thank you so much. May God, Buddha, the divine power bless you, bless you. [Applause]

MC. *Thank You so much, Master. [M: I thank you.] Thank You. [M: Good job.] [Applause] We would like to invite the program coordinators of this conference to come forward and give a few closing remarks.*

PC. *Beloved Master, distinguished guests, ladies and gentlemen. Today we have learned so much about the relationship between our diet and global warming. We've also learned that the most effective way to reverse this potential catastrophe is to adopt a vegan diet. We hope that today's event will inspire you to change to a vegan diet. And if you have already done so, perhaps you can share this important message with someone you love. We thank our panelists for sharing their knowledge and time, and we sincerely thank Supreme Master Ching Hai for Her enlightening presence and words of wisdom. Thank You, Master. [M: You're welcome, welcome. Very welcome.] [Applause] We would also like to thank our lovely performers for their devoted contribution. [M: Yes.] Once again, we and all distinguished guests and the audience would like to extend our profound gratitude to Master. Thank You, Master, for giving us these precious moments. And, once again, our heartfelt thanks to our distinguished presenters. You were truly wonderful. We wish you abundant health and joy. [Applause] And thank you to all of our guests spending precious time with us to enjoy the program. Our prayer is for the world's inhabitants to soon change to a vegan lifestyle to help save this beautiful planet.*

MC. *People always ask us how they can help, but Master has given you some of those ideas. We invite you to go home today and ask your family to be vegan. We invite you to go back to your office and invite your co-workers to be vegan. We invite you to use leadership abilities and invite all the people that you know to be vegan. Maybe you might go back to the villages where you were born and show them how to create veggie villages. And I'm sure you have all kinds of ideas, just let them all soar! And remember for great vegan recipes and the latest information on climate change please visit www.SupremeMasterTV.com.*

Your children, my children, our children will all say thank you when we save the world. They will say thanks when: We restore our oceans back to health; 30,000 children a day don't die anymore; one billion people don't go hungry ever year; we stop losing up to 270 species per day of plants, animals and birds; the polar ice caps stop their melting; and the permafrost stops giving off dangerous methane and nitrous oxide; our nations will live and share in harmony all the wealth that this beautiful planet has to offer.

In conclusion for this climate change program, we have one last question for you, 'Can we save the planet?' [Audience: Yes, we can!] [Applause] All right! Together we can do it. Good evening! God bless. Be Veg, Go Green, Save the Planet! Thank you. Thank you. [Applause]

AN INTERVIEW BY CHARLES NORTON OF THE HOUSE MAGAZINE ¹²

M. Hi, handsome! [Q: Hallo, hallo.] Hallo, hallo. You sound like Australian, are you?

Q. *No, no, I'm English.*

M. Okay, how are you?

Q. *Very well. Very well.*

M. Ah, you are a very famous journalist. I read about you, Mr. Norton.

Q. *Yes, yes. Charlie, please. [M: Just Charlie?] Just Charlie. Yes.*

M. 'Charlie' sounds very much like Australian. Where are you from, Charlie?

Q. *I grew up very near London, in Kent, a country very near London.*

M. You travel a lot?

Q. *I do, I do. I do, a lot, for work, yes.*

M. Yes, and then sometimes you pick up accents somewhere.

Q. *Yeah, I lived in New Zealand for a year when I was younger. Yes, you did pick it up, I think.*

M. I detected something! Tell me about you a little bit.

Q. *I have a serious girlfriend, but I'm not married.*

M. How's your girlfriend doing?

Q. *Yes, she is very well. She is in London this weekend.*

M. Your relationship okay? [Q: Very good. Very good.] Important. Very important. And she is also a journalist, by the way? [Q: No, she is a farmer.] Farmer? Wow! [Q: She's a farmer, yes.] Ah, that's good for you. [Q: Yeah, she grows her own vegetables.] Wow, that's good for you! Then you're always safe. I read somewhere that farmers are the most happily married, and then doctors, and then business people. There was a top four of good relationships and farmers are the number one! Best of luck to you and your girlfriend. [Q: Thank You. Thank You.] It's very important to have a good relationship. Okay, we start business. [Master laughs.]

Q. *Yeah. Your channel, Supreme Master Television, has interviewed and featured many of the world's leading climate scientists, including Dr. James Hansen, Director of NASA's Goddard Institute for Space Studies and Dr. Rajendra Pachauri, Chairman of the Intergovernmental Panel on Climate Change. What are their messages on the urgency of climate change?*

12. Videointerview by Charles Norton of The House Magazine, August 8, 2009 (Originally in English).

- M. In Supreme Master Television's interviews, as well as through other medias, the esteemed Drs. Hansen and Pachauri have affirmed that humans need to act now if we are to mitigate climate change and ensure our continued existence on this planet.

According to Dr. Hansen, our planet is on a dangerous course to passing irreversible tipping points with disastrous consequences. These you know already, like melting of the Arctic sea ice which causes oceans to absorb more sunlight and speeds up melting; and the melting of permafrost which in turn releases toxic methane gas, resulting in more warming of the atmosphere; and the extinction of cornerstone species that cause further collapse to our already ailing ecosystem, thus endangering even more species, and most important of all, us humans.

Dr. Hansen has explained the threat of increased carbon emissions. The so-called 'safe' level of atmospheric carbon dioxide is 350 parts per million. This level is supposed to help our planet avoid the effects of runaway global warming, like further melting or reaching the point of no return. But our atmosphere is already over that safe mark. Now we are at 385 ppm, that's 385 parts per million. Dr. Pachauri, a vegetarian himself, has long acknowledged the connection between livestock raising and our globe's dangerous warming effect.

In 2008, he revealed that United Nations estimates are, in fact, much lower than what scientists now discover to be meat production's harmful terror in the heating up of our planet. 64% of dangerous ammonia emissions, which cause acid rain, are from livestock. Land and water are already over polluted by livestock as well. That is from animal waste, silage and toxic chemical fertilizers. But these two great scientists not only point out our grave planetary situation, they do offer a simple, efficient and economical solution: The vegetarian lifestyle. I cannot emphasize enough. Both acknowledged that the adoption of a plant-based diet is the single most effective action that an individual can do to drastically reduce greenhouse gas emissions.

In fact, Dr. Pachauri is a strong supporter of Sir Paul McCartney's campaign, 'Meat Free Monday.' He even joined him in writing a letter to The Independent newspaper urging people to become vegetarian to save the planet from the livestock industry's toxic emissions. Please, let us heed the warnings and advice of these two respected, wise scientists as we continue our shared commitment to the Earth's welfare.

Thank you.

- Q. *So climate change is happening at such a fast pace that scientists are increasingly talking about the need to focus on reducing methane. How can reducing methane be effective in altering the course of climate change?*

- M. Yes. To date, most of the efforts by the media, governments and numerous action groups to halt global warming have focused on reducing CO₂. But scientists now told us that CO₂ remains in the atmosphere for tens of thousands of years. Thus, even if we were to eliminate them to zero now, the CO₂ that is already in the atmosphere would continue to heat the planet. The reason scientists are now turning their attention to methane is that research has shown this gas has a heating capacity 100 times greater than CO₂ within the first five years. Methane then quickly dissipates out of the atmosphere, with two-thirds gone in about eight years. Earlier climate models didn't take into account this initial high potency effect of methane and averaged it out to being only 23 times hotter than CO₂ over a 100 year period. This is not correct.

So, in order to effectively reduce methane, we need to examine its sources. The United Nations Food and Agriculture Organization states that livestock is the single largest human-caused source of methane and accounts for 37% of total greenhouse gases. As temperatures continue to increase, methane is released from melting Arctic permafrost as well. This amplified feedback accelerates further global warming.

In Siberia, where the world's largest frozen peat bog is located, the permafrost thawed for the first time in 2005 since its formation, about 11,000 years ago, to the point where shallow lakes even formed. Scientists observing the Swedish permafrost are also seeing a considerable increase in the release of methane. Thus, if meat eating were to be halted, methane production from livestock would be minimized and then, consequently, all the methane from the permafrost will also be stopped, then we will still have time to handle the CO₂. It's very logical, scientifically speaking and otherwise.

So being veg means saving our planet.

Q. *In addressing the world's present 'Credit Crunch' situation, You have stated that adopting a plant-based diet is the most cost-effective way to address global warming. Can You explain why this is so?*

M. Yes, sir, for many reasons. In fact, it is not only I who says this is so; scientific studies have concluded the same. One that was conducted in the Netherlands, called 'Climate Benefits of Changing Diet,' found that a vegan diet, which excludes animal products entirely, would reduce government cost of stabilizing the Earth's atmosphere by 80% compared to a meat diet. I mean global governments, yes? Even without talking about the vegan savings, it is much less expensive to address global warming than to ignore it.

A study conducted in Japan also found that if no action was taken to halt climate change, the financial cost will be USD176 billion per year by the end of the century. This is because of the effect on food supplies, the cost of dealing with increased natural disasters as well as other weather extremes, like heat waves and medical issues such as a rise in contagious diseases, et cetera, et cetera.

Getting back to the vegan lifestyle, study after study has proven not only its health benefits but its cost advantages as well. For example, researchers in Germany compared emission savings according to diet, measuring them in kilometres driven by an average mid-sized car – mid-sized European car. So if a meat-based diet is equivalent to driving a mid-sized European car 5,000 kilometers each year, then the animal-free organic vegan diet represented just 281 kilometers, or an incredible 94% less emissions. And another person, Marianne Thieme, co-founder of the Party for Animals in the Netherlands – you probably know her – she has outlined clearly the environmental gains of reducing meat in the diet, noting that, for example, if all Britons refrain from meat for seven days a week, that would be equivalent to turning half of the country's 25 million households into zero-emission homes. If everyone in the United Kingdom goes meatless for six days a week, it would be the same as the country's 29 million cars being removed totally from the roads. And the British people, if they are vegetarian for five days a week, that would be equivalent to shutting off all the electricity in every United Kingdom household.

So you see, it is tremendous. Another savings from the organic vegan diet is found in the soil. Not only would the huge amounts of methane emissions be eliminated, the organically tilled soil could absorb up to 40% of carbon emissions – the one that we

have already in the atmosphere. Organic farming has also been found to be more profitable than conventional farming even. And at the consumer level, the vegan diet is by far the most affordable, with much lower costs than buying meat or fish for that reason. It's very easy to see how the vegan diet is not only the quickest but the most cost effective way to halt climate change, reduce great amounts of CO2 and save money for buyers in this dire planetary food shortage, water shortage situation. We should take the most effective action, that is, the vegan diet.

Thank you for being so good a listener.

Q. *Not at all. The NHS (National Health Service) promotes meat-free menus to cut emissions and improve health. However, there are still those who are unsure of the health benefits of the vegetarian diet, for instance parents of schoolchildren. What do you suggest the government do to dispel the myths and its institutions, as well as private employers and schools, toward promoting a healthier diet and providing more vegetarian meals?*

M. First of all, your country's National Health Service is setting a wonderful example and has my admiration and salute. On the subject of medical services, we could first talk about hospitalizations. A study conducted in the United Kingdom found that lifelong vegetarians not only have fewer visits to the nation's hospitals, each person who is veg saves the National Health Service, and taxpayers, close to USD80,000. Individually, yeah?

So this, of course, can quickly add up to savings of billions, if you count the citizens number, yes. Moreover, we are now aware of a vast number of diseases that originate only in animal products. Some of these, like you already know, mad cow disease, are always fatal, always deadly – can't even save people. Others, which can also have serious consequences, arise from bacterial infections such as E.coli, salmonella, and listeria, et cetera, et cetera. In addition, the risk of almost every cancer imaginable is caused or increased by meat eating. Like colon cancer, stomach cancer, pancreatic cancer, breast cancer – all are not only significantly higher, many have been 100% linked to meat consumption. These are widely documented in scientific journals worldwide.

So it would seem clear that there is not so much these days to attract a healthy person to animal products at all. However, for those who are not aware of meat's damaging effects, we can start by discussing the benefits of a meat-free diet, a plant-based diet. These include general vitality and longevity with relative freedom from disease. In fact, in a statement just updated in July 2009, the American Dietetic Association states that: 'It is the position of the American Dietetic Association that appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate and may provide health benefits in the prevention and treatment of certain diseases.' Along with general health, even such aspects as physical strength can benefit, which young people find important. Many top class athletes – such as American track legend Carl Lewis who won 10 Olympic medals – 10 Olympic medals! – and 10 World Championship medals, are completely vegan. [Q: I didn't know he was.]

Amazing, yes. In fact, Mr. Lewis says that his best year of track competition was the first year he switched to a vegan diet. And then there is intelligence. A study of IQ found that vegetarian children were more likely to have higher IQ at age 30 than their meat-eating counterparts.

So we see there is really nothing but bad news for meat-eating and only good news for being veg. At this crucial time on the planet, being veg, I think, is a must to help cool the Earth in time for our survival. So we try to let as many people as possible know of all these facts so they can change quickly, and we hope you can help spread the message as well. And of course, the government can do so very effectively through online information, with published statements that affirm the healthful qualities of the vegetarian diet, as well as the corresponding harms of meat consumption. Otherwise, we could also do things like distributing information for the nation's schools so teachers, students and even parents can be made aware of the many benefits of the vegetarian lifestyle. The best should be to reduce meat or eliminate the animal industries altogether. Totally. What do you say, Charlie?

- Q. *It's a very valid point. How can leaders ensure that the agreement coming out of Copenhagen is strong enough to avoid the point-of-no-return catastrophic climate collapse?*
- M. Good question, good question. Yes. The only way to avoid the 'point-of-no-return' climate catastrophe is to take action on the most climatically disastrous course of all – that is, meat production. By now we have all the evidence, all the information to safely say so.

The livestock industry is the top greenhouse gas generator. The last published findings from the United Nations in 2006 told us that the livestock industry causes greenhouse gas emissions more than all the world's transportation sectors combined – airplanes, trains, cars, motorcycles, et cetera, altogether. Updated calculations tell us that the livestock industry is responsible for at least 50% of the global warming.

There are three reasons why the livestock industry is the first cause of global warming that we should focus on. First, livestock is the primary human-caused emitter of methane, and methane not only has 72 times the heat-trapping ability, it is a shorter-lived gas. This means that it will leave the atmosphere much faster than CO₂, within just a decade as opposed to thousands of years for CO₂. Therefore, eliminating methane by eliminating livestock breeding is the fastest way to cool the planet. Is it logical to you, Charlie? [Q: Yes, I think so.] Yeah, we have to tackle the most important of emitters. Next, the pollutant known as aerosols, you already know, or particles released along with CO₂ from burning fossil fuels, actually have a cooling effect. Some scientists say it is roughly canceling out the warming effect of CO₂. Therefore, much of the warming we are seeing may actually be due to methane. In fact, it is due to methane, and its number one source, that is, animal raising.

Third, NASA scientists are paying increasing attention to another very serious source of global warming – that is, black carbon. I'm sure you know that. This is the particulate matter known as soot, S-O-O-T, and it is 680 times more heat-trapping than CO₂. Black carbon is landing on the ice in Antarctica, absorbing the sun's heat and accelerating the ice melt. The majority of the black carbon particles in Antarctica are coming from where? South American rainforests that are burned for the livestock industry.

Now we're going somewhere! We must urgently address methane and black carbon, both outcomes of the meat industry, immediately we have to tackle it. I pray all wise leaders will halt the lethal meat practice, which is the main force driving us to the point of no return right now. Otherwise, all other efforts to de-carbonize our economies may be cancelled out, or never have a chance to materialize in the first place.

Q. *What effect does meat consumption have on biodiversity?*

M. Charlie, meat consumption has a huge destructive impact on biodiversity, which is essential for our Earth to function and thus must be preserved. No matter how small, each species has a role to help balance our ecosystem, scientifically proven. And yet, consumption of both fish and animal flesh continue and are wreaking havoc on biodiversity around the globe.

In the oceans and fresh waterways, so many species of fish have already been lost, with complete aquatic environments such as coral reefs being decimated by such practices as trawling and fishing with explosives. On land, meat consumption is responsible for vast regions being cleared for grazing crops, such as soy, that are fed to livestock. One example is seen in the deforested Amazon areas that have gone from lush forest to bare fields used for cattle grazing or primarily animal feed crops. With these activities essentially robbing our biodiversity, there has been an alarming rise in the disappearance of plants and animals. The 2005 Millennium Ecosystem Assessment report noted that some 30% of the mammal, bird and amphibian species currently are threatened with extinction, all due to human actions. And one of the most comprehensive studies ever conducted in the field is now forecasting that over a million species will be lost in the coming 50 years. Isn't that a sad affair? Besides, the land being cleared for livestock raising, the livestock itself causes further biodiversity loss due to potent greenhouse gas emissions, which accelerate global warming. Many studies have documented declining populations of penguins, polar bears, plants, trees, migratory birds and many others – all linked to rising temperatures on the planet. Even desert animals have been affected, like the Malian elephants that have been perishing in high numbers because their trunks can no longer reach the sinking ground water.

The answer to all of this, you know, is quite clear. Stop the meat consumption. Stop it yesterday. This will eliminate the so-called need for livestock raising, which will immediately return immense amounts of land to natural sustainability or to natural growing methods that allow biodiversity to be replenished. This is the way we need to go, and fast.

Thank you, Charlie, for being such a good listener.

Q. *Not at all. Not at all. It's fascinating. [M: Is it, yeah? I'm sure you know all this, you just ask for the sake of your readers.] Not at all. With the Department of Food, Environment and Rural Affairs (DEFRA) Marine and Coastal Access Bill being considered, Members of Parliament from the DEFRA Committee have said that the government needs to review its sustainable promotion of fish eating. With the seabeds around Britain having recently been shown to resemble a barren wasteland as a result of trawling, what can be done to help the seas recover?*

M. What can be done? Your wise Parliament members have said it. Fish eating is indeed very unsustainable. It must stop. If we do end the killing of fish in the spirit of showing respect for all created life, the fish will rebound very quickly. But the continuation of fishing activities could damage the balance of marine life beyond its ability to recover. In fact, scientists reported in 2003 that 90% of the world's largest fishes had already disappeared – 90%. That was six years ago, Charlie. Now, I don't know how many more species of fish have disappeared.

More recently, as you are aware, analysis by British researchers of hundreds of years of fishing records has revealed to us the devastating effects of trawling to both the marine

environment and sea life. One scientist compared this method to harvesting apples by lowering a giant net and dragging it through the orchard, thus destroying the trees, destroying the very life that supports the fruit. Besides the trawling's effect of killing off more and more marine life, the United Nations Food and Agriculture Organization estimates that 640,000 tons of thrown away fishing gear, such as discarded nets, are added to the ocean every year, thus intensifying the problem. Fish, turtles, marine life are caught in these nets, accidentally even, dying every year, every day, without even trawling yet. Perhaps astonishingly, even the fishing industry goes back to livestock! Believe that or not!

In fact, a United States study revealed that pigs and chickens are forced to consume more than twice the seafood that is eaten by all the Japanese people, and six times the amount consumed by humans in the United States. Just pigs and chickens, eat more than us! Six times more, at least. And then the pigs and chickens are eaten themselves by us, humans.

So it's not a good business, is it? It's not a very good business strategy. So, for anyone who thinks that eating fish does not cause as much environmental damage, please, think again, or please, we inform them of the facts. Consuming any animal products at all negatively impacts our oceans and our world. We can, of course, support and uphold the terms of such measures as the Marine and Coastal Bill, which offers greater protection for fish and all marine life. I applaud that. Meanwhile, please, also request the media's help in spreading info about the detriments of trawling and the dire state of fish populations today.

Another extremely effective practice would be to stop eating fish and advocate the same for all citizens. Again, the government could offer subsidies to the fishermen for organic farming instead as the alternative livelihood. So much money that has been saved could give them subsidies, no problem at all. Complete fishing bans could then be put into place, making the United Kingdom an exemplary leader for the world's vital oceans and their unique life. Thank you.

Q. *The DFERA Committee also recommended that the United Kingdom grow more food crops to alleviate global hunger. What actions can Parliament take to help feed the world?*

M. Yes. It is indeed a noble endeavor to grow food with the goal of alleviating hunger for others. To do so most effectively, the first thing is to eliminate meat consumption. Free the land. And all the harvests go directly to humans.

Simon Fairlie, editor of 'The Land' magazine, estimated that if Britons were to adopt a vegan diet, Britain could feed itself on three million hectares, half the land now under cultivation. We use only half of the land and we can feed the whole population if we go organic vegan. The other half could, of course, be devoted to such meaningful causes as growing food for those in need or reforestation to cool the rising temperature.

Currently, 80% of hungry children live in countries that export food crops typically to feed farmed animals in the developed world. Moreover, two-thirds of United States grain exports feed livestock rather than people. These two facts alone make it easy to see how elimination of livestock raising would allow more people to be fed. One scientist has calculated that a vegan needs only 5% of the land necessary to produce food. Compared to meat eaters, 5% only, and meat-eater needs 95%. Imagine that, Charlie?

So the elimination of meat and livestock raising would thus improve the environment for everyone. It's a wonderful way to go, the best in fact for helping both yourself and other people in the world. By all means, be veg as the first and foremost way to stop global hunger and global warming.

Q. *Yes. What are the benefits of organic vegan farming, and in what ways can Members of Parliament and the government push forward to boost this sector?*

M. Yes, there are so many benefits from organic vegan farming, as well as many benefiting parties. First, for the farmers, like your girlfriend, organic vegan farming is productive, saving 37% more energy and even more water than conventional farming methods. Next, there are environmental benefits. Like the topsoil stays and proves better at withstanding floods and hurricanes. Wildlife and ecosystem also win.

According to the largest study done on organic farming in the United Kingdom, your country, compared to conventional farms, organic farms contained 85% more plant species, with 71% taller and thicker hedges, and a healthy return of native animals across the species.

Furthermore, organic vegan farming will halt the runoff of chemical fertilizers that have created monstrous dead zones in the ocean. Organic soil matter also absorbs CO2 so effectively that the Rodale Institute calls organic vegan farming a powerful strategy to reduce global warming, by up to 40% of all CO2 emissions now in the atmosphere. Imagine? Then we will be clear of CO2. Otherwise, it will stay here for thousand of years and continue to heat our planet.

Finally, we all benefit from better health because it's free of toxins and abundant in nutrients, without the genetic modification and cancer-causing pesticides. In contrast to animal products, which are known to cause cancer, heart disease, diabetes, and obesity, et cetera, organically farmed fruits and vegetables contain abundant nutrients that help us to avoid all these modern conditions. Surely organic vegan food is the only food we should feel safe, and would feel safe and will feel safe, in fact we will feel the safest food to give to our children, the best food to give to our children.

The Members of Parliament and the government can support this organic vegan farming through subsidies. They can also redirect the funds away from the meat industries and instead toward encouraging citizens to plant, to buy and to choose organic vegan food. And when they do, we will soon have a lot of healthy, happy, productive people, a restored green environment, and minimum climate mitigation costs – something all governments can look forward to and gain the enthusiastic support of all citizens.

Q. *Moving on to a different subject. Over 100,000 people are now affected by swine flu in the United Kingdom. What caused this pandemic? What are the costs, and what do You think can be done to stop future pandemics?*

M. Yes, it's a very sad thing and very dangerous for us right now. Everybody travels everywhere; they feel so unsafe. Many schools are closed, children getting sick and don't recover, et cetera, et cetera. Every day is kind of a time bomb for everyone on the street and in the house, animals as well.

First of all, I feel very pained and sorry for the people in the United Kingdom and all over the world who are suffering directly and indirectly because of this. But what is most

saddening is that the swine flu could have been avoided if we led a better lifestyle – means the more proper lifestyle, specifically, a vegan lifestyle.

The reason is that the swine flu pandemic was caused by the meat industry. Everyone knows it by now. You watch all the televisions, you read all the newspapers – it's all there. All the information about the meat industry that caused the swine flu pandemic, or even the bird flu before. So much that the Physician Committee of Responsible Medicine in the United States called on leaders to shut down the flu farms – they call it 'flu farms.' You know, animal farms, they call it flu farms – citing that one in three pigs harbors flu viruses. One in three! And we never know which one.

Analysis of Canadian agencies' data shows a 99% correlation between the number of pig factory farms and the total number of human swine flu cases per province. That means probably wherever the pig farms are more in abundance, then the more people are sick there, or started a bigger group there.

This never-before-seen swine flu virus was born when strains from humans, birds, pigs mixed together in the infected pigs and mutated into more lethal forms. This event has been brewing for many years by the very conditions the pigs were in while living: Incredibly filthy, inhumane conditions of factory farms, which anybody would shed tears if they truly witness it firsthand, and which are human-made, perfect breeding grounds for new contagious, fatal diseases. The experts on epidemics look at the animal farms and say that a really bad pandemic is not a question of 'if' it's going to happen, but 'when.' Well, it's already happened!

What are the costs of this pandemic, you ask? Apart from billions of dollars spent for testing, treating, developing vaccines – which we find are never foolproof anyway – the ultimate cost of the swine flu is the immeasurable loss of human lives, including the children. Let us not forget as well, that we are living each day with the risk of the next new and deadlier virus spawned on an animal farm, any animal farm. So, to stop future pandemics, we should ask ourselves, is our appetite for meat worth the price of a pandemic? The answer is too clear, right? All too clear: No! No! No! No!

- Q. *A recent YouGov survey showed 58% of United Kingdom adults worry about climate change, with 90% taking steps to cut emissions. What kind of successes and indications do you see that government and society are embracing a vegan or vegetarian diet?*
- M. Yes, thank you for this encouraging statistic and good news. Activities on climate change and, in particular, awareness on the impact of diet on climate change have indeed surged in recent times. For example, at the government level, the European Union this year acknowledged that meat consumption has a negative effect on climate change. Formosa's President Ma Ying-Jeou and the entire presidential office signed a declaration of measures to reduce CO₂, which includes eating locally and partaking of more vegetables and less meat.

One of Belgium's largest cities, Ghent, officially declared every Thursday a veggie day, and starting this school year all city schools will have vegetarian meals every Thursday. It's a small step for me. I feel it's small and slow, but it is a step. Government leaders are outspoken about the benefits of vegetarianism. For example, just this summer, vegan United States congressman Dennis Kucinich endorsed the first-ever Vegan Earth Day in California for vegetarians and non alike. Earlier in April, Senator Jamie Raskin of Maryland, United States, who had been a lifelong meat-eater, initiated a vegetarian

week to help the environment himself. He has stayed vegetarian ever since, and will be speaking at a national VegFest in September. Good news, huh?

In the media, it is now common to see stories or articles everywhere talking about meat and its impact on global warming, or vegetarianism and its benefits to curb rising heat, like in *The Guardian*, *Der Spiegel* in Germany, *The New York Times* and *TIME* in the United States, *Metro* and *Le Figaro* in France, et cetera, et cetera. There are also some films like 'Home,' 'A Delicate Balance,' 'Meat the Truth' – 'meat' is M-E-A-T, 'Meat the Truth' – that raise awareness about these issues. The media's lively discussions about the veg lifestyle, its benefits, tips, recipes, et cetera, is also something to be noted. So ask anyone, and many will be familiar with what a low-carbon diet is, or that reducing our meat intake is better than buying a Prius. In society, people are asking for more plant-based diet, such as in schools. The increased number of vegan meat alternative brands also reflects a growing interest in healthier, eco-friendlier products. And the reduced meat sale globally is also a good indication of a trend to come that people are more inclined to be vegetarian. I am very happy even though the news is not as big as I want, the change is not as quick as I would like or many people would like, but nevertheless we are changing, yes. Queen Elizabeth and Prime Minister Brown and United States First Lady Michelle Obama led by example by planting organic gardens even, in the palace garden and in the White House garden. Can you believe that? And the media reports that in many places now there is a trend in vegetable gardening, for reasons of being frugal, healthy, and also eco-friendly. Bravo! All these put together show a remarkable indication of a veg trend, which is a trend toward health, sustainability, and love. I thank everyone who participates in this trend, now and in the future. Please do change.

Q. *How serious is the issue of environmental refugees resulting from climate change?*

M. It's too serious. Too serious. Although there is no way to assess completely, for the moment, already more than a decade ago the United Nations conservatively estimated that there were 25 million climate change refugees – a decade ago, Charlie, 25 million climate change refugees – with the estimate now of one billion by 2050. Estimate.

These are people forced from their homes and communities due to rising sea levels and a host of other natural disasters, so-called natural disasters, but in fact these are all man-made. Sea level rise, for example, threatens half of the world's population living within 200 kilometers of a coastline. 17 million in Bangladesh have fled their homes already, mainly because of coastal erosion. In the United Kingdom as well, several coastal flooding disasters have already occurred – already occurred – with more forecast by the nation's Department of Environment. This is due in part to the fact that over 26 million residents in the United Kingdom live in coastal zones, with 40% of Britain's manufacturing industry also located on or near the coast. At least 18 islands have completely submerged around the world thus far, with more than 40 other island nations at risk from rising sea levels, and planning to relocate.

On inhabited tropical islands like Tonga, Tuvalu, and the Carterets, photos taken a decade ago compared to now show buildings and crop fields that have literally vanished. An evacuation is planned for all 100,000 residents of the island nation of Kiribati. In other cases, melting permafrost in Alaska is causing the buildings of entire communities to sink and collapse. The United Nations High Commissioner for Refugees Antonio Guterres warned that climate change also produces refugees indirectly such as through conflicts due to water scarcity. As a result, more and more countries may have to help cope with the swell of displaced people, hoping they can – if we even can cope

with it. In this dire situation when all countries already have to cope with different problems – financial crisis, food crisis – and we have to cope with this sudden surge of immeasurable force of refugees.

These situations will only worsen, not improve, until we stop the cause. This means to halt the livestock production and meat consumption. I can never emphasize this enough. If humans switch to the vegan diet, the Earth will begin cooling immediately and many of these dilemmas can even be reversed. So please, be veg and do good, to save the planet and all the beings on it, including you and me. I hope your readers will really see the logic of all this. Thank you.

Q. *Do You think His Royal Highness Prince Charles can help inspire Great Britain back to its world leadership status through his sterling environmental efforts?*

M. Oh, yeah, yeah. I am grateful to His Royal Highness Prince Charles for his forthright courage and fearless eloquence in speaking out on the environment. How many leaders do this? You see? I really respect him, salute him. He is also a man of action and ahead of his time. For example, he opened an organic produce market, and is trying very hard to halt deforestation of the rainforest worldwide, which by the way, 80% of the deforested Amazon rainforest, for example, was for cattle grazing. Most of the remaining 20% is for growing soy, again for cattle feed. Prince Charles is also trying to minimize his own carbon footprint, such as in his transportation. He also donated from his own fund USD2.8 billion – that's almost 3 billion dollars – for forest preservation. Who else would do this, see? He is kind of the one and only. In his memorable words, we can only be 'courageous and revolutionary' in solving climate change. That's what he said – courageous and revolutionary. His leadership is inspiring people, not just in Great Britain but worldwide. We need more leaders like him, Charlie, of course, not for achieving status or recognition, but to save the world, to save the planet for us and our loved ones' generations. Thank you. I thank him immensely. I can never thank him enough.

Q. *The United Kingdom government has already implemented numerous innovative climate change policies and initiatives, with more to follow. Which of these do You think have been most effective and are most likely to inspire other nations around the world?*

M. You ask me to pick one of the best stars in the sky or to choose, like, which roses are the best in the garden. [Master laughs.] I think all of them are good, good, good. Yes. And I commend humbly the United Kingdom government for all its leadership in this area very, very much and laud all its projects toward the country's low emissions future. You see, United Kingdom is also an island, even though it's a big island, but we should feel worried. But if I may, I would like to highlight the government's important work in sustainable food policy.

As early as July 2008, a report commissioned by Prime Minister Gordon Brown to evaluate the United Kingdom's food policy acknowledged that 'healthy, low-impact diet would contain less meat and fewer dairy products than we typically eat today.' Ever since then till now, the same idea has been promoted in the United Kingdom government, such as by advisor professor Tim Lang of the National Health Service and the Committee on Climate Change.

The government is even helping farmers to go green by publishing a guide called 'The Code of Good Agricultural Practice.' The United Kingdom also has leaders who have adopted or advocated a plant-based diet, such as the Secretary of State for

Environment, Food and Rural Affairs, Hilary Benn, Member of Parliament, David Drew, and European Union Parliament's Vice President Edward McMillan. These are good signs in the right direction and all countries could benefit from looking up at the United Kingdom's examples.

I wish the United Kingdom would continue in this direction, and do much more to facilitate vegan / vegetarian living for your people, just as you did to curb smoking. See, it worked. Curb smoking, it worked, so it could do with meat. To really not miss the point of no return in climate change, the government needs to be bold and unprecedented. I hope the United Kingdom government rises to the occasions to lead the way to save the planet. I hope United Kingdom will be a leader of the world in this. In short, any United Kingdom policy for peace, constructive aid, and compassionate veg lifestyle, as well as green projects, are the best and the United Kingdom government can propose and / or implement many in this category. My heartfelt congratulations and gratitude. God bless the United Kingdom government and people for all this. Thank you.

Q. *With the emergence of the Asian economic powers including China and India and their increasing energy demands, what goals would You like to see such nations set in this regard?*

M. I would imagine, of course, a heaven on Earth. And to achieve this, it would be best for these energy spending countries to develop in a wise and sustainable way. They all know that already. The question is to put into practice the knowledge that we have already accumulated. They should set goals to use sustainable energy and minimize their greenhouse gas emissions in their industries, because every effort is worth the benefits to their citizens' health, environment and even the economy. This is the true meaning of prosperity.

Unfortunately, as countries develop their demand for meat also increases as they can more easily afford it. However, this is extremely counterproductive because the demand for meat pushes up energy demands enormously, while worsening global warming. Raising animals is responsible for 80% of all greenhouse gas emissions from the agriculture sector. Here are three reasons why these developing countries should also set no-meat and instead propagate the vegan lifestyle as their number one goal.

First, it's to save energy for better purposes. Meat production is energy intensive and grossly energy inefficient. To produce 1 kilogram of beef consumes 169 megajoules of energy, or enough energy to drive an average European car for 250 kilometers! One 6-ounce beefsteak costs 16 times – 16 times – as much fossil fuel energy as one vegan meal containing three kinds of vegetables and rice. The United Nations Intergovernmental Panel on Climate Change's Chairman, Dr. Rajendra Pachauri, further points out that meat requires constant refrigerated transportation and storage, the growing and transportation of the animals' food, a lot of packaging, a lot of cooking at high temperatures for long periods, and a whole lot of animal waste products that also need to be processed and disposed of. Meat production is so costly and inefficient, so unsustainable that it is bad business to produce meat.

Second, besides energy, precious land, food and water resources, already scarce in these very countries, are also wasted or degraded to unacceptable degrees. One study in India found that to produce one kilogram of beef requires seven kilograms of grain for feed instead of direct human consumption, while yielding less than one-third the amount of protein. The poor are bound to suffer from hunger. And, overall, increased meat consumption has always been correlated with jumps in chronic diseases such as

cancer, heart disease, and diabetes, whereas before that, these ills were virtually unknown.

Finally, one reason why developing countries should say no to meat production and consumption is that by turning to the plant-based diet, they will gain invisible benefits as well.

In India and China it is already taught in their traditions, in the law of ahimsa – meaning non-violence – and the law of karma, which says ‘as you sow so shall you reap.’ Meaning, by turning to the virtuous, compassionate diet of vegan alone, they would generate such as positive, constructive energy. This new loving power could even stop the effects of climate change in their vulnerable lands and open up people’s innovative thought to solve all manner of economical, social, and technological problems. And every country, whether developed or developing, will flourish in ways beyond our imagination. I promise it is true. Thank you, Charlie.

Q. *What type of world would You ideally envisage us living in 20 or 30 years from now if we can work together?*

M. What kind of world would you imagine? If we all work together, Charlie, wouldn’t that be a dream come true, Charlie? This is a dream that all of us want to materialize, Charlie, a wonderful future in a peaceful, abundant world where all can live and thrive in security and comfort – no more war, no more hunger, no more urgent threat of climate change, a lot of time for new and incredible inventions and activities, a lot of time for rebuilding a better, more benevolent, noble, worthy world for us and for the future generations.

This planet is a wonderful creation; it’s a beautiful piece of jewel, so rare in whole cosmos. If we can preserve it, Charlie, we are truly miracle workers. And it’s so simple to do it – just be veg. If we all be veg, go green, and do good now, our dream world will materialize in just a short couple of years, Charlie. Simply put, if we all work together – be veg, go green, do good deeds – we will have heaven on Earth. So be it. Thank you. Thank you for your wonderful presence.

Q. *Not at all. Very interesting to speak to You. If You were speaking to developing countries, I suppose, as an aim, to see a country go vegan, it’s a very high aspiration for any country to go for. What do You see as a sort of lesser goal than sort of ultimate veganism for, say, the developing world? [M: Like what?] I don’t know. I mean, what do You think is the first step, maybe, before they can become vegans or vegetarians? I mean, it’s a very big step for the world. Yeah, do You see a sort of stepping stone?*

M. Understand. I understand. I wish I could offer another solution, Charlie. But all the scientific, medical, financial, economic evidence points toward this direction – that we have to be vegan, and fast, in order to save our planet, first of all, before we do anything else! I wish I could say something else more, I wish, then I would be more popular, Charlie! ‘Do this, do that, no problem, I promise.’ I wish I could have another easier solution, but we don’t have time, Charlie. We are running out of favor with the climate, yes? We are running out of favor with heaven! We have to redirect our route, return it. Your farm is where? [Q: My girlfriend’s farm is in Dorset.] In Dorset. Suppose you’re running out of time to see your girlfriend, it’s her birthday, or whatever that important day, or anniversary of your first meeting together. It’s very important, you have to be there or else. And you are trying to go to Dorset, but then you realize you’re mistaken, you go the other opposite direction, so what to do now? Turn around, no? As quick as possible! It’s as simple as that. You have no other choice, Charlie – just to turn around.

I wish I could find another solution, but all the evidence doesn't favor any other solution except the vegan diet, and then we can have other solutions when we have more time, Charlie. We have only a few years now, and we don't know what comes yet even. Now, it's the swine flu, but what else? I cannot tell you. I don't want to know. Okay, I don't have any other solution, yes? Be green is just by the way. Be veg is the only, the main, the 90% solution. And be green, of course, we have to be green. It's better to have a less polluted planet, of course. But CO2 is not the main problem, it's not our main problem. Methane is! Nitrous oxide is! These all come from animal products, and these are the ones that heat up the planet, and fast, hundred times, or 60, 100 times more than CO2.

So what do you suggest yourself? After all I have told you about all the evidence and all the scientific findings, and all the information, what would you suggest that I say? To please people? [Q: No, no, no.] Yes, I mean, even if I want to please people, I can't say otherwise. Charlie, I am not putting myself in a favorable position as a spiritual Teacher, as well as a world citizen, by telling people to be vegan. If I were to be no vegan, or no vegetarian, I would have had more students and I would be more favorable with governments, the meat industry. The meat industry is one of the most powerful industries in the whole world. I am going against the trend, Charlie, but I can't say otherwise. Because I want to save my planet, no matter what, I have to tell the truth, Charlie, okay?

Q. *Yeah. Do You think targeting big supermarkets in the United Kingdom is a good thing to do on this kind of thing? [M: Like what would you think we should do?] Well, like Tesco's, and I mean sort of factory farming and that kind of thing, particularly livestock is obviously very, very damaging. I mean, are free range hens better for you? Or you have to go all the way to vegan? [M: Okay. Free range, you mean animals run around in the field?] Yes, I mean to start.*

M. Okay, but they still produce methane, Charlie, yes? [Q: Yes.] It is the methane that is the trouble also. Of course, in the free range, the animals have more freedom and it's better for them, and I would like that too, but you know, we raise and slaughter billions of animals per year! We can't stop the climate change with all this methane heating our planet and in turn heating the Arctic, yes? Heating the South and North Poles and in turn also heating the permafrost.

So all the methane from the animals heats the ice, the ice melts and the permafrost is exposed and melts as well. So all this methane comes out together with the animals' methane. We can't be saved, Charlie, we are heated everywhere if we still continue with animal raising practice. One animal farm produces more waste and pollution than the whole city of Houston, Texas, industry and human all together, for example. That is the fourth largest city in the United States. Imagine how many animal farms we have, not just one.

You see, it's just the chain effect of it. Animal farms heat the ice, the ice melts and the sun reflects more heat in the water and heats further, melts further the ice and heats further the planet, and the permafrost produces more methane, heats more. Continue like this, we cannot stop.

I wish we could do something else, Charlie. I wish there is a magical wand, I could wave it and say 'hoopla' – we're done, no problem. No, no, we have to be responsible for our actions. Everything has to come from us. There is no miracle here. Even God wants to

save the planet, we have to help Hirm. We are God – all of us. Because the bible says we have the kingdom within and we are the children of God.

So it's about time, even if it's not for the planet, it's about high time that we behave like children of God, like benevolent, noble, protective of all the weak and the meek. We're not doing what we should do as the children of God. How? If we're harassing the weak and the defenseless animals? We cannot call that the children-of-God's behavior, no matter what excuses. In the bible, it says, 'I made all the animals to befriend you and to help you.' How could we eat our friends, kill our helpers and call us children of God? Excuse me. I'm sorry if I offend anybody out there, the truth is unalterable. But you have really good questions, please continue if you want.

Q. *No, no, that's great, that's great. It's very all encompassing. It's been great. [M: Okay, love. As I told you already, I wish I could be more diplomatic.] No, no, it's not a subject to be diplomatic about. [M: Yes.] Doesn't help.*

M. I am already very diplomatic, I'm telling you. Yes. I choose words and I truly have tried to be less blunt. But I hope I deliver the message clear and strong enough. [Q: It's refreshing to hear strong speaking like that.] Thank you. Thank you, Charlie, and it has been very nice to be in your presence. And to know that your girlfriend is a farmer is very, very... [Q: Just crops, not livestock, just crops.] I know, I know. That's why. It's a very, very pleasant thing to know. And I think your relationship will be fine, because you are farmer, half of it. So you can go back to your farm and be vegan, tell your girlfriend, adopt vegan practice, vegan farm, yes. You will see how much she earns more than before.

Many of the Aulacese farmers that we interview also on Supreme Master Television, which I also watched, are saying that because some of their lands don't have water, some of the areas in Au Lac have very little water, little rain, and they plant those organic farming produce that is suitable for that land, and they say the benefit is multifold more than conventional and more than others. That is just to tempt her. [Q: Yeah, she grows a lot of vegetables actually, so yes.] We have all kinds of information about organic farming on our television website, exclusively for organic farming method, for different lands and different practices that we collect from all over the world, and still collecting, to help people who want to be organic farmers. In fact, it costs less money, less water, less land and more profit. What else can a farmer want?

Q. *Absolutely. It's been a pleasure to speak to You.*

M. Thank you. Thank you. And it's been my honor. Thanks for helping with this movement to save our world because it's the only world we have, Charlie. We can't buy it anywhere else, we cannot buy it, and we would love our children to be able to continue to enjoy it. It's a pity to waste this planet, don't you think? All right, thank you, Charlie. [Q: Thank You.] Love and hugs to your girlfriend and good luck to your career and good luck to your relationship. [Q: Thank You. And best wishes to You.] God bless you. God bless the United Kingdom. Ciao!

Q. *Bye.*

WE HAVE TO SAVE THE PLANET AT ALL COST ¹³

- Q. *Dear loving Master, first of all, I want to share good news about New Jersey Center and Pennsylvania Center. We have been very active in distributing flyers in local community fairs and local events. The last one we went to was New Jersey Balloon Festival. Tens of thousands of people were there and we had a booth there. So many times there were so many people, they'd line up just to get our flyers and Alternative Living shopping bags and our T-shirts that say: 'Be Veg, Go Green, Save Our Planet.'*
- M. Good. Yes. Good job. [Q: Thank You.] Good job. [Q: Thank You, Master.] And you're doing that all the time? [Q: Yes, we do that very often.] Wonderful. Wonderful, very, very good. Anybody else have good news? [Q: Yeah.] Australia? [Q: Yes.] Tell me.
- Q. *Basically it's in relation to how the meat industry in Australia is reacting to our ads. [M: Yeah, how? How did they react?] Well, basically, we have an ad on television relating to how the climate change is related to cattle raising. So the meat industry reacted by phoning up our contact person saying that our information was false. [M: It is?] Now they went and... [M: It's all from scientists' evidence. Okay, and then?] then they are now reacting by putting an ad on television and also a website. And this has been caused by the fact that we have been distributing flyers and placing ads. [M: Undersand. Understand.] And then a Sydney journalist wrote a column saying that their information was misleading and false. [M: Which information? The meat industry information?] Yes. Because they are saying that their meat has got vitamins, B plus and all this. And basically she wrote this column and then there is a website you can go to which you can write to her and build up more momentum. [M: Wonderful!] And this has happened basically because... [M: God bless her. God bless her.] Yes. And also in Australia as well, the pork industry is trying to tell people to buy meat. [M: Not to stop eating pork.] Yeah. Because a farm over there has been affected by human-to-pig transmission. [M: Yes.] And they are worried as well.*
- M. Of course. They worry that people don't buy meat anymore. Is that what it is? [Q: Yeah.] It's a natural cause. Not even I did anything.
- Q. *And even at work where I was, I asked two 18-year-old youths a simple question. I said to them, if you were 100% sure that the only way to save the world was to go vegetarian, they would say yes straight away without even thinking. The fact that peer pressure puts pressure on them, because one of them loves animals, but peer pressure when he goes out is so great. But, they all listen to what I say. And my sister, she now doesn't eat meat any more, even though she does eat fish. But eventually I'll send her... Because she is a nurse and he is a doctor, and I'm sending her the DVD 'A Delicate Balance,' because it has a medical point of view. And hopefully that will affect her to give that up as well. [M: Yeah, good job.] So basically, that's it in a nutshell. [M: Good job. Good job, brother. Good job. They are doing well.] That's our Sydney Center. It's not just me. [M: Yeah, I understand.] It's Sydney, Melbourne, and Brisbane, altogether.*
- M. It's a big impact now, good impact. Good. Sydney, is it? [Q: Sydney, yeah.] Sydney is the capital of commerce and all the important culture and everything, even sport. [Q: Yeah, that's right.] Many people don't know where Canberra is, but they do know where Sydney is. [Q: The only reason Canberra is the capital, I'd say, is because the government has got its lodge down there.] Yes, too late, they don't want to change, that's what. Yeah, I know.

13. International gathering, August 8, 2009 (Originally in English).

All right, very good. Good job, very good job. Make my day, thank you. Thank you ever so much. I'm grateful for all your small and big efforts to save the planet. Actually, I still love this planet. It's beautiful, yes? Up to now the scientists have not found any planet that is better than ours. No? Have they? No! With all the billions and billions of dollars pouring into space travel project, we haven't found anything in the near of this beauty.

So we have to save it at all costs. We save it all. We have to do anything we can. Save it. Yes? For later, if we have found another planet, they will come here for tourism and we cash in. [Master laughs.] I am just joking but we save it for the children. You and I both are old people already; we retire soon. Sometimes I think I better retire. I don't know, but I still have to work.

Wonderful, wonderful. Please convey my gratitude and that journalist, whoever she is, please send her some love for me. Send her some books or something, some gifts, okay? Chocolates, it won't hurt. And she's so wonderful. Sometimes we have protector from nowhere like that. It's not even from us. I don't think you guys write any article or anything at all. Why don't you write an article also? All of you can be journalists. Write some freelance stuff. Report something on your local newspapers or national newspapers, and the best is that maybe they print it. You state that it's free of charge, free information, and you give all the websites to support your writing to let the editors of that newspaper know that it is real fact.

You see, they do know it. Why don't you write? All of you, try your talent. When you were in school the teachers taught you to write, how to do it, now you can use it. Do it. Yeah. Write something. From the beginning don't write such a big sea of words. Just a short article. Make it simple, factual and interesting, condensed. And don't be disappointed if they cut a lot of it. That's the job of the editor. But don't worry. Just try, okay guys? All of you out there. I'm sure many of you have writing talent. Why don't you just write to the newspapers, let them know the fact. And it's free of charge. Tell them it's free. You don't want any money. It's just a concerned citizen's stuff. And you give all the websites, including our websites if you wanted. Yes? If not, any website, and your website of course. Okay? Yeah, we are doing something, aren't we? First, open restaurant, and delivering lunch boxes in your corners, and giving flyers, giving seminars in your areas, advertise on the newspapers, and now you are writing. What the job is leading to? Who knows, you might be president next. [Master laughs.] Change everything!

I am so happy that you are going strongly with the trend of saving the planet. We have to do. We don't have time. Today I was interviewed by one of the journalists in England. He asked me, 'The whole country goes vegan, it's such a big goal, can You maybe tell us, set a more realistic goal?' Bargaining, yes, of course. I said I would have loved to. I wish I could, but I can't. First, I have to tell the truth. Second, we don't have time. Third, it's high time that we behave like benevolent, noble, protective beings, befitting the manner of the children of God. It's high time. It's the 21st century. 2,000 plus years after Buddha, 2,000 plus years after Christ, and we are still killing each other, and killing the small, weak, and innocent animals to eat. My God, how civilized can that be? We should really feel not proud of ourselves. I am diplomatic. I should say we should feel ashamed of ourselves, truly. Because we have capability, we have intelligence, and we have been taught by noble Masters such as Buddha, Christ, Muhammad, Guru Nanak, Jain Master, Bahai, so on and so forth, Krishna, whoever, you name it, to be noble, to be benevolent, to be compassionate, to be at peace with one another. We have been taught all these centuries and all we think of is how to find a way, make a system, invent something just to kill that little chicken, to make more profit, more meat, or very docile

cows or little pigs. This is really shameful activities and trend of thinking. We should never fall thus far, we should never degrade ourselves thus, I think. And I am sure anyone with intelligence and logical mind can see my point, no? 21st century, after so many noble teachings, still killing each other in the name of whatever! I said killing is never right.

I have told the journalist, I wish I could say otherwise, that would make me even more popular. I told him meat is one of the most powerful industries in every country. If I have not forbidden you to eat meat I would have had more disciples. Easy. Everybody comes in, just kowtow and that's it – Ching Hai-ism! And I would amass all kind of fortune, fame, whatever, but I never go in that direction. Not at the cost of my life even. We can't. I said the truth cannot be altered no matter what. I said to him I put myself even in danger for telling the truth, but I have to save my planet. I don't know if you want to save your planet, but I want to save my planet, I want to save my people. I don't know if you want to save your people, I want to save my people. My 'people' is whom? It's you, your relatives, your friends, your countrymen, your world's citizens, your pets, your children, your future, great, great, great grandchildren, the animals, all the harmless meek, weak, innocent animals – these are all my people – I want to save them all yesterday already. I can't tell otherwise. Even if we have another alternative plan to save the planet without going the whole country vegan, how? How many more people have to die? You understand me? For that? Because of meat diet, because of the harmful effect of meat industry, how many more countries have to be eroded, financially kaput, for a piece of meat that we put in our mouth? How many more islands, nations have to sink for that piece of meat that we put in our mouth? How many millions more refugees – climate refugees do we want to look at – for that piece of meat that we put in our mouth? How many billions more animals do we want to see crammed, suffering, agonizing in those crammed small crate factories? We want to see? For that little piece of meat that we put in our mouth – that we could change it. We have tofu, we have all kinds of protein nowadays even. It's not like we are starving without meat. It's not. It's not necessary at all to eat meat. Besides, it's poisonous! It's been proven already. Not to talk about climate change, climate refugees or anything, how many more patients do we want to see languishing in the hospitals between life and death, or dead because of that piece of meat that we put in our mouth? How many more families we want to break up due to this kind of disease and death caused by meat? How many more children do we want to see suffer with heart diseases, cancers at a young age already, because of the meat diet? How many more families do we want to see childless because women who eat meat have a very less chance to conceive children? And then how many of these young aspiring mothers do we want to see going through, this kind of 'poke and picks,' what they call IVF pregnancy? It is a painful procedure for husband and wife who have no children, have to go through artificial insemination. It's very painful, time consuming, agonizing, and suffering. And the hope is not 100% even. Not like you spend a lot of money, a lot of time, stressful, fighting inside with each other even because of stress for a child. Not that you go through all that then you have a child 100%. No. Not all of them are working. And how much more suffering we want to see just for that piece of meat that we could change for a better piece of protein. It's the same protein, it's just one is secondhand from animals, the other is direct from what the animals eat and digest and then becomes the meat. It's such a waste. And how much more energies do we want to waste in producing meat? How much more grains, food do we want to waste to raise animals at the cost of starvation of millions of other people?

Right now we have one billion people already go to bed hungry. Every five seconds a child dies from hunger. Every five seconds, while I'm sitting here talking to you. How many children dying or dead already? How many more do we want to see? How long

we can afford to bargain in the face of these sufferings of our own kind and of the animals, of the environment? I can go on forever, forever but I didn't prepare my speech. It's all really not worth it. It's all really a degrading choice to eat meat. We can't bargain. We can't say, 'Well, let's take it easy, we'll probably have a better idea, a better plan than 'be vegan'.'

What better plan? What better plan? Even if we have better plan, suppose we have better plan, should we choose it? Should we choose a better plan than vegan, which saves billions of lives, saves the animals, saves our children, saves our planet, should we choose a second plan? A plan B. There is no plan B. Even if there is a plan B, it's not humane to choose a plan in disregarding the suffering of our own kind, of other beings on this planet, and the danger that we're facing, the climate change, which will easily destroy the whole planet and probably all or most of the beings on this planet.

The only reason our planet is still hanging in there is because of some virtuous people. Not necessarily my disciples, alone, not necessarily. The people who practice virtues, the people who follow the footsteps of Christ, of Mahavira, of Guru Nanak, of the Buddha, of Prophet Muhammad, the footsteps of the way of loving kindness, of benevolence, compassion. That's the only footstep we should follow. There's no other alternative. Can you see? Yes? No plan B. And I even told him we don't have time even to bargain, we have only a few more years. If we don't do it, that's that. So I thank all of you, for all your little or big efforts to do it, together, I'm really grateful. Of course, you are saving your planet as well, but I am grateful for your noble intention, for your extra strength to go an extra mile to help others and help ourselves.

I guess many of us would not care whether we die tomorrow, because we are assured by our own inner vision and practice, intuition as well, that we are going somewhere great and glorious, even if we shed this physical cover of the soul, I am sure many of us will not care if we live or if we die. Because we know it's all up to the providence and up to the way we live our life. It's not how we die; it's how we live. It's not when we die, it's up to the moment of death, what have we done with our life that we didn't waste it, that we've been a useful tool of God, for others. That is the true meaning of living a good life.

Good life is not always having a lot of money, big house, big car, or anything. Good life is we face ourselves every day in the mirror knowing that we are all right, knowing that we are doing our best for others. So it's not because we care that we die or not die that we do all this, just that it's just the proper thing to do, to remind each other that we have to be noble, benevolent, and good. I guess I could talk forever about this, but I think, okay.

- Q. *Our sweetest Master... [M: Sugar.] [Laughter] Thank You. [M: Tell me.] During the period of swine flu in Mexico, people radically reduced the consumption of our pig friends. [M: Of meat?] Yes. [M: Wonderful.] However, after a short time... [M: They forget.] Yes. The president, even the president and the media declared that the consumption of pork was not related at all to the swine flu. So they go for the consumption of the pork. [M: Again?] Again, yes, encouraging the people to eat again. [M: I know, I know, I know. So what's your question?] So the question is: What would Your message for the government and the media be so they understand that their words affect the whole nation?*
- M. Understand. They do know that their words affect the whole nation. That's why they spoke thus. But unfortunately, some government leaders and governments even are misled for being too busy to inform themselves of the fact, that 90% cause of the flu is

indirectly related to the swine factories in that province; they have calculated, they have research. For example like, if in your country, in your area there are a lot of swine factories, then in that province you have a lot more, yes? 90% related to the flu pandemic, and from them spread out, of course, but slower than the native house, where the animals are breeding.

Okay, maybe you can cook the pork and say that, 'Okay, the cooked meat is not contagious,' but it's not so. The virus fly all over in the air affects people. The workers who are in the farm are directly affected. And from them it mixes with human and other flus from birds or other animals and becomes more deadly. And then slowly or quickly spreads out. Right now the flu pandemic; the WHO (World Health Organization) said that it's unprecedentedly fast – spreading – fast, quickly spreading. Unprecedentedly.

So I guess your government or your president in particular should inform themselves more before they advise their citizens because they are the leaders. They should know what they are talking about, they should consult the experts, the scientists who are professional in this field before they speak. Because in Au Lac we say, 'Our word is like an arrow, don't just shoot at random.' You can say as a bullet nowadays, 'Don't shoot at random.'

So I am so sorry that perhaps your president is too busy to do research into this area which is dangerous. So maybe you could send him more information. I hope he will read it, for the sake of your citizens. That is why we spread all the information everywhere, and we write to the governments and we write to the newspapers. But I am alone. It's not possible. I work sometimes day and night already, with all the letters and all the correspondence I have to handle. So please do it, do your part. You write, you write to the government, write to your leaders, send them the facts and hoping, praying that they will read it. Sometimes people say that the meat industry, being so powerful as it is, they can lobby anything – lobby government, lobby congress, lobby parliament even – to support their business. To them, it's just business, but to the people, to the consumers, it's life and death, it's suffering or happiness, it's intelligence or dull-wittedness. It's not a business.

A business should be providing to the people what they need, to benefit them and then meanwhile benefit yourself as well – that should be a good business. A business is not to give people poison, either ignorantly or purposely to cause them harm, sickness, suffering, agony of any kind, just to profit ourselves. That is not a proper business for a Christian, for a Muslim, for a Buddhist, for a Jain, for a Sikh, none of us, none of these people should do any of this kind of business – business to kill people, business to harm people, business to kill the innocent animals, they are no-good businesses. They are contrary to God's will and thus we should avoid.

Your president has spoken what he thought is the best for your country's economy, business and the people. But he probably has been misinformed because being a president he can't just spend his time doing research on what benefits and what harms of the food. That he entrusted to his Food and Beverage Minister perhaps. And so whatever he is fed with, whatever information is on his desk, he trusted that it is okay. That's why he announced to his people that it is okay. So your president is also one of the victims of lobbyism, of arrogan-ism, of ignoran-ism, of business-ism, of profit-ism, capitalism. It's a sad thing, it's a very sad thing. So help him if you can. I hope you can.

The problem with being president also is that not all the voices will reach him, like old time kings, very difficult. You have to go through the whole host of bureaucracy. Maybe

your letter will go nowhere, but who knows? I wrote a letter to President Obama, I wrote a letter to the European Parliament, European Commissioner, and they answered me. They say they will take heed, take notice of what I said and my words, my advice will be in their heart, in their mind, in the days ahead.

I appreciate these kinds of leaders who do listen, but these are in democratic countries. That's why I told you many times I still like America. I don't write always to the president, but I do write occasionally when it's necessary. Like I wrote to President Clinton for the Aulacese refugee issue. I wrote to other presidents for the Aulacese refugees at that time. And I wrote maybe about war, abortion stuff – only the necessary time. Because I know they're also busy and I don't want to be also another busybody, messing up with government work. I only wrote when really truly necessary.

But you are the citizens of your country. Please do something, please write. You write together a big letter and you sign, many people, and send it. Get as many signatures as you can and send it, or send first a letter and then get signatures and send later again. Who knows, maybe it will come to the leaders' ears, maybe not. Just hope for the best. At least you do your best. I can't write to all the people, I can't write to all the presidents. I am trying, of course. I still will do it, but that is the thing with being president; not all the information reaches his desk. Sometimes the people surrounding him will screen it out. And sometimes the people around the president, not the president himself, but the people around him, sometimes they think, 'Oh, we need some more money to support the president for the next term, or this term or whatever term, so we turn a blind eye to this case, we turn a blind eye to that case. We don't give him this information. We just do it ourselves.'

Meat industry is one of the most powerful. I told you meat, drug, alcohol, cigarette, these are the top four most powerful industries. It's almost like I'm alone against it, openly. Other people also maybe they're against it, but in a group, individually; small scale. I'm against them big scale, big time. So practically I put myself in the unfavorable situation with many. Because what's good for people, I have to promote. What is the truth, I have to speak out. I have no compromise in this. And so should not you. That's why I told you, we have to begin from ourselves, yes? We have to practice benevolence, compassion before we can tell others what to do, right? Yes.

I told you the meat industry is very powerful, they can buy the government, lobby the parliament, bypass congress. What do you think? Why are there so many advertisements about meat and milk everywhere? Even I didn't know that milk was harmful to humans' health until recently that we did research. And we had mad cow disease in those times even, they even said, 'Oh, milk has nothing to do with mad cow disease. Milk is safe.' And people believe it! How? How can you take something safe from something sick? And mad cow disease is not curable even. It's deadly; it's fatal, every time! So how many more people do we want to die for this piece of meat that we put in our mouth? How many children do we want to kill for that piece of meat that we put in our mouth; that we could even change for tofu or gluten, any other thing, and still stay healthy, happy and better even? Do you understand? This is the question we should ask ourselves.

No plan B. No. Never. Now that we know the truth we just speak it out: No plan B. No compromise. Whatever we say if it's concerning people's life, children's health, families' happiness, we have to do it wholeheartedly. Some young people die now! Young people even die from flu! Imagine how their parents suffer. Imagine how their sisters, brothers suffer. Some pregnant women die, full of hope in them, hope for the child to be

born in their family, to bring happiness to her husband, to the parents, to grandmother, father, just die like that! Flu, swine flu, for the piece of meat that we want to put in our mouth, which is filthy, poisonous, bloody, inhumane. So there's no plan B, is there? [Audience: No!] Okay.

I'm not well recently. I'm sick with everybody else. I don't have flu. Similar symptoms anyway, even though I don't have flu. Because of what they call 'sympathetic response.' When you love somebody, sometimes you take on the symptoms as well. And so many people that I love... So I've been sick for many months. And of course I have a human body. Even if I'm sick and tired, there are people worse than me. People are in hospital between life and death, children in hospital between life and death, elderly people in hospital between life and death, pregnant women, youngsters, full of hope for the future are in the hospital between life and death, all because of that piece of meat that we could change, that we could replace any time. And we have an abundance of things to replace that piece of meat with. So why not do it? Why? Why bargain? It's so simple, it's so easy. We cannot expect people to quit drugs which is 1,000 times more difficult. We cannot expect people to quit cigarettes, we cannot expect people to quit alcohol when we cannot quit that little piece of meat, which is replaceable, which is not so addictive.

So the leaders of all the countries, the governments, the media should realize this. If we want to clean up our society, we have to clean up ourselves first. Very simple. Any information they can get, they must get it. Because being a president or leader of a country, you should not be fooled, you should not be misled. You're supposed to be the leader! You can't be misled! There should not be any excuse actually. But, there may be some excuse. But still nowadays we should inform ourselves in the position of a leader to know what there is to know about what is good for our citizens, what is bad for our citizens before we speak. Because as the old saying says that: 'The words from our mouth are like arrow. We can't just shoot any time at random.' The Chinese people say that before you speak something you have to roll your tongue seven times. Roll it. Why? So that you don't speak nonsense! So that you don't speak too soon; before you're informed. We all do this. Sometimes we thought, 'We know this, we know that,' but we don't always know the whole thing.

So I only suggest that all the leaders have to inform themselves more. And the thing is they are not informed. You see how many medias informed the people at large about the harm of meat? Yes? And they also say, 'Okay, cigarette is no good,' now and then, 'Drug is no good,' now and then, 'Alcohol is no good,' now and then. Every day people are killed by drunken driving, including children and animals, on the road. But there's still 'no problem.' Alcohol is still legal to sell. Do you hear me? Every day people die of cigarettes, nobody reports. People die of drugs, nobody bothers to report too much – now and again. And people even commit crime, broke up with families, causing an agonizing situation in the house, nobody reports. Just there now and again maybe a headline, 'Somebody died because of drugs.' But that's it! Only if that person is prominently famous then maybe they say a few words: 'This person died because of drugs.' Sometimes even not. You know why? Lobby. Money. Some others say to the journalist, 'Don't write it. He's famous, keep him in good image in the public eyes even after he died.' Et cetera, et cetera. Then they don't print anything. It depends on how much money you give, then the news comes out or does not come out.

I do what I do. I don't buy people. I don't buy fame. I don't buy applause. I don't buy praise. I'm still doing what I do, waiting for them to wake up, to turn around. I let them do what they want. There are businesses and businesses. There are businesses who benefit people, who uphold the truth and virtue. There are businesses who are

degrading people and themselves in the first place. The ones who sell this kind of business are degrading themselves most of all, before anybody else, because the truth will always come out.

This is a very sensitive question that you put to me, yes? But I still tell you all the truth. Okay? And I hope you convey that to your president. I tell you a joke, okay? A representative of a soft drink company, 'Ooh La La,' Ooh La La soft drink company went to the Pope's office and offered him one million dollars if he changes the bible's famous statement like, 'Give us daily our soft drink Ooh La La' instead of 'Give us daily our bread.' The Pope says, 'No, cannot.' And then they come back home and discuss and come back again next day, 'Two million dollars is okay, Pope?' Pope says, 'No! The bible's saying is sacred and holy. It's not for me to change. I can't do it. Sorry my son, sorry. The two million dollars can stay but you can go!' [Laughter] They come home and discuss again with the higher boss and come back next day, 'Three million dollars.' The Pope still says, 'No, and no and no.' He says, 'No matter what, I can't change it.' So the representatives of the Ooh La La soft drink company come out complaining with each other, 'Oh, I wonder how much did the bread company give him?' [Laughter] All right.

Now, we are going to meditate and if you like, I can help you with something with our spiritual practice. It's enough talking about the world already.

CONSIDER OTHERS AS WE WOULD OURSELVES ¹⁴

In this world, it's easier to practice and to improve because there are suffering people, there are suffering animals, and there are suffering situations and imperfect situations that will touch our compassion and awaken our merciful heart. Then we can bring it out, improve the situation, and help others. That's how we create heaven. That's how we say heaven will be on Earth. In the bible, there is a prayer that says, 'Hallowed is Thy name in heaven as well as on Earth.' So we have to bring that to Earth. We are here to do it. If we think we are the children of God, then we have to bring God's love here. We have to make heaven here. We can't just keep waiting for heaven to appear or ask heaven to help us. Of course, when truly in time of need or emergency, we can pray, 'Help me today for meditation or to smooth some things.' Of course we can pray like that, but not always like that. It's not always about us. It has to be about other people as well. Otherwise, we are going nowhere with our spiritual practice.

We have to think of the other end, not only this end. For example, when you talk on the telephone, you talk so that the person at the other end of the line listens to you, not to listen to yourself. When you talk to your friend, you speak loudly and clearly, so that your friend at the other end of the telephone can hear you. You have to consider how you talk so that he or she understands. This is the same. We have to consider other people, the other end. Always consider the other end. If everyone on this planet considers the other end, then we will never have hunger, we will never have war. We could never kill anyone. How can anyone still kill anyone at this time in our civilization?

At this time in human evolution, a person cannot go out and get a gun and just kill someone else just like that, in the name of religion, in the name of country, in the name of whatever! This is never right. How can we do that? He is just like you. Both have to defend their own country, and yet you kill him because he defends his country. That's not right. Or, you kill him because he doesn't want to believe what you believe. That's also not right.

14. International gathering, July 25, 2009 (Originally in English).

Killing is never right

War is never right. Killing is never right. So if we all consider other people the way we consider ourselves, just put ourselves in their position, then we know perfectly what to do. There's never an excuse to harm anyone, to harm fellow beings or animals, our co-inhabitants, never any good excuse at all, even in the name of science, in the name of health, nothing. Nothing! If we did not kill animals or we did not kill each other, we wouldn't be where we are today, with a lot of trouble, a lot of disaster, a lot of suffering, a lot of war, and a lot of sickness. The more we kill animals, even for experiments in the laboratory, the more sickness we have. Look! We just cure one sickness and another comes, worse than before.

The law of karma, the great law of the universe, never fails. That is the problem with humans because they don't understand this. They think of what they can do today, and they do it. They think that they can harm someone and then they gain something: Some money, some promotion, some glorification or whatever. But that's not right. It's never right.

So if you're in heaven, it's difficult to practice, but if you're in hell, it's also difficult. Because if once we create a hell, such as war, then it continues forever like that. Someone dies or is injured, and then later they come back. If they cannot come back in this lifetime because they're weakened or they've been destroyed or killed, they come back in the next lifetime. Life continues forever. It's not like you kill one person today and he's finished with you: No, no, no! The great law of the universe does not allow anyone to overpower anyone unjustly. Even if we have the right to defend, it's also not good for us because that means we don't trust in God's power to regulate things for us. We don't trust in the great law to justify the actions of others. If we take matters into our hands, then heaven will ignore us. 'You want to kill him back? Right, then you both have to take care of each other.' If you kill him, he comes back and kills you, and then later you die. And then you come back, kill him in the next life, and then again, again and again.

Better to run than to seek revenge

So that's why I've told you, even if people kill you, let them. There are worse things than death. Ignorance is worse, worse than death. If we die with enlightenment, we go straight to heaven. We die with forgiveness in our heart, compassion in our soul, and we go straight to the high level. But if we seek revenge, if we kill them back or we injure or hurt people in some way, that will come back to us again, again and again. And we go nowhere. You can have another physical body any time, if you desire it. The difficulty is to get away from it, not to worry that we don't have one. However, I wouldn't tell you to go out and try to provoke someone so that he kills you. It's not like that. Don't try to go home and say something like that. What I mean is truly, if we have this physical body, that means heaven still wants us here to work. Of course you try to defend yourself. But defense doesn't mean you kill other people. Run away or reason with him; just defend but don't hurt them. If you can defend yourself that way, it's fine. Running away is the best. The Chinese say that of the thirty-six strategies, the best one is to run away! I run away all the time, and it's truly like that! It's true; that Chinese saying is the best. I use it all the time, and I'm still here. It's a cool strategy. It doesn't mean that tomorrow I would run again, but it means that whenever I have to, I just run. Why stay around and explain to people: 'I am innocent! I've done nothing wrong.' Some people don't listen.

Being human means being humane

It's just that this life is still not very elevated. But it's getting better and better all the time. I've heard that many governments encourage people toward less meat and more organic farming and so on. Actually, today, we have some good news, like in Ireland, where the government

supports organic farming, and a lot of people apply for it now, 85%, isn't that nice? Soon we will see cows only walking around, like between the green lights, maybe holding hands with the humans. Because the cows, they can cry; when you want to kill them, they cry. Many of them do that. Some even run to the police, to take refuge. For many it happened like that, and later the police also feel sorry for them, and then someone buys them and sends them to an animal sanctuary. They do know what to do. It's just that sometimes they can't escape, because the humans control them; they drag them in there, and all kinds of things. I don't want to talk about it because I will die. It's terrible, this animal cruelty; how can we call ourselves humans? Human means humane. But the people who kill them do it for a job. Sometimes they don't have another job to do. If the government would create better jobs, then they would change. And if there is no more demand for meat, or fish, or any animal products, then there will be no one who kills. Perhaps one or two do it by themselves, but not en masse, not confined in a small crate where they could not even turn around. They can only lie down and stand up. This is the utmost cruelty! Imagine if it's you; imagine if you put yourself in that situation. Imagine if someone put you in a crate like that, where you could only stand or lie down and could not even turn around. Can you imagine? Would you feel good? No! That's why I said if everyone in this world considers the other end, considers other people's position, then we will have no war, no cruelty, no animal killing, no hunger even. The problem is we don't consider others.

Give whatever is within our capacity

So, as so-called spiritual practitioners, please, be different for me. Please be different. Don't just clap your hands and say, 'Oh Master, You are compassionate, You are merciful, You're beautiful, You're this and that.' Do it! Do what I do, or at least some of it. Do it in your capacity. I don't say that you always have to give money to people, if you don't have it; but you can give your time, your support, or do something else. Do it in your small capacity.

Like last time, I said to some Chinese that they can make food in a lunch box and sell it at a reasonable price to some neighbors nearby or to some company or office, or something. You don't have to make a lot; like if you have one office that agrees, then you make it and sell it to them. Twenty boxes or something, of good, nutritious food made with love. First, you earn some extra money. Second, you earn more merit, because this kind of job, which is providing compassionate nutrition to others, is a very meritorious kind of job. Anytime you do something good and offer some necessity to others, even if you earn some profit out of it, you still gain merit from heaven. It's not just like you have to give it for charity, and only then you gain merit. It's not charity alone when you might gain a little more merit, but even if you just do a good job like opening a Loving Hut restaurant, offering this compassionate lifestyle to people so that they have a chance to turn around and save their own lives, save the planet and save the animals. Then you also have merit, even if you earn money with it, because that belongs to the meritorious category of jobs. There are two or three kinds of jobs that earn you merit, or earn points in heaven. Like what job earns 10 points, what job earns 100 points? It's like in school. Those are the kinds of meritorious jobs that can earn big merit points in heaven, apart from meditation. So even if you don't do meditation, at least you earn some merit to go to heaven so that you don't go to hell or a lower level of existence after you die. But apart from meditation, if you earn more good heavenly points, then of course you go higher in heaven. And then when you die, you don't just sit there miserable, seeing people flying past you, going up and you don't know what to do any more, it's too late.

Practice here while we still have a chance

In heaven, when you go into that lower heaven, you're still happy, fine, but it's difficult to practice then. Here it's easier, because there is suffering, there are troubles, there are things to do, problems to fix or things to repair. And then you can earn merit, you see? In heaven, no one

needs your vegetarian food. That is just an example. In heaven, you don't have a chance to go and hand out SOS flyers. You don't have a chance to do that. So here, do as much as you can – SOS flyers, Alternative Living flyers, open a vegan restaurant, or cook a vegan lunch box. If you don't have money to open a restaurant, everyone can cook in their spare time, on weekends and evenings.

In some countries, they have night markets – bring it there. Football games – bring it there. During holiday time, when people go on picnics or to some concert, you bring your cooked food there. You don't have to bring a lot. For example, you see how many people there are and you think or meditate, to see how many will eat your food and then make just that much. If only 10 people go to watch the football match on your street corner, then don't bring enough for 50. Even if you make 10 and you sell only five, okay, the other five you bring home and eat together. Even if you're alone, you put it in the fridge and warm it up; in two days it's gone. You have to cook for yourself anyway. So instead of going to restaurants and always asking for vegetarian food, which they don't know or they don't have, or they cook and mix together with eggs, or there's the smell from fish on your plate and it's sometimes not clean – you do the job yourself. You cook and offer it to people.

Everyone can have a restaurant at home, a pocket restaurant, a mini pocket – it means gaining small money for your pocket. Every day you earn a little bit, or every weekend you earn a little. And then you have enough money to go and help people. If I weren't busy with you, I could go out and sell stinky tofu and earn money. Or, open a small café, rent a corner shop or café shop and sell cookies and candies. Bake them at night and sell them in the daytime with coffee. It doesn't have to be very fancy coffee. Homemade cookies or vegan muffins – anyone can make them. Just bake a few trays in the evening when you have time. Before, you used to sit and read newspapers and so on. Now you don't; you just bake. It takes a very short time and then you sell it in your coffee shop, or you sell it on the street or whatever. But mostly people like to buy something like a lunch box in those concert gatherings outside, if it's allowed. If not, make a deal with some company and bring lunch boxes every day for their employees. Think about what to do. Every situation is different, but you can always do something. While you're selling it, you can hand out SOS flyers at the same time. Buy inexpensive paper and print them out.

Compassionate acts earn spiritual merit

So while you are here in this world, you witness suffering, you witness pain and sorrow, and then your compassion rises, and that's how you earn more merit. Because you feel sorry for people and then you try to do something to comfort them; that's how your spiritual practice speeds up. In heaven, you have nothing to do. You can't make buns, even if you want to. You can't even make a vegan lunch box if you want to. No one needs it there anymore. It's only in this physical world that people still need it. So that's how we earn merit. Don't just sit there and pray for heaven's help only. You have to help people; you have to bring heaven to Earth; you have to make it convenient for people to turn around. Sometimes they don't know how. Sometimes they don't know where to buy things. But if you make it easy and inexpensive, then they will buy it and think, 'Oh, that's not bad.' Tomorrow, you bring another kind and another, and then they say, 'Show me how to do it.' Make it simple and affordable. You earn some money, but it's not as expensive as in the restaurant so people would like to have it. They might ask you to bring it to their home or to their office. All you need is just a few dollars for the bus fare. [A fellow initiate reports to Master that they've opened a vegetarian restaurant in Johannesburg.] Yes, that's very good news. If we have a lot of vegetarian restaurants, then many more will come – the critical mass or monkey effect: What one monkey does, the others will do.

Feeling the love of Mother Earth

I'll tell you something. When I walk barefoot, on the ground, I feel the love from the Earth. Truly, my God, She loves me! I never knew that before. Before, I never felt it. Maybe She loved me all the time, but I never felt it. This time, I feel so strong that I almost cry. So I just put my feet there, I just sit there and put my feet on the ground, enjoy the feeling of love from the Earth. You try it to see if She loves you. I mean, She loves you, but try to see if you can feel it. My God! It feels like a very gentle wave of warmth, of electrical currents. It just makes you feel so.... I can't explain it, I can't tell you. I just feel it, and it was so touching. Just so, so good! I hope you feel the same, because it's so nice. It was so beautiful. I felt it so strongly lately, because before I didn't walk barefoot that much. Lately I like to. All right: Love you.

DO WHATEVER WE CAN TO SAVE THE PLANET ¹⁵

- M. The English say 'No news is... [Audience: ... good news.] good news.' Yes, yes. Yes, sometimes we watch television, try to find some good news on television: Very, very difficult. Only Supreme Master Television has a lot of good news, yeah? [Audience: Yes.] Compared to other television channels; but not a lot. I guess there are many more good news everywhere, it's just we don't have a chance to look at it.
- Q. *In response to Master's call, we all try our best to promote the vegan diet in our area. After we returned from here last time, the few retirees among us made vegan steamed stuffed buns to sell in our small community. [M: Vegan steamed stuffed buns?] Yes, we made ourselves and sold them inexpensively and very delicious. In the beginning, we sold less than 100 buns a day. Now, we sell 200 of them every day. [M: 200 now?] 200. Three for two RMB. [Laughter] We went down there at 11 o'clock every day. The buns are all sold out shortly after 12. People would start lining up before it is time. An old lady lives on a lower floor in the building in front of ours, she said, 'After eating your vegan steamed buns, I don't feel like eating meat anymore.' She also bought our soy protein. People living in the nearby buildings also come to buy from us. Since it's hot in the summer, they don't want to cook themselves. We also give them vegetarian recipes to promote the green vegan diet. We just give them vegan recipes, and share with them the benefits of being vegan. The people working in the machine shop behind us also order our buns. Once I get off work at 11:30 A.M., I go over to join them, and we can sell a few tens of yuans worth of buns. It was raining that day and they said, 'Here we have a new 'store' for steamed buns.' [M: Wonderful!] Through this, many people eat less meat. Some people also asked us for vegan recipes. For people who are interested, we also give them the SOS flyers. This kind of individualized promotion has been quite effective. [M: Yes, yes.] I think this is a way for us to do it. Not everyone is suitable or can afford to open a restaurant. [M: Not! It's not necessary!] The way we are doing now... [M: Individual vendor.] We try our best to sell on a small scale. All retired sisters can do it in small communities. [M: Yeah.] Three or four people can get it started. It doesn't require much capital to make it widely accepted. You just need to buy a wok or something. I feel what we are doing is very doable and well received. We put a lot of stuffing in the buns. [M: Wonderful! Also, there is a kind of cart people use in night markets for cooking food.] We just cook in our home upstairs and sell them downstairs. [M: That's also okay.] After doing this for a while, we gained a small reputation. Later on a rainy day, I went outside to sell the buns near the community entrance. I said, 'Do you want to buy some vegan steamed buns?' They said, 'No, we want the vegan buns made by the grandmas inside.' [Laughter] Some who live far away also come over to buy from us. They say that our buns are tasty. When some people first tried it... We use soy*

15. International gathering, July 18, 2009 (Originally in English and Chinese).

protein in the vegan stuffing. After they tried it, they said, 'Didn't you say it is vegan? How come there is meat?' I said, 'This is vegan meat. It's healthy, environmentally friendly, high in protein and low in fat.' Later on, many people came to buy from us. [M: Good!] One time, after eating our buns, a Buddhist told us, 'You are doing Buddha's work.' He looked at us, and said, 'Are you Buddhists?' I said, 'We are promoting environmental protection and health.' He said, 'What you are doing is the same as Buddha's work. You are doing it with your actions.' [M: This is very simple. Anyone can do it.] It's simple, easy to do, and doesn't require much capital.

- M. You can also sell them at night markets. People buy a lot of food in the streets at night, the kind of food that can be cooked in a short time. You can serve them fried noodles, yeah? Fried noodles or noodle soups. The soup is cooked beforehand. When they come, you just put the noodles in. That kind. Some people like to go out to eat at night, but there is no vegan food for them to eat. Then we can also meet their need. That is also legal, and doesn't require much capital, right? Do you need to apply for a permit? [Q: No.] No? It's not required in Mainland China, right? [Q: Right!] Every country has this kind of night market by the roadside, right? There are many in Asian countries, such as Formosa, Au Lac, and Korea. Sell by the roadside together with other people, or by yourself at a fixed spot or using a small cart. You could push the cart to college campus areas. Students are not rich. You can sell to them and by the way tell the young people that we should be vegan and green.

There are many things you can do. Or, if you have a small cart, you can place an ad outside and put things on the cart for people to buy. It's very simple. If you cannot afford it, you don't have to open a restaurant. To make money or to promote the vegan diet is actually not that difficult. With a small cart like this, you can sell things like hot dogs. The American vegan hot dog, it is very simple! Just put it in between the buns, then people can eat it. Or, you can make noodle soup. The noodles are already cooked, then you prepare a big pot of very hot soup, just add in the noodles – it's ready! You can also make spring rolls that are already fried or the steamed buns that can be eaten cold. They don't need to be heated.

Right! There are many! Talking about them makes my mouth water. [Laughter] Is the food all right at the Center? Do they cook well? [Audience: Yes!] Food always tastes good when you are hungry. [Laughter] How many meals are you served? [The cooks: Two meals.] Is that enough? [Audience: Yes!] Yes, it's enough. Save the time for meditation. If you eat all the time, your belly will get too big for you to sit comfortably. The food is tasty, it is okay, right? [Audience: Yes.]

As a matter of fact, we can survive with simple food. It doesn't need to be complicated. We cook this and that for the people outside who are used to eating sophisticated food. We let them know that vegan food can also be sophisticated. They don't have to eat meat. That's why our television station has many cooking shows. Is it very popular now? Are there many vegetarian restaurants in Mainland China? [Audience: Yes!] If you can't open a restaurant, then do it like that. If we do this on every corner, it will be very good. People will slowly get used to it and know that vegan food is also very delicious. We can fry noodles and put them in lunch boxes. Lunch box with fried noodles, right? They are also very delicious. Fried rice noodles are quite delicious. They are also easy to cook, right? You can cook them at home, and put them in lunch boxes. They can also be served cold, and are still delicious. Right? Stuffed steamed buns or plain steamed buns.

That's right! We can do like this. We can stuff vegetables in it like making a sandwich! Otherwise, you put a plain steamed bun in a small container and some vegetables on

the side. People will also like it. This is the easiest, right? [Audience: Yes.] Yes! Don't sell stuffed steamed buns everywhere. In case two of you are neighbors, don't compete with each other. [Master laughs.] I am only joking! For example, in Japan, they don't make stuffed steamed buns, they make sushi. In Korea, they don't make sushi. What do they make? [Audience: Kimbap.] How do you do that? What is it? Kimchi with rice or what?

- Q. *No, it's with seaweed, yes, with rice. You put the rice on the seaweed, then put the radish and then the carrots; everything possible. Then you roll it. [M: It's like sushi.] Yes, but it's kind of different.*
- M. That's Korea's favorite? [Q: Yes.] Okay, then we make that. Yeah, just sell it in front of your house. You just put a little placard outside, 'sushi' or what? [Q: Kimbap.] 'Cheap Kimbap.' How much Korean money, and you put a picture on it or not. Then you say, like, normally people sell five dollars and you sell just three or two dollars, just enough money to continue. A little bit of interest, not too much, like 10%, then you will make a lot of money! Yes, it's not difficult to make money, not difficult to advertise vegetarian. Everybody can do that. Maybe you're working like all week, on weekends you just sell it on the street or outside of your home or something. Put it there and then say how much. You write how much so people are more interested, because if they think it's expensive, sometimes they don't want to buy. Because they think, 'Okay, everywhere is five dollars,' so they don't feel like buying it. They could buy anywhere else, so they're not in a hurry. But if you say, instead of five dollars, you cross it and you put, 'Here, three dollars.' So people know, 'Oh, here is cheaper.' Yes, two dollars or three dollars, depends, for example. Then people, they don't want to eat now but they buy, go home and eat because it's cheap. And then you give also SOS flyer together in the bag, or just tape it together at the bottom of the box or on top of the box. Very easy. Or you can say, 'Okay, if you buy a kimbap, you can have a lemonade free.' Like you have a lot of lemons in your house and you make a little lemonade, very simple.

In the summer, they like it. So, one kimbap, one lemonade free. Something like that. Then people are interested. Have to be a little different from other shops. And like this, first, you earn extra money, yes. Second, you help to advertise for vegetarian. And you don't have to make every day the same; you make what you like. You make what's simple and easy. Not too much work because you already have a lot of work at home, so you don't want to make like a mini restaurant in front of your house, just something that people can take and go, take and go. And if they want to eat there, okay, you have two, three chairs, small ones, flap it and then open, sit! Simple, easy in front of your yard. Weekend, something like that. Or weekend, you put everything in your small car, behind your car, you go to a lot of parks that people go for the weekend or on the beach, or some local football match, something. Every weekend you go somewhere. Doesn't have to be the same. It's like your picnic, and you have food and if people don't buy, you can eat. It doesn't lose money. Or the worst is that nobody buys and you cannot eat it all, because there's no competition to eat so much!

In America, they do have this kind of competition in summer, you eat how many and then you win the competition. So if you cannot eat that much, and nobody buys it – that's the worst thing – it's no problem, you invite all the disciples to come, 'Hey tonight, free food!' Or you bring it to the meditation center. Everybody buys one and it's finished, or you invite the neighbors. It's like once in a while, but I'm sure you'll sell it all.

Don't make too many. First day, you don't make, like, 2,000, then you go home. You make 100, 200, go to your favorite park or favorite beach, fresh air, a change from the

house, just to relax and then make money at the same time. And of course, advertise for vegetarian. Save the planet, save the animals, save humans. So we have to be smart from now on, we save all our time just for meditation, give the SOS flyer, and make money. When you're selling, you can always put flyer together – two jobs, one go. Is that easy or not? [Audience: Yes.] Yes, try to do that for fun. And if one day you don't like doing it, okay, you stop it. There's no restaurant to close, nothing to worry about, no instrument, nothing. Just what you have in your house. Isn't that nice? [Audience: Yes.]

I'm telling you. You already have pots and pans. And you have your hands already; at home, you have to cook for your family and you already have a pot. If you use it only for two people, it's a waste. So might as well use it, make extra money. Doesn't have to be a lot, but some extra money. And if you make every day or every week a little extra, a little extra, you'll have enough money to come here again, right? Or to help the poor people. We always can do that, 'to earn merits,' to make merit. This is also a kind of service. Of course, you take a little bit of money, but you need it for your petrol, for your sustenance, for your time. Try that. Everybody can do that. One person is enough. No need two, even. Just a little bit of extra time, and then go to a park also, looking at people. Everybody goes there, sits there, with a dog, doing nothing. And you go, also sit there, make money! [Laughter] It doesn't have to be every day. It doesn't have to be all day. You sell maybe one hour, or two hours; you're finished. You do as much as you can so that you have time for other things if you like. But these extra hours are very profitable for your pocket, practically, first, to save the animals because they suffer too much, too much.

And because they suffer, we suffer. The karmic burden of this planet is very heavy right now. That is why we have to pay, we have to pay so dearly, by our lives, by suffering, by disaster, by losing loved ones, by economic problems. And if it continues like this, maybe we lose the whole world. So each one of us: Do something to help. Stuffed steamed buns are a good idea, you see? Everybody can do that – in your corner, in your house. If you live too near each other, then you make an arrangement; she makes steamed buns, you make rice noodles, the other one make soup. Something like that. And if you feel too lonely to sell alone, then you bring another one. Two of you, one car, she makes steamed buns to bring, you make spring rolls to bring. Then both of them, two tables or one table, half-half, and then see which one sells better. And if you don't have time to make lemonade, then you just bring some water or something and just sell it also. Simple. It doesn't cost much, makes people more interested. Okay, I'm telling you how.

There are many things; you can buy a few lemons, it's not much money and some sugar, and then squeeze it together and a lot of water, yes? Or another thing you can buy, those small basil seeds or something like that. And you soak them in water, just a little bit like this is not much money. You buy them in the shop, Chinese shop, anywhere. And put it in three, four gallons of water – it's a lot. It doesn't have to be thick, just a little bit more interesting and then some sugar, and then you can offer that for free with the meal. And you have some cups ready or something. It's very easy to offer something free.

Please do that. Even men can do it. You learn how to make steamed buns with the sisters. [Laughter] I even taught you some on television about how to make rice noodles, sauté, very easy, with some dried mushroom or tofu, that's it. Add a little soya sauce, a little seasoning and you're done. And that can be hot or cold, you see? So it's ready there and then everybody comes. You just put it in a box for them and then they eat it there or they bring it home. And a little drink with it. Anybody with a little car can do

it. Doesn't have to be an expensive car. And if you don't have a car, you can put it in a bag and go on a bus. [Laughter] Two big plastic bags: One bag for water, one bag for the steamed buns or rice noodles, or you just sell it near your home.

I tell you what: In the shop they sell those things that look like luggage, with the wheels for old people to go shopping. Yes, you can put anything in there and wheel it together, two hands, yes? And you can go a few hundred meters if it's nearby your home, if there's some park somewhere or movies theatre in front, or some music area, anywhere. Or even in front of a disco, why not? When people drink too much, dance so much, they're hungry, maybe they like to go outside eat a little bit of something. Or a football march or music area or theatre – movies, cinemas, many places. Try to look in the newspapers to see where, what's going on today – some newspapers are even free, don't even need to buy. Local papers. Look all today, they have some local community service or something, or sell it in front of the church. Look in the newspaper and see what's going on, then you go there. You prepare. Good, easy, no? [Audience: Yes.] Good, can do it? Yes, we can? [Master laughs.] [Audience: Yes.] [Applause] That's become famous, 'Yes, we can!' [Laughter] We change a little bit, otherwise President Obama will think we copy it and he has copyright maybe. So we just say, 'Yes, we do!' or 'Yes, we will.' Yeah, okay, so like this he cannot sue us for copyright. I'm just kidding. Everybody can use whatever. They don't need it anymore now so, it's a leftover, right? Everybody can use it.

It seems like the world is getting a little better everywhere, right? [Audience: Yes.] The crime rate is going down almost everywhere, peace has been more progressive almost everywhere. Vegetarian is going up, a higher level almost everywhere. And people are trying to protect the forest, yes, almost everywhere! What else? Less hunting, yes, almost everywhere. Okay, what else? Less smoking almost everywhere! Where? [Laughter] Less drinking almost everywhere. Almost. Yes. And then what else is less? Even gambling. Yes, gambling is like less permitted almost everywhere. I mean, almost everywhere that is big. Like it used to be big gambling before, now it's less and less. And plastic use is less almost everywhere. Well, I'm not sure about that, but they are getting better. Like less plastic bags and even one town forbade completely plastic bags and forbade completely plastic bottles. You can buy those water filters at home, put it on your tap and it is just as good. And some tap water you can drink directly. Many things. Even alcohol is also less now, right? Almost everywhere? Yeah, well, actually it's like that. They do not do research everywhere but everything is less and less and less, everything that is harmful to humans and the environment is getting less and less. People protect the forests more now. Even in Brazil the government dispatches the army to go around all the jungles, the forests to protect the trees there – very good.

I'm very happy that our planet is getting more and more conscious about themselves. At least, protect themselves, because to protect the environment is to protect ourselves. People finally realize that. Before, we keep saying everywhere, 'Please don't kill the animals! Please don't cut down the trees!' Now, everybody seems to pay attention. At least, they realize the danger of climate change and the benefit of protecting the environment and animals. Soon it will come to the day when if you kill an animal, it will be classified as murder. I'm waiting. If you take a life, that's killing, that's murder. Because truly, he's alive there, he's running around, right? The next second, you took his life. What would you call that? Right?

So anyway, most people, they were not informed, did not understand. Even we get influenced by other people, I'm telling you. When I was in Au Lac, young, I just naturally didn't like honey, and I didn't like milk. I didn't like cheese. Most Aulacese don't know

what cheese means, right? [Audience: Yes.] Yes, we didn't have cheese. But, you see, milk and all that, I never liked. I never liked honey and all that. When I was young already, a kid, I never liked milk, never. I feel like it's not clean. Honey, I also didn't like, so I never touched them even. When we were younger, we were more innocent and more connected with the divine. When you grow up the society pressures us and makes us learn this, learn that, and we thought we don't know, we have to learn, because we are younger, and the older generation people tell us what to do and then we have to do it. So that's who we got into many bad habits as well. Because, 'Oh, you eat a little bit, little bit, come on, good for you, it's calcium, build your muscles.' So you want to be big, 'Okay, okay, you eat a little bit.' Then slowly, slowly, you get used to it, and then you can eat like everybody else. You just switch off. If you don't listen to your intuition or your conscience, after a while your intuition and your conscience also go to sleep; tired of telling you.

So that's how we become what we have become, because other people have no idea about how harmful milk is, how harmful cheese is, and so they eat them, and then they pass it onto us. And we also don't know and we ate them too. For example, like that. Same with meat, drugs, alcohol, cigarettes – everyone in this world is just a victim. A victim from ABC. So that's why we should try hard to inform people. We should not condemn anyone. We should really just pray for everyone, pray for their consciousness to rise up, pray for them to wake up, because they were just like us before. They were just misinformed. Not just ignorant, but misinformed, misled into believing something that is not beneficial to their health, to their intelligence, to their spiritual development, and to their lives even; to the life of the world, of the planet, as a whole.

So we have to work with that in mind; with compassion, with love, with understanding that they are truly misinformed, that they truly need help, just like we did before. Truly I did not like at all milk when I was young. Whenever there was milk somewhere leftover, one of my cousins, she likes it very much. I always gave it all to her. And she just loves, loves, loves, loves. And I'd say, 'How do you drink that?' I never touched it when I was young, teenager and all that. I even don't like it. Not like, 'I don't mind,' I dislike it even! I feel like it's not clean. It's not fit to drink. You get used to with everything if you are taught to live that way. So I imagine people who smoke cigarettes and all that, they wouldn't have liked it in the beginning. They wouldn't have liked to taste the alcohol in the beginning. You see? And then slowly, slowly, slowly they get used to it and then cannot do without it. This is really tragic that one blind leads another blind, then both fall. So if we already have our eyes opened, we must help someone else, that's all. It's our duty really. They're all our brothers and sisters. They need help just like we need it, right? Before, we also did not know, right? Nobody told us. And then after a while somebody told us, then we know, 'Okay, okay, no good, no good, I cut.' See? So if we inform other people like that, they will also say, 'Oh, no good, no good. I'll cut it.' At least we do our best to inform them. And cut or not, we can't force people; they have to decide. But if they know the truth, they will decide for the better, for sure.

Thanks for being good people. Thank you for supporting the good ideals and helping the world, helping the planet, helping humans and helping animals. It's good for you to do it. Good for you. Good for your merit. Heaven takes note. Anything you do good is noted good in heaven. Anything we do bad also minuses our points. Every good thing we do, every good job we do, good profession even, earn points in heaven. Like, for example, if you are farmers, you grow organic food for people; heaven gives you very high points. And you make clothes, or you weave clothes for people, or blankets and all that, heaven gives you very good points. Anything that benefits the children of God, heaven gives you good points, high points. Anything that's harmful to the children of

heaven – minus points. Not only bad points but minus points, minus and bad points, so we go down. Every good profession that people need, gives people satisfaction for their necessity – up. Yes? Good point, bad point. Good profession, good job, good point. Bad profession, bad job, bad point. Okay? Good, bad, yes? Easy. All right. So if you even sell steamed buns, that's a good profession, even if it's just a part time job, a weekend job, it earns different points, more points. Yeah, extra points, apart from meditation, and even put flyer in there is more extra points, and save the planet. Your idea, your heart, wants to save the people, wants to save the humans, wants to save the world – six billion people – a lot of merits! And many, many millions of animals – a lot of merits also. Put all your heart, your love into it, then of course you have merits, even if you don't want, you have. Must do it with love and understanding.

AN INTERVIEW BY JAMES BEAN OF SPIRITUAL AWAKENING RADIO ¹⁶

- Q. *My favourite one is this cave, 'Entryway to Cave.' [Mr. James Bean is referring to the book 'Celestial Art,' which is composed by the Supreme Master Ching Hai International Association.] [M: The cave.] Yes, I like the cave photo. I like that concept of having a cave. I don't have a cave but I wish I did.*
- M. Yes, well, it's not that difficult to make in your backyard. Yes, please, just make one simple, it's not illegal even, you know?
- Q. *Yes, if I had a cave, it would have broadband internet connection.*
- M. Yes, join the club. [Laughter] My cave also has something like that.
- Q. *Wonderful! Very, very good to have. And the quote here mentions that You enjoy the formlessness, the silence of the cave; it helps promote meditation.*
- M. Yes. It's just that in the cave, you feel more concentrated somehow. I just prefer a small area. It's funny; in a small cave – like I have my cave, like 2 meters x 2 meters like all other residents' in Miaoli (Formosa), 2 x 2, and we have a little porch in the front, maybe another half a meter or a meter something like that, you know, where we have water and shower, something like that – but in that cave, you feel bigger, more expansive than when you sit in a room with four, five windows around you. [Q: Because it's inner space, that inner within state that you become more aware of, like meditating.] Yes. It's just like probably when you go in there, you're psychologically prepared to enter into your inner self, inner kingdom. It feels so expansive, James, you would be surprised. But, you know, if you like a cave, we have some empty. You're always welcome to go to Miaoli and enjoy as long as you want. [Q: Wonderful, yes! Spiritual retreats and...] Yes. And if you like you can just sit there all day with your broadband, people bring food to you, if that's what you like. [Q: That sounds kind of nice actually.] Yes, or come out and eat with the group, you know, with the residents there. They would take care of you; if you like, any time. [Q: Wonderful!] Yes, because I think you already learn some similar kind of meditation so you can just go there and enjoy yourself.
- Q. *Absolutely, yes. Spiritual retreat and kind of hanging out with like-minded souls, there's nothing like it. That's one of the most wonderful things on Earth!*
- M. Yes, if you can afford to have free time. [Q: Right, exactly!] Take a week or two weeks instead of going somewhere, just go there and sit in a cave. [Master laughs.] And

16. Videointerview by James Bean of Spiritual Awakening Radio, July 16, 2009 (Originally in English).

become a caveman. [Q: That gives a whole new meaning to the term 'caveman.'] [Laughter] Yes, yes. We are a different species of caveman.

- Q. *Now, with Your art, what is the process involved? Do You meditate and get into samadhi state and get inspiration for art?*
- M. No, it's not like on purpose. But if you meditate a lot, then all kinds of dormant abilities or talents will come out and you can do things that you never thought you could before. Yes, and exult in it or enjoy doing it. So meditation does bring out the artistic you or the talented you or the poetic you, whatever you choose. It just comes out naturally, James. If we meditate, everyone will bring out all kinds of abilities that are dormant within themselves. So that's that. Everyone can do it. Many of my Association members, they also can paint and do a lot of things, artist things, after initiation for a while, so it's not just me. [Q: Anyone who meditates can find their potential, develop their potential talents.] Right, and it depends on whether you really have the urge to use it or not, or do you have appropriate kind of situation to express your ability or not, or you would like to or not, you see?
- Q. *Right, right, right. And You mention in this new book 'Celestial Art,' there are some of the teachings in here too, as well as visual photography. What caught my eye was this chapter titled 'Being Focused and Dedicated is the Secret of Success.'*
- M. Yes, this is, of course, meditation again. Being focused means being in a meditative state, concentrate on your higher self, something larger than the physical life. And then we can have, well, anything would come out. It depends on whether we want to use it or not, or we have the chance to use it, or we have the kind of conducive situation that we kind of bring it out to the full or not. Suppose you really are artistic and after meditating a lot, you feel you could paint and all that – you would like to – but if you are too busy with some other things and don't have time, then it also doesn't come out.
- Q. *Right, unfortunately, yes. [M: Right.] What we put our attention on, that's where the energy of our soul goes. I think that's a saving from somewhere.*
- M. Right, right, right. It's just focus, that's what it is, attentive to something.
- Q. *And You have several other books on this theme of harmony with Mother Earth or nature – 'The Noble Wilds,' 'The Birds in My Life,' 'The Dogs in My Life,' and those are available in different languages on this theme of nature, harmony with nature.*
- M. Yes. This is just to, somehow, contribute to human's knowledge about other species, that is, our co-inhabitants, that is, they are surrounding us, they are living with us and we should learn to know them. I just hope my books or some of my talks will bring people to being more attentive to knowing other beings apart from humans, and then from learning to know each other, maybe can live more harmoniously with each other. These are the purposes behind these books, yes?
- Q. *Yes, and as people get to know animals, it probably will turn them into vegetarians if they aren't already.*
- M. Right, once they love something, they don't want to eat it, they only want to protect it. [Q: Right.] So maybe it helps somehow, James, the books.

- Q. *Makes people more aware, sympathetic with the animal population, that they have feelings, they have souls.*
- M. Yes, that's right, yes. It's a pity that people are too busy to realize that. So I'm trying my best to bring their attention back to where they should understand more.
- Q. *Yes, helps promote compassion and sustainability. If we can be one with nature, just be more aware of nature.*
- M. Right. You see, compassion and love is our nature actually. It's just that we have been either influenced by society, self defense, or survival, or some bad experience somewhere that we became less compassionate, less understanding of other beings around us. But compassion and love is our nature. [Q: What they call Buddha nature?] Yeah, Buddha nature, God nature, yes.
- Q. *So is this leading to a new Golden Age if there's enough people in the world that are becoming more compassionate and in harmony with nature? It sounds like a Golden Age of higher consciousness is attempting to get started.*
- M. Yes, we are looking forward to that, James. But humans are still a little long way to go back to their great self. [Q: Yeah.] Anyway, we try as much as we can. I try the way you try, you know, spreading higher consciousness, reminding people to go back to their greater self. Yes, we are trying, James.
- Q. *Yes, a matter of education for a better world and it's a nonstop process. It's a lifelong commitment, really.*
- M. Right, right, it is, it is, James. What else do we live for?
- Q. *Right, it's all compassion, [M: Yeah.] all about compassion. In light of climate change and all of these crises we're hearing about, we can transform the crisis into an opportunity. How can these crises be turned into something good or a silver lining?*
- M. The best, perhaps, that comes out of it is that we, the human race as a whole, start to reconsider how we behave in terms of living in peace and friendship with all beings. Because they are all related to us, and if anything that comes out of this crisis is that maybe humans will wake up or stop their busy, busy life and think for a few moments that maybe we should change the way we live our life.
- Q. *That's quite a step of progress, isn't it? For someone to turn themselves around or make that evolutionary leap toward compassion.*
- M. We have to if we want to catch up with all the galaxies in the universe.
- Q. *Ah, yes! I've always been a great fan of the search for extraterrestrial life. And it's part of that whole radio theme of mine too – radio mysticism. You just broadcast and hope someone will answer back.*
- M. Maybe they do. It's just that our technology is not highly developed enough to understand them or to catch their frequency.
- Q. *Right, yeah, that's right. They'd be much more advanced and we'd have to invent a whole new kind of radio for that. [Laughter]*

- M. And in order to invent some more extraordinary instruments, or to have better technology, we have to survive first. And in order to survive, I have pleaded with humans to stop making killing karma, you know, like killing animals for meat, killing each other. These are a big hindrance to our spiritual progress and, of course, as well as scientific improvement.
- Q. *Yes. The connection between animals and global warming, methane gas and climate change, that's pretty amazing, that if everyone became vegetarian, it would dramatically reduce global warming. I think people are just starting to hear about that. [M: Yes, yes.] The population, they're just starting to hear. It's kind of like where smoking was once upon a time. [M: Yes, I hope so.] Smoking is bad for you, eating meat is bad for you, too.*
- M. Yes. But we did not know that, you know. I mean, cannot blame the humans for not knowing because before, there was not enough information available to them about the harmful effects of the meat diet and now there are some available. But then people are being too busy with all kinds of other pressing mundane worries – like financial crisis, joblessness and all kinds of these things, and diseases that are caused by meat to begin with – to let them have not enough time even to find out the cause of their illness, of their problem, of the global crisis and even financial crisis. They all come down to bad karmic retribution of killing.
- I just hope people do realize that because that's important. It's not just to put down that piece of meat, but also the concept of being compassionate and loving and living in peace with all beings has to be propagated by the governments, by the media, by religious bodies of the world. I do hope everyone works for that goal, you know, works together.
- Q. *Yes. It will help in the world. And many people teach that, and You do too, that by being vegetarian, it makes it easier to meditate and to become more spiritually aware.*
- M. Of course, of course, of course. We cannot be raising high in our soul level of consciousness if we carry so much burden of blood debt, and of guilt, of conflict within our consciousness and our conscience for being a part of this murderous cycle. [Q: Right.] Sorry for my blunt language.
- Q. *Well, meat is murder as that film says, yes, meat is murder. [M: Yeah? There is a film?] Yes, there is a video titled 'Meat is Murder.'*
- M. Yeah, it is, James. What else do we call it? [Q: Yeah, right, call it what it is.] To take a life is murder.
- Q. *The first step is always to identify the problem. [M: Yes.] Tell us about the Quan Yin method of meditation practice as a way to experience union with God.*
- M. The Quan Yin method is ancient, as old as the universe itself and it has been passed down from time immemorial. Any time we concentrate, any time we go inward, you know, and shut down the contact with the outer world for a while, we will enter deep into our subconscious level or deeper into Buddha nature or God nature self, then we will find that we are not the body, we are not this mortal and erroneous self but we are something greater.

The Quan Yin method is just the easiest way to calm the mind, you see? Because our real self is God, our self nature is Buddha. It's just we are obscured by mundane activities, wrong concepts, physical desires, et cetera, et cetera, so we are too busy, or the society makes us busy or this physical life makes us too busy, so if we go contrary to that, like we calm down, we will see God because we are part of God, we are connected with God at all times.

So the Quan Yin method, it just helps to calm down. I think it's the quickest way, that's all. And because it shows a direct link to our self and great nature or God or Buddha nature, which is Light or melodious vibration, glory, peace, love, blissfulness. Whatever we can imagine heaven would feel like, the state of mind of heaven, we will find it if we practice diligently with the Quan Yin method.

- Q. *And I know Quan Yin was sort of Goddess of Sound in Buddhism, there's the Surangama sutra. It's kind of like Quan Yin is the incarnation of Sound or Goddess of Sound.*
- M. Yes. Actually, She was one of the practitioners of the Sound. And perhaps, at that time, She attained a very high level of consciousness through the Sound meditation, so they called her Quan Yin. [Q: Yes.] But you know, James, we're all incarnated from the Sound, so we are all Quan Yin – big Quan Yin, small Quan Yin. [Master laughs.] [Q: That's right! [M: Yes.] We're all God, parts of God.] Yes. In the bible, it mentions that, 'In the beginning was the Word,' the Word means the Sound, the vibration – 'and everything that is made is made from this Word. And this Word was God.' You see? So we are with God. We are God. We are part of God, at least. So all the scriptures told us that we're children of God and that is no doubt. And if we practice this so-called Quan Yin method – means the practice of contemplating on our real inner self, which is the melodious, glorious vibration – then we can find out that we are truly from God.
- Q. *And You mention that there are levels or inner realms. I remember watching a video – I have some of Your DVDs and actually some old VHS tapes too from long ago that someone gave to me. [M: You have?] Yes. I've got some of Your talks and You mentioned the different levels. [M: Yeah?] The different heavenly, what would be the levels?*
- M. Okay. Well, for the humans, you know, that are incarnated on this planet, we can attain one of the five levels, which is in their, you know, so-called spiritual steps, spiritual consciousness – we can attain from the first to the fifth. And the fifth would be the highest for a human to attain. For example, the first one, we call it the astral level. The second, we call it the intellectual level, the third would be the creative level, the fourth would be what they call the void in Buddhism, emptiness. You will be empty of all desires and you will feel blissful there. And the fifth level is the level of the true Home. [Q: The fifth heaven is where God is.] Yes, yes. Where the highest of the manifestation of Godhead, you would call it, would be available to mortal humans to be in contact with. Above the fifth level, there are other levels. Okay, James? [Q: Right, right.] The ones who descended to this physical realm have a different kind of karma, different spiritual makeup. And so, when they are liberated, they could go to the fifth level. And from there, they could be a Master of humanity – could be a Teacher or they could just stay there and enjoy the blissful presence of God, the feeling of God-self, the feeling of oneness with God. [Q: Yeah.] So we can only talk up to the fifth level. All right? [Q: Yes, indeed.] So the first level – like astral level – if we attain that level, mostly we will feel like we have a lot of power – if we attain it, okay? Suppose you and I attain the astral level, then suddenly you will feel like everything you want comes easily to you and

everything you wish suddenly will appear somewhere, or you have a power to change the situation by mere wish, because the astral level is a magical power level. But that is not the ultimate, of course. And then the second level, if we attain it, then we would have a lot of intellectual power, we have eloquence – we will never be defeated in any argument, we will be always the winner. We have such a tremendous power of conviction and in speech that anyone hears us would feel like we are right. And we will have victories all the time, in any debate, for example. And we can also, by the way, see our past and perhaps our future as well, because we can have access to the akashic records, which is in the second level. [Q: Right.] Now, on the third level, we will have a lot of creative power. A lot of things – ideas, projects – will come to us easily if we have time to realize them. Will be a lot a lot of ideas coming, a lot of talents come out, a lot of abilities. Anything you never thought you have would come to you. On the fourth level, you'll be more calm, gentle or very blissful in demeanor and thinking and manner. Every day you feel life is easy and good, and you feel loving and kind. And the fifth level, that is the level of the Truth, of the Master. And you will realize much aspects of God which the scriptures cannot describe and which you also cannot describe. [Q: Right, beyond words, beyond form, beyond the physical.] Yes, but then we don't have that much of the eloquence anymore. We passed that stage. So sometimes, you find that if you're on the fifth level and people accuse you of something and you know you haven't done it and you know it's wrong, and you know their concept is wrong, but it doesn't come to you quickly to answer them or to defeat them, like when you were in the second or almost the third level, something like that. So in China, there is a saying that the wisest man seems like the most stupid. [Q: Yes. And the Tao that can be named is not the real Tao.] Yeah, maybe that saying came from one of the realizations of the ancient sages, and it is true like that. It is different. And then you will wonder, 'How come? A few years ago I was so quick and sharp witted. I can always defend myself. I can always win in any argument and now suddenly I'm like speechless or dumbfounded in many situations. It looks like I regress in spiritual practice.' But it's not like that. You just got over one of your stages. [Q: Just more within yourself.] Yeah. [Master laughs.]

- Q. *Yeah, I know some writings of mystics that are like that, that are kind of unintelligible or in a different language almost, just hard to read, hard to understand. They're just in a different language, a different stage. [M: Right, right.] And the five precepts are very nice. Refrain from taking the life of sentient beings and that, of course, includes following a vegetarian diet. And refrain from speaking what is not true. Refrain from taking what is not offered. Refrain from sexual misconduct. Refrain from the use of intoxicants – drugs, alcohol and other addictions. Those are very nice. That reduces karma and keeps people out of trouble.*
- M. Yeah. Also, this is the way a human should behave. All humans should have this kind of quality, at least, to be qualified as human.
- Q. *Yeah. Ahimsa is one of my favorite words, non-violence, in thought, word and deed.*
- M. Yes. And from then on we can spring to the next level. Without these, if we are below all these characters or qualities of a normal human, then we cannot spring into the next level of sainthood. For example, if we don't qualify ourselves as a graduate from high school, we cannot apply for college.
- Q. *Yeah. If the outer life is in chaos and conflict, it would be hard to meditate.*
- M. Yes, even. Even, even. If we live the life of undiscipline and guilt, we can never calm our mind enough to reach a higher level of consciousness. That's very logical. [Q: Yes,

makes sense, absolutely.] So this is not like a commandment from God or from any Master or any puritan group or anything. It's just a category of a human and we should have all this at least to be a human.

Q. *To be a true human being...*

M. Yes, to be human being. Actually, according to Buddhism, anyone who keeps these five precepts cleanly, even if they don't practice any Quan Yin method or any other yogic practice or meditation, they would be reincarnated again as a human and not go to hell or a lower level of consciousness, or not suffering next time again. Even if they're born as human, they will be healthy, nice looking and have enough financial comfort, for example.

Q. *... and will probably learn meditation, sooner or later, kind of keep on growing, keep on evolving. So if people want to practice the Quan Yin method or spirituality at home, what would they do to begin?*

M. They should begin to clean up their life wherever needs cleaning. For example, the five precepts, instead of killing or eating meat, we should refrain from all that which harms other beings, which hurts other beings, in any way, which makes them suffer or like in the bible says, 'stumble and fall.' And then we have to live a chaste and clean life, then we can start to think of seeking a spiritual guide, a spiritual friend who is capable of instructing us into the life beyond. Because without a clean vessel, no matter what kind of elixir we put in that cup, it will become poisonous or murky or unfit to drink.

Q. *Yes, in order to truly appreciate the guide, yes. To follow the precepts, makes it easier to appreciate the guide, to learn, to focus.*

M. Yeah. It's not just about appreciating the guide, it's about ourselves. Just as I've said, the cup, if it's not clean, if it has some dirty things in it, then you pour beautiful juice in there, it will poison you even, or it will taste terrible and it's not juice at all. Then, no matter how much meditation practice we put into every day, we won't get anywhere. [Q: Right, right.] Because the two don't mix. Like we have to be pure like heaven in order to attain heaven. Like attracts like.

Q. *Yes, the outside and the inside in harmony with each other, your inner self and your outer world all kinds of on the same page, You could say.*

M. Right, right, have to be. We have to live the way we think heaven would be, if we imagine a heaven being. Because we humans always pray to heavens or pray to angels and we think they are benevolent beings. They would never hurt anyone. They are helpful. They are compassionate. They are loving. They are protective. You see? They are peaceful. So if we want to be like them, we have to start living like that. [Q: Yes.] And the five precepts are helping us to go nearer and nearer to heaven. As we become perfect human beings, we can spring to the next level of spiritual achievement.

Q. *And if we're being peace ourselves, we will attract more peace. We'll go in that direction, draw more peace towards ourselves and just kind of go to that level.*

M. That's right. Whatever we expect to have, we must start living that. [Q: Yeah, that's what we will attract.] Yes, if we want to be in heaven or experience heaven, we have to start to live a life of a heavenly-like quality. Is that logical? [Q: Very, very.] Yes, like, if we want to have a college degree, university, we have first to be diligent and study well and

graduate high school, and then we can apply for college. And once we apply, then we have to go to college. We have to live the life of a college student as expected. We have to learn there, we have to do things like a college student.

- Q. *Right. And a good student enjoys learning and enjoys reading. And it's probably a very important spiritual principle to mention that these precepts, rather than being a burden, are fun. Like when I became a vegetarian, I enjoyed food more than ever before. It was not a duty or a burden, but something good, something fun.*
- M. Yes. Also, we realize that this is the correct way to live and it is more compatible to our higher self. Then, we feel more noble and more righteous and more correct, and therefore the burden, guilt, and the feeling of heavy burden will be lifted from our shoulders. And that's how we elevate ourselves and can catch up with heaven then.
- Q. *Right. These are all good things and will lead to a better life, more peace and enjoyment of life.*
- M. More fulfillment, more fulfillment, yes. And then, if we have the fortune to meet a guide or a friend who helps us to practice the direct contact with God, which is like the Quan Yin method – the method of the Light and Sound because Light and Sound is an aspect of God, is an aspect of our real self – so if we contact with that immediately, that means we're already in contact with our real self or with God self.

So the Quan Yin method is the one that helps us to get that directly. Other methods maybe can get that after a long while or maybe not, but the Quan Yin method is immediate. Like, if you have initiation from a competent Master, then He or She should give you the experience of Light and Sound the first day already. And from then on you develop more and more every day and you get more and more Light and Sound, or at least Light and Sound every day, or your life becomes more blissful. Every wish will be fulfilled, life becomes more noble, saintly, happier, and more of a saintly quality.

But Light and Sound, that's what it is, Light and Sound is what we are. And if a Master can show us that the first day already, to have a first taste, then we know we are in contact with God or with our self, because even all the ancient Masters, or the scriptures told us that God is Light, God is Sound, vibration, splendid melody. So if we can hear that without the ears, we can see the Light without the eyes, then we know we are in the kingdom of God.

- Q. *Yes, experience right now in this present life. Because many people think of, 'Well, after death then I'll get in touch with that.' But if you get in touch with it now, then you know what you have.*
- M. Yes, if we don't have now, who knows if we die, we have or not?
- Q. *Yes, there's a Kabir's poem that says something to that effect: 'If you don't break your ropes while you're alive, do you think ghosts will do it afterward?' [M: Right. Because the dead people don't come back and tell us.] [Master laughs.] Yes. Rumi also said many similar things. Yes, everyone is getting familiar with Rumi's poetry these days and getting a little bit of a taste of that mystical teaching.*
- M. Right, right. So all the Masters have told us what to do, it's just that we don't do it. You see, they all say that we have to have a taste of heaven. Yes, but mostly people don't

know where to find it or they don't take care to find it and then they complain that God is not there, God is 'nowhere.' But God is 'now here,' all the time.

Q. *Right. Just a matter of wisdom, to look in the right place. [M: Right.] Tune into the right station.*

M. Right, like a radio, huh? [Q: Yes.] If your radio frequency is 100 and I just turn it to 80 or 50 or 200 even or 300, I will never get you.

Q. *Right, yes, exactly! Well, this is wonderful speaking to You today. [M: It's nice to speak to you again.] Yeah, it's great speaking to You today about meditation and checking out Your new book, 'Celestial Art.'*

M. Oh, that's not really my book, James. It's a book that the residents who live in Hsihu...

Q. *Ah, yeah. It's quite a large book, so quite a bit of work went into that.*

M. Yeah, they love their place and they love what is there so they really put their heart into it. And, of course, I like it very much as well. [Q: Yes.] I was very proud of their job.

Q. *Yes. That's a huge book, lots of photos and lots of teachings too, lots of quotes in there. So anyone can learn as well as enjoy the photography and the art.*

M. Good, I'm glad you found it that way. It's very generous of you to commend it thus.

Q. *Yes, indeed. I think I have most of Your books.*

M. Oh, you do? My goodness.

Q. *Yeah, I think I have Your 'Celestial Art,' and 'The Noble Wilds' and Your other animal books. But I also have a lot of Your older 'Keys to Enlightenment' – volume 1, volume 2, volume 3 – and the 'Secrets of Effortless Practice.'*

M. Well, you have more than I ever have in my hand. [Master laughs.]

Q. *Yeah, I have most of Your books. And poetry as well.*

M. I don't have any. [Master laughs.] I have a couple here and there because... but I don't have any in my hand at all. Mostly because I travel a lot and I don't have kind of very fixed area and so everything, I guess, you can find in Miaoli if you're missing anything. They probably collect them there.

Q. *I could, yes. If I spot something I don't have, I could request a copy.*

M. Sure, sure. If you go there, please just ask for anything you need.

Q. *Sure, yeah. I always like question-and-answer type books. That's a nice format.*

M. Yeah, we have. They have been very diligent, the people who practice the Quan Yin method with me. They collect many things from my old talks or something and put it into books and sometimes they surprise me, too. [Q: Right, yes, all of the recordings.] Yeah, sometimes I didn't know I talked so much over the years... [Master laughs.] about many

things. Now and again I watch the Supreme Master Television, and they air some of the old lectures and I was quite surprised. I say, 'Oh, I did talk like that?' [Master laughs.]

- Q. *Yes, quite interesting. Somebody sent me a box of old VHS tapes, You know, dating back quite a few years. So I've watched quite a few of those, those back in the 90's, early or mid-90's.*
- M. Oh, even before that I used to have some small talks here and there but before that we did not record anything. So only recorded after people gather around more and they are interested and they want to keep these talks so they begin to get cameras or recording equipment and then we begin to have the recorded tapes and books thereof.
- Q. *Right, and now the television, the satellite and internet television, people can watch Your talks day or night, any time? [M: Yeah, any time, 24/7.] Yeah, and it works out really well. I have different computers and use different operating systems and, yes, Supreme Master Television works really well on any operating systems or the different browsers, and it works really well, I think.*
- M. Oh, I'm glad. Nowadays we have so good communication system. It's good for the planet to have such fantastic equipment so that people can share knowledge and remind each other of goodness.
- Q. *Yeah, yeah, the whole world is getting connected together. [M: Yeah, very connected.] Yeah, I have a few friends at Facebook that are from Mongolia. Even Mongolia has high speed internet now, at least in the capital and certain cities.*
- M. Yes, yes, wow, it is incredible! And it's good that we are connected with each other and it would be even better if we are all connected to our God self again. [Q: Yeah, everything connected.] Maybe there would be one day we are more connected to our real self.
- Q. *Connected within and connected to each other. And then we'll have a Golden Age.*
- M. Yes, yes. It has begun already. It's just that to some people only, not to everybody, because some people they still do not realize that.
- Q. *Right, get to the 100th monkey or that critical mass.*
- M. Yeah, who knows? Maybe we can get that one day, huh James? [Q: Yes.] With your radio and maybe with the Supreme Master Television, we work together with others, like-minded people, maybe we can help to elevate the planet.
- Q. *I think so, yeah. I'm pretty encouraged these days, there's a lot of people with the same vision and I'm optimistic that the good will cancel out the negative. Making progress.*
- M. Yes, yes. The more positive energy the better for us. [Q: Absolutely.] Yes, let's pray that one day that this world will become truly heaven on Earth.
- Q. *Yes, we have the power to make it the way it is now. We can make it better.*
- M. Yes, yes, sure. Everyone can do it. It's just they have to use their heavenly power instead of the negative power which, unfortunately, we also can have access to.

- Q. *Right. Well, it's great speaking with You today.*
- M. *It's good, James. It's good. Thanks for doing this because you are spreading the good news and you are doing your part in rebuilding this world and I'm deeply grateful.*
- Q. *Well, my pleasure. Great speaking with You.*

AN INTERVIEW BY BEN MURNANE OF THE IRISH INDEPENDENT ¹⁷

- M. *Hallo.*
- Q. *Hallo, this is Ben from The Sunday Independent. [M: Hi, Ben.] Hi. It is an honor to speak to You.*
- M. *How are you?*
- Q. *I am very well. How are You?*
- M. *Ah, wonderful. Wonderful to be able to connect with you so simple like this. Yes, how is Ireland? How is the weather?*
- Q. *It is not too bad. It is a bit rainy but we expect that here.*
- M. *Why? Why do you expect rain, should expect sunshine, huh?*
- Q. *Always hope for the best, I suppose.*
- M. *Yeah, of course. You know, rain is good for the potatoes as well.*
- Q. *Yes, it is great for the crops, so we need rain. [M: Yes, that's right.] So we just have a couple of questions for You. I'll get started straight away.*
- M. *Yes, please go ahead. Any questions you want.*
- Q. *Great. So the first question we have is: Supreme Master Television has interviewed many of the world's top scientists and world leaders who are regarded as authorities in the field of climate change, climatology, atmospheric physics, geophysics, polar research and more. These include Dr. Rajendra Pachauri, Chairman of the United Nations Intergovernmental Panel on Climate Change; Dr. James Hansen, world-renowned climatologist and head of NASA's Goddard Institute for Space Studies; and Global 500 award-winning physicist and environmentalist, Dr. Vandana Shiva. What are their views on climate change and are they unanimous in their conclusions, or moreover, in their recommendations?*
- M. *All these distinguished scientists, as do the others in the field, agree that global warming has accelerated in recent decades and that major changes must be made immediately.*

Dr. Hansen said that even a goal of 80% reduction of emission by 2050 is not enough. He stated that the most important thing an individual can do is to be vegetarian, stating also that the government should address coal pollution. Dr. Pachauri, who himself has chosen the vegetarian diet, has said that eliminating consumption of animal products is

17. [Videointerview by Ben Murnane of The Irish Independent, July 7, 2009 \(Originally in English\).](#)

the most effective way to halt greenhouse gas emissions as an individual. And Dr. Shiva, who is also vegetarian, emphasizes organic vegan farming as a solution not just to climate change but also public health, world hunger, and even the economy. And there are many who are not yet vegetarian who have also emphasized that the meat diet is the number one cause of world pollution and climate change, so we should reduce meat intake or stop it altogether.

- Q. *On Supreme Master Television You are doing regular updates on swine flu which has recently been named the first pandemic for 40 years. Why do You think we should be so concerned about swine flu?*
- M. You see, the health experts and the people who study viruses informed us that there is a grave concern. Namely, this pandemic could become more and more dangerous if the virus mutates further. According to Laurie Garrett, Pulitzer Prize winning journalist and Senior Fellow for Global Health at the Council on Foreign Relations, the swine flu virus has been evolving for many years through its origin in North American factory farm environments. And in these extremely unhygienic settings, the different viruses from the animals easily mix with one another to create new, more lethal flu viruses. You remember in 1918, the flu pandemic costed the life of 100 million people, yeah? [Q: Incredible!] Experts say that the same could happen again with the present swine flu. And as we were speaking, you know already the update, that recently one strain of the swine flu virus has even resisted the Tamiflu, which is the most powerful anti-flu medicine to date, huh? [Q: Yes.] Yes. Except if they have made something new, perhaps in the testing. So if we don't stop the mass animal raising industry, then as Mrs. Garrett said, this factory farms' unnatural industry will one day spawn a severe pandemic that will dwarf that of 1918. [Q: It's very worrying.] Very, love, very, Ben. You see, swine flu is just one of the many examples of how the meat production industry is threatening humans' health and further highlights the benefits to be gained from the organic vegan diet. I am hopeful still that people turn to vegan diet, organic vegan diet. First, to save themselves. Second, to save the planet. And, if anybody has a loving concerned heart at all, please, it's humane to the animals. Thank you, love.
- Q. *Absolutely. So, on the subject of global warming, scientists talk about rising sea levels, but where can we see examples of this happening?*
- M. We can find examples in many places. Those low-lying countries with major river deltas upon which millions of people depend to survive – they are seeing eroded coastlines already, dramatically. Bangladesh, for example, home to about 155 million people is one of these major river deltas. According to Dhaka-based Coastal Watch, an average of 11 Bangladeshi lose their home due to rising water every hour. Can you imagine? Every hour, 11 homes are lost. [Q: It is unbelievable, that number. It's incredible.] Suppose this is your home. When we heard about it, we just think it sounds like just numbers, but it's people who live in there with family, children, friends, memories, and... it's unspeakable. [Q: It is horrible.] Imagine it's us, it's our house. You wake up and you have no home anymore, or you'd be even maybe drowned in the river. Nobody even knows, nobody even cares. I don't want to talk about this, but it's really sad. It's really so sad, Ben.
- Q. *I can tell it is very saddening for You. It is a very difficult topic, people losing their lives.*
- M. And these people, they already are not well-off or anything. And they have to bear all this as well, as a collective consequence of the whole global warming. I have to switch it off otherwise I can never talk anymore.

In 1995, half of the Bholia Island was swallowed by the rising sea leaving half of a million people homeless, just like that, unable to farm and live as they used to. Salt water has also been invading farm lands in Egypt's Nile River Delta, where 32 million people reside, and in Au Lac's Mekong River Delta, home to at least 18 million. Up to last year at least 18 islands have sunken completely. The island nations throughout the Pacific are also under threat, such that migrations and plans for migration have already begun from places like Maldives, Kiribati, and Tuvalu. Maldives' president wanted to even relocate the whole entire nation. Can you believe that? [Q: It's incredible! It's all due to global warming.] Yes, love. That's what it is. It's all our doing, really. Sri Lanka, India, New Zealand, and Australia are just a few of the countries being asked to receive the refugees from these afflicted nations.

So rising sea levels and resulting climate refugees are increasingly affecting many of us indirectly as well. These tragic examples are just a few of the many on our planet, and illustrate the urgent need to halt the effects of global warming, with the quickest way being to adopt organic vegan diet, which is so simple and easy, as we have mentioned many times. For reference, your readers can refer to our blog, or www.SupremeMasterTV.com/SOS or www.SupremeMasterTV.com/Killers.

Alright, love, any more questions?

- Q. *Yeah, great, we have a few more. The Irish Department of Agriculture reports an 80% rise in the number of new applicants applying to convert to organic production. How does organic farming benefit the environment and our health?*
- M. Wow, wow, wow, I am so happy for your country. Wow, congratulations! Congratulations! You have good government, Ben, good government. It's a nice statistic. Truly, enlightened government. [Q: It's something positive for a change.] Yes, yes, I mean, my God, how many countries do this? Ireland is the first one in the region to ban smoking. [Q: That's right, yes!] We remember that. And now it seems like it's the first country to encourage organic farming. You see, it doesn't just happen from nowhere. It is your government who does this. I remember your government, the Minister of Agriculture, he wrote to all the farmers asking them to consider the organic farming method. Is that right, Ben? [Q: Yes! That's right, yes.] Wow, wow! Bless him, bless him, bless your country. Okay, I am so happy to hear of this good news for Ireland, and I hope that many other countries follow suit. [Q: Yes, so do we all.] If you can, please convey, please don't forget, maybe you can print it out please: My heartfelt thanks to your government's bright leadership and the Irish people who support it, especially the smart responsible organic farmers as well. Please do not erase this. I want them to know my appreciation. Could you please print that? [Q: We will, we'll pass that on, absolutely.] Yes. People who do good things deserve some feedback so that they know that they are appreciated. Every one of us is the same, right? [Q: Yes, yes.] We want to know that we're doing the things that are pleasing to people and that is very good to hear that.

Organic vegan farming is what should be promoted, actually. You see, the so-called organic farming of animals is still cruel and unhealthy and unjust to both animal and human. What I mean is organic vegan farming vegetables, yes? [Q: Yes.] This one benefits our health because it avoids hundreds of pesticides as well as insecticide residues in our food, the antibiotics – the unnatural additives which have been linked to countless diseases. Organic farming absorbs CO2 as well. Compared to animal products, organically farmed fruits and vegetables contain high levels of nutrients such as vitamins, minerals and antioxidants which protect us from cancer. Moreover, they

taste better – everyone will tell us that. For the environment, organic vegan farming protects and even enriches the soil, helps to preserve wildlife habitat, creates much less pollution.

The Rodale Institute found that it even helps to overcome greenhouse gases by absorbing 40% of carbon dioxide in the soil if it is practiced worldwide. 40% is absorbed already! We don't need to wait even for solar technology or anything else. We have 40% CO₂ absorbed by organic vegan practices – I mean vegetables, yes. That is 1,000 pounds of carbon per acre absorbed and stored. Isn't that good, Ben? [Q: That's brilliant! That's incredible!] Yes, incredible. So, for our health and for the planet, organic vegan vegetarian farming is the solution. Well, vegan means vegetarian already, just to over-emphasize.

Q. *The next question is very much related to that, I suppose. Is the increase in the major diseases of today, such as cardiovascular diseases, cancer, diabetes or obesity, is that linked to a meat diet?*

M. Oh yes, Ben. All we have to do is just go on the internet and see all the medical research results. There are multitudes of studies proving the strong links between meat consumption and all these major chronic illnesses, and sometimes lethal illnesses. You can see that heart disease, cancer, diabetes, obesity rose as meat consumption levels rose in the past five or so decades. Before that, we have less; when we consumed less meat and we had less of these major diseases. So definitely there is a correlation. [Q: Yeah.] Yeah. All this research cannot be wrong. [Q: That's very true.] A study conducted by Harvard University with tens of thousands of men and women found that regular meat consumption increases colon cancer risk by 300%. 300%! [Q: Wow! That's very scary!] Yes. Eating meat is tied to higher rates of all the most common cancers, and dairy consumption even increases the risk of ovarian cancer. One study of Japanese women found that those who ate meat instead of a plant-based diet were eight times more likely to develop breast cancer. Animal products are the only source of cholesterol in the diet and a main source of saturated fat – two things that lead to heart disease and obesity. Vegans have fewer heart problems, lower blood pressure, for example, lower risk of diabetes, and lower risk of kidney stones and gall stones and osteoporosis, lower risk of asthma attacks – for those who have asthma. Vegans have also reversed their chronic illnesses in many cases. The list goes on.

You know, Ben, I know it myself. Many people came to me before, because for initiation, for example. I teach them meditation practice. And many people came to me before, of course, they eat meat. And before that, they have many of those diseases that you listed before. And after being vegetarian, the diseases are just gone, Ben. [Q: Really?] Disappeared, yes! Almost sometimes overnight! So I can tell you by my own personal knowledge, experience. [Q: Yes.] Yes. Anyway, you don't have to believe me, but you can ask any doctor who's done research himself about the undeniable link between meat and illnesses, and the link between vegan diet and wellness.

For example, you can watch many interviews with health and nutrition experts and doctors, all free of charge of course, and download them free as well, at www.SupremeMasterTV.com/HL also www.SupremeMasterTV.com/Killers for more information about the harmful effects of meat and the beneficial effects of vegetarian diet. I could go on forever, Ben, but I know we make it short. Your readers can do research themselves. Nowadays it's easy.

Q. *That's true, yes. There's so much information out there on the internet.*

M. Right, love. It's just that some people, they don't have time to do it, so we just make it a short summary for them, and then if they're interested they can go more on the internet to look. [Q: Yes.] Thank you, anyway. By the way, thank you for doing this, Ben. You are doing a great service to mankind, not to Ireland people but to mankind. And God bless you for that, Ben. And I'm very grateful.

Q. *Thank You very much. We're very grateful to speak to You. So we just have a few more questions. The next question is another meat-related question. Does a meat diet affect world hunger, and if so, how?*

M. Oh, yes, we have long known that it does, Ben. According to the United Nations World Food Program, there are more than one billion people worldwide do not have enough to eat. One in four are children. This number is increasing rapidly. Meanwhile, a significant portion of the world's food is diverted for meat production. Imagine that! People are hungry and we raise more and more animals to feed them. So the people are more and more hungry because we raise more and more animals. About 40% of global grain is going to livestock, and 85% of the world's protein-rich soy is being forced-fed to cattle and other animals.

Now, if we produce one pound of beef, it requires 17 pounds of grain. And one serving of beef consumes 1,200 gallons of water, while an entire vegan meal uses just 98 gallons. You see that? See the difference? [Q: Yeah.] Now, we lose too much precious food and land and water resources to feed billions of force-raised animals that would not even be there if we don't raise them, while humans don't have enough and even die of starvation. If every one ate a plant-based diet, there would be enough food to satisfy ten billion people, Ben. Ten billion people! [Q: Wow!] We have only six billion. [Q: Yeah. That's incredible!] It's a shame, no? It's a shame that we have enough food to feed the whole world two times over, yes? Almost two times over, and then we have people hungry and dying. Every five seconds a child dies of hunger, and we have enough food to feed the world over double, or two times. What a shame! I can't sleep sometimes. All right, sorry about that. I am a little emotional when it comes to all this. Go ahead with your next question, Ben.

Q. *Okay. Most people would like to reduce their carbon footprint, what difference would it make if they change to a vegetarian or a vegan diet?*

M. A very big difference, Ben, big difference. One six-ounce beefsteak cost 16 times as much gasoline, or fossil fuel energy, as one vegan meal. One cup of broccoli, one cup of eggplant, four ounces of cauliflower and eight ounces of rice, to be exact, according to research. 16 times – six ounce beefsteak only cost 16 times more than that whole vegan meal.

Now, many scientists would thus describe meat as being hugely carbon intensive, including Dr. Pachauri, the Chief of IPCC (Intergovernmental Panel on Climate Change). If all the people in the world became veg – vegan – we would eliminate at least 50% of greenhouse gas emissions. 50%, Ben, greenhouse gas emissions! But I know it's more than that, karmically speaking as well. It would be significantly more than removing all the world's transportation which is only 13.5%. [Q: Really?] Yeah. So if we are vegan we don't even need to worry about CO2 yet. We do worry – it's better to have cleaner air – but CO2 by transportation and all that is not the grave urgency like methane gas and nitrous oxide and all the gases that are produced out of animal industry.

From my calculations, from my inside knowledge, and also scientifically speaking, 80% of global warming would be stopped if we stopped the animal industry. The well known study by Eshel and Martin at the University of Chicago found that being vegan saves more in emissions than switching to a hybrid car. Scientists from Japan calculated that not eating one kilogram of beef saved the equivalent of driving an average European car for 250 kilometers. Can you imagine one kilogram of beef is equivalent to driving 250 kilometers and burning a 100 watt light bulb for 20 days non-stop?! So we should know where our problem lies.

Now, a study by the Institute for Ecological Economy Research in Germany found that emissions from an animal-free vegan diet are 87% less than those of a meat-based diet while emissions from an organic vegan diet are reduced by 94%. Again, as the top climatologist Dr. James Hansen said, 'Being veg is the single most effective thing a person can do to stop global warming.' That's without government even, without ado, without protocol, without any trouble.

Alright, Ben, any more questions that you already know but you want to ask for your readers' sake?

Q. *Yes, we have a couple more. [M: Please.] We are starting to hear more scientists talk about us only having a few years left to save the planet. And I noticed on Supreme Master Television you have a countdown saying we only have about 1,300 days left to save the planet. What leads You to believe that we have such a short time left? And what could happen, what if we miss this deadline?*

M. The truth is that, scientifically speaking, we have short time left because we have already waited too long to act. Leading scientists and organizations are now saying this as well, especially as they find that the tipping points, which indicate irreversible damage to the Earth, are being reached much faster than anyone had previously thought and calculated. A group of scientists from the International Alliance of Research Universities just published new findings saying that the rate of sea level rise and oceanic warming are both substantially higher than what the United Nations Intergovernmental Panel on Climate Change (IPCC) estimated just a couple years ago.

This report now forecasts ocean levels to rise one meter by the end of the century, a nearly 70% increase over what the IPCC previously projected. Of course, they estimate a little bit conservatively, worrying maybe to alarm the public or just to be cautious.

Similarly, they found that temperatures are climbing 50% faster than forecast by the IPCC. Expert climatologist Dr. James Hansen of the United States National Aeronautics and Space Administration (NASA)'s Goddard Institute for Space Studies in January 2009 said that we have at most four years left to avoid flooded cities, higher species extinction and climate catastrophes.

These are only a few. There are truly too many confirmations of the urgency of our planetary situation to even name. As for what happens, your question, what happens if we miss the deadline? [Q: Yes.] Ben, what happens, I do not really wish to envision it. I do not really wish to talk about it. [Q: It's terrifying, really.] Yes. A long time ago, I sat in the seaside of one of the very big, famous city and nation – rich, prosperous, prestigious seaside – and suddenly it dawned into my head, questioning, 'My God, four years later, will this city still exist?' And I just shook my head, I don't want to look, I don't want to see, I don't want to think about it. I don't want to see any vision about it. I shook my head, and I just think in the other direction.

It is better we concentrate on the solution to save the Earth. We can still do it. We can still do it. If everyone becomes part of the solution, which is the organic life-saving vegan diet, it's so simple really, it's so simple. It's no sacrifice, it's even better for health, better for everything! It's so easy. Organic vegan diet, that's all we need to do, for the time being. And any other green technology, we can slowly develop. We need the solution, which is organic life-saving vegan diet, then our future is transformed. Life will quickly become better than what you could even imagine. Greener, lush, tranquil, contentment, happiness, healthy, and more intelligent, more incredible inventions will come out of it, that's the outcome. With no more killing, humans and animals alike will flourish in peace, and the world will be restored to beauty and happiness.

But if we do not act now to spare life and offer our kindness, the course of the Earth will follow some of the most dire predictions already made by scientists, in terms of immense sea level rise, poisonous gas release, and massive extinctions that, of course, could include us humans. I'm sure it could. Some of these effects can be seen already in the rising number of disasters that are causing further hunger, illness, suffering and death. So let us all act now to ensure the future that we want, and the one we want for our children. That is Be Veg, Go Green, Save the Planet. [Q: We need to focus on the solutions, yeah?] Right, love, right, because the consequence will be too obvious if we don't focus on the solution. Okay, Ben, any more questions, we continue.

- Q. *Next question then. In the past few months we have heard scientists and environmental advocates on Supreme Master Television and in other medias say we need to focus less on reducing CO2 and more on reducing methane, ozone, and black carbon, also known as soot. How will the shift in focus help us cool the planet faster and avoid climate change?*
- M. Of course, reducing CO2 is still important as well, but reducing these more potent and shorter lifespan gases, like methane, for example, will bring a faster cooling than CO2 reduction. Besides, these will also in turn reduce CO2 as well, as a consequence.

Taking methane as an example, scientists at the United Nations Intergovernmental Panel on Climate Change have found that methane actually traps around 72 times more heat than CO2, averaged over a 20-year period. At the same time, methane leaves the atmosphere fairly quickly. So United States researcher and IPCC member Dr. Kirk Smith has shown that within just a few years, the dissipation rate of methane overtakes CO2, and it's nearly completely gone within a decade, but CO2 will stay around warming the planet for thousands of years! So if we want a quicker cooling of the planet, we have to eliminate those that leave the atmosphere quickly. Is that logical? [Q: That's very logical.] Yes. And CO2, we will still have time to eliminate. Livestock is the single largest emitter of methane. Moreover, because of methane's faster disappearance from the atmosphere, if we stop eating meat the planet will be able to cool immediately – almost, yes.

Livestock raising and animal breeding also cause many other damages to our planet. Livestock, by far, is the single largest human-related occupier of land, the main driver of deforestation, the biggest water polluter, and top culprit of biodiversity loss. And that's just to name a few of the damages caused by livestock.

As for black carbon, which is the particulate matter also known as soot, NASA scientists found that it has a serious impact on climate change. Black carbon is 680 times more heat trapping than CO2 – can you imagine that? So CO2 is not our foremost and urgent problem. The soot's 680 times heat trapping more than CO2 is accelerating the melting

of Antarctic ice, which rises the world sea level. Scientists found that 60% of the black carbon particles in Antarctica were carried there by the wind from South American forests that are burned to clear land for livestock production. You see the connection? [Q: Yes.] So this pollutant is yet another damaging by-product of the meat industry again. We will destroy the world if we do not stop eating meat and producing meat and other animal products.

So the organic vegan diet is the fastest, easiest, and most effective solution for a life-sustaining planet. Yes, the solution is organic vegan diet. That is the solution, Ben.

Q. *It certainly sounds like it, yes. Could You tell me more about how does eliminating flesh foods and dairy products help us to reduce these shorter-lived causes of global warming and cool the planet faster?*

M. This is very simple, Ben. The 2006 United Nations' Livestock's Long Shadow report had made it clear that animals raised for meat and dairy are responsible for more greenhouse gas emissions than all the transportation sectors combined. So why do we worry about electric car and all that? We will have time to do that if the planet cools down. With livestock as the largest single producer of methane, eliminating meat and dairy products will help to immediately cool the planet. This cools the atmosphere quickly and enough that we have more time to continue developing alternatives to coal and other fossil fuels. We need to save the planet now, like yesterday. And the organic vegan diet is the one thing, that's the thing that will do that.

Another way to help stabilize our planet's atmosphere is to do good deeds. This spreads the positive vibration and constructive atmosphere we need to counterbalance and neutralize the created existing destructive energy. In this sense, you can say that eliminating animal products is the biggest good deed of all good deeds, because we will save the whole population of the planet – six billion more people. How much more of a good deed can it be? [Q: Yeah.] What good deed can be more than that, more than saving all the planetary people and the species and all the trees and all the things that we love?

So eliminating animal products or being vegan is the biggest good deed of all the good deeds, because our cruel and unnecessary murdering of animals would be stopped. The suffering and death of more than 55 billion innocent animals, plus tens of billions of fish slaughtered worldwide every year would be stopped. This act of humans, which heaven could not tolerate to look on, should be stopped. And the more than one billion people who are hungry and dying of hunger-related disease or hunger itself, would eat in plenty and live. I wish that day will come soon, like now.

Q. *Thank You. How does our demand for meat in Europe contribute to the destruction of the Amazon and increased rates of melting in Antarctica?*

M. 80% of the Amazon's deforested land is converted to grazing pastures for cattle. Of the remaining deforested land, the majority is used for growing soy. 85% of the world's soy is fed to the cattle that will be slaughtered for human consumption. And as you may be aware, Europe is one of the top consumers of beef from Brazil. So the Amazon's destruction is clearly linked to meat production.

The melting in Antarctica can also be directly related to livestock raising, again because the heat trapping potential of methane being so much higher than CO2. In addition, 60% of the black carbon that was found accelerating the Antarctic melt was coming from the

burning of rainforest for livestock raising. Everything points in the same direction, that is, meat diet.

If we stop consuming animal products, much of this lethal source is eliminated and the heat it creates will also disappear. See the logic, Ben? [Q: Yes.] I'm not talking of meditation, samadhi, we don't need to do all that clairvoyance – we can just see the outcome of what we do. Of course, the demand for meat in Europe is not the only problem. We can't blame Europe alone. The problem of killing animals for food is a global one. In fact, along with stopping meat consumption we all need to pray for forgiveness. This, too, is part of the Earth's recovery, the awareness of the suffering caused by humanity and the true desire to reverse this action and to do good instead.

Q. *Thank You. We are in the midst of a global and national financial downturn. How can embracing a vegan diet help us to reduce the costs of lowering emissions?*

M. The vegan diet is clearly the most economical. This we already know from logical consideration, because with the plant-based vegan diet we eat directly what comes from the fields. There's no need for the food, including energy and nutrients, to be transported and fed to the animal, and then go through an animal before it comes back to the human. What comes back is a small fraction of the nutrients and energy that had gone into the system, plus a lot of harmful substances unasked for, like fat, cholesterol, hormones, pesticides, insecticides that are concentrated in the meat. There are more than that.

These aspects of the meat diet translate into human diseases and extravagantly high medical costs – tax money – which perhaps could have been used instead to help reduce emissions, such as subsidies for organic farming, as an example. More educational institutes for the illiterate in different parts of the world, for example.

Furthermore, now practically speaking, a report from the Netherlands called 'Climate Benefits of Changing Diet' found that an estimated cost of USD40 trillion to stabilize greenhouse gases by 2050 would be reduced a full 80% by a global adoption of the vegan diet. If we adopt globally the vegan diet, then we will eliminate 80% the cost of greenhouse gas reduction. 80% of the USD40 trillion estimated by 2050. Can you calculate that? Can you? Imagine that!

So we don't have to pay so much tax to begin with because of the greenhouse gas reduction project. All we have to do is just adopt the vegan diet and we eliminate 80% of the cost already. That's a saving of USD32 trillion... [Q: Such a big difference.] ... not only because of eliminating well over 18% of greenhouse gas emissions – but 18% is just underestimated already. Not because of eliminating well over 18% of greenhouse gas emissions from livestock industry, but also due to further reduction in CO2 because vast tracts of grazing land are restored to nature as grassland and forest. These elements of nature are more effective as absorbers of CO2 than any carbon capturing technology, which is still in suspended testing and it's still risky. The natural landscapes of grassland and forest are more effective to absorb CO2 than carbon capturing technology, according to the United Nations Environmental Program. Besides, it's risky, I think. It's not tested yet. What if the carbon leaks back into the atmosphere again in a concentrated amount like that? When we capture them year after year, decade after decade, and then something happens, and it leaks up, then what do we do? So, with the vegan diet, we eat what's best for our health, for the animals, for the environment, and nature will do the rest to restore the balance and save our world.

Q. *Thank You. So we have one final question. The United Nations Framework Convention on Climate Change will take place in Copenhagen between December 7th and December 18th of this year. What advice would You give to the leaders making these very important decisions for the people of the world?*

M. Well, if I may, I have only one humble advice, that it is important to tackle the root cause, which is animal meat production. If we take the vital step to stop the demand for animal consumption, then the rainforest destruction will stop; the lungs of the Earth will be restored; the destructive agriculture runoff and pollution will stop; we will have clean air and clean water; there will be more food for the hungry. Above all, when we're free of all the massive burdens imposed by producing and consuming meat and instead practice the compassionate vegan organic farming, the energy patterns of the world will change to a more compatible waveform with the Earth and her inhabitants and with heaven to produce harmonious weather and benevolent life-supporting atmosphere. It's all about changing energy. Make good energy.

Anyway, even if it's not for saving the planet, we should not continue our pattern of life the way we do up to now. We are human; human means 'humane.' We should be what we truly are, humane. And many claim we are the children of God, so we should be that. We cannot torture, kill our kind, as well as torture, kill, and eat the innocent animals, the defenseless, the helpless – our co-inhabitants. Though the majority of them could return our violence manyfold, they could even kill us instantly, but they choose not to. You know that, right? [Q: Yes.] Because they are born noble, raised noble, and remain noble and loving, as they retain the connection with the divine. We are the so-called civilized, intelligent, superior species, the human race. Shouldn't we reconsider how to act with befitting manner? That is, to protect, love and preserve the life of our co-inhabitants, the animals, the environment. These certainly are recommendable, noble and proper actions. Just be veg, go green, do good. Thank you, Ben.

Q. *Thank You very much. [M: Thank you for doing this.] Thanks for speaking to me today.*

M. I thank you for such noble journalism as you are upholding, because we really need the media to propagate the new noble lifestyle to save our planet. And I thank you manyfold for doing this. Thank you truly from my heart.

Q. *It's an honor to speak to You. Thank You very much again.*

M. Thank you and I wish you, your newspaper company, everyone, and your loved ones, and Ireland all the best, all the blessing that you deserve. Thank you.

Q. *Thank You. I wish You farewell.*

M. See you some day, yeah? Ciao.

Q. *I hope so, bye.*

M. Bye, love.

VEGAN EARTH DAY FOR A VEGAN WORLD ¹⁸

[On June 21, 2009, the celebrated host of Go Vegan Radio Bob Linden (BL) launched the first-ever Vegan Earth Day with a festival that included the ‘Vegan Earth Day for A Vegan World’ seminar. Though Supreme Master Ching Hai was unable to attend as the invited guest of honor due to Her busy schedule, She graciously shared Her insights about society’s advancement toward ideal moral values through an inspirational video message. The seminar was also covered by KTLA, a television station in Southern California, United States of America.]

BL. *Greetings, everyone, welcome to our celebration of the first ever Vegan Earth Day – a historic occasion – and we’re so pleased to have you be a part of it. Let’s give yourselves a hand for attending today, here in Southern California community fest. [Applause]*

Thank you so much, all the caring people attending here today, as we created the first ever Vegan Earth Day. Because it’s necessary that we asked everyone on Earth to go vegan to save the planet, now that we know with problems of global warming and deforestation and drought and disease and world hunger and war and violence.

There is an answer. We know the problems, we have the solution. It’s go to vegan, and on Vegan Earth Day we’re telling everybody about it. And we’re so glad to have you here, and we have so many wonderful people who have attended. We have real heroes in our presence today: Chris DeRose, the founder of Last Chance for Animals – a wonderful, heroic figure who showed vivisection to the world for the first time, the horrors of vivisection. We have people who are in the rescue, like Lorri Houston, who founded the Farm Sanctuary and now has Animal Acres in Action. And Joanelle Romero, we thank you for a beautiful opening ceremony today, Native American Indian ceremony – vegan. And Dr. Essylstyn, coming here and telling everyone, ‘You don’t have to have heart disease, it’s totally preventable, reversible,’ and his son. Christine Garcia, animal attorney. All people dedicated to compassion in the world.

And today is the summer solstice, the day of most light, so we hope we’re shining Light on the need to go vegan, that people can see that it is the only answer. Those of us who really care about animals, we find that the key to solving all our problems is in kindness to animals. Isn’t it amazing that when we’re kind to animals and we don’t eat them, we don’t get heart disease, cancer, stroke? We don’t have the environmental problems that we do.

And this day is so important, it’s recognized worldwide. There are celebrations going on in Europe and Asia and Canada. And this was recognized in the United States Congress this week by Congress Member Dennise Kucinich of Ohio, who happens to be the only vegan in Congress – the Congress Member I trust. [Applause] He wants a Department of Peace. From a vegan you get somebody suggesting a Department of Peace. I believe we have his letter that he sent to me from the House of Representatives. And Lorri Houston, you’re going to read it.

Lorri Houston (LH) of Farm Sanctuary with Dennise Kucinich’s letter. [Applause] Thank you.

18. Videoconference with the American people at the ‘Vegan Earth Day for A Vegan World’ Seminar, Woodland Hills, California, U.S.A., June 21, 2009 (Originally in English).

- LH. *As declared by the United States Congress, presidential vegan candidate, Dennise J. Kucinich, House of Representatives of Ohio, in honor of Vegan Earth Day, 'Madam Speaker, I rise today in honor and recognition of Vegan Earth Day 2009. On June 21st, 2009, members of the community will promote and celebrate the healthy and environmentally sound, vegan lifestyle, abstaining from the consumption or use of animals and any animal by-products. Studies show that a vegan saves a ton and a half of carbon emissions per year. Vegans also require much less water in the production of their food. With the effects of climate change becoming more evident and water becoming more of a precious commodity, these individuals are leading the way to a cleaner and greener future by promoting the consumption of fruits, vegetables, nuts, grains, and other organic fruits. I also stand in recognition of the event's organizer, Bob Linden, as he continues to demonstrate outstanding leadership on conservation, humane treatment of animals, and healthy eating habits. This year's Vegan Earth Day will feature environmental and health experts, live music, animal adoptions and activities for kids that set the stage for other organizations across the country to follow in their footsteps. Madam Speaker and colleagues, please join me in honor of the program coordinator, Bob Linden, Pierce College, and the event volunteers as they celebrate Vegan Earth Day. I stand in recognition of the important contributions such an event will add to the promotion of living environmentally-conscious lifestyles across the country. United States Congress.'* [Applause]
- BL. *Great. [Applause] All right! Vegans are in Congress. And we also had a special message from Congress Member Dennise Kucinich (DK) for us who are celebrating Vegan Earth Day, a community fest here and around the world. So let's see that now.*
- DK. *Hi, I'm Dennise Kucinich, and I want to say hallo to everyone at the Vegan Earth Day community festival. It's important that we celebrate this day, not only because it's the summer solstice but also because for many people it's the beginning of new opportunities to be able to make a transformation in the choices they make about their food every day.*

What does it mean to be vegan? Well, I can share with you what's it's meant to me. When I made that decision back in 1995, I was in a different state of health. For many years I suffered from what some know as Crohn's disease, and I was told that there was no cure for it. But by a vegan diet and by the use of Chinese medicine as an extra help, I don't have a problem anymore. I just want to tell you that for health reasons, for compassion for animals – there are many reasons that people can make that change – and also for helping to save the planet. There are many reasons why a person may be a vegan as there are vegans, I suppose. But for me, it's been one of the most important decisions in my life. It's enabled me to have increased clarity and vitality. And it's given me a joy of life that I can't say that I really had when I had another diet that was weighing me down, physically and spiritually. I'm so grateful that all of you have come together on this important occasion, to be able to renew friendships and also to renew commitments.

Now finally, the national media is starting to recognize the importance of the food that we eat, with respect to someone's health, and also with respect to its impact on the environment. When I was traveling the country and would tell people that I was a vegan, they weren't sure if that was a political party or not. They weren't sure if that was some ethnic group. But as I've had the chance to inform people and share with them my own understanding of what it's meant to my own health, as well as to the health of animals and the happiness of animals, people start listening. And in a way, each one of us, each one watching this at this moment has the chance to affect another person and to get

them to explore alternative to diet, and the choice that we make that affects our own health, the health of the planet, and the happiness and survivals of animals. This is something that can create great joy in life. And it has for me. And I'm grateful for all my friends in the vegan community who have shown a continued commitment and pledge to you my willingness to keep spreading the word and to keep letting people know how important it is that we reflect on the impact of our choice of diet on the world and on ourselves. So thank you very much. Go vegan! [Applause]

BL. *Vegans have come a long way. And it's important that we do so, because meat and dairy do cause global warming more than all transportation combined. And we're in drought-stricken California. I, as a vegan, need 10,000 gallons of water to grow my food in a year. A meat eater needs 320,000 gallons. So each vegan in this room is saving 300,000 gallons of water each year. Please give yourself a hand for your heroic lifestyle. [Applause] As you save that water, a hundred animals a year, an acre of trees – what a heroic lifestyle it is! [Applause] And it's an honor for me to host a radio program called Go Vegan with Bob Linden. So you can hear that at www.GoVeganRadio.com. Congress Member Kucinich has been a guest, and so has Supreme Master Ching Hai from whom we will hear shortly now.*

Supreme Master Ching Hai is a three-time invited lecturer for the United Nations and recipient of the World Peace Award and the World Spiritual Leadership Award. Supreme Master Ching Hai is the living example of love in action. She has dedicated Her life with passionate and unwavering devotion to rescuing those in need, people who suffer in disasters, whether it be floods or fires or earthquakes. And now the planet needs rescuing and Supreme Master Ching Hai knows that and almost single handedly, I think, between Supreme Master Television and www.SupremeMasterTV.com and www.GoVeganRadio.com, we're the only ones bringing this message to the world to be veg, go green and do good deeds for the benefits of all beings. And of course when we say 'go veg,' we mean 'go vegan.'

Supreme Master Ching Hai is the winner of the Gusi Peace Award, source of inspiration for Supreme Master Television, which is a very constructive channel, broadcast around the globe on 14 satellite platforms with subtitles in up to 42 languages. I'm happy to say, my program has been featured. I received an award, 'Shining World Hero,' from Supreme Master and I was honored by that. [Applause] I realized that being vegan is so heroic, and I share that award with all of you who are vegan and care for animals. So it's all our award. We're all 'Shining World Heroes.' [Applause]

So Supreme Master Ching Hai is a trailblazer and She understands that the single most effective way to stop global warming and the global climate crisis is to go vegan. Through Her presence at 13 climate change conferences in nine countries on four continents that were all broadcast worldwide, She has inspired countless people to embrace the new Golden Era where all beings live in harmony and love and that would be a world where we all go vegan. So now, let us hear from Supreme Master Ching Hai. [Applause]

M. Happy Father's Day! Hallo.

My grateful greetings to all of you, the organizers, who worked passionately for this event, and the participants who brushed aside other important obligations to show support and care by coming to this gathering. I am honored to be invited. Though I cannot personally be there with you, my heart is with you, and my best wishes for your

endeavor. I wish also what you wish: A healthy, survived, happy, peaceful planet. And we are working together towards this goal.

Throughout hundreds of thousands of years of history, humankind has evolved. We have come a long way. How far may surprise us. And it may surprise us that even war is not the worst thing that happens. There are far worse killers. If you allow, I will name them for your sake. Perhaps for my sake as well. We live together on the same planet, we have the same concern. So what concerns you, concerns me.

There was a time when humans killed other humans – even just to eat. Now, doing so is a crime. We call it murder – people killing people, the most heinous crime of all crimes. Whether old or young, light skinned or dark, Christian or Muslim, Buddhist or Sikh – to take the life of a human is in some places still punishable with one's own life being taken in return. Today, people kill animals to eat. But now humanity is being called to an even more elevated and compassionate moral level of conduct. A future day is dawning where killing animals, too, shall be called a crime. It has happened in some places already.

In America, a teen has just been recently judged as to have been committed a crime by killing serially 19 cats. In the civilized society that should be, we protest war; we hold rallies to stop the senseless killing of human against human; we plead with governments to enact policies of peace; we judge the murderer as one whose standards are less than human, as one guilty of an act so unimaginable that the person is shunned by society for the rest of his or her life. An entire elaborate legal system is established: An enormous squad of personnel and forces are employed to impose punishment for the reprehensible act of causing death to another human, for robbing others of their beloved or their kin; evidence is gathered, juries are summoned, the most learned judges preside, armed guards stand watch, impenetrable prisons are built, police risk their safety in defense of human life, and schools and families teach moral conduct – all to prevent such crimes from occurring. We take much time, energy and our collective resources to protect life thus. One day, we will also protest against the murder of our animal co-inhabitants. And by extension, we will denounce anything in the future that kills, because killing is a crime that must be stopped. These silent killers, they are unnoticed by most of us. They are in our home every day. I will try to point them out. It may surprise you, it may not. To some of you, it is obvious, to some of you, it will be the first time that you realize who our enemy truly is.

The top killers

Killer number one: Meat or animal products, animal so-called food

Surprised? There will be more. Meat kills literally billions. A staggering 55 billion animals, eight times – eight times, eight times – the entire global human population are killed for human consumption each and every year. This is not even counting the several billion fish that perish, with a total loss that translates to more than 155 million beings killed every day. Human die, too, each year because of meat and fish, and anything related to animal consumption. Nearly 33 million people succumb to meat-related diseases annually through heart disease, cancer and other conditions that claim the lives of more than 90,000 persons each day. 90,000 persons die each day because of animal consumption! And then there are those who cannot obtain food because the grains they need are used to feed animals that will be killed for meat. Approximately 25,000 people die of hunger every day, on top of the 90,000 people who die because of meat. There are 25,000 people who die of hunger indirectly, also because of meat.

And now on top of this, we have hundreds of thousands of people die each year, as the victims of meat caused global warming. And we have tens of millions of others who are made homeless due to climate change. We call them climate refugees, if there is such a term; in fact, they have no status. And this is not including the innocent wildlife and domestic animals who suffer because of meat-related problems. Meat causes global warming, and kills, and kills and kills. Therefore, meat is murder, a crime that must be stopped. Although some of you already know the horrifying effect of meat-related disease, I make a rundown here for the sake of those who are not aware.

Some diseases related to meat consumption and production

- Mad cow disease – 90% of the population at risk;
- Swine flu you know already, presently the world pandemic;
- Ebola-Reston virus;
- Cured meat and fish increase leukemia risk in children;
- Antibiotic-resistant ‘superbug’ infections from a strain of *Staphylococcus aureus*;
- Blue tongue disease;
- E.coli;
- Salmonella;
- Bird flu;
- Pig’s disease (PMWS);
- Listeriosis;
- Shellfish poisoning;
- Pre-eclampsia;
- *Campylobacter*;
- *Clostridium difficile*; and
- Disease hidden even in healthy-appearing livestock.

Some of the costs of meat eating

- Infertility – eating just one serving of meat per day increases the risk of women’s fertility by 32% – the more meat consumption, the more risk;
- Heart disease – over 17 million lives lost globally each year. Cost of cardiovascular disease is at least USD1 trillion per year;
- Cancer – colorectal cancer – over one million new colon cancer patients diagnosed each year as well; more than half a million die of it. In the United States alone, colon cancer treatment costs about USD6.5 billion. Millions of people are newly diagnosed with other meat-related cancers every year;
- Diabetes – 246 million people are affected worldwide. An estimated USD174 billion spent each year on treatment in just the United States;
- Obesity – worldwide 1.6 billion adults are overweight with 400 million more who are obese. Costs USD93 billion each year for medical expenses in the United States alone. At least 2.6 million people die annually from problems related to being overweight or obese; and
- Environmental cost – Meat and related productions use up to 70% of clean water. Pollute most of the water bodies. Deforest the lungs of the Earth. Use up to 43% of the world’s cereal. Use up to 85% of the world’s soy. Cause world hunger and war. Cause 80% of global warming.

Plus more... The list goes on!

Some of the costs of milk consumption

Now, even milk, which we have been told officially to be good for us, is on the contrary poison and causing diseases and of course financial loss. Here are some:

- Bacterial microbes, pesticides, and enzymes found in cheese, derived from the inner stomach linings of other animals;
- Up to 80% of the calories in cheese are from pure fat. Breast, prostate and testicular cancer from hormones present in milk;
- Listeria and Crohn's disease;
- Hormones and saturated fat leading to osteoporosis, obesity, diabetes and heart disease;
- Linked to higher incidence of multiple sclerosis;
- Classified as a major allergen;
- Lactose intolerance; and of course global warming.

Plus more... The list goes on! Luckily for us, we can avoid all these by a simple cure: VEGAN DIET.

Some of the benefits of a vegan diet

Here are some benefits of a vegan diet:

- Lower blood pressure;
- Lower cholesterol levels;
- Reduce type 2 diabetes;
- Prevent stroke conditions;
- Reverse atherosclerosis;
- Reduce heart disease risk 50%;
- Reduce heart surgery risk 80%;
- Prevent many forms of cancer;
- Stronger immune system;
- Increase life expectancy up to 15 years;
- Higher IQ;
- Save 80% of a total cost of USD40 trillion for reducing global warming;
- Use 4.5 times less land to grow food;
- Conserve up to 70% clean water;
- Save 80% of the cleared Amazonian rainforest from animal grazing;
- A solution for world hunger;
- Free up to 3.4 billion hectares of land;
- Free up to 760 million tons of grain every year that is half the world's grain supply;
- Consume one-third fossil fuel of those used for meat production;
- Reduce pollution from untreated animal waste;
- Maintain cleaner air;
- Save 4.5 tons of emissions per United States household per year; and
- Stop 80% of global warming or more.

The list goes on!

Killer number two: Alcohol

Some of the benefits of avoiding alcohol

Luckily for us, we can escape all that suffering and prevent all this suffering for our loved ones by avoiding alcohol. Here are some visible benefits:

- ***Restore the heart***

Stroke reduced 50% by quitting smoking and restricting alcohol consumption, along with more exercise and higher fruit and vegetable intake. Researchers in Spain find that alcohol-free beer reduces cholesterol levels along with other potential heart benefits, without any of the risks associated with alcohol consumption.

- ***Financial savings***

A Canadian study estimated alcohol intervention programs could save 880 lives and USD1 billion every year.

- ***Reduce mortality***

A 10% decline in vodka sales resulted in a significant decrease in alcohol-related deaths in Russia in one year. Exercising, drinking less alcohol, eating fruits and vegetables, and not smoking extends life expectancy by 14 years.

- ***Reduce cancer***

A World Cancer Research Fund study finds reducing meat and alcohol consumption decreases cancer risk.

- ***Aid recovery***

The brain's regeneration and performance are increased once alcohol consumption ceases. Alcoholic hepatitis patients can gain complete recovery if the patient gives up alcohol and has a good diet, like vegan diet. Bodybuilding.com states that bodybuilders who refrain from alcohol consumption experience benefits in terms of muscle gain, hydration, recovery, metabolism and mental focus.

- ***Boost society wellness***

A New Zealand liquor ban resulted in 98% less liquor offences as well as a reduction in other crimes. Research in New Mexico, United States shows that Sunday bans on alcohol sales resulted in fewer collisions and traffic casualties. Alcohol-related crimes dropped by 15% following an alcohol ban in Aberystwyth, United Kingdom. An alcohol ban becomes permanent on the jetty area of Coffs Harbour City, Australia due to its success in reducing crime. In the United States' state of Florida, raising the legal drinking age from 18 to 21 significantly reduced auto accident-related fatalities. A voluntary ban of alcohol sales to youth under 21 in the United Kingdom's Marske village is made permanent as crime and anti-social behavior is reduced by the ban. An alcohol ban in United States colleges helps overall alcohol abstention and reduces bouts of drunkenness and secondhand effects of drinking.

Killer number three: Drugs

Now, we come to killer number three. Namely, drugs. Drugs destroying lives, intelligence and function of countless of our kind, wreaking grief and havoc on families, darkening or terminating people's future, youths' future especially, as youths are impressionable and easily fall into this kind of temptation. Drugs can do all that. Drugs kill, often at a tragically young age. Is this not an intolerable crime begging to be stopped?

Some of the tragic tolls of addictive drug abuse

Allow me to tell those who are still not informed. It causes over 200,000 deaths per year, not including crime related fatalities. Costs of USD181 billion in the United States alone, and USD33 billion in the United Kingdom annually. Lifetime cost of current drug addiction amounts to USD575 billion in the United Kingdom.

Harmful effects of drugs include: Brain damage, stroke, heart disease, liver disease, tuberculosis, emphysema, cancer, depression, suicide, permanent memory loss, mental illness, higher infant mortality, increased crime and violence, impotence.

- ***Drugs cause crime and violence***

Illegal drugs are a factor in 50% of burglaries in the United Kingdom each year. In the United States, 60% of people arrested each year have been taking illegal drugs. 650 heroin addicts in the United States committed 70,000 crimes in a three-month period.

- ***Social costs of drugs***

United States businesses lost USD100 billion per year due to employees' drug and alcohol abuse. Australians pay USD53 billion per year for health care, law enforcement and lost productivity of drugs users.

- ***Some environmental costs***

Every gram of cocaine produced destroys 4.4 square meters of rainforest, with 300,000 hectares of rainforest lost each year to cocaine production.

- ***Death due to drugs***

52 people die each day due to drugs in the United States. In Canada, substance abuse is attributed to 21% of total deaths and 23% of potential life years lost due to early mortalities.

Plus more... And more. And more.

How to regain our healthy, normal and worthwhile life? There is a solution. You have a solution. Here are some of the benefits of addictive drugs abstinence treatment: In the United States, treatment for drug addiction has been shown to save lives, as observed over a one-year period, reduced crime and rebuild families, along with 69% of those treated being drug-free at least one year after treatment. 64% reduction in arrests one year after treatment. Again, this is just a one year observation, and the trend should

continue and would continue as people regain their normal health and clarity of mind due to drug-free lifestyle. A California, United States study found that for every USD1 invested in drug treatment USD7 was saved through reduced crime, health and welfare costs, and increased income stability. 60% of cocaine and heroin in the United States is consumed by people who get arrested in the same year; thus, treatment that helps them to overcome drug addiction reduces crime and market demand for drugs.

A doctor in Arizona, United States identified a new outpatient treatment for methamphetamine addicts, showing an over 60% success rate in rehabilitation. 20 years of research in the United States has demonstrated that drug treatment programs are effective in reducing crime, as well as improving the health and social function of participants. Drug-free workplace programs are found to result in lower absenteeism, fewer accidents, higher productivity, improved morale, better employee health, decreased use of and expenses for health benefits, lower corporate insurance premium costs, and the list goes on, of course. We have all that on the www.SupremeMasterTV.com/Killers. Please refer to it for more details. Also we have them here and there on almost all our SupremeMasterTV.com blogs. So please check them at random. Also on www.SupremeMasterTV.com/SOS.

Killer number four: Tobacco

Now, we come to killer number four: Tobacco. Nearly 5.5 million people every year are robbed of their life-breath by tobacco. Smoking changes one's genetic structure permanently, causing a higher risk of cancer. Sadly, this is the single most preventable cause of death in the world, making tobacco also a crime.

Here are some of the tragic tolls of tobacco: 5.4 million smoking related deaths per year worldwide. Cost of smoking related illnesses: USD96 billion in the United States alone. 'Light' and 'mild' cigarettes just as harmful. Cause cancer and diseases in animal companions. Speed the aging process. Toxic residues of third-hand smoke also kill. We do not include the harms that tobacco do to the children as well.

Now, tobacco causes heart disease; coronary thrombosis; cerebral thrombosis; kidney failure; cancer; lung cancer; esophagus cancer; kidney cancer; bladder cancer; chronic obstructive pulmonary disease like emphysema; bronchitis; stroke; impotence. Additional harms for secondhand smoking include sudden infant death syndrome, infertility, miscarriages and premature deliveries, childhood asthma, bronchitis, ear infection, cleft lip or palate, hyperactivity and aggression in asthmatic boys. Circulatory problems in women, and more and more and more. The list goes on.

Some of the benefits of avoiding tobacco

Of course, again, lucky for us, there is a solution for all this tragedy: Avoid tobacco. Say no to tobacco. Here are beneficial, life-saving choices for you.

- ***Smoking bans saved life***

Quitting smoking and restricting alcohol consumption, along with more exercise and higher fruit and vegetables intake, reduces the risk of strokes by more than half. United Kingdom's ban on smoking in public places reduces passive smoking effects, which are linked to loss of life for more than 11,000 people every year. In the United States, the Substance Abuse and Mental Health Service Administration said that

sales of tobacco to underage youth have reached all-time lows in all 50 states. The number of young smokers aged 18 to 29 has fallen by 30% in Victoria, Australia, thanks to the smoking bans in pubs and clubs. Smoking rates in Japan have been declining, reaching an all time low this year.

- ***Smoking bans reduced Acute Coronary Syndrome***

Rome, Italy experienced an 11.2% decrease in acute coronary events in the first year after a smoking ban in public places went into effect. Israeli researchers reported people who stop smoking, the increased risk of sudden cardiac death seems to disappear immediately. The National Sanitary Institute in France announced a significant decrease in heart attack rates following the country's smoking ban, with also decrease in secondhand smoke effects as well. New York, United States experienced an 8% decline in hospital admissions for severe heart attack after a comprehensive smoking ban, which translates into healthcare savings of USD56 million in one year.

- ***Smoking bans for better health***

Data from National Population Health Survey shows those who smoke have higher rates of chronic conditions such as bronchitis, asthma and high blood pressure. Smokers and those exposed to secondhand smoke develop colon cancer about seven years earlier than non-smokers.

- ***Smoking bans for healthier children***

Research from Michigan State University in the United States and the David Hide Asthma and Allergy Research Center in the United Kingdom show that the smoking habits of mothers during pregnancy increase asthma risks in some children. Children regularly exposed to secondhand smoke have more than triple the risk of lung cancer as well as higher risks of other respiratory problems later in life.

- ***Smoking bans good for business***

In his annual report, United Kingdom Chief Medical Officer Liam Donaldson said a public smoking ban would save an estimated £2.7 million per year. Namely, £680 million saved by having a healthier and more efficient workforce. £140 million saved through fewer sick days. £430 million saved from productivity loss from smoking on the job. £100 million saved from clean up costs related to cigarette smoking.

Plus more... And more. And more.

Closing

Now you can see, we have to prioritize our choices. Either the abundant, beautiful, peaceful planet, or sorrow, suffering, or worse: Loss of all lives. And all these crimes of killing – from meat, alcohol, drugs, tobacco – must and will stop. In their place, what will we have? Happy, longevity for animals and human alike. Limitless health and wellness. Intelligence and creativity. A shared love and joy as never before remembered. In short, we will have a newly, wondrously elevated humanity in all aspects. Together, let's envision this future, our well deserved beautiful future, in which all lives are upheld and

cherished as one and the same. Let's be happy, because it seems that this day is already dawning.

May heaven bless us all! And God loves us! So, for the sake of all that lives on this planet, let us make a wiser choice. For example, instead of meat, we be vegan. Instead of polluting the world, we go green. Instead of intoxicants, we will be merged in the blessings of God, through prayers, yoga, meditation, et cetera. And instead of planting drugs, we plant organic vegetables and fruits.

I wish you all the best in the embracing love of heaven. So be it. Thank you for doing your part. May be you blessed. [Applause]

BL. *It's great to see somebody has the courage to speak out on behalf of animals, and the courage to say vegetarian isn't quite enough unless we mean vegan. So I'm just so appreciative for what She's doing for the cause of animals. And Her wonderful books that She's written that are for the cause of animals. She has number one bestsellers. She has 'The Dogs in My Life,' 'The Birds in My Life,' 'The Noble Wilds.' All such examples of compassion for animals. It's just so beautiful. I can't express enough my appreciation to Her and the Supreme Master Ching Hai International Association who helped so much with putting together Vegan Earth Day that we're celebrating here today.*

So, please, applause for all the members of Supreme Master Ching Hai International Association. This event would not be the success that it is today without their total dedication. Supreme Master Ching Hai has Her recent book, 'Celestial Art,' reflecting on sustainable life, a vibrant book. All of these are available at www.Amazon.com. And every vegan's dream, anybody who is a vegan, wants there to be a chain of vegan restaurants. Supreme Master Ching Hai has made it happen with Loving Hut. Loving Hut is spreading all across the world. Now we have it in Alhambra, San Diego. They started in Northern California, they are across Asia. Loving Hut vegan restaurants. Thank You, Supreme Master Ching Hai. Visit Loving Hut! www.LovingHut.com. [Applause]

I'm so amazed. This is so great. And we do have a panel discussion now with some of the heroes who are present at our Vegan Earth Day celebration today, taking place in Southern California and webcast worldwide, and now our live broadcast all across the globe with our message of compassion and the vital information that the only way to save the planet is to go vegan. And we know that meat and dairy cause global warming more than all transportation combined, and meat and dairy are causing the drought in California. So we need to save ourselves, and we all need to go vegan.

And featured in this discussion panel for Supreme Master Ching Hai, we have the wonderful Chris DeRose of Last Chance for Animals, and we have Lorri Houston, Animal Acres, and Rip Esselstyn, Joanelle Romero, who delivered the beautiful opening ceremony, the American Indian ceremony this morning. Joanelle Romero, vegan, saying that is the way to respect Mother Earth. On Father's Day we are respecting Mother Earth with Vegan Earth Day – and wonderful singing, too, from Joanelle. And Alfredo Kuba via video, Christine Garcia, animal attorney. She represents the animals, too, and speaks out for those who can't speak for themselves, just like Supreme Master Ching Hai. I'll be a participant in this, too. I have a question for Supreme Master. She apologizes that She wasn't able to participate directly, so She specifically has sent three of Her representatives (R) to share Her words of wisdom on the questions that our panel will deliver. So let's please welcome the Supreme Master Ching Hai's representatives.

They include Susan Gilchrist, Grace Orkin and Rose DeLosSantos. So please welcome them. [Applause] Thank you for being here.

- R. *Supreme Master Ching Hai regrets that She cannot be here in person due to Her busy schedule. She has asked us to relay Her remarks and to convey Her love, high regards, and best wishes.*

Our first speaker is a multi-talented man. Mr. Chris DeRose (CDR) has been a police officer, a television reporter, and a world-renowned actor who appeared on several television series including 'General Hospital,' 'Cagney and Lacey' and 'The Rockford Files.' When Mr. DeRose left his acting career, he started to become a real life hero, devoting much of his time and energy to protect the dignity and save the lives of our animal companions. He is founder and president of Last Chance for Animals, a national non-profit organization which strives to prevent the use of animals for medical research, public entertainment, clothing or food. To raise awareness about animal issues, Mr. DeRose also wrote the book 'In Your Face: From Actor to Animal Activist.' For his noble actions to protect our animal companions, Mr. DeRose was presented with the 'International Courage of Conscience Award.' He is currently the Director of Animal Welfare in West Hollywood, California. Please join me in welcoming this true hero, Mr. Chris DeRose. [Applause]

- CDR. *I believe compassion, passion, and free thinking makes an individual the single most powerful entity that one can create. Therefore, no corporations, governments, or conglomerates on this Earth can control the commitment of one who thinks on their own. This is my belief. Can You shed light on this?*

- M. *Hallo, Mr. DeRose. And thank you for your compassion and the passion in all that you do for the animals! And you are a hero for the animals. I so much appreciate that. Of course, you are correct that no organization or entity can control the commitment of an individual. And sometimes we must be strong as individuals, it's true. I really admire people such as yourself who stand up for the truth despite hardship or opposition. If we know the truth inside, we really have no choice but to live up to that principle. And at the same time, our world and our humanity is built on connections.*

Even our spirituality is built on a connection with the divine. We do not really operate alone. It may seem that way sometimes, but we are truly always connected, and the things that we do affect one another as we see from the state of our planet right now. The actions of humans have affected other humans, as well as our animal co-inhabitants and finally the environment, to the extent that the Earth right now is in a perilous state, with marine habitats that are collapsing from acidification, Arctic regions that are melting, with frightening phenomena such as the permafrost that scientists are saying is melting at such a rate that it is releasing alarming amounts of the potent greenhouse gas methane, which could cause which is known as runaway global warming. Along with the millions of animals killed on a daily basis to produce meat, other animals are also perishing due to global warming. I'm sure that you are aware of many of these things already, Mr. DeRose. I only mention to remind you that these are reflections of our effect on each other and the ecosphere.

So, in order to remedy this situation, we must also act together to save the planet. And, at the same time there is also no need to feel alone. The world is changing; people are changing. I think you probably see this already in your organization, that more people are now showing sympathy for the animals, even developing technologies that eliminate

things like animal testing. And occasionally, people are charged for abusing or killing animals. I wish there were more animal protective measures. And there will be!

Mr. DeRose, about the concept of free thinking, one is certainly free to do good, or even free to commit crimes. But the highest form of free thinking is for the benefit and safety of all and supports the freedom of all beings. In other words, combining the compassion you mention with freedom on behalf of our co-inhabitants so that they are not harmed and instead are the recipients of that compassion. And if there are enough of these compassionate and passionate and free thinking people, this is powerful enough to save the planet.

So, please, do maintain your strong individual ideals, but do not give up on people, Mr. DeRose. Find more who are like you, of like-mind to yourself and then you will get even more people to join the trend. This is what we try to do with the 'Be Veg, Go Green' message, it is to get as many people as possible with similar understanding so that this planet can continue to exist. And the animals will appreciate all the more. They only want our world to be at peace and in loving harmony. So you are serving them further by involving yourself with others and to save their world and their home. Thank you for your effort and for your love for our beautiful animal co-inhabitants. [Applause]

- R. *Our next topic of discussion will be presented by Mr. Rip Esselstyn (RE), world-class professional tri-athlete, and firefighter from Austin, Texas. [Applause] Mr. Esselstyn is also the author of the New York Times bestseller 'The Engine 2 Diet.' As firefighter in Austin, Mr. Esselstyn convinced his entire team of Engine 2 firefighters to eat a vegan diet. [Applause] It started out as a 28-day challenge to lower cholesterol but ended up literally changing people's lives. Today Station 2 is known throughout the city as a plant-based station, inspiring hundreds of other firefighters to embrace the plant strong lifestyle. Mr. Esselstyn has proven that it is macho to be vegan.*

In recognition of his compassionate and noble efforts in promoting the vegan lifestyle, Mr. Rip Esselstyn was a recipient of the Shining World Hero Award from Supreme Master Ching Hai. [Applause] And we would also like to recognize his parents who were here earlier today. His mother, Ann, and his father who is Dr. Caldwell Esselstyn, M.D., who, with 25 years of research, created the longest study, demonstrating the curative effects of the vegan diet over the cardiovascular disease. Mrs. Esselstyn helped to make the study successful by preparing delicious nutritious meals that could then be taught to the patients. We now welcome Mr. Esselstyn to present his question. [Applause]

- CE. *Thank you. It's an honor to be here. Hallo, Supreme Master. There are more frequent disasters and diseases happening lately. Sometimes it seems like disasters are a cleansing process and provide opportunity for changes which may serve the purpose of awakening our consciousness. Why is it that human beings have to learn through negative impact and suffering in order to improve their lives for the better? And according to the countdown date indicated on Supreme Master Television, we have about 3.5 years to save our planet from the point of no return and the global warming crisis. This is truly a planetary emergency. We need to respond Code 3, with lights and sirens. How can we unite our efforts and work harder with higher emergency to save our home?*

- M. Hi there, Mr. Rip Esselstyn. How are you and the Engine 2 vegan heroes? Thank you for your concern about the planet dire state and your own efforts to help. And thank you for your thoughtful questions.

Well, to answer to your first question about why human beings have to go through negative experience or suffering in order to improve, sometimes we all need a stronger wakeup call to shock us out of a state of complacency. Sometimes, being too busy with survival, we get stuck in a habit or just an unaware way of life, even though it's harmful or endangering our very lives. It is similar to having a long-term illness. A disease might be so entrenched in us that takes painful surgery and hospitalization to cure us. Ultimately, the treatment, like surgery is good for us, just not pleasant at the time.

Negative experiences, we should keep in mind, are always the consequences of our actions which somehow were not wholesome. So they are there to help us realize we are not doing something in the best way; we should change. Fortunately, heaven is very merciful, and is actually giving us many chances to improve. So we should try to change, ask for forgiveness, and take action to correct our previous mistakes before we are reminded more harshly or, worst yet, before we lose our chances to correct.

To answer your second question, sir, about how to unite our efforts and work harder and efficiently to save our home, you and the Engine 2 are actually doing it already because you are a role model of the vegan solution to climate change. That's why I call you heroes because you are truly that. [Applause]

Uniting to adopt the vegan diet is the most efficient and effective way to cool the planet and restore its equilibrium. Because as we now know, livestock is the world's single largest source of methane, a greenhouse gas that traps about 72 times more heat than CO₂. At the same time, methane is shorter-lived than CO₂, so it will go out of the atmosphere more quickly if it is no longer produced.

Now, another important aspect is the spiritual, meaning that the noble qualities of a vegan lifestyle can altogether ward off the negative consequences and suffering we are seeing in the form of global warming, climate change, planetary imbalance and disasters.

We mentioned earlier regarding your first question that heaven is merciful and gives us a chance to correct ourselves. Well, in the case of climate change, being vegan is the chance for us to correct and redeem ourselves before it's too late. On Supreme Master Television we have an announcement that reminds us, 'Don't give up everything to be a world-saver. Just be vegan.' How much more energy-efficient can we get than replacing the beefsteak with a nicely marinated tofu? Thus, the vegan diet is how we should unite ourselves immediately to save our home. And in that regard, we thank you, Mr. Esselstyn and the Engine 2 shining examples. Thank you. [Applause] For free information about the harms of a meat diet and the benefits of a vegan diet, you can visit www.SurpemeMasterTV.com/Be-Veg. All the material there is freely available to download and share. Thank you.

- R. *We are delighted to introduce Ms. Joanelle Romero (JR), an award-winning American Indian producer, actress and singer. As founder of the Red Nation Celebration, Ms. Romero uses film to foster an appreciation and respect for American Indian culture, art, and music. Red Nation Celebration also seeks to create better economic opportunities for Indigenous Americans through music and entertainment. When Ms. Romero played a lead role in 'A Girl Called Hatter Fox,' she became the first Native American woman to play a leading role in a film about a contemporary native woman. She participated in the Lilith Fair, a traveling musical festival featuring female artists, and performed for the United Nations at their 60th anniversary celebration. Ms. Romero promotes a vegan diet to improve the health of the American Indian community and to save the Earth. She also*

sang at the opening ceremony for the SOS International Global Warming Seminar in Los Angeles, California, United States, in July 2008. Greetings, Ms. Romero. [Applause]

JR. *Thank you. Thank you for this honor again to be present here today to experience all the beauty that encompasses all of us here today, and I'd like to ask You a question. In Your animal book 'The Noble Wilds,' You introduced the secret of noble quality and readers can come to understand the beautiful inner world of our animal friends, our animal nation. Our people all know the inner connection with animals and nature. We understand and we know there is only one earth, one sky, one moon, one sun, one you, one me, and one voice, and in that voice we all have the same blood, and that's red, including our animal relations. And with that, people with animals often experience this bond as well. Yet they tend to be indifferent to other animals, to the point that they can eat their flesh and hunt them for fun. How can we together help others to regain this connection, this sacred connection, so that they can live in peace with nature and other life forms again?*

M. Hallo, Ms. Romero. I am happy to hear that you already understand this inner connection with nature and the wilds. It is a very beautiful part of life, which I also tried to convey in 'The Noble Wilds,' also the beautiful gifts offered to humans from the animals, their invisible blessings. If all of humanity can make this inner connection, we surely will live in peace.

So how to do it? Well, this is a big part of our message today, the message to be veg to save the planet. Because now it is not only that we would like to live in peace with nature; we must remember how to do so, or life as we know it will be no more. So this is the way, which starts with our own life, on our plate. We start with the vegan diet, something that everyone can understand from many aspects. It is the most healthy, with studies having shown that vegetarians live up to 15 years longer than meat eaters. Being veg is also the most ecological, as it halts major lethal pollution, saves vital resources such as water, air, and soil, while saving a lot of water and even food. And being veg stops 80% of global warming. These are very compelling reasons to be veg, because if everyone does so, we already save the planet. And then there is the compassion reason, to spare all life because this is the noble way to live. Besides, all life is connected. What benefits one species will bring good to all others.

To respond to your question about the things we can do to help others regain their inner connection, it is sometimes easiest to start with the logical approach of showing both the personal health side of being veg as well as the planetary benefit. These are easily demonstrated, thanks to all the scientific research that points out the dangerous health risks of meat eating such as cancer. And these days we also hear more and more about diseases associated with meat production, including virus transmissions like bird flu and swine flu. And then along with the logic, there is also of course the message of compassion. Ultimately, we must turn to a kinder way of life in order to survive on the planet ourselves. Kindness begets kindness; peace begets peace.

So you are entirely correct, Ms. Romero. Please join us in spreading the message to be veg. It is a very urgent time for the Earth as you probably know. The more we all can do to help people understand the importance of being veg, the better our planet will be. Thank you for your question. And providence bless you, your continued inner connection with the animals, as well as your endeavors to save their lives and the planet. [Applause]

- R. *Our next speaker, Mr. Alfredo Kuba (AK), is an energetic defender of the nobility of animals. He is the founder and president of the Silicon Valley in Defense of Animals. In 1995, Mr. Kuba attended an Earth Day conference much like this one in the University of Berkley in California. Upon learning about the suffering of animals, he immediately adopted the compassionate vegan lifestyle and began defending the dignity and freedom of all animals. Through public demonstrations and the justice system, he has successfully raised awareness of the plight of captive animals. In recognition of his noble and compassionate efforts, Mr. Kuba was recently the recipient of the People for Ethical Treatment of Animals ‘Cesar Chavez Si Se Puede’ Award. The words ‘Si Se Puede’ are Spanish for ‘Yes, it can be done.’ Mr. Kuba is unable to be with us in person this evening. He would like to ask Supreme Master Ching Hai however two questions: Can You shed light on the progress of human consciousness? And what are Your thoughts on the peace movement and veganism? Mr. Kuba has also sent us his greetings in the following video.*
- AK. *Greetings, Supreme Master Ching Hai! My name is Alfredo Kuba. I was going to talk about what it means to be progressive and eating animals is cruel, and being cruel to animals is not being progressive. Also, eating animals causes world hunger, because it is squandering our resources. And causing world hunger is not being progressive. Also, when we eat animals, we cause deforestation, killing wildlife, desertification and many other environmental catastrophes, and that is not being progressive. Being vegan on the other hand is being progressive, because it prevents all of these atrocities. Also, I want to talk briefly about being peaceful and non-violent. Being peaceful and non-violent is universal, and so when we eat animals and devour other living beings, we are not being peaceful. And so being vegan is being peaceful and non-violent, because we are being not cruel to all life. [Applause]*
- R. *We thank Mr. Kuba for his question. And this is Supreme Master Ching Hai’s answer to him.*
- M. *Hallo, Mr. Kuba. Congratulations to your being the first ever recipient of PETA ‘Cesar Chavez Si Se Puede’ Award. You deserve even more! Thank you for your strong hearted statement about veganism and peace for all beings. Yes, I wholeheartedly agree with what you say. Regarding the progress of human consciousness and behavior, the noble qualities of compassion and peace have been upheld since time immemorial by all true spiritual teachings. However, humanity as a whole has not always been ready to accept these principles. Sadly, not all of us knew how important they were for our own survival.*

For example, at this urgent time on the planet, we must stop the killing of animals, or humanity will perish as well. In past times people may not have known of this truth, or tried to ignore it, being too busy or feeling too ‘inconvenienced.’ The good news for us now is that humanity does have the chance to become aware and ponder over this, due to the urgent state of our world. Also, I have mentioned at another time that we have passed the tipping point for vegetarianism – meaning that enough people in this world have become veg – that it will be easier for the rest to adopt this lifestyle, as long as they are open to changing their habits.

So people like yourself, Mr. Kuba, who already uphold and live the values of true peace, are especially valued in helping spread the word to reawaken this awareness in others. We need every person possible to bring the message of peace for all beings to help the Earth avert crisis. It really is that important. So I thank you for the work you have done already and ask that you please continue.

Regarding the peace movement and veganism, yes, being vegan does mean non-violence. As you may be aware, there are some groups such as the Jains that practice peace to the extent that they even refrain from eating certain vegetables whose harvest might cause harm to underground beings such as the earthworm. This is another level of what is also known as ‘ahimsa,’ or doing no harm. We believe in ahimsa and we try to live the way of ahimsa, or non-violence.

Now, how to promote these values of peace in today’s world? The great philosopher Confucius taught that world peace starts with ourselves. We must first cultivate ourselves, then take care of our family, then we can govern our country, and pacify the world. So we start with changing our own lifestyle, which you have already done, and you have my sincere appreciation for that. And the lifestyle of a vegan diet is most peaceful just as the proverb says. First, the vegan diet is making peace with our own body, because it is the healthiest and kindest diet we could ever have to our being. Millions upon millions of deaths due to heart disease, cancer, diabetes, and obesity, could be virtually gone. We will have a stronger immune system to face other kinds of diseases which would not plague us. New deadly viruses like the swine flu, or worse, would not plague us anymore because it has been clearly shown that these viruses are being bred in factory farms. Hundreds of billions of US dollars in health costs could be saved. The well-known medical doctor, Neal Barnard, said, ‘The beef industry has contributed to more American deaths than all the wars of this century, all natural disasters, and all automobile accidents combined.’

Next, to be vegan is to make peace with the animals by ending their slaughter of billions and halting the suffering. We need to realize that there is no real pleasure and certainly no benefit from partaking in the flesh of a sentient being. Veganism allows peace for our fellow human beings as well. If we don’t eat meat and dairy, we eliminate the work situations that currently demand killing. This high-stress, depressing work is found in factory farms and slaughterhouses, and is strongly linked to high crime rates, domestic abuse, and substance abuse in these communities. We cannot have peace, really, until we do away with this unpeaceful meat system.

There is another way that the vegan diet brings peace to our fellow human beings, and that is the fact that a billion people won’t have to go to bed hungry anymore because all the precious grains will be freed from going to fatten the poor livestock. Grains enough to feed two billion people actually, and it is not even the animals’ natural food that is being forced upon them.

Going further: Peace for our country. In a vegan society, there are more balanced economies. Because, let’s face it, in the meat system it is incredibly inefficient. If anything, there is only short-term gain. For example, one study found that the cost of mitigating global warming, estimated at USD40 trillion, could be reduced by 80% if everyone switched to an organic vegan diet. A study found that the Amazon rainforest provides more economic gain if left intact, as opposed to if it is deforested. In fact, we gain USD6,820 per hectare of intact Amazon land. We gain USD1,000 only if we clear the forest for commercial timber. And can you guess how much money we make if we clear that hectare for cattle pasture? A mere USD148!

Leo Tolstoy said, ‘As long as there are slaughterhouses, there will be battlefields.’ Pythagoras said, ‘For as long as men massacre animals, they will kill each other.’ Think of all the lives – human lives – and family happiness and economic prosperity we gain in a world without war. And finally, a vegan lifestyle helps us make peace big time with our environment, our planet. We can stop 80% of global warming. At the least, we could

eliminate greenhouse gas emissions that are much more than that of the world's transportation sectors combined. The oceans and rivers, life and pure water, will be restored.

Currently there are hundreds of oceanic dead zones, created largely from nitrogen fertilizer runoff associated with livestock production. They have been growing in number and size. These would be eliminated, along with the ocean acidification that already threatens many coral reefs and other marine life, which is caused by increased CO2 absorption in the sea waters due to rising atmospheric temperatures. The disappearance of oceanic dead zones created from livestock nitrogen runoff and the ocean acidification could be eased with planetary cooling. There would cease to be millions of gallons of toxic animal waste choking our rivers and underground water supplies. One cow produces 20 times the waste of a human, and the manure of all the farmed animals in the United States, for example, leave behind 100 times the sewage of the people. 100 times!

I'm sorry, it's not pleasant, but I'm sure you would agree it would be nice to have a planet without the extra landmarks of waste hills and lagoons. And there is more. Of the Amazon deforestation since 1970, 91% has been used for livestock and meat production, and meat production continues to rapidly expand in Brazil. Livestock grazing is known to be a major factor in land degradation, causing it to become unusable for a very long time. However, with a vegan population, even land considered barren from deforestation and trampling and grazing of livestock will recover. Another factor is air quality, from which livestock generates 64% of ammonia contributing to acid rain, 37% of the methane and 65% of the nitrous oxide in the atmosphere. Hydrogen sulfide is another poisonous gas produced as a by-product of farmed animal operations. Thus, acid rain and other atmosphere hazards will diminish greatly so that trees and other flora can thrive again. Returned to nature and organic vegan cultivation, the land can even become a vast carbon sink, absorbing 40% of greenhouse gases to further cool the Earth. And these are just the physical signs of an emerging peace, not to mention the spiritual tranquillity we gain for ourselves and for the planet's benevolent, blissful vibration.

So being vegan is the first and foremost important step of the peace movement. And we have to help everyone out of this, to sow the seeds of the next era of progress, and lead the new peace movement of our times for the world, for the new born generation, for the future generation and for us now. Meanwhile, animals thank you, Mr. Kuba. The animals know of your love. And God knows of your love. So please continue with your work in that love. Thank you for your caring question and your part in saving our planet. [Applause]

- R. *Next, we invite to the stage Miss Christine Garcia (CG), Esquire, founder and lead counsel for the Animal Law Office in San Francisco. Early in her career, while working with firms in other areas of law, she pursued her desire to help animals by taking pro bono animal related cases and by volunteering with organizations, such as in Defense of Animals, Animal Care and Control, and Reunion Rescue's Pit Bull Rescue Group. Since 2001 Miss Garcia has dedicated her time solely to using the legal system for protecting animal rights. Her firm takes cases on a free basis to continue giving animals and animal rights activists a voice and presence in the judicial process. Miss Garcia is also producer and director of the San Francisco television show 'Ethical and Animals.' Thank you for joining us today. [Applause]*

- CG. *Thank you so much. I have a question for dear Supreme Master. I noticed the growth of the international vegan chain restaurants, Loving Hut. I love that they are opening everywhere and I personally absolutely love the food. I noticed that some of the dishes could be adopted by other restaurants if they were interested. So what can I do? How would You recommend that I try to get other restaurants interested in serving delicious vegan dishes such as the ones at Loving Hut restaurants?*
- R. *Thank you very much for your question. And here is Supreme Master Ching Hai's reply to you.*
- M. *Hallo, Miss Christine Garcia. It's nice to know you and hear about your courageous work defending the innocent animals. What a truly noble and dedicated true lawyer you are! [Applause] The animals must thank you so much and love you. Thank you for your kind words about Loving Hut. I am also pleased that they are opening in many places, with more and more all the time. And whenever a new Loving Hut opens, the response has been fantastic. It seems people are so welcoming and really ready to eat in a healthy, wholesome, and vegan way. They tell us that they just feel so good when they eat the food, so they keep coming back all the time with their families and friends and co-workers. The dishes are often a fusion of both local and international so there is a lot of variety. And they're always made with the freshest ingredients, and made with love, of course, because it's animal-free and made with care for the world. No suffering, only love and peace of mind – the secret ingredients – which makes a true nourishing, nutritious meal. Well, you can always suggest to the restaurant what you think people would like, and let the restaurant decide. You can tell them that you observe that nowadays people are more into healthy but fast and affordable dining, and that animal-free food can still be very delicious and it's eco-friendly, eco-chic and green. Perhaps they could start with a section on their menu, a vegan section, and experiment from there.*

Feel free to contact Loving Hut; they would be more than happy to share information about recipes and tips on vegan food. Some restaurants even have classes for the public to learn how to cook traditional meals a la vegan! It's all about know-how, and it's easy and fun to be veg. I'm glad the public is more and more open to vegan cuisine, and I think once they try it, they'll be more and more interested. That's what Loving Hut is all about really, and when it's more accessible and available, people are given awareness of environmental protection and a choice, and for sure they'll choose the better, healthier, tastier, eco-friendlier and compassionate vegan diet. Thank you, Miss Garcia, for your enthusiastic support and for good vegan food! Please help spread the word, yes? And heaven bless you for helping the animals and saving our world!

- R. *It is our pleasure again to speak to our host, Mr. Bob Linden, a 25-year vegan. A deep lover of animals, he has dedicated his life to encouraging people into choosing a compassionate diet. Mr. Linden has a degree in broadcast communications, and was a very successful turn-around artist for many radio stations across the United States through his compassionate community centered programming, management, and on-air talents. Nine years ago, at the insistence of many in the vegan community, he was encouraged to start 'Go Vegan Radio,' a non-profit radio show which can be heard worldwide at www.GoVeganRadio.com. Go Vegan Radio is the first commercial vegan radio show and the first major network vegan radio program having been aired on Air America and 26 stations across the United States. He created the first Vegan Earth Day out of a sense of urgency to protect the planet from environmental catastrophe caused by animal agriculture before it's too late, and because he was concerned that other*

Earth Day celebrations neglected to link environmental destruction to animal agriculture. Welcome, Mr. Linden. [Applause]

BL. *Thank you so much, I really appreciate it. I have a question prepared here for Supreme Master Ching Hai who I've learned to love over the years for Her support for 'Go Vegan with Bob Linden,' the radio program www.GoVeganRadio.com. I almost have tears in my eyes to where I can't even read the question, because I see all of my friends who are being honored as heroes here. Supreme Master Ching Hai honors these people who are truly heroes and living a noble life helping animals. So I'm just so impressed with the day and with the Supreme Master Ching Hai International Association. I'm in tears. The success of this day is owed to them, so I do want to thank Supreme Master for Her tireless efforts in raising awareness. I mean, look at the work that She's doing. She's doing our work, we're family. And Her book 'Celestial Art' is so beautiful and vibrant and an expression of the abundance that Earth could be if we were on the right path. And we have Vegan Earth Day today, the day where we ask everyone on Earth to go vegan to save the Earth. Now, what if everyone listens? What if the webcast went out there and people all across the globe now are watching this telecast? What if they do listen? What if they go vegan? Well, what kind of world would it be? So that would be my question to Supreme Master Ching Hai, an optimistic one. I have a radio show, that the title is 'Go Vegan!' I'm an optimist that there will be a vegan world, but what will it look like? What would that world be? That's my curiosity.*

R. *And here is Supreme Master Ching Hai's response to you, Mr. Linden.*

M. *Hi, Bob! How have you been? My humble salute to your eight years hosting a world pioneering vegan radio, and still going. Bravo, Bob! [Applause] You're doing a great job. Thank you for working in the noble direction. I think you very well know what direction we're walking toward, that is toward the ideal world, the vision of heaven on Earth. Because otherwise, I don't think you'd be doing what you are doing if it weren't for your sincere wish to see humanity changed and uplifted for the better.*

Yes, that is the picture of what the world would be like if everyone turns vegan right now. Just to think of it is so wonderful. Humans would be so happy, elevated even without consciously knowing why, and so intelligent and creative all of a sudden. Like big gates just opened in their hearts and let out so many abilities and talents and qualities that had been locked away inside for all this time because of the obstructions by disease, the pain and guilt, et cetera, all from animal consumption. We will become more enlightened as a whole society, able of more incredible inventions; thinking of better ways to conduct our governments and economic systems and all other systems. Everyone will feel young and energetic and just so blissful, because at that time we will be blessed by heaven beyond measure. We will truly walk the earth, as friends of the animals, even the wild animals, and they will walk alongside us and be our friends and our helpers. There would be no more violence among humans. The word 'war' will soon be erased from memory, and perhaps dictionary! Can you imagine? Even the animal kingdom will change to reflect the new peace humankind has established in and around them. There will no longer be any fear in any heart. All will be so calm and so beautiful; we will enjoy heaven all around us. If everyone became vegan today, what I just said would come true within a matter of a few months only, it's not a distant dream. I guarantee it. Thanks, Bob. Heaven bless you and what you do!

BL. *And my thanks to Supreme Master Ching Hai for that beautiful vision which is what I think we all do feel in our hearts and that's why we are working so hard to make that happen. So many of us are frustrated by the problems that we face now. War and*

violence and global warming. And yet there is an action that each of us can take; we don't have to wait for governments. And it's really so delicious to save the planet! So delicious to save the animals! Just go to Loving Hut, you'll see what I mean! Go to Loving Hut! [Applause] Go to www.LovingHut.com and you're helping everyone. That's the simple solution is that we can all take action. If we're against war, we can take violence off our plates! If we are against environmental destruction, we can take it off our plates! And so I believe that.

I do want to thank the representatives from Supreme Master Ching Hai for participating and with all of their enlightening answers from Supreme Master Ching Hai, and all the panel members who participated, all the heroes recognized – we really appreciate your participation here – and all across the globe we encourage people to create that vision that we just heard! It's within grasp, all we have to do is go vegan! And it's not like we're giving up something! It's not like we're sacrificing meat, giving it up. It's like, get rid of it. Get rid of it! What are we doing eating other bodies? You know what? We're eating bodies and decomposing cadavers and mammary secretions of other species! How did that happen? And I only say it because Supreme Master is so honest and truthful. If She says, 'Meat is murder,' She's opened it up for me. What can I tell you? And I do invite you to listen to my program. There are 200 shows archived at www.GoVeganRadio.com. All the reasons to go vegan. Then people say, 'Well, what do I do? Now what do I do?' Well, you know, eat at Loving Hut! [Applause]

Really! I do all the time. I was in Alhambra. I went to San Diego, there's one coming to Orange County. I've been to all the ones in the Bay Area. They are spectacular. And Vegetarian House by the way, in San Jose, is spectacular. Supreme Master Ching Hai, I believe that's been there for 14 years, just an unbelievable place! So I mean the food is great. We have the best food. Vegans have the best food, right? [Applause] So I believe it's time to talk about action that we can take. It's a call to action. That's what Vegan Earth Day is. It's the day we ask everyone on Earth to go vegan to save the Earth. And so, let's see what Supreme Master has to say about taking action. Let's see that video now from Supreme Master Ching Hai. [Applause]

[Playing the video presentation entitled 'Solutions for the Planet' by Supreme Master Ching Hai.]

M. **Simple steps for saving our world**

It's very easy to change the climate warming, and to save the world. Just be veg, go green and do good deeds. Meditate. Positive vision. Spread SOS flyers. Promote vegetarian diet. Be frugal. Planting trees. Use hybrid cars or less fuel consumptive means of transportation, like carpool, bus, train, walk, bicycling. Buy organic food to support organic farmers, et cetera. Do anything you can to support this organic vegetarian farming.

Be veg – Animal-free diet

The best solution for our urgent situation right now is a vegetarian diet, and it should be openly endorsed and even made into law if possible, to protect people, animals and our planet, the only one that we have. People must realize that putting down that piece of meat, which is poisonous, is all they have to do to obtain peace on Earth, and to eliminate hunger for good, and to save the planet. Just be vegetarian and we save a lot of methane gas and a lot of transportation pollution, a lot of waste and water and land,

and those land we can cultivate. A vegetarian diet can save the world through the elevating good karmic consequences and benevolent energy from the compassionate good lifestyle, and also will minimize war or eliminate war altogether.

Good messages from government and media

Government veg leadership

It has to start from the government and the media because they are the most powerful tools to spread information to the people at large. They have to go over the boundary of protocol and habitual routine work because this is a special situation, and it needs special measurement, even desperate measurement.

The government can ban the meat indoor, outdoor, or in the restaurant. The government can let the public know about the beneficial effect that we can have by having vegetarian diet. They have to publicize it everywhere. They have to give leaflets to people to read, make it a public job to do it. And then make classes of vegetarian cooking available to people free of charge in the school, night school or something. They could also put high tax on meat or ban it altogether or ban the killing of animals, and educate people into a brand new, exciting way of life. Just stop the fishing, the government has to forbid fishing because it's too important to our survival to delay any further. We must protect a living and healthy sea, as it relates to our living and healthy self. We cannot live without the sea.

Media veg promotion

All the media should help to save the planet. Everyday when they print the newspaper, just one headline somewhere: 'Be Veg. Go Green. Save the Planet.' All the billboards, every advertisement should add one sentence, and all entertainment programs, whenever they do some entertainment, they could say it before or after, 'Please Save the Planet. Be Veg. Go Green.'

Support organic farming

Everybody turns to organic farming instead of cattle raising. Organic farming uses less water, less time, less labor and produces more in abundance and healthy food for all to enjoy. And even if capital is needed, the government should give them subsidies to help the organic farmers instead of using that to help the meat production, which is harmful to us. And it's easy, it's simple, cost and water effective. And it's ecologically, economically sound. It will absorb even 40% of CO2 if all the tillable lands are organically cultivated. Organic farming preserves top soil. Organic farming reduces toxic farming runoff and pollutants that contaminate our water, soil and air. So organic farming is healthier for farm workers, surrounding communities as well, and for natural wildlife.

Plant veggies and trees

Plant vegetables in your garden instead of the grass, you plant vegetables and eat from them. And plant trees. Everybody plants a couple of trees. And the governments instead of put money into war, they just use the money to pay people to plant trees where the desert, where the dry climate, where it's already damaged to revive the atmosphere.

Be frugal and live sustainably

Sustainable energy, solar power, wind power. And go together in one car to work or to shop together. And buy those, if you can, hybrid cars. Every country should help each other to develop more sustainable energy for our shared planet as well as to protect the health of the people and the animals. We must adopt sustainable, green, frugal lifestyles which will support all life on the planet.

Open windows, turn off air-con or lower the air-con consumption, saving energy, recycling, et cetera, everyone can automatically do it daily and even companies can lessen their working hours or shorten their working hours accordingly. Use less hot water, shower less time, and don't keep water running while you're showering, don't keep water running while you're brushing your teeth. Turn off your computer. Turn off the light when you don't need. All the standby machines, anything – computer, television, turn it all off. The clothes, you can wipe it also. You don't have to change and wash every day. Keep yourself clean like that, and save a lot of money and resources for the Earth, for the planet. In many places there are already bans on the use of plastic bags and many convenience stores are already trying to limit the use of harmful packages. We should use something less toxic, and we should use our own shopping bags wherever we go, to minimize whatever we can the harmful effect to the planet.

Spread the news

Write to the government and media

Write or talk to the government and the media and those in power, apart from what we are doing right now, like distributing flyers, teaching vegetarian diet and opening vegetarian restaurants and going to schools demonstrating vegetarian diet, et cetera.

Hold grassroots seminars

We must make grassroots seminars to offer evidence and logic and the solution to the global warming.

Join efforts with other vegans

The wealthy ones should spend money to advertise these headlines if the media don't do it. All the vegetarians and vegans should go all out to inform people and tell them the grave situation of our time due to meat diet and convince others to switch to vegetarianism. I can only tell you that I have positive feeling and that if we are working hard, and with the help of all the vegetarians, fruitarians, breatharians, waterians, all the non-meat eaters out there if they're all helping us, and even if the meat eaters if they are helping us also, then the planet will be saved.

Meditate and pray

We have to repent and pray for heaven's grace. We have to ask for forgiveness from heaven and from all beings for all the harm that we have done to them. And the powerful collective, positive and loving power of the whole world will repel darkness that are coming towards us, that is facing us right now. One simple solution is love, that's it. We have to follow our heart.

You don't need to take shower every day. You can use a 'dry cleaning' system. You

wipe it with a baby towel, wet towel first, one or two wet towels enough, and then you wipe yourself again with the wet towel from water, and you're clean, smell nice every day. Good enough! And you bathe once a month, or once a year. Or once a week, or once every two weeks! You can live together in one flat, instead of each one have one flat. You pool money together to pay for the rent. And if you put money to cook together, it's cheaper. Everybody uses one electric light instead of each one, one.

BL. So that was very inspirational, and what an enlightening day this has been on the day of most light – the summer solstice. And perfectly, this should be the day for Vegan Earth Day, June 21st, summer solstice, day of most light. [Applause]

Thank you so much for participating. This was the award I got from Supreme Master Ching Hai – Shining World Hero – [Applause] which we all share as vegans. We're all shining world heroes. You can be a shining world hero too! If you're not vegan yet, if you're still pre-vegan, today is the day! Today is the best day, Vegan Earth Day! [Applause] Thank you so much. This is quite an honor to host this, to receive this award, and to put on this event. You're the best! Thank you so much! You're the best! I really appreciate it. [Applause]

LET'S MAKE THE CHANGE – PROTECT THE ENVIRONMENT ¹⁹

Welcome, respected dignitaries, media members, notable speakers, and all noble conference participants, hallo. As a very concerned citizen of the world, I humbly greet you, thank you and respectfully salute all of you here today who have come with open hearts and minds for the welfare of this beautiful and beloved planet that we call home.

I am deeply grateful for the conference that is being held here today in Veracruz, Mexico, to address the urgency of global warming due to climate change which, sadly, has killed hundreds of thousands and affects hundreds of millions of humans, not included other species. It is my hope that it will raise higher awareness and inspire action toward the most serious international issue of our time. The information communicated and the noble work being done here today is of paramount importance. It is an honor to share the planet with dedicated people such as yourselves, who strive for the betterment of others. We all know that climate change is a grave issue; we all know what it is, and that the current critical condition of our planet calls for immediate and wise action from every one of us. Please do take note of all info from this conference today and spread them far and wide to save our world from perishing. I take the opportunity to inform you the general urgent scenarios, though perhaps some of you or many of you have already known.

General urgent scenarios

You see, our current course of climate change is worse than the worst case scenario projected by the United Nations Intergovernmental Panel on Climate Change (IPCC), with the damaging and often fatal effects already being seen through such extreme events as hurricanes, flooding, droughts and heat waves. Even if the world reduces greenhouse gas emissions, the planet will take time to recover from the gases already in the atmosphere. This is why it is necessary to focus on short-lived gases, namely methane. Methane traps at least 72 times more heat than CO₂, averaged over a 20 year period. Methane's biggest source is the livestock industry, which is indeed one of the top causes of global warming that must be stopped. But first, please allow

19. Videoconference with the Mexican people at the 'Let's Make the Change – Protect the Environment' Climate Change Conference at the Environment Expo 2009, World Trade Center, Veracruz, Mexico, June 4, 2009 (Originally in English). * Note: This conference is recorded verbatim only the video presentation by Supreme Master Ching Hai.

me to share just some of the latest evidence of the impacts of climate change on humans' and animals' lives.

Polar ice cap melt

Here we have first, Arctic melt. The Arctic, or North Pole, may be ice-free by 2012, 70 years ahead of IPCC's estimations. Without the protective ice to reflect sunlight, 90% of the sun's heat can enter the open water, thus accelerating global warming.

The change in Arctic ice cover is dramatic, with climatologists saying that only 10% now is older and thick ice, while over 90% is newly formed and thin. Another Arctic change is the thawing of permafrost, a normally frozen layer of earth containing methane stores. The thawing of this layer in recent years has caused methane to be released, with atmospheric levels that have risen sharply since 2004. Further global warming beyond a two degree Celsius rise could cause billions of tons more of methane to be released into the atmosphere, leading to mass extinctions of life on this planet. As the massive ice sheets of Greenland and the Antarctic continue to melt as well, catastrophic sea level rise and stronger storms are expected to follow. If the entire West Antarctic sheet melts, global average sea levels would rise at least by 3.3 to 3.5 meters, affecting over 3.2 billion people – that is half of the world population – who live within 200 miles of coastline. And United States scientists from the National Snow and Ice Data Center now say that if all of Antarctica were to melt, the sea level could rise to a much higher level than expected, some say even up to 70 meters, which means more deadly to all lives on Earth.

Lands sinking and climate refugees

Next problem: We have lands sinking and climate refugees. Right now, at least 18 islands have completely submerged around the world, with more than 40 other island nations at risk from rising sea levels. A report from the International Organization for Migration stated that there may be 200 millions, or even up to one billion people will be climate refugees by 2050, or within our lifetime. These are people who must leave their island or coastal homes due to rising sea levels or permafrost melts that cause entire communities or nations to sink and collapse.

Glacier retreat and water shortage

Next problem we have: Glacier retreat and water shortage. Most of the planet's glaciers will be gone within a few decades, jeopardizing the survival of more than two billion people. One billion of these people will suffer the effects of the Himalayan glacier retreats, which have been occurring at a pace more rapid than anywhere in the world, with two-thirds of the region's more than 18,000 glaciers receding. The initial effects of glacier melt are destructive floods and landslides. As the glacial ice retreat continues, reduced rainfall, devastating droughts and water shortages are the result.

Oceanic dead zones

Oceanic dead zones: Climate change is creating areas of sea known as dead zones, which now number more than 400. These arise due to fertilizer runoff largely from livestock, contributing to the lack of oxygen which is necessary to support life.

Record heat

Now, we have also record heat. The past decade has twice, at least, seen the hottest average annual temperatures ever recorded in our planet's history. In 2003, a record heat wave hit

Europe, claiming tens of thousands of lives. Heat waves also preceded the worst wildfires ever in Australia's history.

Storms increasing

Storms increasing: The intensity and duration of hurricanes and tropical storms have been noted to increase by 100% over the past 30 years, which scientists at the Massachusetts Institute of Technology in the United States say is likely due to climate-related increases in ocean temperature.

Wildlife disappearing

We have wildlife disappearance. Leading ecologists say that the decline of wildlife due to species extinction is so rapid that there is no modern comparison. Scientists also now predicted that the Earth's 16,000 endangered species may become extinct 100 times faster than previously thought.

Drought and desertification

We have drought, desertification. In Nepal and Australia, wildfires this year have been severely intensified by drought conditions. In Africa, people in Somalia, Ethiopia and Sudan, to name just a few, have been crippled by drought. According to the United Nations, desertification, which often results from felling too many trees and damages that occurs from such activities as cattle grazing, is affecting the well-being of more than 1.2 billion people in more than 100 countries at risk. Precious fresh water supplies are also drying up, such as aquifers under the major cities of Beijing, Delhi, Bangkok, and dozens of other regions such as the Midwestern United States; while the rivers Ganges, Jordan, Nile, and Yang Tzu have been reduced to a trickle for much of the year. In China's worst drought in five decades, vital crops were lost in at least 12 northern provinces, costing the nation billions of US dollars in drought relief to farmers with losses.

Human health

We have the human health problem. According to Swiss-based research, climate change is already responsible for some 315,000 deaths a year, with another 325 million people who are severely affected. This comes in addition to an economic loss of USD125 billion every year. The worst affected are developing nations in Africa, with other very threatened areas being in South Asia and small island nations.

Solutions

We have enough with problem, but we have solutions to this problem. It might not be that early, but it's still not too late, we still can rescue our home, planet home. Number one solution is vegan, organic vegan. Veganism will save our world. I will report to you one by one how vegan would save our world. Luckily, there are easy actions we can take. I will list them for your reference.

Now, many of these areas where we are seeing such devastating effects of climate change, such as Arctic melt, lands sinking, water shortage from glacier melt, and even storms increasing are all directly related to the Earth's temperature increasing. So we must cool the planet, first and foremost. And the best way to stop global warming is to stop producing the greenhouse gases that create the heat. Logical, no? Yes. We already know about the efforts to reduce emissions such as from industry and transportation. But changes in these sectors are taking too much time – more than we can afford at this rate, at this hour. One of the most effective and

fastest ways to reduce the heat in the atmosphere is to eliminate methane production. Methane not only traps up to 72 times more heat than carbon, it also goes away from the atmosphere much faster than CO₂. So if we stop producing methane, the atmosphere will cool more quickly than if we stop producing carbon dioxide. See what I mean? Organic vegan will produce beneficial cooling effect as it will cut down methane and other greenhouse gases which are fatal to our survival.

Eliminating methane

We can start by cutting down on the biggest methane producer in the world, that is, animal raising. So, to cool the planet most quickly, we have to stop consuming meat in order to stop the livestock raising industry, and thus stop greenhouse gases, methane and other toxic gases from the animal industry. If everyone in the world would adopt this simple but most powerful practice of an animal-free diet, then we could reverse the effect of global warming in no time. We would then have time to actually be able to adopt longer-term measures such as more green technology, to also remove the carbon dioxide from the atmosphere. In fact, if we neglect to stop meat production, either all these green efforts will be cancelled out in effect, or we may lose the planet before we are even having a chance to install any green technology such as the wind power or solar power, or more hybrid cars, for that reason.

Please also keep in mind that although livestock has been reported to generate 18% of global greenhouse gas emissions – which is more than the world's transportation sectors combined – this is actually an underestimate because recently revised calculations have placed it at generating possibly more than 50% of total global emissions. I repeat: Livestock has been recalculated as to generate possibly more than 50% of total global emissions – more than 50% is from livestock industry. So that was the number one solution.

Eliminating other gases

Number two: Eliminating other gases. Besides methane, other lethal toxic gases are emitted by the livestock industry as well. It is the largest source at 65% of global nitrous oxide, a greenhouse gas with approximately 300 times the warming potential of CO₂; it emits also 65% of all ammonia, which causes acid rain and hydrogen sulphide, a fatal gas. So, to stop livestock production is to eliminate all these deadly gases, as well as methane.

Halting dead zones

Number three: Halting dead zones. There are other huge benefits gained by halting livestock production. Oceanic dead zones, for example, are caused primarily by fertilizer runoff from agriculture that is mainly used for animal feed. Dead zones are a serious threat to the ocean's ecosystem, but they can be revived if we stop polluting them with our livestock-related activities. Stop fishing, too, then marine life will rebound. Since the heavy fishing that caused the sardines to disappear from the coast of Namibia, eruptions of harmful gases have created a dead zone that is destroying the area's ecosystem due to the absence of that one humble but eco-beneficial, powerful species. Can you imagine? Just the sardines. So we have to stop fishing as well as all animal products, to protect our living ocean and water bodies, which is crucial to our survival. You know it.

Stopping desertification

Number four: We have to stop desertification. We can. Desertification is another climate change effect that is linked to livestock, again. For example, in Mexico, recent research stated that 47% of your country has already taken the toil of desertification, has become desert, due to damage

from the cattle industry. You see. And another 50 to 70% of the country of Mexico is also suffering from some degree of drought. Overgrazing by livestock, which occupies nearly a third of our earth's land surface worldwide, is a major cause of desertification and other damages, and is responsible for more than 50% of land erosion. Now, we must stop livestock grazing to protect our soil and protect our life.

Stopping water shortage

Number five: We can stop water shortage. While droughts are plaguing more populations, we cannot afford to waste water. Meat production uses massive amounts of water, as you know. It takes up to 1,200 gallons of fresh and good clean water to produce just one serving of beef. In contrast, a full vegan meal costs only 98 gallons of water. That is like 90 plus percent less. So if we want to stop water shortage and to preserve precious water, we have to stop animal products.

Banning deforestation

Now, six: We can stop deforestation. We have to ban deforestation. And we have to plant more trees, of course. Wherever there's erosion or empty land we have to plant trees. Okay. Now, deforestation is also largely driven by meat production. With the United Nations estimating that deforestation accounts for approximately 20% of all greenhouse gas emissions, nearly all deforestation itself is related to meat production. 80% of cleared Amazon forest is designated as a cattle grazing area to prepare the animals for slaughter, and the remainder is planted as soy crops used also largely for animal feed. So, to stop animal products is to protect our precious forest, the lungs of our Earth, and the crucial factor for our survival.

Alleviating financial cost

Now, seven: We have to alleviate financial cost. See, our leaders are worried about the cost of mitigating climate change. However, the good news is, if the world shifted to a reduced, or meatless diet, animal-free diet, then we could reduce the cost by half or more. That means we would reduce tens of trillions of US dollars. If the world shifted to vegan diet, we could save more than 80% of the cost, or approximately USD32 trillion.

Minimizing health cost

Number eight: We must minimize health costs. The health risks of eating meat are more and more evident these days. Livestock are routinely given excessive hormones and antibiotics, which then, when consumed as meat can in turn endanger human health. There are also toxic by-products in slaughter places such as ammonia and hydrogen sulfide. These poisonous substances have caused deaths among workers due to their extreme toxicity. As a so-called food, meat is simply one of the most unhealthy, poisonous, unhygienic items that could ever be ingested by humans. We should never eat meat at all if we love and cherish our health and our life. We will live longer without meat, healthier, wiser without meat. Meat has been scientifically shown to cause all kinds of cancers, also heart disease, high blood pressure, stroke and obesity. The list goes on and on and on. All these diseases kill millions of people every year. Millions and millions of people die due to meat related diseases, and making millions of others seriously sick and disabled as well. There is no end to tragedies caused by the meat diet. Meat eating is a no-no. We should know this by now through all the scientific and medical evidence. Please stop eating meat.

Just even for your health's sake. You want to live long for your children and your grandchildren, and live healthily. We did not even mention the filthy condition, the confined environment where

the animals are kept until their slaughter, which promote the transmission of diseases such as the swine flu virus. In fact, some meat-transmitted diseases, like the human form of mad cow disease, are tragically fatal in every case. Whoever contracts mad cow disease is doomed to die, sadly and sorrowfully. Sadly, et cetera. Other contaminants such as E. coli, salmonella, et cetera, can also cause serious health problems, long-term damages, sometimes even leading to death. In short, simply saying no to meat will make us richer, healthier, and most importantly, it will make us a wiser person, and a great hero. Because it is the only timely way that we ensure the survival of our children and grandchildren.

Closing

To conclude my report: Respected, honourable, wise, beloved, esteemed audience members, we now can see how imperative it is to stop the warming of the planet with the greenest of all green policies and actions, the most compassionate, the most heroic, the most life-saving action, that is: The vegan diet, organic vegan to be exact. It's better for your health as well. It is the long-term insurance against climate change. We must be the solution and encourage others with all the convincing and supporting scientific, physical and moral data that is available to us so they do the same. Adopting a plant-based diet can halt as much as 80% of global warming, eradicate world hunger, stop war, promote peace, and it will free up the Earth's water as well as many other precious resources, offering a lifeline for the planet and for humanity.

In short, it will very quickly halt many of the global problems facing us right now. Therefore, it is vital that we change our lifestyle – it's very easy to do it – setting a noble example for others to follow, and do our part to bring to the public's attention the urgent climate change issues and its solutions; the foremost is being the vegan diet, to safeguard our precious planet. It is time to walk the talk, because there is not much time left now. In coming here today, it is quite clear that all of you already know that the issues at hand are very urgent and need to resolve immediately.

Thank you all states persons, media members, speakers, conference participants, ladies and gentlemen, for all your time and care in coming here today. And thank you all noble persons involved in organizing this awakening event. I truly appreciate your sincerity and willingness to join with those who share the same goal, for taking initiatives to inform the public, and for wanting to implement prompt actions. Together we can usher in a new Golden Era where we can all live the noble qualities of love, compassion and benevolence as was intended, live up to the principles of non-violence and forgiveness, exemplifying the human standard of virtuous living, righteous living, and live a more sustainable life in peace, joy and harmony with each other, with all our co-inhabitants – humans, animals, plants, trees alike. I am quite sure that this conference will contribute greatly to the worldwide efforts of all nations to save our planet. My most heartfelt gratitude to all who took part in making this a reality. May heaven bless you, your loved ones and your countries. And may all your noble endeavors be graced with glorious success!

Now, due to my travel, regrettably it's not feasible to reply to your questions. But should you have any, I will be glad to reply to the best of my knowledge on a later date on Supreme Master Television. Or you can log on to the internet, www.SupremeMasterTV.com, to get the required answers to your questions. God bless us all. God loves us all. Thank you for you attention. Thank you for everything you do for the planet.

BE ORGANIC VEGAN TO SAVE THE PLANET ²⁰

MC. *Supreme Master Ching Hai, it's very exciting that Your books are now available in Togo and also in Kenya. [Master: Thank you.] We are sure it has inspired many readers to value the sentient nature of all our animal friends. 'The Birds in My Life,' which is recently released in Kenya is such a beautiful book that I would like to invite everyone to browse this book.*

As we mentioned earlier, global warming is a very scary situation for our planet. The 2006 report from the United Nations mentioned that most of the pollution, the biggest pollution, is coming from the livestock, the animal farming. And this pollution is really threatening our life. And actually, livestock produces a lot of methane gas. As we all know, the methane gas is very dangerous as the methane gas goes into our atmosphere it creates a bigger shield that keeps all the heat that was supposed to be bounced back into space.

So, as we accumulate more and more heat in our system, the temperature of our planet keeps rising and rising. That's why we have to stop immediately this heat increase. So the immediate solution to stop global warming is to switch to the organic vegan diet. Why? Because by stopping consuming animal product, we will naturally stop the production of methane gas generated by livestock. And in that way our nature will get better, so we will have more time to be able to save our planet. So it is very important that every one of you tonight knows the situation we are currently in.

According to the research from the NASA scientist, Dr. James Hansen, the temperature of the planet keeps rising. So if we don't react immediately, as soon as possible, we might face the worst. A few months ago, there was in Copenhagen, Denmark what was called 'The End of the World' conference that was hosted by Dr. Katherine Richardson who confirmed the report by the United Nations about global warming. And she said, 'We might expect the worst. The temperature might increase between 5 to 6°C.' So we all have to avoid this type of situation. By following the compassionate vegan diet, we will all have the chance to save our planet. We will all have a chance to give an opportunity to our children, an opportunity to our planet, so that we can live peacefully and in harmony.

Ladies and gentlemen, it is very important that all of you can share this important message that you all came here today to get to your relatives, friends and family, because most of us, we don't know what's happening, especially in Africa. Most of the time we think that global warming is a situation created by the more developed countries, but we all get affected by global warming because it's like we are sitting in a very big plane – and maybe sitting at the back while some people are sitting on the first class seat – but we must remember one thing: If the plane goes down, everyone goes down with the plane. So we have to save our plane. We have to make sure that our environment is clean. We have to make sure that our plane can land peacefully. That's why it doesn't matter where you are from, it doesn't matter if you are African, European, American, we all have to put our hands together to stop global warming which is threatening our life. And the best way is to change our habit, is to become vegetarian, helping us making the effort to save our planet. [Applause]

20. *Videoconference with the African people at the 'Be Organic Vegan to Save the Planet' Climate Change Conference, Lome, Togo, May 9, 2009 (Originally in English and French). * Note: This conference is recorded verbatim only the question and answer session with Supreme Master Ching Hai.*

The first question is from Mr. Assiah Warou. He is the President of the Vegetarian Club for the students of Lome University. Master, I will ask the first question on behalf of Mr. Assiah Warou. The breeding of livestock such as cows, calves, pigs, and poultry constitutes the first source of deforestation, water pollution and greenhouse gas emissions. How does fish breeding or fish farming cause global warming to increase? Is it less devastating?

- M. It's similar. But I'm happy that you, Mr. Assiah, and the club is taking on the leadership of the university vegetarian club. I'm happy to know such a club exists in a university, so thank you first to Mr. Assiah. Please convey my congratulations and heartfelt appreciation. I'm happy to see young people especially involved in endeavors like this, which contributes to human health and also the planet.

To respond to this question about fishing – in fact, fishing contributes to global warming primarily by disturbing the complex ecosystems of the world's oceans. Balanced marine ecosystems are extremely important, as more than two-thirds of the planet are covered by oceans. They provide half of the world's oxygen and play a major part in regulating the global climate.

So life on Earth truly depends very much on the oceans for survival. In addition, oceans also absorb atmospheric CO₂ – carbon dioxide – which directly helps to cool our planet. These are just a few among the great things that the oceans do. To disturb the balance of the seas, thus, ultimately places our own lives in danger. So we could say that it is in our interest to care for the oceans if we want to survive, and all the life that they contain, including fish.

Fish farms are like on-land factory farms. They have similar problems environmentally, with impacts that including polluting the bodies of waters. The farmed fish are contained in big netted areas off the ocean shores with uneaten food, fish waste, antibiotics, or other drugs and chemicals that pass into the surrounding waters where they harm our ecosystems and polluted our drinking sources. Depleting wild fish stocks also. Fish like salmon that are eaten by humans are usually fed huge amounts of other fish like anchovies.

Studies have found that for every kilo of salmon that is sold in a supermarket, four kilos of wild fish have to be caught to feed the salmon. The practice also endangers sea animals, like sea lions and birds that are thought to be a threat are often harassed with firecrackers or loud underwater speakers, causing pain, disorientation and hearing loss to marine mammals. And others are often even shot dead. These are just a few of the problems associated with fish farming, which have become bigger as the fishing has increased.

So the issues arising from related industries like the production of food for salmon have also been on the rise. In Peru, for example, fish food is made from anchovies, which causes illness for the adults who are closely involved in its production, as well as asthma and skin disease in young children from the toxic smoke that pours out onto the streets from the factories, along with pollution to the nearby ocean waters, of course. This fish production also affects bird pollutions, with some like the guano bird having declined by 90% in number. So the result is that consumers can buy cheap fish, but it comes with the very heavy, expensive cost to our children's health and a degraded environment.

Meanwhile, if we say that the ocean ecosystems are dependent on fish populations to be balanced, then those ecosystems are extremely imbalanced right now. Scientists estimate that more than 90% of the oceans' big fish have disappeared over the last 50 years due to commercial fishing. They warned that at the present rate of fishing, there will be a global collapse of all species being fished by 2050 and say that recovery efforts need to be started immediately.

So what we are seeing from these fish and marine lives are signs of distress. And from the oceans themselves, we are seeing other signs such as warming temperatures, rising sea levels, increasing acidification and terrible levels of pollution. So global warming is affecting the oceans, which in turn is affecting the fish. This is an equally urgent situation as the one presented by livestock industry, and it has the exact same solution. Stop eating the flesh; stop killing for food; stop eating the fish. This will help restore the balance of both the ocean and land immediately. Fish are God's creations that we should also care for, respect, protect, not to eat. We should be looking for ways to help the fish, to protect them and all the marine life from the devastating effects of climate change. Once we start thinking in this way, we are in a better position for ourselves, for the fish and for the planet. Thank you. [MC: Thank You, Master.] You're welcome, love.

- MC. *The second question is from Madam Tapsoba Christine who is a high school teacher, owner of two vegetarian restaurants in Ouagadougou, member of many associations, and vegan.*
- M. Welcome, madam. [Q: Hallo, Master.] Hallo, madam, how are you? [Q: Yes, I'm fine. Thank You.] Thank you for coming.
- Q. *Thank You. So my question is: In books, stories and academic materials, there are still many writings that oppose veganism. So please, Master, in such a situation, what can we do to educate our school children about the vegan diet? Thank You.*
- M. Thank you, noble, noble Mrs. Tapsoba. It is a big task and a noble task. You are a teacher, Mrs. Tapsoba, and a vegetarian restaurateur. You must be a very busy lady! So I'm very impressed with your dedication already. I also feel very confident that you will find a way to help the young people lead a completely animal-friendly lifestyle.

But to share a few ideas that perhaps you didn't think of already. It is, of course, a very good idea to introduce children to the benefits of eating healthily and sustainably, from early on. One way to do so is we can introduce animal-friendly material that is also vegan, by the way. There is a lot of vegan information also available, both on line and in print, so you could select positive story books for the children with animals as the main characters. Movies can also be very helpful in bringing the animals to life. There are also many movies that offer loving depictions of animals. As for food, you can make veggie eating fun and cool.

One study found giving the fruits and vegetables different names, interesting names like Power Peas or Tomato Bursts, increases their popularity with the children. So you can also help cultivate the natural loving nature of children through field trips to a farm animal sanctuary where they can interact with the animals and see how sweet they are. Children themselves have said that when they get to know the animals, they cannot eat them anymore because they realize that the animals are their friends and so lovely. If you cannot afford to buy many materials, you can be creative and make them, or even involve the children in projects to make animal-friendly things. You can also seek out

the writings of people who uphold values of compassion and introduce them to your students as exemplary figures whose values they can admire.

If you wish for any materials at all that are freely available from www.SupremeMasterTV.com, you are more than welcome. There are some lists of people, from top-class athletes to celebrities, who are also vegetarian or vegan. Some of the people known for their genius level of intelligence and creativity have also upheld the compassionate ideals of being veg. Students probably are already familiar with names such as Socrates, Albert Einstein, Leonardo da Vinci, et cetera, et cetera. You can inform them that these people were also vegetarian. Freely available as well are programs with exemplary persons, philosophers, and even a full range of international cooking shows that demonstrate just how easy it is to be veg. Children naturally love animals already and they understand what is good right away because they are so pure and open. Once you start looking for materials to be inspired by, your search will be ever exciting and will never end, I can guarantee that. And once you are excited, your classes will also be, too. Thank you for thinking of the children and heaven bless you, Madam Christine, for what you're doing to help the children and the planet. [Applause]

MC. *Thank You, Master. The next question is from Dr. Johnson Charlemagne at Saint Joseph International Private General Hospital.*

Q. *Thank You very much, dear Master. First of all, please accept my warm sincere greetings and congratulations for all the noble work. You can imagine that my question will be related to my profession. You know that malaria, AIDS, and tuberculosis bring about a high mortality rate in the African population. Could You tell us about the benefits of a vegan diet on the health of these patients and on the population in general? Thank You very much. [Applause]*

M. Thank you, Doctor. Dr. Johnson, I am honored to speak with you. For the people that already suffer from disease, the vegan diet will help because it boosts immunity and does not contain toxins like meat. Scientific research has revealed that red meat actually contains a substance that attracts disease such as the bacteria E. coli which attacks the body and weakens the immune system, whereas the veg diet helps the body become stronger in warding off diseases. So changing to the vegan diet can help strengthen and stabilize any physical condition, Doctor.

In the case of malaria, there is one village, even, in Ghana where a regenerative health program has been conducted by the African Hebrew Israelites of Jerusalem, working together with Ghana's Ministry of Health. In this health program, hundreds of villagers switched to a vegan diet, vegan agriculture, and green living. Before, this village had a very high infant mortality rate of almost 30%. The villagers had malaria two, three times a year. But after the village became more vegan, every single baby lived. And for more than 20 years now, there have been zero case of malaria. Zero. [Applause] And people with AIDS are recovering even better because of a strengthened immune system that the vegan diet gave them. So people who are vegetarian seldom are afraid of getting diseases. It is a double shield of protection, not only in the physical sense, but also in an invisible spiritual sense. Please inform your patients about this. Thank you, Dr. Johnson. God bless you and your patients. [Applause]

MC. *Thank You, Master. Next question is from Mademoiselle Sompougdou Cecile. She is an accountant at the Observateur Newspaper in Burkina Faso, a vegetarian also.*

Q. *Thank You for all You've done for us. Thank You for all You've done for humanity. I love You very much. [M: Thank you.] My question is: The main topic of today's news is the rapid spread of swine flu. Why do we see so many diseases that humankind is contracting from animals? With mad cow disease, bird flu, and right now swine flu. Aren't the animals lovingly trying to send us a message that meat consumption is not good for humans? [Applause]*

M. That's right. That's right, mademoiselle. Yes, it's like that. It's like what you said, mademoiselle. Indeed, you are right. The animals and the universe are giving a message. However, it's not that the animals even care about themselves so much, even though the conditions they endure and some of the diseases are already terrible for them. For the ones raised to go to the slaughterhouse, every day from their birth is a day of misery, never feeling the sun and being deprived of every natural instinct, but they just go through without complaint, even to take the blame for the disease that is not their fault, it's not their making.

For example, the pigs who get this flu virus, did they want it? Did they create it? No, no. The conditions they are living in are deplorable and it's the real cause of the flu. Dr. Michael Greger, Director of Public Health and Animal Agriculture for the United States Humane Society, has stated that in factory farm conditions, 5,000 or 6,000 animals are put together in a single building. The overcrowding, the stress that attacks their immune systems and antibiotics they are given – which we eat along with the meat, by the way – the ammonia from their waste burns their respiratory tracts, the filth where all kinds of microbes will grow, plus there is no sunlight.

Dr. Greger said that these conditions create a perfect storm environment for the emergence and spread of virulent strains of influenza like the swine flu that you have mentioned. Dr. Gregory Gray, another medical doctor and a professor of epidemiology in the United States, also found that people who worked in factory farms are 50 times more likely to have contracted pig viruses in the past. In the case of the swine flu that spread around the world right now, the World Health Organization has confirmed more than 3,000 cases in humans worldwide, cautioning that it's still not yet over, and that we hardly know how aggressive the virus is and will become. It could get worse even, and it could infect one third of our planet's population. They expect it.

So yes, the animals do want humans to wake up to the dangers that we are creating, not just for them but for humankind. However, these animal-related diseases are very clearly our own making. So we need to reverse this cycle and make a fresh start. Stop killing; live and let live. Because even though the animals themselves are forgiving, the physical law of the universe states that for every action there is a consequence. So if we wish to live healthily, happily ourselves, we should let others live, likewise. This is the best guideline. If we live in peace with other beings, meaning we don't try to make them our food, we don't make them suffer, then we will never worry about disease, and our life and the planet will be quickly like that of heaven. Thank you, mademoiselle. [Applause]

MC. *Thank You, Master. May I ask the next question on behalf of the former President of the National Assembly and former Prime Minister of our country, Togo, Dr. Kodjo Agbeyome Messan: We notice that in Africa most people do not show concern about the issue of global warming. They pinpoint Westerners as responsible for this calamity because of the large scale animal agriculture practiced there. What could You tell Africans to let them understand that the issue is a common threat and therefore it must*

be a common concern for all Earth's inhabitants? What is the advice You would give us to motivate them to change their diet?

- M. Could you please tell the esteemed Dr. Kodjo that I thank him for his insightful question and concern. I am very touched that he shared his thoughts with us and his support to send a question in the interest of his fellow citizens.

Well, I'm sorry, Dr. Kodjo, that global warming does not spare anyone. Each person is responsible to do their best in awakening noble qualities in themselves to save the planet and, of course, their lives and the lives of their family. Also, Africa has not been spared the effects of global warming. As early as 1997, a United Nations document refers to desertification, which came from people removing the protective mangrove trees on the western coast of Africa. The reason was understandable: They need wood for fires and for home-building. However, the trees' loss resulted in salt water contamination of crops and also a loss of coastal biodiversity.

While it may be true that other countries in the world are responsible for larger releases of greenhouse gases, there are also situations that are a direct cause and effect within Africa. Another situation that has had drastic effects within Africa is drought. But the biggest cause and effect is on an individual level, that is, meat consumption, or I should say meat, fish or egg, milk consumption. This category of food, meaning animal products, is truly one of the biggest or I shall say the biggest ever contributor of global warming. The biggest contributor to global warming is the animal product industry.

In terms of drought, you see, one serving of beef on average requires 1,200 gallons of water to produce, while an entire vegan meal takes only 98 gallons. That is 12 times as much water to produce the same amount of energy from food. And in this I describe only the physical situation. Along with the physical is the reason behind which is that we must switch to a more compassionate way of living in order to survive. At the same time, please remember that global warming is not about blame. We all have a shared planet and we have shared responsibility, and we all want it to be saved for every one of us. Just like in the human body, if one area is hurt, it will affect the whole body as well. So even if the injury came to Africa from another part of the world, we should all fix it because we want the entire body to be well again.

So that is very good for us to have such a noble intention, helping to save the world. Because every good deed helps balance the entire planet's karma – meaning the atmosphere – the energy. So that is the key, to be veg and spread the message of compassion, to let people know that they can really make a difference, and we each can through the choices we make in putting food on our plate. Please try to inform your people that peace and the survival of our planet begin at home, begin on our plate. Thank you very much, sir. God bless you. [Applause]

- MC. *Thank You, Master. Thank You very much for Your answer. [M: You're welcome, love.] The next question is from Madam Anne Marie Araba.*

- Q. *Good evening, Master. Please accept all my gratitude. In the global warming flyer, it is stated: 'Due to the overfishing and the loss of tens of millions of sardines, a vital chain, the waters of the southwest African coast are loaded with a toxic gas that bubbles from the bottom of the ocean, killing marine life on the surface. The size of the area is equivalent to that of the city of New Jersey (United States), and worsening the greenhouse effect.' What is the original nature of this gas? Thank You, Master.*

M. Bonjour, Mademoiselle Araba. You came all the way from Cotonou, Benin... [Q: Yes, Master.] to be with us? You're from Radio TOPKA, in Cotonou, Benin, right? [Q: Yes, Master.] Thanks for coming to share with us your concern.

It is very disturbing to know about the state of the waters off the western coast of your continent. You see, this poisonous gas that you are asking about is formed from the elements that create oceanic dead zones. Dead zones are exactly as they sound. They are areas of the ocean that are dead, the areas of the ocean that are unable to support any more life, which arise mostly from livestock feed agricultural pollution, as well as livestock manure running into the ocean, or some other kind of imbalance. The number of dead zones observed since 2003 has more than tripled, with now in excess of 400 that exist and are growing worldwide.

The African dead zone, according to scientists, has been caused by a combination of a strong upwelling current that brings abundant plankton, along with the loss of sardines because of human fishing. In the past several decades, tens of millions of these tiny fish have been removed from the ocean for human consumption. So now, instead of sardines helping to consume the plankton, the plankton just dies in the water instead, and sinks to the bottom of the ocean where it decays and contributes to the formation of the poisonous gases methane and hydrogen sulfide. While methane gas can be volatile and explosive, hydrogen sulfide is poisonous to both humans and marine life. So this area has periodic explosions of methane and hydrogen sulfide. And when these gases erupt off the coast of Africa, many other fish die and animals such as lobsters and crabs run onto the shore, trying to flee the poisonous gas. But sometimes they cannot avoid either.

Scientists are now concerned that, without a restoration of the ecological balance, dead zones like this will just continue to be more and more, get bigger and bigger, which of course is lethal for all life. So this is a small but very good example of why we need to be vegan, to renew the rightful balance of life. And, of course, we also need to be organic vegan because so many of these dead zones are caused and made worse by chemical fertilizers that are primarily used for livestock feed.

So, yes, be organic vegan. Thank you, mademoiselle. And good luck, a lot of fun with your journalistic job and send my love to all your colleagues in Radio TOPKA in Cotonou. God bless your country, Benin. [Applause]

MC. *Thank You. Thank You, Master, for the answer. Next question is from Mr. Bertrand Badja Baissi, in charge of programming at Television Deuxieme.*

M. Welcome, sir.

Q. *Thank You, Master. Thank You for everything that You are doing. Your mission is noble and I think – just looking at the crowd around us – that the message went through. A few years ago, it was still difficult to get this message through. I also want to let You know that I'm a spiritual broadcasting host on TV2 in Lome, Togo. A year and a half ago, we had a show on the benefits of being vegetarian and vegan. It wasn't easy. Yet today, many have come back to us saying that their vegetarian or vegan experience finally bore fruit. We congratulate ourselves. However, there is a paradox. In daily media, we have information about the risks that our Earth is facing. Today, as Africans, what can we do to stop the disasters to our planet caused by global warming? Thank You, Master.*

M. Thank you. Hallo, Monsieur Badja Baissi. [Q: Hallo, Master.] Thank you for your noble concern and thank you for sharing your thoughts with us. You see, the biggest thing, as I have mentioned already, is to forgo all animal products, whatsoever, and spread the message to as many as possible that this is the solution, the number one and the main solution, the major solution. If I know any better solution, I would have informed everyone because I'm also concerned about the planet in which I still live. So the reason on the physical level is to stop methane and nitrous oxide, the two gases that are produced by livestock raising. As we know now from the United Nations' report in 2006, *Livestock's Long Shadow*, that the animals that are raised for meat are producing more greenhouse gases than all the worldwide transportation combined. So livestock is the number one cause of methane. Some years ago, it was already known that methane trapped up to 23 times more heat than carbon dioxide, which is the most well-known and main greenhouse gas. However, recently, scientists discovered that methane heats the environment up to 72 times more than carbon dioxide, averaged over a 20-year period. So actually, if we calculate this factor of 72 times, instead of 23 times as before estimated, the CO₂, or carbon dioxide, warming equivalent is actually significantly higher by the methane. This means that the livestock industry contributes even more than what they originally estimated.

In Africa, even though the livestock production is not on as large a scale as it is in some other countries, researchers have said that 70% of people in rural parts of the continent raise livestock and they predict a large future growth based on anticipated demand. This is the trend we need to halt now. If we eliminate meat from our diet, global warming is reduced very quickly by a tremendous amount, if not the most of it. If everyone becomes vegan, stop raising more animals for food and, instead, growing organic vegetables, our Earth and the environment can be saved, and as quick as we could not even imagine – in a few weeks. Another important part of the remedy is to do good deeds, to spread the positive good energy. Also, we can pray to heaven for mercy and protection. We need heaven's intervention and we need everyone now to cooperate to save the planet by being veg, going green, and doing good. Thank you, sir. I too pray for Africa's well-being and I'm praying also for the planet's well-being. Thank you.

MC. *Thank You, Master, for Your answer. [M: You are welcome, love.] The next question is from Madam Victorine Ankude from Togo. She is a director of a vegetarian kindergarten in Lome and she is a vegan.*

Q. *Dear Master, I am the director of an elementary school and I serve vegan dishes to the children in the cafeteria. Parents do agree, of course. But what hurts me is that the children can eat vegan only at school. At home, the students start to eat meat again, even if they do not want to. What advice could You give me to encourage the parents to continue feeding their children vegetarian food? Thank You, Master. [Applause]*

M. Yes, madam. It pains me too to hear of this. Madam Director, thank you for your love, first of all, of the children and your noble effort. May God bless you so much. What you are doing is already excellent. If the children have the true motivation to be vegan themselves, you have already helped a generation change. But meanwhile, perhaps there are dishes that you can share with the parents. Invite the parents to school for a night of good food and fun. You can also send recipes home or take recipes home. Also, you can share with the parents the results of a study finding that children who are smarter tend to be vegetarian when they grow up.

In the United Kingdom, researchers measured the IQ of a group of children at age 10 and then again in adulthood. It was found that for every 15-point rise in IQ, the likelihood

of the person being vegetarian rose by 38%! There are also many cases where the children themselves are the ones who bring awareness and excitement about the benefits of the veg diet to their parents. We could also even give them handouts showing some of the harms of meat and the benefits of being vegetarian, which our Association members would be happy to provide for you.

The other thing you can do is to show the kids very simple dishes that they can prepare for themselves. Even a simple rice and sesame dish can be delicious and satisfying, and very easy to make. That way, the child can feel more independent and could even offer some of their prepared meals to the parents to try. Once the parents at least accept the concept, they will likely be more open and maybe become vegetarian themselves. So try your best to get a conversation going with the child's help and see if parents can open their hearts and minds to this Earth-and life-saving diet. Many parents have tried it. It could be many of them have been satisfied at seeing how their children benefit from it, like their health is better, they are more intelligent, more obedient, cooperative. Even their temperament is better. So there's nothing to lose, only to gain.

Thank you for doing what you do, madam, and God bless you. God bless your students and may you be successful in convincing the parents to feed their children and themselves with the compassionate, all-loving, blissful, healthy, wonderful vegetarian diet. [Applause]

- MC. *Thank You, Master. Thank You very much for all Your answers. [M: Welcome.] Master, the children from the vegetarian school prepared four songs for You tonight. Would You like to listen to them now? [M: Oh, wow! Of course! I'm thrilled!] Master, now let's all welcome the children from the vegetarian school with a warm round of applause. Welcome! [Applause]*
- M. Welcome! Welcome! Welcome! Bravo! [Applause] [After the children's performance.] Wow! Thank you so much! I was impressed! Wow, they're so beautiful and so smart! So beautiful children. So healthy. Lovely. God bless you so much, sweethearts. [Applause] Thank you, beautiful children, thank you! God bless you.
- MC. *Thank You, Master. The next question is from Dr. Agbeko Kodjo Tounou, a teacher and researcher of the Superior School of Agronomy at the University of Lome. Dr. Tounou, thank you.*
- Q. *Thank You for accepting to be here with us tonight to share this so important message. I have two questions. The first question: According to You, what will be the benefits of organic farming regarding the current agricultural issues in Africa such as erosion, drought, deforestation, and infertile soil? The second question: What are the constraints and benefits of such agricultural practice? Thank You.*
- M. Thank you. Hallo, Dr. Tounou, thank you. That's a very good question. As you may realize from your research that the vegan diet is the real key and is the essence of the change that is needed for saving our planet. Organic vegan is like a great bonus because organic growing methods benefit not only human health but also the environment.

For example, a study conducted in the United States found that organic farming preserves topsoil and keeps water bodies clean, and if used worldwide, would have the potential to absorb and store approximately 40% of all present-day CO2 emissions each year. This would be a direct benefit to our Earth, the other aspects of vegan organic

farming that are beneficial including things like crop rotation, mulching, and natural fertilizers. Crop rotation means that a field is planted each season with different crops. This variety approach helps keep the plants healthy and also restores fertility and nutrients to the soil. Other methods such as mulching and even a new method called no-till organic farming helps retain moisture and reduce soil erosion considerably.

Deforestation is mostly caused by animal's feed as forests are cleared to plant crops are for raising livestock, while hundreds of millions of people are starving in the world. So, in general, vegan organic farming follows a philosophy of living in harmony with nature and protection for the planet and all beings. The methods employed support the natural balance between farming and the environment. Over time, the combination of this care and practice through the techniques available can go a long way forward restoring the balance from problems that may have arisen in the past.

Also, there are many successful stories for organic farming already across the continent of Africa. For example, in the area surrounding Cape Town, South Africa, the townships are growing 100% organic gardens, with crops that are sold locally. A similar operation has begun in Kenya. And in Uganda, where organic fertilizers were recently introduced, they are already seeing success with the soil and harvest. On your own continent! There are more and more, just too many to list here.

So the benefits are immense. I highly encourage you to pursue vegan organic farming methods, if at all possible. Of course, it is possible. Everything is possible when we want to save our planet. Everything is possible. It has to be possible for our own survival. You can bring manifold benefits in doing so, and you can be one of the growing success stories as it becomes more and more popular. Thank you, Dr. Tounou. Good question. God bless you with your future organic farming. [Applause]

MC. *The next question is from Madam Afiwa Pepevi Lodonou-Kpakpo. She is a teacher, and Research Director of the Institute of Information Science of Communication and Art at the University of Lome.*

Q. *Thank You for what You are doing to save the planet. My question is related to weaning. The period of weaning is a difficult time in the life of a baby. Could You please give us some advice or an example of a vegan menu suitable for babies?*

M. Thank you, Madam Director Professor Lodonou-Kpakpo. Thank you for your concern. About the health of the precious youngest ones, the vegan menu is one of the most easily digestible in the whole world and the only one we should give to the babies and to ourselves. And the most easily available, even from our backyard we can cultivate that. Also, by feeding our baby the vegan diet, we can protect our child from many of the allergens and toxic substances that are often part of the meat-based diet. Being entirely natural, it is so easy to transition to the vegan diet.

As for a menu, you can choose foods that are easy to obtain, nutritious and fresh. Fruits, vegetables, grains, legumes and some others in the vegetable kingdom are fine selections. If you have internet access, professor, you can go to www.vrg.org. That is the website for the United States organization named Vegetarian Resource Group, with guidelines and vegan recipes for babies. Please contact our Association members near your hometown if you need more help for the websites of vegetarian diet for babies. And on our website www.SupremeMasterTV.com we also offer many information concerning other websites. You are free to download any of them.

The benefits of a vegan diet are evident even before the child is born. Studies in both the United States and the United Kingdom found that expectant mothers who were vegan basically have no morning sickness. This is because their bodies did not have to protect itself from the toxic effect of substances such as meat, which researchers discovered is one of the causes for morning sickness, as the body is trying to ward off their harmful effects.

Dr. Reed Mangels of the Vegetarian Resource Group wrote a vegan nutrition guide for babies. The research indicates that vegetarian children tend to get more vitamins and minerals than children who are not. Moreover, the early start with this nutrient-rich daily diet means that the potential long-term benefits are that much greater. Namely, vegetarian babies and children grow up higher resistance to illness. And from a food allergy perspective, the vegan diet immediately eliminates four out of eight, or 50% of the top known allergens from your child's diet. These are milk, egg, fish, and shellfish, all of which can cause lifelong or fatal health problems. So starting our child out in life with a vegan diet could be one of the biggest gifts we can give as parents. To find a vegan menu for a child who is just beginning on solid foods, you can go to the website www.vrg.org or you can check with any of our Association members who would be glad to help you find this information. Thank you for your valuable question and good luck with the baby diet. [Applause]

MC. *Thank You, Master. The next question is from Mr. Kponor Mawuli, Intendant at the University Canteen.*

Q. *Thank You for the Light You have brought to us through this videoconference. Some vegetarians include fish and egg in their diet. With the urgent situation of global warming, do You think this kind of vegetarian diet can be considered an efficient way to solve the problem? Thank You.*

M. No, sir, I do not, Monsieur Kponor. But thank you for raising this important issue. Thank you, sir. It may seem like a small thing to some people, but a fish is still a life. A fish is not a vegetable. And as we have already discussed, the marine ecosystem is in big trouble right now from global warming already. Further fishing will only make matters worse. Also, mercury poisoning causes problems to aquatic life even before it gets to the humans. These are things we need to address in trying to save our planet, not to talk about our health also. Eating fish will definitely not help this. The way we are going now, we are literally emptying the oceans of certain fish, plus tons of other fish caught along with them by accident, the by-catch that are just thrown away. So if those fish are all gone, we will see a catastrophic loss of other marine species as well.

The coastal ecosystems will also be affected greatly by diseases and algae blooms that release toxins. The ocean is a wonderful recycler that normally can purify the water and create nutrients and turn carbon dioxide into oxygen, et cetera. Isn't that wonderful? It's like a miracle! The ocean is a miracle. But if we ruin the ecosystems through overfishing, this will spell disaster for us. So speaking for the environment, fishing for food is not the answer at all.

As for egg, there is nothing sustainable about them. Most of the eggs consumed today come from factory farms where thousands of female hens are crowded together in dangerously filthy, infectious conditions. And diseases like salmonella and E. coli are prevalent. The ammonia that comes from their waste is a big water and air pollutant, and it causes respiratory problems in humans. And many people do not know of the cruel treatment received by the hens who, because of their close confinement, get

bruised and lose their feathers. They cannot even spread a wing, and they must also endure the stress of having their sensitive beaks cut off with hot blades and nothing to numb the pain even, when they are babies. Can you imagine the suffering? Eggs have also been shown to be extremely unhealthy, so there is absolutely no need to eat them anyway.

One United States study with 14,000 adults found that just adding one egg a day to the diet increased the risk of heart failure by 23%. Vegan products, by contrast, are completely cholesterol-free and healthy for all our internal organs, for our mind as well. A healthy body houses a clear mind. It's better for our body, for our conscience, for our mind, and for the planet to stay away from both fish and egg. No animal products at all; that is the best way. We should be vegan. Thank you, Mr. Kponor. God bless you. [Applause]

MC. *Thank You, Master. The next question is from Mr. Sessou Ferdinand. He is Assistant Regional Director of CEB Benin.*

Q. *Thank You for being a leader to promote a better lifestyle for our environment. Thank You, Mother, for Your love without boundaries. Thank You, Mother, for Your compassion towards all life on Earth. We are calling upon the Light of wisdom to answer the following question. Can the vegan diet help us wipe out or reduce our bad habits towards drug, alcohol or cigarette addiction? Thank You, Mom. [Applause]*

M. You are welcome. Yes, Director Sessou. Yes, from what I understand of these harmful substances, reducing them is not enough. We should eliminate them altogether. The damaging effects of tobacco and alcohol are very severe, and they affect others as well. These effects have been well documented medically and scientifically. There is so much cancer associated with tobacco. And not just for the smoker but also for the people who have to breathe the smoky air. Second-hand smoke they call it. And even third-hand smoke. For example, the smoke that still sticks to the curtains in the room or the sofa and the clothes affects also children. They call it third-hand smoke, even. So it is truly a death sentence.

A recent study found 81% of the babies who die from the tragic so-called Sudden Infant Death Syndrome (SIDS) – you have heard of it – these were exposed to second-hand smoke. You see? We could kill the babies just by smoking. This is how deadly it is, and how cruel it is to our family members and to ourselves to bring such a harmful toxic substance into our precious body, the temple of God. So we should quit smoking, we should eliminate tobacco altogether from this world. And also alcohol, we already know, has taken many, many lives too young and causes so many problems, so much sorrow and heartaches, again not just for the drinkers but also for those around them, for their loved ones.

So my feeling is, sir, these substances need to be removed from our lives completely. I am very glad you are asking this question for the benefit of everyone else. I have mentioned some time ago that one can overcome any bad habit within 21 days. So it is possible to quit cigarette, drug or alcohol during that time. But during that time frame, the person, the addicted person, must keep occupied with constructive things, like their favorite hobbies, spending time with good friends, and supportive people, and other favorite constructive, pleasant activities to keep our mind occupied and our body relaxed without the addictive substance. So one of the activities could be finding ways to make delicious vegan food, invent some new recipes, do exercise, go to meditation class, do yoga, et cetera.

According to Dr. Gabriel Cousens, a vegan medical doctor in the United States who has helped many people quit smoking and alcohol for good, overcoming these habits is easier with a fresh organic vegan diet. These foods balance the brain's chemistry so that it functions best, which also can help the addiction to subside. Moreover, other scientific research has found that alcoholic beverages and meat tend to make cigarettes taste better, but fruits and vegetables make them taste less appealing.

So the vegan diet is the perfect solution for quitting smoking. Some people have said this in general, that when they begin eating more healthily, the bad things they used to find appealing simply are not anymore. Thank you, sir, for a good question. Thank you for coming all the way from Benin. [Applause]

MC. *Thank You, Master, for the answer. I will ask the next question on behalf of Mr. Danyo Koami Hagbale who is Chief Division Supervision of Prefectures and Regions at the Ministry of Territory Administration. And the question is: Charcoal is an energy source regularly used in Africa mostly in household activities because it is cheaper compared to gas. However, its use has caused many parks to be deforested and not reforested, while the burning of charcoal also increases air pollution. Please, Master, could You give us advice about other energy sources that would be affordable and could help us avoid deforestation and air pollution?*

M. Hallo, Monsieur Chief Danyo. Yes, I understand, and I am glad people such as yourself are concerned about preserving our forests. We must protect the trees as much as we can. According to the environmental organization Greenpeace, 8% of the Earth's forest-related carbon is stored in the vast rainforests of the Congo River Basin in Central Africa. Scientists predict that continued deforestation of the Congo will release the same amount of CO₂ as the United Kingdom emitted over the last 60 years! Imagine that?

So it is important to preserve the forest while we still can because it helps in addressing global warming. Another alternative that could be used to avoid deforestation is something called green charcoal, or biochar, which has been introduced in Senegal. This is made from agricultural waste products, is affordable and prevents deforestation. It also absorbs CO₂ as well, which is why climate scientists support the use of it. It absorbs the CO₂ very well. So this is one alternative. And, of course, if possible you can use a sustainable energy alternative such as a solar oven cooker, which is safer and causes no air pollution at all.

So these are just some examples of affordable energy sources we can try and share with one another. I'm sure there are more. You can do some internet research to see any better solution up to date. But the most important and most urgent, once again, is the veg diet. V-E-G diet. This is the good deed that you can do to help save the planet as a whole. Because this will most quickly reduce global warming. And it's not just that. Truly, being veg is not just about reducing greenhouse gases. It is about stopping the suffering of the animals and their cruel inhuman mistreatment. We have to be noble species; we have to be noble human beings. This is what it is all about, we have to stop inhuman treatment of animals. And if we, in Africa, join together to be veg, we will be blessed by all the heavens. Please spread the good solution info. Thank you, Monsieur Danyo, for your good question. God bless you. [Applause]

MC. *Thank You, Master, for Your answer. [M: You are welcome.] The next question is from Mr. Koudahe Kossi. He is the Director of the Institution Micro Finance, Coopec Solidarite in Togo.*

- Q. *Supreme Master, good evening. [M: Good evening.] We love You very much for Your commitment to humanity. [M: Thank you.] My question is: It had been clearly shown that the vegan diet will save the world. However, we who follow the old diet, where should we begin to change the diet of our family members and of the population in a practical way? Could You show us the different steps to follow? Thank You, Supreme Master.*
- M. Yes, Monsieur Koudahe, I would be glad to. Thank you for your understanding and your wish to change the diet of communities for the better of our planet, better health, more energy, more happiness, more protection, everything is for our benefit.

Well, we can begin where we have the most influence – with ourselves and our home. After that, we can quickly get the community more interested, especially in practices like growing organic produce, for two reasons. One is that these methods are very effective and show yields in a short time that can benefit many people. And less work even. The other is that these kinds of community gardens have also been used to supplement people's livelihoods. So the benefit of growing and eating fruits and vegetables is evident and easy to see. You can also share the SOS veg solution flyers to help awaken others, as well as write letters to the governments and media. On a more local level again, you can sponsor a cooking class. This will help people understand just how easy it is to cook delicious and nutritious veg meals for themselves and their families. All of these things help. You do what you can, Monsieur Koudahe. We are all doing what we can right now. We do our best to help people to understand the true value and benefit of being veg, to save the planet for ourselves and all the other divine creations we hope to preserve.

Thank you for being here with us, and I pray we all join this best, most beneficial vegan diet trend to save our planet for ourselves and our children. [Applause]

- MC. *Thank You, Supreme Master. The next question is from Mr. Dagba Andre, an accountant in Benin.*
- Q. *Thank You, Master. For those who know what You are doing for the all of humanity, it will never be enough for us to say thank You. That is why I humbly come to say, 'Thank You, Master.' Dear Master, the theme of our videoconference is 'Be Organic Vegan to Save the Planet.' However, what do we notice? Nowadays, teenagers are not interested, or rather not anymore, in social issues, but rather in fashions and trends. In Your opinion, Master, how can we, as teachers, deliver the SOS message on climate change in a way that appeals to them? Thank You, Master. [Applause]*
- M. Thank you. Yeah, Monsieur Dagba, hello there. It's very nice that you are concerned and can be with us today. I'm so happy to hear of your wish to inform the young people about saving the planet because it is their present and future home and they may want to do so, they may want to do something to help. It seems that teenagers are more interested in fashion and other things rather than the urgent situation right now. But they are also often the most open-minded people. They are intelligent, they are easy, they are an impressionable and honest group of people. Once they make a connection of global warming to their lives, they may really decide to do something. You will be surprised. Especially if they understand that what they do can truly make a difference, they may be the first ones to take action. They just need a good leader like you.

Two very recent studies found young persons to be the ones most likely to volunteer and give of themselves. This is just saying that the young persons of this age have a lot of energy and can be some of the most caring people. So you can encourage them by

helping them find active ways to show their care and love. You can also help them see how urgent global warming really is. Show them the human side of global warming, the true stories of people and animals who suffer because of this.

For example, the families in island nations who have to move, or plan to move, because they see the water coming to submerge their houses – or, in some cases, already did – due to the rising sea level. Or, how the inhumane treatment of animals in slaughterhouse or in cosmetic experiments – there are many films about this. We have shown them every Tuesday on the show on Supreme Master Television called Stop Animal Cruelty – every Tuesday. This is unimaginable cruelty. This is beyond human moral standard. It is below our dignity to treat animals this way. So if you show them some of this truth about how animals suffer for humans' palate, you will awaken in the students their compassionate nature and they will decide to do something about it. Or, you can show also how the migrating birds have to fly farther and farther to find a place to nest, and the polar bears swim longer and longer now because there is no more ice until sometimes they drown of exhaustion, or why the neighboring country has so many floods in recent years, so many disasters, et cetera, et cetera. Tell them how climate change is affecting real lives, real animals, real people, and their own lives as well.

Then, the young ones will realize that halting climate change comes before all else, everything that is important to them in this world, even before job, before money, and even before having fun, because without a stable climate and a living planet, no one would be able to enjoy the things that we want to enjoy, or get to do the things that we want to do. But it's also important to show the young people that there is still hope; we can still save the planet. You can tell them this: It's a chance that they can be true heroes by being vegan and spread the news of this solution. They can save lives, including their own, but also of people all over the world, and countless animals' lives around the world. If you explain all the benefits of being vegan – for personal, for the animals, for the hungry people, for the starving children – they will love it and they will be so excited, because they know they can really make a difference. The young people are oftentimes the most ready to change their lifestyle if they see a reason for it. Their age group is also, in many cases, the first one to see that vegetarianism is good, is correct. So I think if we explain to them logically how it is the most important action to solve global warming, they will be motivated. They will support you. They will be behind you. They will do it. Thank you, Monsieur Dagba. God bless you and your students. You come from Benin, yes. God bless your country, Benin, as well. [Applause]

- MC. *Thank You very much, Master, for Your answer. The next question is from Mr. Akpabla Prosper. He is a mechanical engineer of quality control at the company NIOTO.*
- Q. *Hallo, Master. I would like to sincerely thank You for everything You've done to save all of humanity from natural disasters. I have a small question unrelated to my occupation, but related to our beliefs. In our circle, some think that global warming is a punishment from the gods. How can the vegan diet calm the gods? Thank You very much, Master.*
- M. Thank you. Hallo, Mr. Akpabla. I am glad you asked this question. It is understandable that people would think of global warming as a punishment. In a way, maybe. However, it is not really a punishment from heaven, from the gods, but a consequence of our action. Global warming follows the universal principle that every action brings a response or we could say, a consequence. So if humanity acts in ways that are considerate and kind, the universe will bring consideration and kindness in return. Just like if you plant a seed of an apple you will have apples in return. If we plant a seed of the thorny bush we will have a thorny bush as a result. However, any action that

involves killing will bring the same to the one who invokes it. This law is very precise. The meat diet means the denying of life and, consequently, we will reap the same. But the vegan diet is an offering of life, so it will be pleasing to the gods. Therefore, its reward also will be the same – a protected life.

So you are correct to say that the vegan diet calms everything, our own God inside included. The peace-loving vegan diet brings calm to ourselves, to the animals and to the world. This is why it is the true solution for global warming. Not only does the vegan diet remove harmful methane from the atmosphere, on a deeper level, it removes the killing actions and replaces them with kindness so that the entire planet becomes filled with this essential goodness, positive benevolent energy. And then surely, the gods will also be pleased, forever after. Thank you, Mr. Akpabla. God bless you.

MC. *Thank You, Supreme Master. [M: You're welcome.] The next question is from Mr. Malick Ayeva, who is responsible for the Communication Section of Togo Cellular here in Togo.*

Q. *Thank You, Master, for everything You do for the world. We know that it's not doing well lately and it is important that we are all aware of that. Here is my question: How many times has our planet known destruction caused by detrimental actions of humankind such as global warming? Thank You, Master.*

M. To respond to your question, at least two major times that our planet has undergone destruction, major destruction due to detrimental human activities. And you may have heard that our neighboring planet Mars is another one that has gone through something similar to the Earth is facing today. Mars used to have conditions more like Earth and approached the same crisis where technology was not matched with spiritual values of compassion. However, most of the people on Mars did not know, or did not listen, that the veg diet was the solution. But we do know now, and we try to spread this message to let as many people as possible know about this solution, to give the time to change and save this beautiful planet before it's too late. It may be that past civilizations on Earth did not last also because their moral standard did not develop along with their technical power.

Spiritual development and compassion are what ensure the safety and balance of every other endeavor. I pray that our civilization will be different, will be wiser, and more advanced in many beneficial ways. So let us not neglect to cultivate our virtues. The Martians went through destruction once and never forgot the painful lesson, and they were kind enough to send their message for Earth's humans through our contact. Their message is: Be virtuous. Save your home before it is too late. Thank you, sir. I do hope so. I do hope we save our home. Help us. [Applause]

MC. *Thank You, Master, for Your answer. [M: You're welcome.] The next question is from Master Koffi Tsolenyanu. He is a notary in Lome, General Secretary of the National Room of Notaries of Togo.*

Q. *Allow me to honor You in Your noble mission of safeguarding our ecosystem and the survival of humankind as a whole. My question results from an observation. Recent research has discovered with bewilderment that many species of fish have altered their gender due to environmental pollution. We have found that fish are both male and female. Therefore, Great Master, what can we do so that these fish return to their original gender? That is the first question. [Laughter] The second question is: How long will it take? Thank You.*

M. Hallo, Master Tsolenyanu. I'm glad to see you here. Actually, to your question, the scientists have found out that many species of fish are naturally able to change their gender, depending on necessity. For example, sometimes there is a lack of food or not enough males, and the females will turn into males. So normally, this flexibility is just a survival tool. However, in some cases, it is related to global warming. Toxic metals such as mercury have been found to alter fish gender.

In addition, scientists have expressed concern, for example, that if the ocean waters continue to warm, certain fish whose gender is determined by temperature might end up extinct because only one gender will be produced. Problems like this show the interconnectedness of life and the environment. To think that a small temperature change can actually change female fish to becoming a male. This situation can change, yes. It can be reserved, but we have to act quickly, for these and all the other imperiled lives in the ocean and on land.

So please join, sir, and spread the vital messages. We all must be veg, go green, if we are to save the planet. Thank you, Master Tsolenyanu, for coming here to be with us. God bless you. [Applause]

MC. *Thank You, Supreme Master, for Your answer. Next question is from Mr. Koffi Jean Kissi. He is the National Secretary and Spokesperson of CAR, which is a political party.*

Q. *God bless You for all You're doing for humanity. My question is about politicians. Regarding Your efforts to fight global warming, You know that we need a strong involvement from politicians. Their involvement is necessary. However, we noticed that it is not their primary concern. My question is: What can we do? Or in Your opinion, what can we do so that politicians get more involved in matters concerning global warming, environmental issues, and in the fight against global warming? Should we send them all to a university of environmental sciences? [Laughter and applause.]*

M. Hallo, Mr. Secretary. You are correct. You are correct. It is best if government leaders can be part of the solution. They can assist in helping people to understand why it is so important to make the change to the veg diet.

To approach the political leaders, you can first get together with others of like mind. Then you let the leaders know that you and others like yourself are very interested in this subject. Tell them you want to save the planet, that's it. Write to your government leaders about the veg solution, go and visit with them, if that is possible.

For supporting materials, you can ask our Association members to provide you with the information you might need. From what we are reading in the news, it seems that more African leaders are now becoming interested in halting climate change and realizing the need to act on global warming.

Sadly, global warming is affecting African countries in all the severest and some of the most visible ways. The world's second largest freshwater lake, Lake Victoria in Eastern Africa, is now being jeopardized due to overfishing, pollutants and climate change, which are interrelated anyway. Rivers and lakes are drying up in Africa. Tanzania's Mount Kilimanjaro's glaciers and ice are almost all gone and coral reefs are dying, bleaching. There are water crises from Sierra Leone to South Africa. Zimbabwe, Somalia, Mauritius, Mozambique, and Sudan – just to name a few – are experiencing worsened droughts that make it difficult to plant crops, thus adding to food shortages and prices rising. Add to this, desertification and deforestation that further degrade the

land. Increased temperatures mean erratic rainfall – either too little or too much at a time – so we have ravaging floods that drown the crops and fires that burn the forest.

Likewise in West Africa, home to 43% of the total population of sub-Saharan Africa, if you're a farmer, you already can feel that the climate is in trouble. There are more frequent droughts, heat waves, floods, storms, frosts, freezes, and locusts than before. These impacts of climate change increase food insecurity and the food crisis in Africa. There is also increased risk of diseases such as malaria because the mosquitoes spread to higher altitudes.

The United Nations is afraid that hundreds of millions of people in Africa are at risk. This is just a handful of all the news reports coming out about global warming in your land. I'm sure there are more. For leaders, they are aware of these grave problems facing their countries. Now, if the citizens also support them, remind them that they're concerned and that this is for their best interests, then they will be even more energized to address climate change. Then they will remember that global warming is the most important agenda, that it's their duty, not only professionally, but also personally, because it affects themselves and their children as well. So let us try our best to help remind and encourage our leaders to do something. Thank you, and heaven bless the majestic land of Africa and preserve it. [Applause]

- MC. *Thank You, Master. Thank You, Master, for Your answer. The next question is from Master Kossi Toussaint Adigbo. He is a lawyer at the Court of Appeals of Lome.*
- Q. *I would also like to thank the Supreme Master. Supreme Master, according to Your teachings, I think that the solution to global warming is to adopt a vegan diet. I would like to know, Supreme Master, what are the effects or how can the system renew itself by adopting a vegan diet? Thank You.*
- M. Thank you and hello, Master Adigbo. Thank you for this very relevant question. I am eager as you are, and can't wait to see the day when we all become vegan, that is, before it is too late. When we live our lives with a vegan diet, we send out a powerful statement that we want life, and so we will beget life and protection to continue with our life. If we become vegan as an individual, we can remedy the disasters that otherwise might affect us personally. If the world becomes vegan as a group, we can remedy the disasters that affect us globally. They will avert us, or be minimized and rendered harmless. The planet will begin repairing itself in astonishing ways that scientists would be surprised. For example, the ice will stop melting and return to the way it was, green life will appear again, the oceans will be healed as the rainfall and temperature begin to regulate themselves again, produce restored balance.

You see, we have the energy to change everything, we have the power to dictate what happens around us, but we must use it. We must use it for the sake of all. We must use it for the benefit of every being on this planet. Our thinking, our action have to send out a message to the universal energy that we want a better planet, we want a safer life, we want a saved world. Then the universal energy will do just that. But we have to act in resonance with this energy, you see? If we want good things then we have to do good. If we want life, we have to spare lives. So the good energy we create can do these things, and more wonders. The compassionate loving atmosphere that we, as the whole world, generate, can and will do more miracles for us. I know it sounds incredible but it is possible. It is the fact. We create everything that we want if we live but in accordance with the law of the universe. Such is the power of just being vegan. Because that means we spare life, we want life, we want constructive energy, we don't want destruction. So

vegan is the answer. This is something all African and all citizens of the world can do. Be vegan. Be a world-saver.

Thank you very much for your question of what this world can be. The world can be what we make it to be, and we will make it a vegan world, a compassionate world, a peaceful world and a saved world. Thank you, sir, for your question. Thank you, master. [Applause]

MC. *Thank You for Your wonderful answer. The last question is from Mr. Kelvis Donkelin, reporter from Ghana Hot FM.*

Q. *Thanks very much, madam, for what You are doing for nature and humanity. My question goes this way about global warming. We need to stop killing animals, that's one of the remedies for global warming. I'd like to ask, most of our imported frozen food is from the Western countries. I'd like to know what we are doing about educating the people out there for them to know much of what it takes to cause the global warming, one. Second, my question has to go with the doctors that we have, who have learned a lot about humanity, nature and life, and who have to educate us not to eat much meat but eat a lot of fish, which also boil down not to eat or kill animals, which I'd like to know. And thirdly, people who have the aim of rearing fish in fish ponds for their livelihood, or probably importing it, selling it to take care of their home. I'd like to know, what is the major thinking to educate them to know more about global warming? Thank You.*

M. All right, all right, Mr. Donkelin. Thank you for being with us today, and thank you for your concern. You are one of the positive journalists and we have so much respect for these people, these kinds of people. The kind of journalists like you are the ones who help to bring truthful, positive, constructive information to the public. If there are enough journalists, reporters like you are, it will be a great help to our planet.

To your question, sir, this, of course, is a challenge for all of us. Again, as we have mentioned, the governments and the media also should join with the public to re-educate our co-citizens in the whole world at large. The people who have to slaughter animals as a job for a living, we could re-train them in other kinds of jobs. They could be planting trees, taking care of the forests instead of slaughtering the animals. Right now, we have the green industry which is a booming business, which is a potential for the future. I am sure there are many occupations that these people can take part in. And the governments have to give them subsidies until they are trained in a new occupation. There are not that many animals slaughtering people. We can re-educate them.

And concerning the second question that some people have to depend on exporting or importing meat to make a living, I think it's the same solution. Instead of importing and exporting meat, they will be importing and exporting vegan products. Nowadays, very excitingly, we have so many vegan hams, vegan chicken, vegan cheese, vegan sausages – all kinds of delicious vegan food that looks the same as the old diet, and tastes very beautiful, tastes very delicious. So these people, instead of importing and exporting meat, they can just be importing exporting vegan products. It will bring in a good income because everybody will change to vegan diet. So it is a matter of concept, you see. We have to change our concept. And the governments should help these people. If they cannot stand on their feet immediately, the government social security system could help them in the beginning. But, nowadays, in many countries, there are not enough vegan food, so we can do that.

Thank you, sir. We can export, import, plant organic vegan food instead of raising animals, slaughtering animals or importing animal products. We just reverse the action. Plant organic vegetables, produce organic protein, importing, exporting vegan produce. God bless you, sir. [Applause] God bless your radio station and your colleagues.

MC. *Thank You very much, Supreme Master Ching Hai. [M: Welcome.] That concludes the question and answer session. Thank you very much. Master, thank You so much for answering all our questions. Thank You for explaining again how important it is for humans to follow a compassionate, animal-free vegan diet, which will reduce our carbon emissions to such an extent that we can actually reverse global warming. After all this information, surely many of you would like to join the organic vegan movement.*

M. I think everybody knows already what to do. It's just a matter of taking action and knowing that it is a life and death matter. It is serious. We must do it. We should have done it already yesterday.

I would like to take this opportunity to thank all of you who are involved and supporting this beautiful event. And thank you also all the people that come to share this important meeting. I would like also, and first, to thank all the distinguished speakers, including those who addressed us via video greeting, like Madam Juliet Gellatley of VIVA, Dr. Shaw-Chen Lu of the Academia Sinica, Mr. Jack Bayles and Deputy Director Smith. My appreciation also to Monsieur Ahlonsou, Dr. Ofei Agyemang and Mayor Aoussi and his representative, for their valuable support and speeches. We also thank you, all the media, the precious guests who lend your supportive energy to our special event today. I am so touched by the concern of the participants and by your thoughtful and intelligent questions. It is truly my honor to be part of this respected conference in the presence of all of you, the noble people here and your pure spirit, which shines brightly in closeness to God. I am confident that your warm and determined hearts can achieve the noble goal of creating a sustainable world for the gracious country of Togo and the entire African continent and the whole world. With your help, with your noble support, with your heavenly action, we will surely walk together toward an Eden-like world. God bless all of you. God bless us all so much to succeed in our endeavor to save our precious planet. God bless Africa, God bless our world, so shall it be. Thank you. [Applause] And I love you. I love you. [Applause]

MC. *Thank You, Master, for all Your beautiful and very profound and touching words. Thank You for setting aside Your time and for Your patience and wisdom in addressing the issue of climate change and the importance of being organic vegan with us today. We would also like to take this opportunity to thank every one of you attendees to our 'Be Organic Vegan to Save the Planet' conference today.*

Supreme Master Ching Hai, our distinguished guests, listeners at Nana FM, Nostalgie, Sport FM, Hot FM and Tokpa FM, viewers of Supreme Master Television and LCF, since tomorrow is Mother's Day we would like to conclude today's conference with a prayer from us dedicated to Supreme Master Ching Hai, dedicated to all of our human and animal mothers, and of course, dedicated to our marvellous Mother Earth. Please enjoy the following songs by Vanessa Worou (VW). [Applause]

[After Vanessa Worou's performance.]

M. Bravo! Bravo! Bravo! [Applause] [VW: Thank You. Thank You.] Thank you very much. [VW: Thank You very much, Master.] God bless you.

MC. *Thank you very much. That was Vanessa Worou. Let's now go back to wish all of our mothers a wonderful Mother's Day with the next performance. The song is 'Love You Every Second.'* [M: Every second!] Every second! [Applause]

[Performance by the African members of the Supreme Master Ching Hai International Association: 'We have been following You for a long, long time. But we never had the honor and pleasure of meeting You in person. We have been following You for a long, long time. But we never had the honor and pleasure of meeting You in person. We miss You, miss You, miss You. We love You, love You, love You, love You, love You. We miss You. We miss You, miss You, miss You. We love You. We love You, love You, love You, love You, love You. We wish we could replace Your tears with joy and happiness. Everything You like, we'll stand by You. We wish we could replace Your tears with joy and happiness. Everything You like, we'll stand by You. We miss You, miss You, miss You, miss You. We love You. We love You, love You, love You, love You, love You.'] [Applause]

M. I love you, too. Thank you from my heart.

MC. *Thank you for your so lovely performance. I know that everybody liked it here. Thank you very much.* [M: Yes, thank you, thank you.] [Applause] *We wish that this Mother's Day, every mother lives happily with their families, and the animal mothers live happily with their families too. We also hope that all the animals and humans can live in peace and harmony, and that we can keep this planet, Mother Earth, forever. Just be organic vegan to save the planet.*

M. That's right. Be Veg, Go Green.

MC. *Be Veg, Go Green and Save the Planet. Thank you.*

M. We can do it. We can do it. [Applause] [MC: Thank You very much.] Thank you. Happy Mother's Day! Happy Mother's Day to all mothers in the world! [Extended applause.]

MC. *Thank You very much, Master. This concludes today's 'Be Organic Vegan to Save the Planet' conference. Thank you very much. Just remember: Be kind, be organic, be veg and go green to save the planet. Thank you very much and good bye.* [Applause]

SAVE OUR EARTH ²¹

MC. *Supreme Master Ching Hai has graciously accepted our invitation to join this conference. Now, ladies and gentlemen, let's extend a warm welcome to Supreme Master Ching Hai.* [Applause] *Hallo, Master!* [M: Hallo, hallo.] *How are You, Master?*

M. Hi, everyone. A very good day to you. God bless you.

MC. *It's so wonderful to have You with us today.*

M. Thank you. I am very honored.

21. Videoconference with the Korean people at the 'Save Our Earth' Climate Change Conference, Seoul, South Korea, April 26, 2009 (Originally in English). * Note: This conference is recorded verbatim only the question and answer session with Supreme Master Ching Hai.

- MC. *Supreme Master Ching Hai, we are so honored and happy to have You with us, and thank You so much for setting aside some time from Your busy schedule to join us today.*
- M. I am very happy to be here with all these distinguished guests, important people, the media, government representatives, the congress people, the representative of the National Assembly, the publisher of the big company in Korea, and all involved to make this event very meaningful and important for the public. Thank you ever so much. I have listened to all the speeches and the wonderful ideas. Thank you, all of you, thank you so much.
- MC. *Thank You, Master. We have great news for You! Your book, 'The Birds in My Life,' has instantly become a bestseller in South Korea. Congratulations! [Applause]*
- M. Wow, wow! Thank God, thank God, thank the Buddha, thank God. I am very happy. Wow, what a surprise. Thank you for all the hard work. Thank you, the publishing companies. Thank you everyone who made it happen. It will be good for the world in some little way. Well, what can I do for you to repay your kindness?
- MC. *Thank You for Your love, Master. Supreme Master Ching Hai, today we are here with distinguished guests who represent many areas of society. They include leaders and experts from the fields of law, national security, journalism, education, religion, arts, and others. This diverse group of participants has gathered here to celebrate the publication of Your book and also to join in the discussion about global warming. Supreme Master Ching Hai, before we begin the question and answer session with the distinguished guests, we would be honored to have You share Your thoughts and views on global warming.*
- M. Well, we all know by now that it is the most urgent issue of our time and every one of us should put forth all our strength, our resources, our energy and time in order to better the situation, to remedy the disaster that is coming toward us. It's already there. But we must try our best to curb it, to lessen the impact and to stop it where it is, not just for ourselves but for the future generations. I'm sure everyone who is in power or everyone who is concerned about the planet is thinking hard or doing some urgent action diligently, and for that I thank them all. And if I can help in any way or answer some of your inquiries so that we can clear our mind and work together toward the same goal, saving the planet, then please let me have this honor. Otherwise, we do have so much evidence scientifically, physically, globally already about the disaster of global warming. So I do not need to elaborate any further, unless you have any more detailed questions, I will be very privileged to answer to the best of my knowledge, based on research, based on evidence, based on scientific proof. Thank you so much, all of you, for coming.
- MC. *Thank You, Master. [Applause] [M: You're welcome. You're welcome.] Supreme Master Ching Hai, some of our guests have prepared questions that they'd like to ask You, and it would be such a great honor if we could hear more of Your thoughts through these questions. [M: Welcome. Welcome.] First, we have Mr. Kim Young-Gyu, Commissioner of Gangwon Province Military Manpower Administration. Mr. Kim is a vegan, and has been actively promoting vegetarianism as a solution to global warming in the public sector. Mr. Kim Young-Gyu, please proceed. [Applause]*
- Q. *Good evening. My name is Kim Young-Gyu, Commissioner of Gangwon Province Military Manpower Administration. First of all, I am honored and would like to give my*

sincere thanks to Supreme Master Ching Hai, who is nobly working to stop global warming, for being here with us at this videoconference. I also would like to send my heartfelt congratulations that the book 'The Birds in My Life,' which I recently read and was touched by, became a bestseller at www.Amazon.com as well as Kyobo Bookstore in South Korea. I sincerely hope more people read this book so that the world will become a compassionate place where all lives are respected. When I was young, I lived in the countryside. I realize that animals have the same emotions as humans as I witnessed cows smiling when they were happy, and crying when they were sad, and frightened and scared before death. This made me become a vegan. Now, as a government official, I often lecture on global warming and the importance of a vegetarian diet in many government agencies and public organizations. Here is my question: While talking to animals, You have written three books. Have You heard any message that animals are trying to convey to humankind regarding global warming, which is the most urgent problem that our planet is facing right now? If so, it would be appreciated if You could share it with us.

- M. Thank you, Commissioner Kim. Thank you for your good wishes and your vegan leadership. You truly assist your country through your kindhearted efforts on behalf of the animals. Concerning the animals' message, yes, they have a message for us. It is the same message as that of past and present enlightened people since time immemorial. And that is, instead of killing fellow humans and animals and destroying the environment, we are to retain our noble human quality, love, compassion, and benevolence. We must live up to the principles of nonviolence and forgiveness. The animals witness the climate catastrophe that is occurring around the world which, besides contributing on a physical level to global warming, reflects the retribution from our harmful actions toward one another. However, despite the cruelty and unbearable suffering that they undergo at the hands of humans, the animals forgive all the time. With their pure hearts, the animals are more closely connected with their great inner selves and do not fear death the way we humans do. The animals only worry for the loss of human's noble qualities and wish for the killing to stop so that humanity itself can be saved.

So please, sir, continue doing what you're doing by informing all the people of how we can best honor the animals' love by stopping the killing and turn away from the meat by adopting the vegetarian diet, and our souls will be saved and so will be the planet. Thank you so much for your very caring question. [Applause] [Q: Thank You.] Thank you.

- MC. *Thank You for Your wise words, Master. [Applause] Next, we have Mr. Yoon Gi-Hyun, a renowned children's author.*

- Q. *Good evening, ladies and gentlemen. My name is Yoon Gi-Hyun and I write children's books. Recently, Supreme Master Ching Hai wrote books about animals. I know You are also working hard to address the global warming problem. However, You wrote many books especially about animals. Is there any special reason for You to write books about animals? In addition, recently, Your book about birds has been published in Korea. In literature, birds usually symbolize freedom and dreams, and so on. I want to know whether there is any special reason for You to take care of so many birds and to publish a book about birds. I would appreciate it if You could answer.*

- M. Hallo, Mr. Yoon. Thank you for your thoughtful question. As a writer yourself, you probably have the experience that the inspiration for writing comes more from an inside feeling. Similarly, the writing came more from my love for them, and also I hope to share

with the world about animal feeling and true ID because they do have a true identification. They're not animals per se, the way we see them, but they are divine beings as well, just like we are, except that they're more aware their divine status. So I hope to share with the world some of my knowledge about the animals so that humans would honor and love them more. 'The Dogs in My Life' and 'The Birds in My Life' are both written about animals that have come into my life and have blessed both me and the world with their love. The third book called, 'The Noble Wilds,' comes from a time when I was able to get to know and share the stories of some of the beautiful animals in nature.

Now, we all can see that nature is changing because of global warming, and the animals are directly affected as well. The International Union for Conservation of Nature (IUCN) has a list called the Red List that shows the species actually disappearing from the planet. At the end of 2008, the IUCN was monitoring a total 45,000 species and said that 40% were threatened with extinction. It is difficult even to imagine this kind of loss. Furthermore, the correlation between animals and global warming is directly seen in the meat diet as documented clearly by the United Nations' 2006 report, 'Livestock's Long Shadow.' The animals that are raised for meat, they are producing more greenhouse gases than all the transportation in the world combined. The main gases from the livestock raising are methane and nitrous oxide. Methane was already known to trap up to 23 times more heat than the most prevalent greenhouse gas, meaning carbon dioxide. But recently, it was discovered that methane heats the environment even more. Scientists say that methane causes up to 72 times the atmospheric heat trapping of carbon dioxide, averaged over a 20-year period. This means that the livestock industry contributes even more than what the United Nations originally calculated. So if we eliminate meat from our diets, we automatically and very quickly reduce global warming by a tremendous amount, if not most of it.

If everyone becomes vegan, stop livestock raising, our Earth, the humans, the animals, the environment will definitely be saved. So for the love of humans and animals, I began to write about their intelligence, emotions, and great love. I also have dogs and all animals are equally special in my heart, including the cows, the pigs, chickens, the fish, and so on. So by writing these books, I'm trying my best to protect them and to promote the vegetarian diet to save the humans' lives and save our planet. Thank you. [Applause]

In regard to the birds that are part of my life, they came to me in a spontaneous situation. I referred to it some other time already, but the reason I took care of the birds was because they were captured. And they were there in such a pitiful situation, like in such small cages, and they cannot even move too much, they cannot even fly, they cannot even have love, and each other's contact as well as love of human's contact. And it's just my heart feeling that I had to adopt them, and I have to take care of them. I had no motive at that time except just the direct love from my heart and I just had to do something. I guess if you are confronted with such a situation, you will also do the same, Mr. Yoon. I love birds. [Applause]

MC. *Our next question comes from Mr. Kim Dong-Hyun, a journalist from Chosun Ilbo, the largest newspaper in Korea.*

Q. *Hallo! My name is Kim Dong-Hyun, a journalist from Chosun Ilbo. It's a pleasure to meet You. My question is short. What is the role of religion in solving environmental problems including global warming? In addition, I would like to ask whether there is something else that the citizens can do immediately other than adopting a vegetarian diet.*

- M. Hallo, Mr. Kim! First of all, I would like to thank journalists such as yourself for carrying out the very crucial role of informing the public at large about our planetary crisis and the solution to climate change. I think your question is very important.

Religious leaders can give voice and strive to be a living example of the noble teachings according to their original founders, such as Jesus, Prophet Muhammad, Buddha, Guru Nanak, et cetera, et cetera, who espoused the compassionate vegetarian lifestyle. The scriptures from the teachings of these sages all emphasize the need to care for one another and be good stewards of our Earth. In the Christian bible, it is said that, 'Meat for the belly and belly for the meat, but God will destroy both it and them.' The Buddhist Mahaparinirvana sutra also stated that, 'Eating meat destroys the seed of compassion and a meat eater's every action will terrify all beings due to their bodily scent of meat.' Therefore, religious adherents need to be reminded that to solve the environmental problem, we need to put these teachings into action. And the most effective action is something that citizens can do immediately – BE VEG. Of course, another is go green, meaning take care of the environment and be frugal in our usage.

To be veg is living in accordance with our true religious beliefs. Forgoing meat and adopting the plant-based lifestyle means we put the principle of compassion into action. So please, continue your noble duty as a reporter to remind people of the dignified moral lives that humans should lead by being veg and doing good deeds, apart from going green. Thank you, Mr. Kim Dong-Hyun, for such a noble journalistic approach that you are doing.

- MC. *Thank You, Master. [Applause] Next, we have Miss Kim Ju-Hwa, a public prosecutor.*
- Q. *Hallo. Thank You for giving me a chance to ask You a question. I am a public prosecutor in charge of law enforcement. My job is to investigate crimes, take part in trials in order to punish illegal activities. Therefore, the nature of my work is to handle each case according to fixed legal measures. In order words, I have to settle acts or consequences with tangible proof according to legal standards or the common law. Therefore, I display conservative tendencies. However, the Earth is facing a great crisis at the moment. I think it is a time for people to change their way of life quickly. In this crucial moment, I want to know what kind of attitude I should keep while I work in a conservative work environment.*
- M. Yes, Mrs. Kim, this is a very, very good question. Actually, the best attitude at all times is to be guided by compassion. When we have to err, then we should err on the side of compassion. Of course, in your job, you must proceed according to the rules of the law and what has been defined as right and wrong. In fact, our physical world is governed by the same type of law, one that is very precise and consistent, that is, for every action there is an equal reaction. It is this law of physics that rules our physical universe and is also called 'the law of cause and retribution,' 'cause and effect,' or 'the karmic law,' or 'action and consequence.' Just as in your work, there are consequences for people's actions. In the physical universe there is the same law.

So when you speak about the swift change that is needed, if we already understand the nature of consequence, then it is easy to understand why we must stop killing animals and stop creating suffering for other beings, even including humans. The switch we need to make is toward a kinder, gentler approach to all things and beings around us, because we don't want to reap the bad consequence of killing. So we switch to the plant-based vegan diet, which offers kindness to the animals, by letting them live in peace, then consequently, humanity can also live in peace and our world will

immediately become a better place. So the best way in life is to lean always toward universal love and compassion. Thank you, Miss Kim. [Applause]

MC. *Thank You, Master. Professor Choi Haeng-Sik has the next question. He is Vice-Chairman of the Korean Law Association, and Chairman of the Global Warming Emergency Measures Committee.*

Q. *Thank You, Master. I am grateful and honored to see You again through this videoconference. According to the law of nature, the dignity of humans and the right to happiness are not only reserved for humans but also should be recognized for animals on this planet. Therefore, the law that the government enforces should be enacted in a way such that killing and meat-eating are banned. However, no country in the world has enacted laws that prohibit the killing of animals or eating meat. Only in some countries, regarding slaughtering methods, the cruelest slaughtering methods are banned. What I want to ask Master is: Although the law plays a role in maintaining the welfare and order of societies, I don't think it can be a fundamental solution for the problems that humankind and societies have. In this time, what is the more fundamental key to solving these problems? I would be grateful if You could tell us the urgent life purpose and paradigm of humankind.*

M. Hi, sir. Thank you, Professor Choi. I'm also very honored to speak to you. Of course, what you said is correct, sir, that animals have the same right to dignity and happiness as humans, so we have to bring the standard of the legal structure up to a nobler level. This is the more essential key that you refer to. It is an inner quality that we can awaken and then cultivate. We can also encourage others toward these standards. You can form a circle of similar-minded thinkers, then present logical information to the government to suggest new law policy, such as the Meat-Free Act or the Killing Ban Act that you had mentioned. We have an abundance of up-to-date information on the harms of meat and the benefits of vegetarian available always at www.SupremeMasterTV.com which are all free to download. If you need any further assistance, our Association members will readily help you.

As for the urgent life purpose and paradigm of humankind, whether in this perilous state of the planet or at any time, we should be models of love and compassion, exemplifying the human standard of righteous living. At this time, there is also the opportunity for change both within ourselves and others. So if you are already vegan yourself, please share this vegan message in every way possible. If enough people act on this message, to live a life of peaceful caring toward others, with no harming other beings, then humanity has a future and our children's children will be able to still live on this Earth in harmony, abundance, and peace.

MC. *Thank You, Master. [Applause] Next, we have Mr. Na Young-Cheol, the President of Ecology TV and Director of Korea Mass Media Club.*

Q. *It is nice to meet You. I would like to congratulate You on Your book being a bestseller soon after its release in Korea. In fact, I thought the event today was a meeting with only about 100 attendees and I would have never imagined it would be such a grand event. Since its launch in 1993, Ecology TV broadcasts 24/7, and our theme is 'Nature-Ecology-Environment.' Therefore, I can't help pondering the role and responsibility of media in coping with our planetary crisis such as global warming. The current situation that all living beings on Earth face right now can be compared to a fast moving car on a highway. The car meets an obstacle ahead and brakes sharply but we are about to collide with the object because the braking distance has to be much further in order to*

avoid a collision. The best way we can do is, not just a few experts or environmentalists like now, but all of us should unite as one and feel the urgency and act accordingly. That is really needed now. If we think about it and feel with our heart, then we should put it into action because it is desperately needed. In order to do it, the role of broadcasting is really important. I think campaigns or educational programs every now and then is not enough. I feel that we must provide something that has a great impact and carry it out. I hope we could come up with an excellent idea about how the broadcast industry can bring about the actual participation of people beyond intellectual understanding and feeling. I would like to hear the wise advice of Master Ching Hai. Thank You. [Applause]

- M. Thank you. Hallo and thank you, Mr. Na. Thank you for your noble leadership in journalism and of Ecology TV. Your compassionate heart in your profession is already helping the planet. I agree with you completely about the importance of the role of the media. I'm sure the programs that air on your network have already had a huge constructive impact on peoples' lives and heal the planet. I also believe in people reacting as a whole and that the media has a key role to play for this to happen. As I have said before, that I wish all the media would display a veg announcement every day on television, newspaper, radio, et cetera, even on billboards. If they do, can you imagine what a difference it would make in the public's awareness? So please continue with the work you are doing now and especially to promote the vegan, animal-free diet. This is the one step that everyone in the world can participate in, and it makes the biggest impact for our world. As mentioned, being veg removes methane from the atmosphere, thus cooling the planet. This also immediately shows care for the animals and for our own health, because we see more and more evidence that meat causes all kinds of cancers and carries bacteria, leading to such illnesses as mad cow disease, et cetera, et cetera. So it is much healthier to be veg.

More and more scientists today are talking about the vegan diet as being key to stop global warming. Noble Prize-winning Dr. Rajendra Pachauri of the United Nations Intergovernmental Panel on Climate Change recently stated that the livestock industry contributes even more to global warming than what was previously reported by the United Nations three years ago. And expert climatologist Dr. James Hansen from the United States has agreed that being veg – means animal-free diet – is the most significant thing to do to halt global warming. So this is the message that will literally change our world the most quickly.

I wish your TV channel much success in joining to spread this valuable message. God bless you and all your channel's personnel, and your loved ones and their loved ones. Thank you so much, Mr. Na. [Applause]

- MC. *Thank You, Master. Next is Professor Yeo Sook-Dong who teaches at Korea National Defense University and is the former Manager of Public Information Office, Korean Joint Chief of Staff.*
- Q. *I'd like to ask about conflicts between nations caused by global warming and its solution. In March 2007, the United Kingdom suggested that the climate change and conflict problem should be discussed as an urgent agenda for the United Nations Security Council and it was actually discussed seriously. It shows that people have begun to recognize that climate change caused by global warming has become a serious threat to national security. Global warming cause not only natural disasters such as floods, storms, and rising sea levels, which threatens national security, but also a large scale of climate refugees flowing over national borders. These series of incidents*

will cause not only worldwide insecurity but also can be a definite reason for increasing conflicts between nations. Could You tell us what efforts and measures each country should develop in order to be for conflicts between countries that are a result of global warming?

- M. Hallo, Colonel and Professor Yeo. Thank you for your very important question. It is true exactly as you have said that we are facing a very serious situation. However, we hope it does not have to come to the point of more conflict. We already have plenty. However, the most effective effort that can be made by any country to avoid further catastrophe, whether natural or manmade, is to promote a compassionate, noble lifestyle. Not only does this benefit the planet in its reduction of greenhouse gases, but being veg opens up lands and deliver crops to humans that were previously being grown for animal feed. Moreover, a plant-based diet saves immensely on water; meat production uses water in excessive amounts that we cannot imagine. You see, all this is important because if humans are in shortage of food or, of water, then conflicts, of course, will break out. That is what the United Kingdom means by climate change is affecting national security – not just for the United Kingdom but everywhere in the world. When our family members are in danger of hunger or thirst, maybe we would do anything to bring food to them. So reluctantly, some virtuous or good people might even go astray and cause conflict between neighbors and then, on a larger scale, it will cause conflict between nations.

Scientists have documented that one serving of beef takes more than a thousand gallons of water to produce. By contrast, sir, the vegan diet uses about one-tenth of that amount. So the water problem would also be completely solved if everyone is vegan. And as the killing karma is reduced with people becoming vegan, all disasters will diminish, a more living atmosphere will envelop our Earth, and we would not even have to worry about war between countries, because vegetarian diet will make people feel peaceful, more clear-headed. So consequently, each nation would naturally have sufficient resources and wholeheartedly exchange help to each other. So the best way to prepare for conflict is to take complete prevention. The vegan diet will help us to achieve that goal, and almost immediately. Thank you, sir, for your caring. [Applause]

- MC. *Thank You, Master. Next, we have Professor Kim Young-Hwa of Yonsei University. He's also the former Manager of the Nature Preservation Department, Ministry of Environment.*

- Q. *Well, thank you for your warm welcome. For about 30 years, I had planned and implemented our national environmental policy as a government official. I am a professor now. Here is my question: Although global warming is a very serious and very urgent matter for humankind, we have a lot of trouble addressing it because some nations do not cooperate. Could You please tell us what crisis management measures the government should take in case we fail to halt global warming? Thank You.*

- M. Thank you, Professor Kim, for joining us today and for this thoughtful question which is very, very important. Please do not lose hope yet. We still have a chance to halt global warming and should be optimistic. We don't have much time but we still have time. Although the change is a little slow in some cases, we meanwhile do our best by adopting the quickest and the most efficient measure to reverse climate change. We must change to a vegan diet ourselves so that we become a part of the solution. Besides that, this compassionate lifestyle promotes natural harmony and peace. If everyone is a vegan, cooperation is much easier, don't you think? Because people

become more peaceful. They can think more clearly. So cooperation will be an easier matter.

To help the government to change so that it can avoid that kind of crisis management, we can write letters explaining how a vegan diet is the solution for the planetary crisis. It's the most practical way to prevent future calamities due to global warming because the plant-based lifestyle is more sustainable and opens up lands that can be used for cultivating crops for humans. It restores the balance of our oceans and forests and preserves our finite natural resources. This is truly the best way to restore our environment and ensure the highest degree of peace. Thank you, sir, for your concern. [Applause] Such a simple solution – BEING VEG – that's it. [Applause]

MC. *Thank You, Master. Next is Ms. Park Hyun-Jung, a reporter from SBS, Korea's major national TV.*

Q. *Hallo! I would like to ask a simple question. I would like to know the relationship between global warming and meditation.*

M. A reporter who is very enlightened! Thank you for calling attention to the spiritual side of climate change. Your audience will surely appreciate your well-informed news reports on this most grave issue of our time. As you can imagine, meditation could be said to help counteract global warming, in part because most traditions of spiritual practice uphold guidelines that include respect for all life, which means no killing, no causing suffering to others, and thus to be a vegetarian. With the world populated by benevolent vegan citizens, the retributing debt – or we call it 'karmic debt' – from meat-eating is reduced, as will the devastating effects of such a diet.

From deep meditation, you will truly know the glory of our creator, of our real self. You will understand what the saints are referring to in the religious holy scriptures when they describe their experiences of the heavenly Light and Music. If you are in deep meditation you will experience exactly what the saints, the Buddhas experienced in the past, in part or in whole. You will know true peace and experience the universal awareness that comes from being connected with your divine self. May heaven bless your heartfelt sincerity and virtuous path to help your fellow citizens during this planetary emergency. Thank you, Ms. Park. [Applause]

MC. *Thank You, Master. Now, Professor Kim Young-Ho who is the Honorary Professor of Philosophy at Inha University and Director of both Hamseokhun Social Research Center and Dongsasub Happy Village.*

Q. *I find myself in full agreement with You on the diagnosis of our planet's crisis and its cure involving vegetarianism. I hope and believe that it will work out eventually on a global scale. [M: Yes.] At the same time, people may want to know more practical ways toward the ultimate goal. For this crucial matter of survival of the Earth, we can't wait too long, I think, [M: No.] for governments to acutely realize the severity of the crisis and take concrete actions for it. [M: Right.] Rather than relying on the governments, we may need community movements, initiated not by just big communities but small communities, from bottom up, not top down. My question is: What, in Your view, is the practical strategy for putting into practice the ideals You have put forward, besides this kind of worldwide conferences and publications, including the need for smaller communities devoted to the cause and pursuing an ecologically safe living? Also, just small related questions, philosophical question – can we expect to see the imminent emergence of a new humanity or humanism, free from these kinds of problems, as*

envisaged by some Korean spiritual masters and Western enlightened thinkers, like Teilhard de Chardin and Mircea Eliade? Thank You.

- M. Thank you! [Applause] Thank you, sir! You are right. You are right. As individuals and communities, we must take action instead of waiting for the government or the technology to be developed. Surely what you describe as a grassroots movement is a good way to quickly and effectively begin healing the planet through a plant-based diet. This truly is the fastest way an individual or group of individuals can reverse the climate change. It is so simple that we could overlook it. It's so simple. Just one solution: The compassionate diet. Because compassion begets compassion. That's a very simple law of the universe. Every action has a reaction. So no need to wait for government policy approval process or financial resources and so on. Practically speaking, what we can do for this movement is to continue informing the people we know or who we meet about our urgent planetary situation and the solution. We can pass out informative flyers. We can email our friends, acquaintances, and let them know that free and up-to-date resources are also available at www.SupremeMasterTV.com. We can also show others how easy and delicious it is to cook vegetarian diet. And, as I have mentioned, continue writing to the government and media to ask them to support these ideals, which is also very important. We cannot really disregard the government's and the media's powerful influence, because if they support these ideals, they can disseminate the information on a greater scale to reach the public.

Without a doubt, once humanity has evolved to be more compassionate, more loving to all beings, our world will be free from such tragedies as war, global warming, and other natural or manmade disasters. We would truly be living an Eden on Earth, where peace will reign and humans will live in perfect harmony with each other, with animals and the environment. Thank you for your very good question. I have only one solution again, again, and again, that is the compassionate vegan diet. If I have other solutions, wouldn't I have told you? If I knew of a better solution, wouldn't I have advertised it? Of course I would! I would do anything to save the planet. But to save the planet is not in my power. The planet is in your hands, on each and every citizen's hands to save it. And the only solution that we can take in our hands to save the planet is the VEGAN DIET. I repeat again and again and again because I know that is the solution for our planet. Thank you, sir. [Applause]

- MC. *Thank You. Thank You so much, Master. [M: You too.] The next question comes from Mr. Kim Dong-Wan, one of the program directors of Arirang TV, Korea's global TV.*
- Q. *It's a pleasure to see You through this videoconference. We know that You are very concerned about global warming and have been working tirelessly in order to halt it. Supreme Master Television broadcasts the number of days left to save the planet. As of today, we have about 1,300 days. May I ask what does this date mean exactly? Is it a warning? Is January 20, 2013 the last day left for us to save our planet? What will happen after that day passes?*
- M. Yes, Mr. Kim. Thank you for your very concerned question. This is a question that you ask for many people. This is the number of days that we have left to save the planet. Yes, it is. We hope that we don't have to count down to that day. In other words, that the day will not have much meaning other than as a day to celebrate human's and planet's survival, our life. However, this number is a reminder and gives us a sense of the true urgency at hand. I wish we don't have to show this number, but we have to, for the sake of everyone on this planet. And if you calculate it yourself, according to all the evidence from the scientists or research of climatologists, you will come to the same number as I

have. Up to now, there was some flexibility on how long we have left. But now it is more or less fixed. And that is more or less the number we have.

However, Mr. Kim Dong-Wan, we have good news. The good news is that we have reached a critical mass, or a certain number of human beings who have kept the vegetarian diet or turned to the vegan diet. And when a certain number is reached, we call it critical mass. Then that critical mass will influence the other beings on the planet, all the humans. So this critical mass has been reached recently. It could mean that more people are open to change in their heart and more influenced to change their heart, to be more loving and kind, compassionate, and switching to the life-sustaining vegan diet. This is the primary change which will save all lives that are still left, and the planet. After that, we can have time to do all the green things to further stabilize and live in harmony with nature. We can have more time to develop higher technology to protect the planet and protect human life. But for technology we need much, much more time. We don't have that much time.

So for now, changing to the vegan diet lifestyle is urgent and the most important and the most effective solution to halt the climate change and to save the planet. We can see almost an immediate result if everyone turns to the vegan diet.

MC. *We have Professor Kim Moon-Jo who will ask the next question. He is a Professor of Information Technology at Paichai University and is the former Brigadier General of the Korean Army.*

Q. *It's a pleasure to meet You. After I learned at the easiest and quickest way to prevent global warming is to reduce animal raising that we humans are doing for foods, as a former officer once responsible for the military meal menu, it occurred to me that we should provide soldiers with vegetarian 'meat' instead of animal meat. [Applause] However, as You know, soldiers have to take rigorous physical training. This kind of training requires robust physical strength. I am wondering what effects there would be on a military's combat capabilities if we gradually change from a meat diet to a vegetarian diet. I would like to ask for Master's advice in order to solve my problem. Thank You. [Applause]*

M. Thank you, Professor, General Kim. I'm glad you thought of changing the diet for the soldiers. Have no fear, sir, it will be fine. You are correct that the elimination of the meat-based diet from society at all levels is surely the fastest way to avert the effects of climate change. There are numerous examples today of athletes who eat only the plant-based diet, the vegan diet, no animal products in their food whatsoever. These are worldwide top-class athletes, such as professional wrestlers, body builders, and basketball players. We list them all on www.SupremeMasterTV.com. Not only do they eat the vegan diet, they credit it for their increased stamina and strength. One example is a runner of the ultramarathon – meaning 24 hours without stopping. This gentleman, who is a vegan, holds the record on one of the courses and has won the hundred-mile run seven times, along with other endurance awards. There are also soldiers who are vegan and are able to perform their duties on par with fellow soldiers.

So I'm confident that vegetable protein is more than sufficient, with no compromise to muscle development and endurance. Furthermore, a vegan diet provides one with clarity of mind and has even been associated with higher IQ. So you see, we should go ahead change to vegan diet. Thank you, sir. [Applause]

MC. *Thank You. Thank You so much, Master. Next is Mr. Yoon Ho-Chang, the Policy Chairperson of National Eco Kid Community Association and Executive Director of Metropolitan Area Eco Kid Community.*

Q. *It's a pleasure to meet You. I am working to support our future generation so that our children can be closer to nature and live together with other beings more harmoniously. Here is my question: Environmental diseases such as atopy and asthma occur mainly in children who are vulnerable socially and biologically. The health of our future generations is endangered because our generation failed to plan for a sustainable future. What immediate actions do You think our generation should take to ensure healthy future generations, and how should we unite on a global level in order to achieve it? Please give us Your advice.*

M. Yes, Mr. Yoon. Hallo! Thank you for your concern and your love for the children. I do also love children. I think we all love the children. Heaven bless you already for that. I understand your feeling that the children of today must suffer because of what the adult generation in the past has overlooked. And maybe the children in the future also will suffer because we, our generation right now, are slow to take action or don't take action or overlooked the important priority. While this may be true, please keep in mind that we still can change. Humans are subject to change. We do not have much time, but we do have some time. If the conditions of the world can be corrected soon, the children will still have a chance to grow up in a better environment. The key to this of course, once again, and as always, is the vegan diet, vegetarian food, no animal product food.

Children are well aware of this diet because they prefer it. Studies have shown that in vegan societies, morning sickness during pregnancy is virtually unknown. This is because meat has been found to be like a poison to the unborn child. The morning sickness is the way to expel the poison so that the vulnerable new life is not adversely affected. The atopy or allergic syndrome that you have referred to has now been clearly linked to food allergies in children. Meat has also been shown to be toxic and an addictive substance, with potentially very bad effects for the body. There is a sugar molecule from the meat, for example, that accumulates in the body with repeated consumption. This molecule is like a magnet for infections such as E.coli which can easily be life threatening. Both the allergy and immune systems of the children are less developed than in an adult. So children cannot digest products such as milk, fish and meat.

The good news is that even children who have learned to eat meat are normally quite open to changing to the vegan lifestyle, as studies have shown. Often they are the ones bringing new information back to the parents, trying to get the parents to the change to the vegetarian diet. So to unite on a global level to achieve healthy future generations, one thing we can do is to bring the message to the children and listen to them as well. We should also show our children that we care about their future and their health. And the best way to do this is through the example of a compassionate, loving lifestyle through a vegan diet. Thank you, Mr. Yoon Ho-Chang. [Applause]

MC. *Thank You. Thank You so much, Master. Ms. Choi Jae-Ran, a student at Sogang University, a Green Ambassador, and a member of Climate Cool, has the next question.*

Q. *Good afternoon, Supreme Master Ching Hai, ladies and gentlemen. Thank You for the great opportunity to take part in the conference today. [M: Thank you.] My name is Jae-Ran Choi, studying in Sogang University. As a member of the Climate Cool Initiative and the Green Ambassador, I'm very honored to ask You a question. After visiting*

Japan to take part in an environmental workshop, my team members realized that the Japanese government and the Japanese people were readily accepting a green lifestyle. The most basic but the most effective example was the trash cans. Recycling waste can create tremendous amount of resources, but in Korea, there are no efficiently labeled trash cans and the people are not very concerned about saving the environment. And the government policies could be better and have more substance and really make a difference. So what I want to ask You is: What are our world's governments doing to change the ordinary lives of the people to be more environmentally friendly, and what are the real environmental issues that the government can handle to save the Earth? Thank You.

- M. Thank you for your care and your tremendous effort. I'm so proud of you – so young and so noble. I'm impressed by youth such as yourself who are so concerned and actively try to help the environment. Your Climate Cool Initiative sounds to me very, very cool, so cool.

For your questions, there are governments that are creating policies and raising awareness about the seriousness of climate change. They have listened to the scientists and are at least beginning to warn their people of the dangers. There will be an important conference this December in Copenhagen, Denmark, where government leaders worldwide will try to make important decisions based on scientific evidence and scientists' advice. Some governments already have policies in place and are encouraging people to go green. For example, the Formosan government presented a list of ten effective actions that ordinary people can do to help. Several cities in the United States have done similarly. And in Europe, several countries as well as the European Union have been discussing and implementing policy for different green measures. These are just a few examples. So please, be positive, be optimistic.

But my only concern is that the changes are not happening quickly enough. I'm sure you have the same concern. We really need to stop global warming now, like yesterday, because I'm sorry to say that while all these green changes are good, there is still one action that must be done on the top of the list, the most important one, which, once again, is the VEGAN DIET. The greenest of all the green policy, the greenest of all the green action, the most compassionate, the most heroic, the lifesaving action, the vegan diet. Without the vegan diet, maybe we can prolong a few years with green initiatives or with better technology, but it's not a long term insurance against climate change.

So the vegan diet is the solution. It will eliminate methane, one of the most heat-trapping greenhouse gases. And this will cool the planet the fastest and give us more time to exercise our green policy or finding better technology. This is the most valuable step, the vegan step, that the governments could make, could encourage, could pass into law, could inform the people at large. Such a measure only benefits the people and the country and the planet. There's nothing to lose, nothing to fear, because it is in the best interests of everyone. This is the realistic way, the only way that I know, the only way that I see that we can save the planet right now. The other policies, green energy, green technology, are also very important but they take more time. First, we have to stay alive in this short period of urgency in order to even work on switching to green energy. Clear? Thank you for caring, Ms. Choi. Please, tell your government leaders. Ask your government leaders to be courageous, to act swiftly for you and all the people and save lives. Ask them, please. Thank you. [Applause]

- MC. *Thank You. The next question comes from Professor Kim Sung-Ho of Life Science at Seonam University. He is also the Director of Korean Plant Academy. For over 20*

years, Professor Kim observed, took photos, and wrote about animals, especially birds. He loves birds very much.

Q. *Nice to meet You, Master Ching Hai. I was deeply impressed with Your book, and Your special affection towards birds was surprising and so touching. [M: Thank you.] Is there any special reason or motive for Your love of birds? If so, how it is interconnected with Your belief of ‘am a vegan and green, save the Earth’? And recently, I had a chance to observe the whole breeding schedule of four kinds of birds: White-backed woodpecker, gray-headed woodpecker, long-tailed tit, and nuthatch. And the whole schedule is completed within two months. And I found that the young birds acquire all the means necessary for their survival only through a short time. May I ask Your opinion regarding this? And lastly, last winter, there were a lot of dry and cold days in Korea. It was nearly impossible for birds to find the water in our forest so I decided to make a pond for them. About 500 birds gathered to drink water and to take a rest. [M: Wow!] But I can’t do this every winter and it will not be a good solution for them. Basically, what can we do for them? Thank You. [Applause]*

M. Thank you. Professor Kim, first of all, thank you for your immense love, thoughtfulness, and kindness toward the animals, especially the birds. I am moved by your affection and deep caring for the wilds in the mountains. My love for animals extends to birds as well; I love them and naturally want to protect them. I feel what they feel. Birds have so much love, intelligence, which I have experienced many times, even before I had bird companions who are living with me. Sometimes a bird would come and stand in front of me just trying to tell me something, or would come and sit on my hand and greet me. I’m sure that you understand and maybe experience the same, sir.

You see, in regard to the message ‘I am a vegan and green, save the Earth,’ this is surely connected to all the animals and the birds also. Once we understand one species of animals, we could understand other species as well. Being vegan simply means being compassionate and having animal-free diet – means we don’t eat the animals, we don’t harm any animal. So we don’t engage in any killing or making others suffer of any kind. This will save the planet and preserve the treasured wilds, such as the birds.

Your second question. Recently, you have observed that the young birds do grow and learn quickly how to survive. Yes, it is true. The animals’ babies, or animals as a whole, they are more intelligent than us concerning survival. I also noticed that when I spent some time closely observing birds – a family of swans as they raised their young, also a family of ducks, a family of coots, a family of great crested grebes, et cetera, et cetera, even a family of young beavers. For example, the baby swans, they were so intelligent. The first day they went out swimming with their dad already. I observed how the parent swans raised their young and was amazed as well at how quickly babies in the wild mature. It’s so fast, so fast, much too fast compared to human babies. They are endowed with many talents, with intelligence and with perceptive faculties, even telepathic faculty. I’m glad that you understand and help other people to also understand how incredible the wild animals truly are. They are really amazing, and more than worthy of our respect and love.

And to your third question, I’m very touched by your caring action, Professor. Since childhood, I also had an affinity with birds and I would feed them, give them water, nurse them to health when they’re sick or wounded whenever I could. I worry about them even now at night when I’m in a warm bed. I worry whether they are too cold outside, if they have enough food in the day. I am so touched that you even climb the mountains to bring them fresh water to drink. That is really true love. May God bless you

so much. We should all remember that we share this planetary abode, the water, the air, the resources, the food, all of nature, we share only. We should not be possessive of nature.

So the best thing we can do for the birds and all the animals is to stop causing suffering to them, stop killing them, stop eating them, stop damaging all our habitats. Stop damaging our environment. Be veg, go green and save their planet too, the planet of the animals. Thank you so much for all you have done and doing. [Applause]

MC. *Thank You. Thank You so much for Your precious answer. Ms. Bae Ok-Byung will ask the next question. She is Chief of the National School Meal Network, Chief of People Movement Headquarters for Safe School Meal, and a Member of the School Meal Committee of Seoul City Education Authority.*

Q. *I am glad to see You. With the school meal movement in Korea, we have tried to provide safe and fresh meals to schools using locally grown, environmental-friendly agriculture produce and we've seen successful results. The government has more meaning than just providing a simple meal, it will help expand eco-friendly farming, which will help reduce greenhouse gas emissions and mitigate global warming. The movement is a sensible solution to the overall food shortage crisis as well. I think each nation needs to have a food plan suitable for its own climate and environment, and it also should be well-coordinated with the school meal system. A sustainable supply-demand system need to be established based on trust between farmer and consumer. I would be grateful if You could talk about some examples for new alternative systems or the possibility of global networking.*

M. Ms. Bae, I am impressed with your noble-minded efforts, not only for the children's health but also for the environment and planet at large. The program you describe sounds truly exemplary. The children must love it. Perhaps you could share this model with other nations for their benefit. From what I understand, complete systems where the schools are connected to the farmers in a sustainable way are perhaps being developed, but not fully exercised. There is a program that began in Europe and Japan and it's now also in the United States, where a group of individuals such as those belonging to a food cooperative develop a relationship with a farmer or the farmers, who agree to supply them with fresh produce. The farmers then grow a variety of food and people purchase from a variety of whatever is fresh. This has become very popular and, in many places, it has a waiting list even. So the farms are usually sustainably-run organic farms. It is a good situation because the people are getting healthy food that they can trust while supporting the farmers' livelihood and often the environment at the same time. So I thought you would be glad to know that.

It would be good if the governments could lend their support to vegan organic farmers by providing them with subsidies so that they can take their time in growing without having to worry about the profit for the beginning of the trend. Through vegan organic farming, we will definitely accomplish the goals of resolving the food crisis, since the crops are no longer being fed to animals, which are being raised more and more in numbers, and they're being grown with practices to support the Earth, which means more plentiful harvests over time. For further updated information on organic vegan farming, you may visit www.SupremeMasterTV.com. We have programs featuring our Association members and other experts on organic easy farming that can help guide people on the path to planting and harvesting your own organic vegetables. Meanwhile, I wish you all the best and thank you, Ms. Bae, for your noble mission to support the children's health and saving the planet. Thank you, ma'am. God bless you. [Applause]

MC. *Thank You, Master, for Your enlightening answer. Next is Mr. Lee Tae-Geun, the Chairman of Heuksallim, a large organic farming organization that shares organic farming methods and gives certification of organic products.*

Q. *I am glad to see You. I am Chairman of one of Korea's biggest organic farmers group. To adopt a vegetarian diet, I think an essential step is to avoid pesticide and chemical fertilizer. I hope to see organic farming and the vegetarian diet boom in Korea. If it happens, I suppose I will have to work more. How does organic farming contribute to global warming? What mindset should organic farmers work with and what products should consumers have? Organic farming produces less bountiful harvest. Could You say a few words about the government supporting the crop yield reduction or consumer's role? Thank You. [Applause]*

M. Thank you. Thank you for your question, Mr. Lee. Actually, it has been found that a large scale change to organic farming could feed the world. Research in Denmark and elsewhere has shown larger yields from organic farming on land that was previously underutilized. The producing of less harvest that you mentioned may be from fields that were previously cultivated with chemical pesticides and fertilizers, or trampled by livestock for a prolonged period of time. These can show a drop in crop yields when switching to organic farming. But that is only initially because the yields are shown to increase again over time. In fact, the large yields produced by conventional farming are taken at the expense of the soil, of our health, and of the environment. And these enormous single crops, such as soy, are mostly produced to feed animals for meat production, not for human's consumption. In Africa, the United Nations Environment Program did a study in which they found crop yields were doubled when the small farmers used organic farming methods. In this case, since the organic practices such as composting and rotating crops improve the soil – make it healthier – instead of buying fertilizers and pesticides, the organic farmers can use their money to buy better seeds. I have said before that governments should also subsidize organic farmers until there is enough volume of demand to naturally sustain good yields. Another research in the United States found that organic farming methods could be used to triple farm yields. One of the main factors in enabling the high yields was the farmers were planting legumes, like beans or soya beans, cover crops between growing seasons, which fixed enough natural nitrogen in the soil to ensure high crop yields.

In terms of global warming, many practices that come from organic farming remove carbon from the atmosphere. Even with climate change and soil variations around the world, recent studies have verified that organic agriculture, if practiced on the planet's 3.5 billion tillable acres, could sequester nearly 40% of current CO2 emissions. So Mr. Lee, please continue what you're doing to spread the benefits of organic farming and encourage and train more organic farmers. I dream of a day when we need not to worry what we are feeding our children, whether it has chemicals, it has harmful substances or is unnatural in any way which is harmful to the health of us and of our children. Organic farming is the way to go. It helps to maintain our robust health and reduce global warming. Thank you for what you're doing, sir. [Applause]

MC. *Thank you so much for your intelligent question, Mr. Lee, and thank You so much for Your precious answer, Master. Next is Professor Seo Jeong-Hye. She is Professor of the Mind-Body Healing Department, Seoul Graduate School of Buddhism, and Director of Meditation and Psychological Treatment Center.*

Q. *It's nice to see You. I know that Supreme Master Ching Hai has been leading a social campaign for vegetarianism for a long time for our health, spirituality, and to save our*

environment and Earth. The degree of the planetary urgency is becoming more serious due to global warming, yet people do not realize its urgency. My question is: Is there any other planet in the universe that has faced the same crisis that the Earth is facing right now? If so, can You give us one such example and explain it to us? Another question is: I would like to hear Your answer on how humankind can be free from the bad karma that we are facing right now? Thank You. [Applause]

- M. Thank you. Yes, Professor Seo. At the moment, we are the ones that are going through this crisis. But 40 million years ago – I did research on Mars and planet Mars did go through a similar situation as we are going through right now. In modern day exploration of the planet, on the surface, NASA scientists have also found signs of previous climate change, as well as possible life that existed in the past on Mars. It is true that Mars used to be inhabited by beings like us but as they raised more and more animals for meat, the methane gas from the livestock warmed the atmosphere and the temperature triggered more gas to be released from under the oceans, from the permafrosts and glaciers. So the entire planet became poisoned by gas, different gases. And within a few months only, almost all the population perished. It was a very terrible mass extinction. On the entire planet, only two million people survived. Those who were living virtuous lives and following the vegetarian diet, they were the survivors. If you look at the past history of our planet, there were also times of warming and a lot of changes and mass extinctions as well.

I'm glad you recognize that our planetary crisis is due to bad karma, meaning the retribution of unwholesome deeds. It is the law of karma or cause and retribution that is at work right now, and humans need a change of heart because a change of human's heart will determine whether we can save the planet or not. The best way and the easiest way to free ourselves from this bad retribution is to reverse our action. Instead of killing animals, we live and let live. Instead of meat diet, we turn to be vegan, because if we take a life, we owe a life. We owe a blood debt – as one scripture says, 'We owe a blood debt if we kill a life.' It is a very precise universal law; we should thus do our best to live in love and kindness in order to beget such mercy and compassion from heaven. Thank you, Professor Seo, for your very, very enlightened question. [Applause]

- MC. *Thank You so much for Your enlightening answer, Master. Next, we have the monks from the Ananda Marga Group as special guests. Before they ask a question, they would like to offer a song to Supreme Master Ching Hai in celebration of the newly released book, 'The Birds in My Life,' Korean edition. [Applause] [M: Thank you so much!] The song will be followed by a question from Dada Cittarainjanananda. He voluntarily teaches meditation and yoga in spiritual communities in Asian countries. He is a Doctor of Economics and has written several books about the economy.*

- M. Thank you. God bless you.

- Q. *Hallo. I want to share my love for creation through this song given by my spiritual master who has given 5,018 such songs. This song is in Bengali language and Indian language.*

- M. Thank you. Thank you, sir. [After the performance of the Ananda Marga Group.] [Applause] Thank you, thank you! Beautiful, beautiful! Thank you so much! Thank you, Dada, and the group of monks.

- Q. *Hallo, my respected Supreme Master Ching Hai. I'm very, very much grateful for the opportunity to ask You a question. Today in just this conference I have heard that the*

former United Nations Secretary said that there are two important crisis in this world. One is environmental crisis and the other one is economic crisis. I have some questions for You. I have understood that You see all the issues including the environmental crisis from a holistic and universal view. So from that view, what do You think caused the economic crisis now the world is facing? Thank You. [Applause]

- M. Thank you, sir. Thank you and greetings, Venerable Dada. What caused the economic crisis in the world? You know as well as I do, it's from bad karma, bad retribution of our actions from many, many centuries, not just now. From a more spiritual perspective, of course we can see that the current global economic crisis is caused by our departure from the virtuous principles that we have learned from past and present Masters, such as the basic concepts of sharing and kindness, noble living and compassionate lifestyle. So we should remember that we are all brethren. And when one brother or sister is suffering, we all suffer one way or another. Our creator has taken care of even the smallest insects and plants. God has given the world an abundance of resources to survive in comfort, as long as we live within the principles of virtue, moral standard, which once again include no violence, no killing, no harming – ahimsa. And actually, this principle of ahimsa can be applied very directly to the economic picture.

Recently, for example, a study conducted in the Netherlands found that the estimated total cost to reduce greenhouse gas emissions to a level where the Earth would still be habitable, that total cost was estimated as USD40 trillion. However, this cost also was found to be reduced by half if people around the world reduce their meat intake, eat more vegetarian. And if people globally stopped consuming all the animal products altogether – meaning all the world people became vegan – then the savings would be 80%, meaning from USD40 trillion, if all the people became vegan on this planet, the cost would reduce to USD8 trillion only, to save the planet. That is a huge saving, sir, right? So we see that everything benefits from the compassionate lifestyle. With savings like the one just mentioned, we could invest in other life-improving measures, such as ensuring adequate food and shelter, education for more people in the world, and more people would automatically have food if everyone goes vegan. This is just an example, sir. But it is really true that being vegan can give us and all other beings on the planet a very ideal life, heavenly kind of life. Thank you, sir, for your concern and for doing what you're doing, for helping the world to save the planet, for asking a very important question. God bless you, sir, and your monks. [Applause]

- MC. *Thank You for Your enlightening answer, Master. Next, we have Tibetan Monk Ngawang Ludup. He teaches Tibetan Buddhism in Korea.*

- Q. *Hallo. It's a sincere pleasure to speak to You today. In order to solve global issues such as climate change, it's quite essential to have open exchange between nations and groups. And I know the downfalls of a sectarian mindset and the virtues of an open exchange. Yet it is all too easy to get caught up in our own ideas as being the best. [M: Right.] And so could You tell us how best to avoid this mindset in ourselves, and as well as how to deal with others who may have this mindset, especially now when we need to come together to save the planet? Thank You.*

- M. Thank you, Reverend Ngawang Ludup, for your very enlightened question. Your attitude and approach in trying to save the Earth is already very admirable. It is with a humble mindset such as yours that we can truly become one to save our shared planetary home. In today's world, especially with the matter of global warming, we have now so much evidence before our very eyes that it's really no longer a matter of opinion or religious doctrine. Global warming has been declared a reality through the consensus of

scientists and leaders worldwide. So we can humbly point to the evidence in any discussion of global warming to inform people and the government. As for saving the planet, there is only one thing we can do, whether or not we can unite efforts, whether or not we agree to open exchange. That, we can take more time to realize. Now, the only one solution and the only thing urgent that we should do right now is to adopt the vegan lifestyle, the animal-free diet. This can help even those who have a stubborn or difficult opinion because it is also well-documented scientifically that consuming flesh means that we also consume all kinds of foreign substances, be they antibiotics, chemicals, and even hormones of all kinds, and hormones of fear and terror released by the animals at the time of death. These can have a powerful and disturbing effect on the body and mind.

So being vegan will also help to bring peace to the situation that the Venerable just described because when people are vegan – meaning having no animal substance in their diet – they will be able to realize more clear-mindedness and more peace in their heart. If all nations can come together as one for this, then our planet would be saved and everything else can be worked out over time. Thank you and please inform people, enlighten people about the benefit of an animal-free diet, the benefit of a compassionate lifestyle. Thank you, Venerable Ngawang Ludup. May the Buddhas in all directions bless your noble endeavors and bless the Buddhism of Tibet. [Applause]

MC. *Thank You. Thank You so much for Your soul-awakening answer, Master. Next, we have Mr. Lee Yong-Jung, the Policy Chairperson of Jeju Coalition for Children's Health, the Head of the 'Policy Research Team for Children's Health' on the Presidential Commission for Sustainable Development, and former Secretary-General of the People's Coalition for Children's Health.*

Q. *The body and mind of children are getting seriously sick. You have been suggesting that the all-in-one solution to these problems is a vegan diet along with simple living and peace among all living beings. I appreciate Your teaching very much. By the way, is there any other wisdom You would like to share with us regarding the health of children around the world?*

M. Thank you, Mr. Lee. We appreciate your concern for the children's health. I have a similar concern and that is why I love it when I see the parents or / and schools provide more healthy food for the young students. As for the increasing problems you mentioned that are a result of the children's diet, I also agree with you. And one of the very most harmful is meat. Meat is in reality a concentrated toxin, basically. It contains all the ingredients you mentioned such as the effect of pesticides, fertilizers, genetically modified feed and chemicals, et cetera. Meat consumption is also being linked to more and more diseases. This is not even talking about the cruelty of animal torturing and massacring to make the meat for the humans to consume. Milk products are also no good. Milk, in some cases, can cause a strong allergic reaction such as skin rash or intestinal problems. It has also been scientifically known that milk products remove more calcium during digestion than they provide. We have been taught the contrary, but I believe it is only a matter of informing the adults so that they understand all of these effects. Parents do want the best for their children, so they just need to know about the harms so they can avoid it.

In fact, many of the diseases you mentioned in your question are caused by meat according to the latest research. Here are some of the damaging aspects of meat and dairy, just to list a few. Example: Cured meats and fish increased leukemia in children, the risk of leukemia in children, antibiotics resistance, superbug infections from a strain

of staphylococcus aureus, blue tongue disease, E.coli, salmonella, bird flu, mad cow disease, Creutzfeldt-Jakob's disease, 90% of the population is at risk. Pig's disease, plus newly appeared pig flu that kills and transmits from human to human, listeriosis, shell fish poisoning, pre-eclampsia, campylobacter, clostridium difficile disease hidden in healthy-appearing livestock, et cetera. Obesity also is caused by meat. Worldwide now, 1.6 billion adults are overweight with 400 million more who are obese. Costs of USD93 billion each year for medical expenses in the United States alone. At least 2.6 million people die annually from problems related to being overweight or obese. It's worse than war. If you need any of this information or more updated info, sir, please, we're happy to make it available for you by our Association members or please log onto www.SupremeMasterTV.com. I hope the parents can understand that giving meat is not giving the best to their children. The best is to give the food that does not involve torturing, killing. This is the safest and most guaranteed for good results, both spiritually and physically. God bless you, sir. [Applause]

- MC. *Thank You so much for Your enlightening answer, Master. Next is Dr. Jo Won-Woong. He is Chairman of the International Moderation Association and Chief of the Korean Branch of the International Commission for Prevention of Alcoholism and Drug Dependency.*
- Q. *Madam Ching Hai, I have always been touched by Your endeavors, Your passion, and Your vision in Your mission, in order to save our only Earth. I am impressed that You've been answering various types of questions tirelessly for such a long time today. I think it is thanks to the power of the vegetarian diet that heaven has given. [Laughter and applause.] [M: Thank you.] This is the power from heaven, the power of vegetarianism. [Laughter and applause.] I am leading campaigns to stop smoking, to stop drinking alcohol, to prevent drugs, and to spread the vegetarian diet. Meat-eating is destroying our world and poisonous substances such as alcohol and cigarettes are creating problems in our society. I believe abstaining from these poisonous substances is very important for the health of individuals and societies and for a happy global village. Could You please advise what would be the most effect way to create a smoke-free and alcohol-free society? Thank You so much. [Applause]*
- M. Thank you. All the smoke when I go out sometimes makes me cough; but still some people don't believe it. I agree with you, sir. We should ban all the smokes, all the alcohol, all the drugs, and all the meat as well. All the harmful things to our health and our moral standards, we should ban them all. I appreciate your vision, which I also share, sir, of a smoke-free, drug-free, alcohol-free, and meat-free society. I believe that it is possible, sir. Well, the last few years alone we have seen new laws such as smoking and alcohol bans passed in difficult countries. So everywhere we go to a restaurant now, we can breathe clean air. So with the scientific follow-up studies, it shows significant health improvements for the people.

As far as what is the most effective way to create a smoke-free, alcohol-free society, I would say what you already know; that we first inform people of the harms, which are turning out to be more and more as the research deepens. That, combined with things like raising taxes on the alcohol and cigarettes, and limiting the times that they are sold, as well as not making them visible in the stores, all these things are helping and will continue to help. But, you can tell your government by writing, by discussing, by talking that, I think, ban them totally is the best for our health and the health of our children. If we can help in providing you with information that you could hand out, we would be happy to do so, or you could also look to the www.SupremeMasterTV.com for free download of all information and updated info concerning these matters.

The progress is slow, Dr. Jo, but I believe it will continue. Thank you for your enthusiasm, your concern about the health of the people, and your courage to speak out of what is right. God bless you. Buddha bless you. [Applause]

MC. *Thank You. Thank you so much for Your soul-awakening answer, Master. Next, we have Professor Lee Jung-Deok. She is Chief of the Home of Life and former Professor of Education in Dongguk University and former President of the Korean Alliance for the Prevention of Cruelty to Animals.*

Q. *Hallo. It's been about ten years since I saw You last time. I am very glad to see You again. I've been looking after abandoned animals for about 20 years. The thing that I've been feeling in my heart is that we very much lack the consciousness for respecting animals and plants. How can we help people feel a sense of awe and respect towards living beings from the bottom of their heart? The question has been in my head all the time. So what I'd like to ask Master is – of course I know how difficult it is to change the collective subconscious, handed-down customs, and our taste buds. I am very well aware of the fact that it is very difficult to change the level of human consciousness. I'd like to ask You the following question: Is there a way to uplift their sense of love towards living beings from the bottom of their heart? This is my only question. [Applause]*

M. Thank you, Professor Lee. Madam, on behalf of the animals, I thank you for your generous care, kind heart, and your courage. You are correct. It is difficult to change human's consciousness, but it is possible. Many times it is because people do not know or have not been informed of the intelligence of animals, of their love, of the emotions that they share with humans. But we can help, trying to provide people with the opportunity to experience for themselves the beautiful qualities of animals, our co-inhabitants, our neighbors. For example, one of the teachers in Korea had told me that she taught her students using my book, 'The Dogs in My Life.' From there, the children learned to further remember and develop their already compassionate nature, to the point that they would not even think about eating their wonderful animal friends. And this approach does not require a lot of resources. We can also distribute the flyers and provide opportunities for people to be in direct contact with animals. Our Association members can also provide you with leaflets that are already translated into Korean. We do what we can; we try our best to help the animals. The animals know also of your care and are grateful, Professor. With our planet already having reached the critical mass of vegetarianism to be the diet of choice, more and more in the future, people are becoming vegan, which is surely raising human's collective noble consciousness to be more loving and kind towards all beings.

So please, have hope and pray, Professor. Once people stop the meat-eating habit, they will naturally develop a deeper reverence for all life and love for all things. Heaven bless you and your noble work. Thank you. [Applause]

MC. *Thank You. Thank You so much for Your enlightening answer, Master. Next up is Mr. Ryu Jae-Hyun, a renowned cultural event planner and President of Idea Playground Imagination Factory. He directed Hi Seoul Festival from 2003 to 2007.*

Q. *First of all, I would like to thank You for giving us sincere and wonderful answers for such a long time. My name is Ryu Jae-Hyun, I plan cultural events through festivals and local marketing. The festivals that I plan attract large numbers of people because the scale of the festival is large. Therefore, I've been thinking of conveying some meaningful messages like this to those numerous people. I especially personally love festival themes such as Earth, life, and green plants. What would be Your advice for*

planners like me who want to deliver green life messages through campaigns? Thank You. [Applause]

- M. Thank you. Bravo, Mr. Ryu, bravo! It is wonderful to see that you wish to contribute in a more meaningful way, and more powerful way through events that everyone enjoys. If you ask for my suggestion about a green campaign, I would of course say that the most important message is to be vegan. No animal products in our diet. With this message, you could do all kinds of things to help people understand, first of all, that they can also enjoy eating plant-based food, and by doing so, they benefit their own health and the health of the entire planet. Of course, you can also add other green elements such as technology, recycling, eco-transportation, and so on and so forth. But since the most important action to actually save our planet is the vegetarian lifestyle, that is the message I would suggest first. We have to stay alive first, before anything else. And the vegan diet will save our lives because it will save the ecology, it will save the planet.

According to my knowledge, other ventures that have been successful in the green fields are also good at informing people about their principles. So you can also help by letting people know about the various issues and the alternative solutions that perhaps they did not think of before. For example, why it is important to eat organic fruits and organic vegetables, or brown rice instead of white rice. For the global warming issue, our organization has a lot of material that has already been developed and researched which you would be welcome to use in any way you wish. It's always available free on www.SupremeMasterTV.com. The media is a very important part of the global warming message. Your events are media based, so you have an opportunity for a key role in the solution. Everywhere you can just put the slogan 'Be Veg, Go Green, Save the Planet!' That will also help a lot. Thank you again, Mr. Ryu, and I wish you all the best in your green noble endeavors. Heaven bless you abundantly! [Applause]

- MC. *Thank You so much for Your considerate answer, Master. Next is from Professor Lee Sook-Yeone. She is Chairperson of the Korean Vegetarian Association and a Professor of Pharmacy School at Sahmyook University. She is also the Vice Chairperson of Korea Slow Food Culture Center.*

- Q. *Hallo! Thank You. I want to thank all of you who have helped us listen to such a beautiful discourse for such a long time. My nickname is 'Brown Rice Missionary.' A few minutes ago, Madam Ching Hai mentioned about brown rice. Now we know what we have to do to save the Earth. Through Madam Ching Hai, we received the answer that we can't save the Earth unless we adopt a vegetarian diet. Therefore, we have to be vegetarian. So could You please tell us how we can spread the vegetarian movement rapidly and more effectively? And I would appreciate it if You could share with us about how You live a vegetarian life with brown rice. Thank You. [Applause]*

- M. Thank you. On the Supreme Master Television, we have made a tip of how to cook brown rice, but if you ask, I tell you. Very simple! You cook usually like white rice, but it's best to soak the brown rice overnight or a few hours before cooking. And don't cook it too dry. A little bit soft and moist is better. It's not like white rice, it's a little harder, so it needs to be soaked to bring out the best from the brown rice before we cook. And then just give enough water, like normal white rice. Maybe you try a couple of times. Soak the brown rice before you cook, that is the secret. Soak overnight or many hours before you cook.

- MC. *The second part of the question: Our Vegetarian Association members are clearly aware that changing the diet not only enhances our health but also helps to prevent*

global warming. Is there a good way to spread vegetarianism more rapidly and more effectively? I would appreciate it if You could kindly show us the way. Thank You.

- M. You are just too humble, Dr. Lee. I think you know how. But thank you. Thank you, Professor, and your members, for sharing this noble ideal of vegetarianism. We are ourselves now trying our best to promote the vegan diet as quickly as possible in order to save lives on the planet in time, through our SOS flyer distribution, opening of vegan restaurants, internet connection, TV programs, and cooking shows, et cetera. This is at the grassroots level which is effective and immediate with individuals changing their dietary meat habit after they receive this information. So if you would like any of these materials for your group to use in your activities, you may freely obtain them any time from www.SupremeMasterTV.com or please demand it from our Association members nearby you in Korea or anywhere in the world. On a larger scale, if all media and government lend their supporting hands to the meat-free cause, this vital message will be even more readily available for the public. So we continue to write to the leaders of the nations and call for a stop to meat production, to protect our future, to save our lives, to ensure our planet's survival for future generations. Please do your part. Thank you so much, Professor, and your members. [Applause]
- MC. *Thank You so much for Your answer, Master. Next, we have Professor Jeong Mi-Sook at Changwon University and Chairperson of Korean Ayurveda Academy.*
- Q. *I am glad to meet You. I'll ask a short question. I received most of the answers for my question already but I'd like to get a more specific answer. I've learned from Ayurveda that we become gentler and less violent if we become vegetarians. If all humans become pure vegetarians, could we prevent global warming and various disasters on Earth? In addition, wouldn't it be a problem for our ecosystem if all humans become vegetarians? Thank You.*
- M. Thank you. Yes, Professor Jeong, welcome. To your first question, if humans become purely vegetarian, we would not be able to prevent global warming at this time, because it has already begun. But we would be able to stop it in its tracks in time so that it doesn't get worse and that we don't have a planetary runaway crisis, like what they call the irreversible point, the point of no return. For the question about whether it would be a problem to our ecosystem if all people become vegetarian, it is the opposite, madam. The real problem to our environment is meat eating, the way we are doing now. All our planetary problems including climate change, food crisis, soil erosion, pollution, et cetera, can be solved by turning to the organic vegan diet. We have all the evidence pointing toward this answer. We have proof. It's proven and it is like that. We are now consuming meat and experiencing so many harmful effects. It is destroying our health, damaging our environment, endangering the lives of our animal co-inhabitants, killing our noble human quality and our physical existence.

According to the United Nations report 'Livestock's Long Shadow,' raising animals for food is very detrimental to the ecosystem. Some examples as follows: Livestock occupies the single largest human-used sector area of land. Livestock is the cause for loss of 70% of previously forested land in the Amazon. Livestock is probably the largest source of water pollution from any industry. It causes dead zones, erosion, sediment runoffs, compact soils, et cetera. Livestock may well be the leading player in the reduction of biodiversity of our planet. So why not just try to make a change in the opposite direction to see if things will improve. It will improve. It will be better for sure. If we walk away from violence and hatred, we will meet peace and love awaiting our destination. If all humans became vegan, it will become a paradise on Earth. We hope

one day we will experience that paradise on Earth in our lifetime, Professor Jeong. Thank you.

- MC. *Thank You so much for Your informative answer, Master. Next, we have Mr. Song Man-Gyu, a renowned painter who is known for his work of the Seomjin River.*
- Q. *I live with rivers and nature, therefore, I often paint them on my canvas. I particularly love to paint the Seomjin River which symbolizes the purity and beauty of nature. Master once said that rivers and mountains are very great and high beings. What do You think of nature exploitation such as tearing down mountains and building dams on rivers? How do You think humankind and the great nature can live in harmony with each other? Thank You. [Applause]*
- M. Thank you. Yes, I ask myself the same question again and again, Mr. Song. I appreciate your question very much because I think many people ask the same question. Your question shows that you already have a deep love and respect for nature. Many of the great spiritual Masters, such as Lao Tzu and Chuang Tzu, also consider nature as the embodiment of spiritual greatness. As far as harmonizing with nature, the best is if we adopt a lifestyle that we know will not harm anything in the natural world. This again is something that has been suggested by the great sages, such as Buddha and Jesus, and the Hindu principle of ahimsa. Ahimsa means nonviolence. So living in ahimsa means that we do not intentionally harm any sentient beings, and the way we adopt ahimsa in everyday life is to, first of all, be vegan. No harming any sentient beings, no causing them any suffering, no taking away their life. We can even become more sensitive to this harmonious balance as some spiritual practices like Jainism have done, where we don't even eat the root vegetable because it harms beings such as the earthworm when it is dug up for harvest. But to start with vegetarian or vegan – meaning no animal products – is a great way to establish harmony with nature. And it is through this harmony that we can stop global warming and return the planet to a more original pure state when all beings are comfortable and at peace with each other. Thank you for your caring and your love for nature. [Applause]
- MC. *Thank You so much for Your enlightening answer, Master. Next, we have Ms. Penny Thompson, an Australian artist, writer and teacher at Hongik University in Seoul.*
- Q. *Thank You, Master Ching Hai. Thank You for taking so much time answering all our questions. [M: Welcome.] Thank You. One of the things I'm very concerned about just as an ordinary citizen of this world is the increased use of nuclear power. It's common nowadays for scientists and governments in the world to claim that nuclear power is in fact the only way to reduce greenhouse gas emissions and to solve the energy needs of our rapidly growing population and our increasingly materially developed society. It seems that to any intelligent, rational person, nuclear wastes are simply far too dangerous to be using that as power source. So I'm wondering if You think that this is actually a totally wrong way of looking at the problem, that we should be using a very dangerous power source to deal with this exponential growth of material developments and human population. Maybe we should be going the other way and looking at simplifying our lives and our material needs, and even drastically reducing population growth. I'd appreciate Your thoughts, thank You.*
- M. Good day, Ms. Thompson. How you doing, mate? [Q: Great.] Thanks for your very enlightened and caring and very, very important question. Yes, you are right. Nuclear energy is not the all-solution answer. But if we are frugal and use less on materials, we can decrease some of our reliance on energy sources and reduce somewhat our

greenhouse gas emissions. But as mentioned earlier, being vegan is the most frugal and the key to a more secure and stable world. With a halt to livestock raising, we will stop producing enormous amounts of methane, a gas which is 72 times more potent in heat trapping qualities than CO₂. Not only that, there are tremendous savings for precious resources and finances, of course. The resources are very, very, very precious, more than finance, namely, for example, water. And growing food for human consumption uses vastly less energy than growing the food for animal feed, which is then consumed as meat later. Therefore, if we focus firstly on stopping meat consumption, then we will have time to develop sustainable energy sources which could even be safer and greener than nuclear power. It will take too long to develop technology and test its efficacy and check whether it produces any harmful by-products, you see? So we do not have much time now. I think we should encourage people to be vegan and we will see so much new inventions in time, new technologies that are beneficial and safe for our world. Right now, vegan is the solution. Everything else we can discuss later when we are still alive. Thank you, Ms Penelope Thompson, for your concern. [Applause]

MC. *Thank You so much for Your enlightening answer, Master. Next is Ms. Choi Yong-Soon, Co-President of Incheon Green Korea. She received the Presidential Award and the Environmental Ministry Award for her environmental contribution.*

Q. *Hallo. I am an environmentalist, Choi Yong-Soon, from Incheon area. I am glad to see You through the videoconference. I saw many people damage the environment in order to gain more money, and they actually accumulated a large amount of wealth. In Incheon where I live, there is a mountain called Kyeyang Mountain, also known as Jinsan Mountain. One construction company has been insistent on building a golf course. Although 86% of Incheon citizens are against it, the company is proceeding with the golf course plan. Even though we have to protect salamanders, rare frogs, and many rare plants which inhabit the area, they are killing and destroying them in order to build a golf course. It breaks my heart seeing that. I think destructive human behavior would lessen if people recognize that animals have the same life as humans. As the doctor has mentioned earlier, it would be great if we could communicate with animals and know what they think. Now we are beginning to learn that communication with animals is possible, and I wonder if we could communicate with plants as well. If it is possible, can ordinary people like us do it through a certain method? If there is any method, please tell us. In addition, according to the media, we have many disasters around the world and it is said that animals are the ones who warn us about the disasters ahead of time. It is said that we can tell ahead by observing the animals' migration pattern. If we could communicate with animals and plants, I think it would be helpful to human beings as well. Could You please share Your comments on this? Thank You. [Applause]*

M. Thank you. Yes, you're right, Ms. Choi. The thing about disasters is that they are largely caused by humans. Thus humans are also able to reverse the conditions from which disasters are born, then no need for the plants or the animals to warn us. But, of course, you can communicate to the animals or the plants if you want. But we have to calm our mind first. Our mind is too pre-occupied, too crowded by problems, anxieties, and many other things, necessary or unnecessary, so we cannot hear the animals or the plants. It is true that I could communicate with the animals and the plants as well, not that I deliberately seek the communication for fun or just for chatting. Sometimes they just come to me to warn me of some event, to try to protect me from danger, or warn me from some unfavorable situation or people, or asking me for help.

Now, everybody can do that. But first, we must calm our mind. And in order to have the communication with the plants or the trees or the animals, first we must learn to protect them, then we can be like friends, because friends trust friends. If we don't have this trust between ourselves and the environment, the trees, the plants, and the animals, through our protecting attitude, then it's more difficult to have a conversation with them. It's like family members, or neighbors or friends. If we have a good relationship between us then we communicate well. Otherwise we don't even want to think of that person because it's so scary to us or so untrustworthy to us. How would we even have a conversation with them?

So, in order to communicate with plants or trees or animals, we must also be their friends first, you see? So being vegetarian means being a friend of nature. For example, now, right now, I try to avoid even killing plants or flowers. I take only the fruits that they're willing to offer. The fruit will not harm the plant, and the seed will continue to help other plants, or other trees if we plant it from the seeds. So the vegetarian diet is a very good way to begin to try to communicate with nature and animals on a higher level. And it is very crucial right now to halt global warming because of the methane gas, but also on a deeper level, to halt the suffering and killing of our co-inhabitants, the animals, and in turn consequently, killing also plants and trees and the environment. In the law of the physical universe is the principle known as 'cause and effect.' If we kill, we have to expect the same in return. So all this slaughtering, massacring of the animals has an effect on us, sometimes quicker, sometimes slower. The effect, we're seeing right now, all the disasters that happen around our planet. But since they are entirely avoidable, what we need to do is to focus on the real solution and take the reverse action, meaning be vegan, go green, and save our planet. Thank you for your very interesting question. [Applause]

MC. *Thank You so much for Your lifesaving answer. Thank You, Master! [M: You're welcome, love.] Next, we have Ms. Kim Kyung-Young, President of Rami Land Environment Development Research Center.*

Q. *Hallo, Supreme Master Ching Hai. My job is environment designer, therefore I do environment design for just human beings. Ten years ago, I translated and published 'Urban Design with Plentiful Nature.' In Korean, 'Creating Cities with an Abundance of Nature.' In this book, even though for small insects, it is very important to preserve shelters. Therefore, I agree with You; and for me, this is a very wonderful meeting. I heard that 'The Birds in My Life' had already become a bestseller in a number of countries including Korea. Do You feel a change of consciousness in people as Your bestseller books are read widely? I think You must have had a motive for writing this book. I wonder how much this motive has had an effect on reality so far. Thank You. [Applause]*

M. Thank you, Ms. Kim, and congratulations on your work. I wrote the books 'The Birds in My Life,' 'The Dogs in My Life,' and 'The Noble Wilds' purely with the motive to share the animals' love, intelligence, and their message with humans. Their capacity to love unconditionally and to forgive completely is truly amazing. When adults and children read these books, I think their heart will be more open to the kindness and loving nature of animals, and thus they will be closer to their own loving and kind nature of humans themselves because we humans all have this quality of loving and kindness and compassion. So to rekindle this loving kindness quality in humans, I wrote these books to make their loving kindness quality develop even more, or more remembered, and more acted upon. So after they read these books, I think they will understand that animals are our kindred spirits and will not want to harm them or kill them or eat them in

any way because they are our beautiful friends. As more people adopt the compassionate vegan diet with the intention of protecting animals and saving the planet, their noble quality selves are developed, and this does help raise the consciousness level of the world.

But, of course, it is not only through my books alone, but along with our Association's SOS flyer distribution, all the environmental groups' efforts, and the media and the governments' eco-policies, and the scientific research evidence offered by the scientists and groups and individuals, et cetera, et cetera, all these have brought about this shift in people's awareness. Thank you for your very, very loving question. God bless you. [Applause]

- MC. *Thank You! Thank You so much for Your benevolent answer, Master! The next question comes from Mr. Oh Sang-Yoon, a freshman at Kyonggi University. He submitted this question through the website of this conference.*
- Q. *Hi! [M: Hi!] Nice to meet You! [M: Nice to meet you too, freshman. Congratulations.] Thank You. For the environment and for God, what can I do, or actually, what must I do? I believe that Master can give me great advice because You are in deep communication with God. God is using me in every moment. I am wondering what is God's plan for me. It would be very much appreciated if You could solve my thirst for an answer. Thank You. [Applause]*
- M. Thank you. Yes, Mr. Oh. I'm very touched by your sincerity and your purity of heart. You follow your pure heart and you will know what God wants from you, what the divine plan is. Do anything you desire to do or are inspired to do as long as it does not harm any others. But do things that are good for them and good for yourself. Anything good, you do it right away, as soon as possible. Anything bad, you avoid it at all costs. That's very simple. I think God would advise you to do that. Do good things, avoid bad deeds. As you have heard already today that the solution, the action we should take right now, the most simple and immediate is we adopt the vegan diet for ourselves and encourage others to do it. If you wish to truly communicate deeply with God yourself, then there are many forms of spiritual meditation. For example, we practice the Quan Yin method of meditation, which will allow you to communicate with God and listen to God's direction in silence, and see God's Light to know where we're going. You will be connected to your inner real self, and that power of your own great self will guide you in your daily life because your great self is part of God. I wish you all the best with your college career, your graduation, your girlfriend perhaps, your future, your business later on, and your green endeavor to save the world, because you're young and you're powerful. When we're young, we can do everything – we can level mountain, we can dry the river, we can re-fill it again, we can make mountains, we can make rivers, we can make the world. We can save the world! Good luck and God bless you! [Applause]
- MC. *Thank You! Thank You so much for Your enlightening answer, Master! [M: Welcome, love.] Next, we have Professor Park Choon-Seo of Alternative Medicine Graduate School at Kyonggi University.*
- Q. *I am glad to meet You. I believe the cause of the environmental problem is attributed to multiple factors such as economic development, environmental changes, population growth, community development, urbanization, and the advancement of technology. What You are telling us is that the vegetarian movement would solve all of these problems. Could You tell us more specifically how we could approach the source of these problems? Thank You.*

- M. Thank you, Professor. [Applause] Yes, Professor Park, thank you for your concern. You see, up to now, I have almost answered your question. Even though the problems of the environment are many, they all come from more or less one single source. That is the meat industry. So vegetarianism is the first step, and maybe the one step. As mentioned previously today, the methane gas will be removed from the atmosphere entirely by humans being vegan. This will have an effect on all other things that you have mentioned – the economy, population, food, and land problems are related to the meat diet. For example, so much land has to be cleared to provide grazing pastures or to plant feed for livestock, whereas that land could be used to produce organic vegetables and grains that could feed the world over, and heal humans' health, saving enormous cost. That would already solve the hunger and economy problem. Once we have returned to a vegan lifestyle, this planet has a chance to restore the balance and regain health and become an Eden again. Beneficial technology can abound then, not only for our wellbeing but that of the animals, the planet and our souls. Right now, it's urgent. We have to stop global warming in order to survive first. So vegan is only solution for immediate overall effect for all problems of the environment, survival, health, the economy, et cetera, on our planet. Thank you, sir. [Applause]
- MC. *Thank You so much for Your answer! The next is from Mr. Yoon Seong-Joon, President of IPK, an energy recycling company.*
- Q. *I am happy to see You. [M: I'm happy, too.] I'm in charge of a recycle company. Everyone is worried about global warming. But maybe it can be also a good opportunity to create new value of society and life. [M: Yes.] We may recognize the importance of resources of the Earth, recycle well, and find new energy solutions. Supreme Master Ching Hai, do You expect that global warming can be a good opportunity to change the planet and bring about positive results?*
- M. Sure! Sure, Mr. Yoon. Thank you for your optimistic view. I also feel the same. I do believe that our planet is on the threshold of constructive change, like you have said, for the better of all inhabitants including animals and trees and plants. If we take this opportunity to work together in changing our bad habits, like the meat-eating, the drug-taking, the cigarette-smoking, the alcohol-abusing, then in the same way that many nations have stopped the smoking habit, we can unite as one in immediately bearing witness to the great and miraculous change that will take place on our planet. As we walk the virtuous way, return to our gentle and good, compassionate nature, there will only be peace, harmony, and love that will greet us on our path. I am waiting for that moment, when all live in peace and harmony, and retaining our compassionate noble quality, which is a part of God, because we are children of God. We are the children of the Buddha. Thank you, sir, for your optimism. [Applause]
- MC. *Thank You. Thank You so much for Your enlightening answer. Next, Dr. Park Byung-Sang, Chief of Incheon Ecology Lab, would like to ask the next question. He has written many books and articles about environmental protection, and has been actively working as an environmentalist.*
- Q. *Thank You. It's nice to see You. I am an environmentalist, Park Byung-Sang. I agree that it's really urgent to inform consumers about vegetarianism in order to stop climate change. However, I believe the vegetarian diet would only help stop global warming when we have organic and seasonal locally grown vegetables. What do You think about the export competition of agricultural products that excessively consume petroleum? Thank You.*

M. Yes, thank you also, Dr. Park. I definitely agree with you that it is important to eat from local organic vegan products. That is the best for our health and for our planet. But remarkably, eating vegan, and especially organic vegan, represents such an incredible savings for the planet that eating local is not really as important. But, of course, the food that is grown nearby is better and fresher all the time, that we should choose if we can. A study conducted recently in Germany showed that the emissions of a meat eater over one-year period were equivalent to driving a mid-sized car 4,758 kilometers, like almost 3,000 miles per year. By contrast, a vegetarian diet was found to reduce these emissions by half. Moreover, an animal-free vegan diet produced less than one-seventh the greenhouse gases, representing an emission saving of 86% by being vegan. But if you are an organic vegan person, then your diet was calculated at a 94% less emissions. So we save 94% the pollution for the planet. While we, of course, want to minimize emissions to be green overall, they are not as much compared to the heat-trapping effects of greenhouse gases caused by the meat industry itself.

So please, just be vegan, plant organic, and save the planet. Thank you, sir, Dr. Park. [Applause] Just be an organic vegan, then you reduce 94% emissions of pollution for the planet – 94%! So we could still drive our car until we have better cars. We could still fly our airplane until we develop a better technology. Just be vegan, everything else stays almost the same until we can invent something better. And we are safe. If we are all vegan the planet is saved and our lives will be saved, our generation in the future will be saved. Thank you, sir. Thank you, everyone. Please, be vegan, organic vegan. [Applause]

MC. *Thank You so much, Master. Our last question is from Mr. Yogi Daniel, a well-known figure in the entertainment industry in Korea. He is the producer and CEO of Yogi Daniel World of Entertainment.*

M. Interesting. Welcome, Mr. Daniel. [Q: Thank You for Your time.] How are you?

Q. *I am doing good, thank You. My name is Yogi Daniel. [M: Yes.] Actually, I am Korean citizen. [M: Nice name.] But originally I am from Iran. [M: Oh, you are? I know many of your co-citizens.] Yes. Well, I am doing the entertainment business in Las Vegas and Korea. [M: Good business?] Yes, very good business. [M: Yeah? Congratulations!] Yes, I'm lucky probably, I'm lucky. [M: Allah bless you so much.] Yes. I have a question about meditation. Actually, my background is yoga master. I believe that I'm the first person, from 25 years ago, I bring the yoga to Korea. That's why the people understand a little bit about yoga. [M: Very good, very good.] And I do the meditation. But this is for me very important to ask You about the meditation of the animals, [M: Yes.] which I saw in Your book, birds meditate on God. It's very surprising. [M: They do.] It's very surprising. Did You teach them meditation or the animals do meditation by themselves? The second question is: Do birds talk about God? How do they recognize God, and do all animals know God?*

M. Yes, Mr. Daniel, I will surprise you again. All your questions I will answer in the affirmative – yes, yes, yes and yes. They know God more than we do, unfortunately. They know nothing but God, they rely on nothing but God, they love nothing more than God. They communicate with none but God – I mean inner, higher, deeper communication but with God. They don't talk about God, sorry, because they all know God, they love God. And the talk that you mention about is they do talk but they just be one with God, they just be with God all the time so they don't actually talk about God the way we go to the church and discuss about God, like God should be this, God would be that. They just know God, they love God, and God loves them so much, so much, so

much. That's why if we hurt the animals, we hurt ourselves, because we also are part of God. Just like my fingers here, five. If I break one of it, I will be in pain. The thing is, our mind has been desensitized by chemical products, by drugs, by alcohol, by meat, whatever, and by the pollution of the world that we do not remember who we are that clearly the way animals do. Also, because we're too busy with the worldly activities and we are engrossed in it, we're so interested in all these toys that we have forgotten our origin, which is a part of God. But the animals, they are more focused, they're born with the love from God, they're born with the prayer for God.

That's why the little swan, first day, just cracked out of the egg, he comes down, swims immediately, and nips some vegetables that his father showed him. First day already, I saw it. The ducks are also the same. And the chickens also, when he first comes out, he shakes his feathers a little bit and then goes about his business already. We humans, unfortunately, have not such ability, but fortunately we also are endowed with more complex nature of the senses, therefore we are more able to do things. And we have more choice. We can choose to be good or we can choose to be not good. Animals, they have no choice. They are only good.

In the case that you asked, I do not teach them meditation per se, because I know they meditate anyway, and they meditate with me as well. I only teach humans meditation because we humans need meditation; the animals don't need it. [Master laughs.] They're always in God's awareness. This is the privilege of being animals, but we always think we are better. Yes, we are better in many ways, but not in that way. So, the animals, in the wild even, they meditate all the time. While they are eating, they're also knowing God. While they are sleeping, they know God. They are always in God awareness.

My animals, for example, the birds and the dogs, they meditate when they want, even midday or midnight or whenever. I just remind them or probably remind myself of God, so at night before they sleep or whenever we're together sometime, I sing to them at night, to sleep like, 'Remember God, you are divine, you're beautiful,' something like that. You know my song like: [Master is singing to the audience.] 'Good night, sweetheart. Wonderful friends. Beloved of God. Love of heavens. Remember God. You are divine. Have a sweet dream. Remember God.' That's it, that's all I teach them. [Master laughs.] [Applause] [MC: Thank You. Thank You so much, Master.] They do know what God is, Mr. Yogi Daniel, and that is for sure. I can guarantee they know more of God than we do. Yes, they're so lovely because they know God. That's why animals are so forgiving and so happy all time. You see, if you have dogs, you know it. You scold him or tell him something and, after a few seconds, you say, 'Hey, come here!' and then he comes wagging happy like nothing ever happened between you. Birds are also like that. They're always happy when they see me or anyone nearby. Or dogs even, they say, 'Come here, dogs! Good dogs!' Or come here whoever – they call the names – so happy, happy all the time. I never saw a bird not happy in my presence. Whenever I see them, they're happy. Whenever I see the dogs, they're nothing but love and happiness. Even when they're sleeping, I feel the love coming through their paw, through their hair, through their feather. I just could stand there and watch them all the time and enjoying this emission of love from them, because this is really beautiful.

Thank you, sir, for loving the animals and your interesting question. Good luck to your business. [Applause] Be Veg, Go Green.

MC. *Thank You. Thank You so much. [Applause] We thank You very much for sharing Your valuable insights and encouragement with all of us today. It has been a wonderful*

occasion for us. It feels as if You are here in Korea again. [M: Thank you.] Master, it will be a great honor for You to share some closing remarks.

- M. Thank you. Thank you so much for such a hard work behind the scenes and thank you everyone. What a Sunday! I'm very touched with all your hard work. And I would like to thank Mr. Chung Sung-Hyun, President of the Chungnyunsa Publishing Company, and all involved, members and non-members alike, in organizing this important, beautiful, meaningful event. Thank you also members of the National Assembly and members of Congress, Mr. Jung Soon-Gap, former Administrator of the Korean Meteorological Administration. Thank you also, Dr. Michael Bascombe. Thank you, Mike. Thank you, Doctor! [Master laughs.] [Applause] Australian mate, yes, animal telepathic communicator, you are amazing, amazing. Thank your horse also for sharing his thoughts with us. And thank you, members of Congress and members of the National Assembly again, and members of the media, of course, members of the government, thank you all. The scientists even, and the researchers for offering their results of their diligent research findings, for the benefit of the world. And I thank you all for coming today and showing your care, your love for the planet. I thank you, your esteemed country, and your wish to preserve the planet for future generations. Thank you all whose special love extends to the animals, our precious co-inhabitants. My deep, deep appreciation also to your country's Ministry of the Environment for her support, gracious support of this conference, and their tireless Earth-saving endeavors. I am really touched by your concern, and being here today, and by your thoughtful and intelligent questions. I'm very, very honored to be a part of this worthy conference, and to be in the presence of so many caring and loving, hardworking saints, living saints, walking, breathing saints. You are truly saints. You are truly great souls whose loving kindness and caring deeds will be recognized by heaven. We all need to act now to save our lives and those of future generations. I am sure that with the strength and constructive actions of the people here today, and the people who you will influence in the society, that your country's future will indeed be bright. And the planet's future also will be bright. Thank you all again. God bless you so much. God bless us all. Be Veg, Go Green, Save the Planet. [Applause] God bless Korea. Buddha bless Korea.
- MC. *Thank You, Supreme Master Ching Hai. [M: Thank you.] And thank you all the wonderful members of our audience here and viewers around the world. [Applause] We hope you've enjoyed today's informative program. May love and Light guide you with a new awareness. And remember: Be Veg... Go Green... and Save the Planet! Yeah! [Applause]*
- M. Yes, we can! Yes, we do. Thank you, thank you again. Buddha bless you, God bless you.
- MC. *Thank You, Master, we're very humbled. We love You. We love You, Master.*
- M. God loves you.

PRACTICE SELFLESSNESS TO HONOR OUR OWN PERFECTION ²²

I expect you to be perfect. I always do. No matter how long you've been initiated, I always look at you, and I always expect perfection. Maybe I'm a little bit harsh to you in human standards, but that's the way you are, you are perfection!

22. International gathering, March 8, 2009 (Originally in English).

So if you don't do anything good now, if you don't do anything to your perfect expectation in this lifetime, you have to come back again, even if you are my disciple, because you yourself will not accept imperfection, because you are perfection. There's no God to kick you down from heaven. There's no karma; there's no maya king who'll even drag you down. No more. If you are my disciple, you will be exempted from that. Even if you do something wrong, you have to pay before you die, that will be done; but you will not accept yourself. When you go to heaven, you will see everything clearly and you won't accept yourself as an imperfect being, so you'll have to come back again and do it until you're happy with yourself. Do you understand me? [Audience: Yes.]

So everything we have to do, we do it to our utmost perfection, and quietly, humbly, as much as possible. No need showing off, no need telling people, and don't make a big deal out of nothing. And don't use Supreme Master Television or Master's work or Center work as an excuse to burden other people. Do you understand me? [Audience: Yes.] Are we clear? [Audience: Yes.] Are we clean? [Audience: Yes.] Good! We have to be clean because if we aren't doing that, it is similar to people outside who take bribery or who are using their position to do something to make it comfortable for themselves; then we are not anything different. We just sit there wasting time. That's why some people ask me, or some people don't ask me and someone else asks me for them, 'Oh, they sit in meditation four or five hours a day.' I say, 'What for? The world is in trouble, and you sit there four or five hours a day, doing nothing, only two of you.' You know, boyfriend, girlfriend, and then make a little bit of money, and live enough, have a house, comfortable, sit all day. The world is in trouble, people are dying of hunger every day, children, old, young, able-bodied with no work to do, cannot find work, because of global warming or the global economy, or because of incapable leaders who make them suffer. And the animals are tortured every day, and you sit there four or five hours a day, thinking nonsense. I'm not sure that you can sit four or five hours a day, and concentrate and all that, and get up to the higher level, no! When you're selfish, you can sit thousands of years, and you go nowhere. Do you understand me?

All these years I teach you, even in a different lecture, a different tone, different way or formulation, it's all about selfless love. And this is the time you should exercise these selfless lessons that you have learned. And if you haven't exercised it by now, there's no chance you'll exercise it again. Not every planet is going into almost extinction like this so that you can go out and rescue it and then get merit. This is the greatest chance you have. Of course it's a very sad thing that our climate is getting warmer, and our globe is going into trouble. It's a very sad thing. But on the other hand, it's your great opportunity to prove that you're worth it.

We've been eating food from the world all this lifetime, until we grow up as 20, 30, 40 years old, and how much did we repay society? So don't make excuses for me. You are my disciples. You make me proud. You make me proud with your right conception, with your honesty with yourself. Honesty with yourself is the hardest thing to do, but you have to do it. There's no other way you can progress, if you're not honest with yourself; because I am not there to check you out every day. Even if I'm there, I will not tell you. It's your choice, to be honest with yourself or not. I only give you guidance; you guys have to be honest. But it's your choice, it's your life. You decide what you do. You decide how you translate this selfless love into action. Everyone says, 'Oh, I love Master! Oh, I love all the people, I love the animals!' Then do something about it. Talking is cheap.

Translating love into action

So the way we can measure ourselves or anyone is by action. By the fruit, the tree will be known. If an apple tree is just standing there, broadcasting from all over his body, on all the

branches hanging there: 'I am an apple tree, apple tree; I'm a fantastic apple tree,' but he has never produced one apple, what do you think? Isn't that funny?

So, just being a disciple, or being a so-called saint, and sitting there four or five hours a day, idling around, taking care of yourself only, that is not the way to live a human life, not to talk about a saintly life. Nowadays sometimes you have easy access to computer, and you can earn money easily; some of you are smart and you earn money easily without working too much. But then you should use that blessing to go out and help other people; wake them up, or do something for them. Do it together or do it alone; do something to help the world. Because God blessed you, so you use it to bless others. Just like the water tank got filled with good, clean water. Then that water tank is to be distributing water to the whole household, or the whole city, not to keep it for himself; it would be rotten and bad.

So it's not just good to sit or listen to the tape, where Master says, 'Oh, we have to be unconditional' and then go out and tell everyone, 'Oh, you have to be unconditional, you've got to be selfless.' You must be first. You cannot expect your neighbors to do it. Example is more than preaching, better than preaching, so we have to do what we can, the best we can.

Do not be too comfortable in your blessed position, because then you won't go anywhere. Later when you go up to heaven.... You won't go to hell, of course, because you did nothing wrong, and you are my disciple, surely you'll be in heaven, fine. That I can promise. But you will look, when you go up, and you'll see all other saints, disciples, your brothers and sisters, go up, up, up, up, up to the higher level, and you sit in the lower third area. Third level, but a low third, and you look at them going up, and you look back at your record of your life, because every life is recorded to the minutest detail. The whole universe knows what you've been doing, even if you do it in the dark. So when you look at your record – oh, you will feel terrible, you will feel absolutely ashamed of yourself, that no God can even comfort you! No almighty power can tell you, 'Oh, it's okay, kid, you're alright, you're just human.' Of course, everyone forgives you, because in heaven, there's no hatred, no unforgiveness. Everyone is looked upon kindly by all beings in heaven. But you, yourself, born from perfection, will not accept your imperfect action. That's why people come back again and again, into a human world, or any world, to redress their past mistake. But when we go down, forget again, we get tempted into a different comfortable zone or situation. It's nice: You just have a boyfriend or girlfriend and are cooped up together, all day kiss, kiss, hug, hug, for example, and then you're too comfortable; you earn a little, enough money, easily, and have a home or something. That is okay under normal situations, but the world is aflame, and animals are suffering every day. I could not bear to look at the Tuesday (Supreme Master Television) program. I look at it, I scream, and I cry so much. Sometimes I have to look, to reinforce my heart even more, but how can anyone enjoy? You can; of course you can enjoy your privacy and your blessed situation, but use some of it to help others. [Audience: Every day, I can feel like the same way, the suffering of this world...] Yes. Never mind. Feel suffering is okay, but go do something. Do the best you can, the best thing to your conscience, not to me, not to the animals, not to the world even. You do until you feel that, 'Okay, I'm a good human, and I'm a good follower of the teaching of the saints. I'm a good Buddhist, or I'm a good Christian...' You have to truly know it, not just making an excuse for yourself.

Practice unconditional love until it is second nature

It's very easy: Just try it and then it becomes like your second nature. If you don't try it, it will never reawaken within you. You tried vegetarian then; now it becomes your nature. You cannot eat meat otherwise; you can't, not even if people force you or give you money, you can't do it. It's become your habit now, your nature. And also your intellectual understanding of the vegetarian, compassionate diet, that makes you so firm in your decision. I guess sometimes,

you remember before you ate this and that, but you will never go and eat it now. Like you remember chicken or fish or whatever, but you will never go back to eat it. It's just a habit of the mind thinking, that's all, but you know it's wrong. Yes, not because of taste, even not because Master says so, but now you are firmly in your moral understanding; your intellectual understanding accepts it, your heart knows it's a good way, so you won't ever go back to eating meat. Not because it's forbidden or anything else even, you just know it.

The same with love in action: If you do it, you understand the meaning of it. First, it's good for you because of your spiritual elevation. Second, of course, it's good for others. So anything you do, you do for yourself first. We don't do it in that attitude, of course. But I just want you to know that whatever you do for anyone, don't expect him to thank you, and don't expect me to praise you. I sometimes do. I say, 'I'm proud of you,' and all that, but don't take it. Of course I encourage you, but whatever you do is for yourself. Anything good you do comes back to you many fold, so you must understand this concept. So anything you do, don't expect anything, and then you get it, because you do everything for yourself. You know, like attracts like. That's why husband and wife stay together. If they have a lot of common sense, a lot in common, then they stay longer. You see what I mean? Opposites may attract, but similarities endure and stay longer if you have some more things in common together.

We can do anything we want. We have to be strong, that's it; we are God! Or, at least we are God's children. God's children are God's children. We're not human children; we're God's children. Jesus told you that. And Buddha said you are Buddha: 'You have Buddha nature inside. I can be Buddha; you can be Buddha.' So behave like God's children; behave like Buddha. Don't make any excuse to me, because it's not my life. I'll go to heaven, so it's up to you to come with me or not come with me. There's no excuse at all. What for would you make excuse to me? I could say 'Okay,' or 'Not okay,' but it's your life. We have to be strong, because we are the children of God; we're the children of the Buddha.

JUICE FAST FOR PEACE BY DR. GABRIEL COUSENS AND REVEREND MICHAEL BECKWITH²³

[To support spiritual growth and planetary survival, Rabbi Gabriel Cousens (GC), M.D., and Reverend Michael Beckwith (MB), Ph.D., co-hosted the Juice Fast for Peace at Reverend Beckwith's Agape International Spiritual Center in Culver City, California, United States of America during the first week of March 2009. The event was organized to help participants end their addiction to meat and other animal products in order to support their own personal and spiritual growth while also acting to ensure planetary survival by reducing the emissions of greenhouse gases from the animal industry.]

On March 7, 2009, Supreme Master Ching Hai accepted the invitation to attend via videoconference to answer the participants' questions and concerns about the damaging impact the meat diet has on the environment and human health.

Born from a deep concern for the future of the planet, Dr. Cousens, a vegan, began his Juice Fast for Peace series partnering with Reverend Beckwith in Culver City, with plans to offer them across the United States and the world to help people end their addiction to meat. According to Dr. Cousens, by consuming green juices during the fast, people lose the cellular memory of addictive flesh foods, dairy and eggs, thus, making it easier to transition to a plant-based diet. He is both a general medical practitioner and a psychiatrist who developed early in his career a fascination for understanding how the mind affects the body and how the body, and the food we

23. Videoconference with the American people at the 'Juice Fast for Peace' gathering at the Agape International Spiritual Center, Culver City, California, U.S.A., March 7, 2009 (Originally in English).

feed it, affects the mind. He was the Chief Mental Health Consultant for the Sonoma County Head Start in California and a Consultant on the California State Department of Health. He is a holistic medical doctor who incorporates homeopathy, live food nutrition, Ayurveda, naturopathy, acupuncture as part of his healing modality. Another core aspect of his approach to wellness and healing is a recognition that our purpose in life is to awaken to the divine. For the next several decades, he devoted his research to finding out how all body types could create a healthy balance and obtain all proper nutrition on a living foods diet. He has authored many books summarizing his findings over the years, such as *Depression Free for Life* and *There is a Cure for Diabetes*. For over 20 years, Dr. Cousens has been leading and perfecting green juice fasts in which only juices made predominantly from green vegetables are consumed. His goal is to help people become cured of supposedly incurable diseases such as diabetes, and drug and alcohol addiction, while also helping us clear our thoughts and reflect upon our true nature as the children of God.

Reverend Michael Beckwith, a vegan, has stated that our purpose on the planet is to ‘wrap our consciousness around the divine treasure within us.’ He uplifted the fasting participants with daily inspirational talks. He is one of the featured teachers in the international bestselling book and movie, *The Secret*. His spiritual journey began in the 1970’s where his exploration of Eastern and Western teachings led to his own style of teaching referred to as the New Thought – Ancient Wisdom spiritual tradition. It was his vision of a non-denominational spiritual community that led to the founding of the Agape International Spiritual Center in 1986, which seeks to bring all peoples together into one human family unified in a core value of peace and the spiritual origin of all beings. Each week, around 9,000 people come to hear him speak at the Agape Center. He proactively works alongside other global peacemakers, including the Dalai Lama, and has also been featured on ‘Oprah’ – an international, United States-based daytime talk show – and interviewed on ‘Larry King Live’ by one of the premier broadcast interviewers of our time.]

GC. And just to tell the group a little bit about Supreme Master Ching Hai. She’s really one of the leading humanitarians in the world today, perhaps even in this 21st century. She contributes over a million dollars a year of Her own money to support all the disaster issues around the world. She received the Gusi Prize in 2006, which is the equivalent of an Asian Nobel Peace Prize. In Her own work, She doesn’t take donations and She only asks people to do their work, and that’s the real donation. She is, and probably will become, best known as a person who, perhaps will be saving the planet from global warming by helping people go vegan. And that’s really why we’re connecting, because we are now doing, and this is Rabbi Gabriel Cousens sitting here with Reverend Michael Beckwith, doing the kickoff fast, the green juice fast, for the healing of the planet.

So how does fasting connect with the healing of the planet? We find that when people are fasting, after about six or seven days, they lose their cellular memory for meat, fish, chicken and dairy. Dairy is one of the hardest because it has casomorphines, which are one tenth as strong as morphine. So these are really addictions. And the research shows that it takes a little bit of time to lose that cellular memory. There’s real research, this isn’t a metaphor. The epigenetic DNA memory is something that actually goes away when you remove yourself from the presence of these foods: Meat, fish, chicken and dairy.

So we see that the most important thing in the world today, in terms of global warming, is to go plant source only. There seems to be a significant amount of misinformation about that, it has to do with carbon dioxide in the air. That’s maybe 9% according to the research by James Hansen, who is Head of the Goddard Institute for Space Research

from NASA. It's just 9%. The real issue is that 50% of the global warming is connected with methane. And there's no question about that. That is really a big issue. And that's coming, of course, from the cows. And that's somewhere between estimates – that is all new, people really just begin to understand it – somewhere between 25 or 100 times more potent a global warmer than carbon dioxide. So that's maybe 50% of what's contributing to global warming. And most of that is from animals. A little bit comes from lagoons where animal waste had been put in, where they estimate may be 15%. And then the next is the billion pounds per year of manure that gives off nitrous oxide, which is approximately between 296 to 300 times more potent to global warming than carbon dioxide.

Now, the other thing that's really important too, about 65% of the nitrous oxide comes from this manure. And then we have ammonia that's connected to acid rain. So we have some real issues going on. What's really important to understand is that carbon dioxide may be in the air for 100 or 500 years or perhaps thousands of years. And, again, we don't really know that, so we're not going to get an immediate result. You may get a Pirus, but it's going to have to be ten thousand years old before it's going to make an effect; it's not going to really help us. So where we go to – and why we're doing this fast here, and also in Portland at the end of August, and then New York and Boston and Toronto and Vancouver – is to wake people up to the real issue, which is animal agriculture.

The good news is that that can stop, in 8 to 15 years, that will be out of the atmosphere, particularly the methane. So this is really good news. We have something that's immediate, that we can have an effect. So it brings us back to what we eat determines who lives or dies on this planet. And it has a lot of ramifications, because what we're hearing from research experts, like Dr. James Hansen, is we have a year or two before we hit a tipping point. And then we have to understand that we're just organisms on the planet, and if we don't play it right, not only the planet will not do so well, but we organisms on the planet will definitely not do very well.

So it's a critical time. It's a critical time for us. And we really thank You, Supreme Master Ching Hai, for leading the world in waking up. Your Supreme Master Television where You have 14 satellites, 60 different translations in over 70 nations, is getting this message out to everyone. We want people to be able to go to a plant source only diet. And that's our game plan, and that's what the world needs. It's really the only practical solution and it's one we have control over. We don't have to wait for some kind of new inventions, you know, electrical cars or whatever; we can do that now. And it empowers us as human beings to be able to do this. So we're just very happy to be working with You and, again, we greet You with great love for the great work that You're doing around the world. And we see us as really brothers and sisters in a very particular way for saving the planet. So thank You very much. I want to introduce Reverend Michael Beckwith who's going to talk a little bit also about this. And then we're going to do some questions.

- MB. And we bring tremendous greetings and love from here at Agape for the tremendous work that You have been doing in terms of spreading this gospel of truth regarding the power of the fork. I don't know if I can add too much other than what Gabriel has already said, but that individuals can begin to change the world just through the power of their fork. As he has indicated, we don't have to do much other than to break the addiction of what's been going in our body temple. And then that also, as we do this more and more around the planet, we begin to create a field of individuals who are oscillating together in the field of possibility.

So as we're cleansing the body temple, then, of course, the mental body becomes clean again and then we have greater access to our spiritual dimension, which allows for unexpected surprises to take place when all seems naught. So when we're looking at the scientists giving us these dire reports – which are very accurate and very true from a scientific level – when individuals come together around the planet and break free from the addictions and clean their bodies, become accessible to the supreme presence of God which moves us and brings things into possibility that before weren't possible – because we weren't vibrating high enough, we didn't have access to that domain – so it all works together for good, our diet, our clean mind, and our access to the realm of the divine. And then, us working together amplifies that field logarithmically and exponentially. And so, even though there's a small group of people here, it has a big effect on this city. And, of course, the small groups around the world, they have a big effect on the planet. So we're just very privileged and honored to be in this number together – the Tree of Life, Agape, You and people around the world, taking a stand for love, for our planet and for each other – and we welcome You into this space.

- GC. *I'm in! We really want to honor the people who have done this fasting because you are heroes. So let's give a 'Yes!' for everybody here. [Applause] And by the time the next year or two is up, we want to have millions of heroes out there. And every person plays an important role in being that. Good. Good. Are there any questions You have for us before we ask You questions?*
- M. *Yeah, I want to ask if everybody is hungry. [Master and audience laugh.] [GC: Well, really not. We're hungry for God.] Good, that's good. Because when I fast, like what you are doing right now, alone, I did feel hungry sometimes. [Master laughs.] Because I'm too near other humans and the smell of cooking and all that is very tempting. But if you're alone and you have a supportive group like that, you are lucky. Yes. Yes. And you're feeling good? [Audience: Yes!] Ah huh, you feel more elevated and lighter after a week of juice, right? [Audience: Yes.] Yes, yes. Very good, so you are having a 'drinking' party, huh? [Laughter] [GC: Vegan 'drinking' party, right. I'll remember that one, that's good.] Talking about spiritual group.*
- GC. *So what we're moving towards is not so much green technology, but a greener diet. That's really what we're moving towards. The fast just sets people in the position to towards a greener diet immediately.*
- M. *Um hum. Yes, I am so happy that you are doing your 'drinking' party, green party. [Master and audience laugh.] And I'm very happy that all the people there are so brave. Brave enough to go there and try, or maybe they did it before, maybe they are juice experts. [Laughter]*
- GC. *A lot of people here are new. [M: Yes?] This is their first experience and that's why we call them heroes, because once you're done it, it's really easy. But before that, you've got to overcome your fear and that's why they're heroes.*
- M. *Ah huh, they are all heroes even if they have done it before. It's not easy, is it, just to forsake all the things that you like every day. They are true heroes even if they have done it however many times before. Because the first one is heroic because they don't know what it's going to be like. But the one who has done it before knows it's also a very great challenge. Truly. For me, it was. I couldn't say that it was easy. Sometimes I did it for many weeks, sometimes just one week. And in the first few days, it was not too easy; but later it is better. Is that right? [Audience: Absolutely.]*

- MB. *That's correct. The mind plays tricks on us. I was watching a DVD of some spiritual program, and the man's tie was yellow and I noticed – this was the third day – I noticed that my mind started imagining me eating corn. [Laughter] And I just became aware that the mind was doing it on its own, and I was looking at the mind, imagining that I was eating the corn, and I had to slap it into some discipline. [M: Yes, I know.] So, definitely, it's a little challenging. But with the support of the group and our prayers and what we've been doing, the yoga, the meditation, the support, it's a lot easier for people to make it through.*
- M. Yes, you are doing the right stuff. The cleansing of the body through one week fasting of juice is very, very beneficial to your health at least. And when you have a healthy body, your mind will be also clear. I gained some of the spiritual elevation through this kind of fasting as well so I have to tell you.
- Yeah, meditate intensively and I can feel the level truly rises up, I mean almost physically, that you can feel it. And it was very rewarding. So I hope all of you, or some of you, feel the same. [Audience: Yes.] You can feel all the chakras just like rising up and open one by one. Like one door after another, tak-tak, like that. [Audience: Yes.] It's almost physical, truly. You could even feel the physical sensation as well. Any of you have that? [Audience: Yes.]
- Oh, wonderful! Congratulations! Congratulations! And when you go home after today, keep up the same concentration and devotion that you have here with the Reverend and the wise doctor, doctor of the mind as well. Truly, many diseases can be also eliminated this way, huh? So it cleans up everything. Yes. I'm glad you have done it. I'm glad that you have enough courage and stamina to do it; but, of course, under the wise guidance is always safer. Wonderful, wonderful! I'm so glad you did. Both of you, the Reverend and the Doctor, they are your benefactors. [Applause]
- MB. *Thank You. Thank You very much.*
- M. Very good! Good people.
- GC. *Thank You for Your support in this whole thing because we're going to be doing this around the United States and in Canada. [M: Wonderful!] So we hope to see thousands of people fasting by the time we're done and then going vegan... [M: Yes, yes, yes.] which is the punch line.*
- M. I see, I see.
- MB. *It sneaks up on them. We start off getting them to fast [M: Right.] and clean their body temple then we break the news on them... [M: Right.] that they can actually save the planet... [M: Yes!] by transforming themselves to a plant-based diet. [M: That's right!]*
- GC. *But we operate on the pleasure principle. And as you get into fasting, and particular as we do the 'Kali Ray TriYoga' and the meditation, the Shaktipat meditation, people begin to get the pleasure of the divine in their lives and then that's an encouragement to keep doing it because it feels so good.*
- M. Yes, yes. You see, once we break through the habit of the conception that we need every day, we need solid food, we need this, we need that, once you prove to yourself that, 'I go through one week, I could go through another week even. And I fear nothing anymore.' After that, you feel a sensation. It's not just about having no food for one

week, but it's the courage in you will rise up, that at least for a while, after the fast, you feel like you fear nothing. You have such a courage and that you can do anything. And you could go without food for a long time even. And not to talk about trying to change to a vegetarian diet, vegan diet. So you can do many things. You feel after one week fast, or two week fast with juice, you feel like you are invincible. Is that how you feel? [Audience: Yes.]

- MB. *They feel they can live by the very Word that comes from the mouth of God now. [GC: Right.]*
- M. Yes, that's right.
- GC. *Because they can feel that Word resonating throughout them. It's maybe time if we could ask You some questions. We have a list of about eight questions? Is it a good time to do this?*
- M. Yes, sure. Please.
- Q. *Greetings. Your television network has been actively broadcasting about the urgency of climate change and its connection to diet choices. Could You share with us some of the recent data?*
- M. Oh, yes, ma'am. Gladly. There are so many news every day showing us how urgent the situation is for our planet and the huge role that our diet plays in saving the planet. Since you ask, I will just name a few. I guess many of them you know already, or you could look up on the internet. But since you've been 'drinking,' [Master and audience laugh.] I did the looking for you. [Laughter]

Now, in September 2008, Dr. Rajendra Pachauri, Head of the Intergovernmental Panel on Climate Change – he's the one that got the Nobel Peace Prize together with former Vice President Al Gore and others – he stated that scientists had called to tell him – they 'called' to tell him – that the emissions from livestock were much higher than previously estimated. You see, before, they said it was 18%, in the 'Livestock's Long Shadow' report in 2006. But, now, the emissions from animal farming are actually higher than that. As far as how much higher, they are not still very sure. But Dr. Colin Campbell, author of the bestseller of the nutritional biochemist book, he said that his colleagues at the World Bank found that 50% plus of total greenhouse gas emissions right now are coming from livestock raising. And that is not even the sure percentage yet. Dr. Campbell revealed that this information is not yet the highest that they have estimated, that they have researched. They think it could be more. And he has revealed this information to us in an interview with the Supreme Master Television.

Right now the climate scientists are telling us more and more that if we reduce livestock industry, we'd reduce methane. And that is the most immediate way to cool the planet, because CO₂ from fossil fuel may take tens of thousands of years, tens of thousands of years, to leave the atmosphere and cool the planet, according to the research. But methane is 23 times more potent, hotter than CO₂, and they dissipate on average over 10 years or 20 years.

So the latest report from IPCC scientist Dr. Kirk Smith in the United States said that methane is a much hotter gas than currently reported. He said that it could be 60 to 100 times hotter than CO₂, averaged over 20 years. So methane goes out in the atmosphere in 9 to 15 years. It disappears, compared to up to thousands of years for

CO2. So if methane is reduced, the warming will be reduced immediately. You understand the logic? Because CO2 stays longer in the atmosphere, but methane goes and disappears quick. So the way we reduce the methane is by reducing animal agriculture. If we ban meat, ban livestock raising, then the methane gas will be cut for, up to date, at least 50%. Can you imagine? It's a very big chunk! And then the planet will be cooled immediately, compared to CO2 it takes tens of thousands of years to cool off.

Right now, the most problem gas that heats the planet is methane because there's a lot of them. According to the scientists, it's already 50%, that they say more than 50% even. So if we stop methane, meaning stop the animal raising, then we stop 50%. They say just 50%, at least 50%. And now, if we change into a vegetarian organic farming, then that practice alone will cut 40% of CO2 as well out of the atmosphere. So you see, we are gaining, gaining, and gaining, not only we cut 50% of methane gas, and by doing organic farming, we cut another 40% of CO2 in the atmosphere. We gain all the time! And double together, then of course we cool the planet. I'm not talking about a miracle. I am talking scientifically and logically, and every one of us, every one of you can go on the internet or ask these famous doctors of climate, see what they say.

Livestock are the single largest source of methane. Between 35% and 40% estimates presently of methane emissions globally, according to the United Nations Food and Agriculture Organization. But I think it's underestimated. I am sure of that, though I am not a scientist, because if you add things together, it is not only 40%. Now, this is why Dr. Kirk Smith recommended that the governments impose extra tax on meat to change the habit. This is a good idea but I feel it's a little bit slow; but it's better than nothing. It's good for two reasons. Number one, the scientists at Carnegie Mellon University found that eliminating all animal products and eating vegan for one day is seven times more effective than eating locally grown food for reducing emissions. Number two, Foodwatch Institute said that switching from a conventionally raised standard diet with meat and dairy to an organic vegan diet reduces 94% of the emissions from our diet.

So these are the most recent data that I can update to you. And they are telling us clearly that not only this is very urgent right now, but the fastest way to solve it, the quickest, the most effective is by reducing the emission intensive meat industry practice. Thank you so much for listening to all that.

Q. *Thank You so much for Your work. Here in southern California, there's a drought currently. And talking about water rationing, what do the experts in interviews have to say?*

M. The experts told us a lot of things. They say that California right now is headed toward the worst drought in California's recorded history, the worst drought they are heading to. The Sierra Nevada Mountains which supply much of the rest of California's water is supplying now 61% of the usual amount in this past winter season – winter season even! We're not talking about summer yet, when it's dry.

California produces 50% of fruits, vegetables, and nuts that are grown in the United States, but the United States government has announced that farmers will not be able to buy any water from the state. Imagine this? They supply 50% of your fruits and vegetables, but now they're not able to buy any water from the state. And their state is in a drought predicament because the main source of water for the farmers is expected to go dry this year. Greenhouse gases are causing deserts to expand in California; elsewhere as well, but now we just zoom in on California.

Moreover, two of the largest manmade lakes in the United States, Lake Mead and Lake Powell, will be dry in the next decade, 2021. These lakes and the Colorado River system that fills them provide water to nearly 8% of the United States population. Now they are drying, they will be completely dry soon. So picture all this.

Stockholm International Water Institute states that 70% of water is used by agriculture. Of that amount, a lot of it is going to planting corn and soy and that is to feed animals, not humans! That's why we're short of water, short of food. It's a waste of precious food. Not just our precious water as well. The experts also calculate that one kilogram of beef takes 5,000 to 20,000 liters of water to produce. But one kilogram of wheat takes only 500 to 2,000 liters of water. That is 1/10, 10% of the amount of water for meat. At a time when we have water shortage and all the reservoirs are dwindling at such an alarming rate, we are truly afraid that even if we don't take shower at all, it will not do much help because all the human used and everything comes together is only 30% of water around the world. Everything else is mostly used for meat industry, 70% of it, you see that? So even if you and I go ascetic – we don't even wash clothes, we go like the Himalaya yogis, the one who doesn't wear clothes and we don't wash ourselves, we put ash on our body forever – it won't help the planet.

Meat industry should be cut. That will help the planet. That will help to reserve our water, to refill our lakes and our rivers again. That is physically and scientifically speaking, I'm not talking about the merit, the bad karmic contribution that we are doing to ourselves by harming others and torturing animals and killing them just to save our stomach. On the other hand, if we forgo one pound of beef, we can save more water than we stop showering for half a year. Just don't eat four hamburgers and you can shower half a year every day, generously. Can you imagine the big, big, big difference like that? So if we really want to save the water for the world to be able to use for our daily necessity, not to talk about future generations, then we have to change to a vegetarian diet, animal-free diet. Animal industry must be out. That's it. Thank you.

GC. *Beautiful question, beautiful question.*

M. Beautiful question, yes. [Applause]

Q. *Thank You very much for spreading this message. By the way, so many people live in ignorance, and this is all they need, is to be enlightened by the information. So my question is that daily we hear reports about the polar ice sheets melting, and predictions about the rise of the sea levels. Since we live near the ocean, what measure should we be taking to protect Los Angeles, like Holland and other countries are doing?*

M. Good question, madam. Good. You've been choosing very well. [Master laughs.] Yeah, intelligent people. It is true that the statistic of the ice melt keeps changing because they are being updated all the time. The reason is that they are unpredictable. You see, if the sea water is warmer, then the ice will be melted quicker. And once the ice melted, there's no reflection of the heat back into space. Therefore, the heat will melt the ice as well and warm the water further. And both will help each other to melt more ice and heat up more the planet.

So if you just calculate by, 'Okay, yesterday the ice sheet melted one meter, so today, another day, it will melt one more meter, and tomorrow will melt another, so it's only three meters in three days.' That is incorrect. Because the water is warming and then the ice will melt by that. And the ice melt more, we have more heat. And more heat,

more ice melt. More ice melt, more warm water. More warm water, more ice melt. You see the devil cycle.

That's why the scientists could not predict it very well before, they are very vigilant right now. They're keeping a good eye on the situation. It's just that we don't do things fast enough. It's not just keeping an eye on it, we have to do something. When we know the situation and we know the solution, we have to try quick. I wish we have the planet no matter what. I wish you live the way you live. I do not want as just a small personal interference into your way of life. You all have free will and you have God inside. I have not much to say, just if we know a solution, we just do it. If we love our planet, if we love ourselves and our children, any sacrifice we would do. Sometimes we say, 'I would lay down my life for you. I love you so much.' Parents, they love their children so much, sometimes they sacrifice everything. They work hard, yes, they sleep less, they wake up early, they go to bed late, and they work sometimes 18, 20 hours just to protect their children. Why cannot just forsake a piece of meat just to keep the home for them? The planet is our home. And the children, where would they go? It's not just about going. It's just sometimes the suffering is so intense and so prolonged that we don't wish that on our harmless, helpless little children for the future.

I don't have any children to talk of, but even your children are like my children. They are helpless. They need protection. The way we are polluting our planet right now is no good for us, for our children at all. So love should be translated into action. Even any sacrifice, we do it. But it wasn't much of a sacrifice because meat is not good for us in any case. If we eat meat and all that, it will be harmful to our health. So we might as well leave it all together and we can save the planet that way. All evidence points out that meat is the number one cause of our planetary problem.

GC. *As a rabbi, we know that in Genesis 1:29, it says one should eat basically a live food, vegan diet. [M: Right!] That's what the Torah tells us. As a native American Sun dancer, in connecting to the White Buffalo Woman who gave the pipes, the peace pipes to the Native American nations, the teaching is that everyone should be vegan. And as a yogis for 36 years, we always taught ahimsa. And now, maybe we're going to listen to the divine advice, which is very good. But this is the hard way to do it. [M: Yes.] So...*

M. But you see, we need all this scientific evidence to tell people also. So we have to refer to United Nations and scientists, experts, et cetera, because people have to be appealed to their intelligence. The soul understands everything. I'm sure all of them who sit there, everybody in the world, their souls know what is good. It's just their minds, their intellect, have to be satisfied. That's why we talk about scientific evidence. Like before, the United Nations predicted that, okay, one meter sea level rise would be very catastrophic already and causing a lot of people to lose their homes. But just last month, scientists have learned that Greenland and western Antarctica and eastern Antarctica are all melting now which had not been a factor updated before.

Based on these findings, one scientist at the University of California, Santa Cruz, predicted a five-meter sea level rise. And then another study says, 'No, no, that's not it!' If all the Antarctica were to melt – which is melting now – if they all melted, then the sea level could rise up to 70 meters! [GC: 210 feet.] That's a lot! [GC: 21 floors.] Can you imagine that? Where are we going with this kind of rising levels? Even if we dig a hole... Nowadays, they have something like, they make a hole, the tube ready for you, like a room, and then you can put it in the earth to protect yourself from climate change, from gases and all that, but how can we protect ourselves in this case when the sea level rises 70 meters and bury everything in its wake? And no more food, no more

agriculture, nothing! No animals even to eat. Even if we want to eat meat, there will be nothing left for us.

So you see? How can we take measures to protect Los Angeles, California, not from rising sea levels, but also all the similar consequences of global warming? When the sea level rises, there will be more mosquitoes and diseases, not to talk about we all die anyway. Not only the ice, but also the permafrost will melt, which could potentially release billions of tons of methane gas from underneath, or hydrogen sulfide. We can die by inhaling just one second. So there's no way we can run away from this except we turn to a virtuous way of life, then we are connected with heaven because heaven is virtuous and love and blessing. If we're connected with that, then we are one with that, then we are protected ourselves because we are one with heaven. Heaven is all powerful, almighty. If we are connected with that almighty by being heavenly, having heavenly quality, then we're back to our original source again. Then we are connected. Then we are also part of the almighty. Then we are blessed and protected. I see no other way we can protect ourselves at all, if the sea were to rise, if all the gas were to be released from the permafrost and underneath of the sea, and from everywhere else. That's it.

So now we come back to your suggestion that we have to go back to heavenly way of life.

- GC. *The heavenly way of life, that's exactly right. That's what fasting introduces you because the voice of God does come through you, when, when you fast, comes through you regularly. But I mean for people who are fasting, it starts to happen. We open up to the voice of God. We eat the voice of God into our existence. That's we're fasting on. So it's good.*
- MB. *Thank You for being here with us today. Many philosophers and spiritual teachers often talk about this particular time that we're going through as a challenging transition for humanity. [M: Yes.] It possibly leads to a tremendous spiritual evolution and elevation and awakening. What are some of Your thoughts about that?*
- M. Yes, sir. Well, I'm sure you know it yourself. You just want to ask for your audience. [Master and audience laugh.]
- MB. *It's good to get Your opinion.*
- M. You see, we are in a very dangerous situation right now, but I'm glad to tell you we have reached the critical mass. Can you believe it? According to my inner knowledge, the critical mass has been reached, the critical mass of the numbers of vegetarian people. It's just now we're waiting for the mind of humans to be more pliant, to be more in tune with the critical mass.

For your audience, I'm saying the critical mass that you say means if a certain number of people – have to be like in one-minded group, like being vegetarian – if a certain number is reached, then that number will influence the whole planet in time and make everybody become vegetarian or vegan. You understand, right? [Audience: Right.] That is the critical mass. And we have been trying and with many other groups – and with you and with Dr. Gabriel and the Reverend who sits there, we have reached the critical mass – just a few days ago, and just my inner knowledge – and now we're waiting for that to work. But meanwhile we're still working. Continue, continue whatever we can from television to flyer, and vegetarian restaurants, vegan seminars and free cooking

classes, et cetera, et cetera. We often say the human mind is like a monkey mind. I wish that our minds are really like a monkey's mind because if our mind were a monkey's mind, or likewise, then everybody would have become vegetarian long ago. [Laughter]

You see, they experiment with the monkey, like if they teach some certain numbers of monkey to drink from glasses, then other monkeys elsewhere that have not been in contact with human, and not having contact with that monkey who drinks, still they could use the glass to drink also. So that's why the critical mass of the monkeys has influenced other monkeys' minds by inner connection, telepathic connection. But our mind, unfortunately, is not like a monkey's mind. I wish it were. Then we can influence quicker.

Now, if this critical mass is working, and I suspect it's working – just a little bit slower than we want – then maybe we will have the mass of the planet going to have vegetarian diet, compassionate attitude quite soon. I hope it's in time so that we can save the planet before we reach the point of no return. And so, I also beg you, all of you – the heroes, the saints, the yogis there, please, do something to help. Just pass out information, convince whoever you can. And everybody really does make a difference. Like I have a cooking show every Sunday. I cook very simple. I teach kids to cook, but it influences some millions of people; that helps with the critical mass. That's why I do it. Even just a cooking show like that. So you could do even more than just a cooking show the way I do. Yeah, you are Americans. Americans are mighty people. In 200 years, they built the powerful nation on the planet. They go to the Moon. They went to Mars and they're going to see the next whatever peopled planet that they guess exists in the galaxy. They already suspect that there exists many peopled planets, and they're going to find it. I'm sure they will. So the Americans can do a lot of things and have a big influence in the world. I count on you. I count on you.

GC. *Well, thank You for that beautiful answer.*

M. Thank you.

Q. *My name is Annie Jubb. [M: Annie, yes.] And yes, I'm into the raw food movement as well, eating fresh raw fruits and vegetables and so on. [M: Bravo!] Thank You. Your television program goes all over the world, to 60 different languages and You're talking to different governments. What response do You get from world governments about this idea of reducing animal products to affect global change? What positive things are happening with the governments?*

M. Good question. It's happening. It's happening. I wish it's happening faster, but at least it's happening. Sometimes when I hear, like the European Parliament admits that meat diet is the cause for global warming, and they will reconsider to cut the subsidy for the meat industry, and instead they give it to the organic farmers, et cetera, I jumped around in my room. I said, 'Wow! My God, it's happening!' I know it's just a small step, and we are impatient because time is urgent and our days are numbered, I know that. But every time like that, I jump. And my dogs are just, 'What's so panicky?' They ran around me, licking me all over and asked me, 'What's wrong? What's wrong?' I said, 'No, no! I'm happy, I'm happy! Don't worry, don't worry.' [Laughter] So I hope you're not jumping.

I'm going to tell you something. [Master and audience laugh.] Though it's not going as quickly as I would like, but it looks like the critical mass is doing something because there is progress being made. Some courageous, brave, heroic leaders are helping to

make the change, which is very touching and inspiring. Sometimes I cry. Like, in Formosa, the president, for example, announced that eating more vegetables and less meat is one of the most important lifestyle changes people can make to lower emissions. A president, to say that, for him it's a lot. For us, maybe it's no problem. You go to see Dr. Cousens, he says that every day. You go to the church and the Reverend tells you that all the time. But for a president! You understand the political pressure he has, and the unprecedented announcement that he made, never made before in history of human or Formosa or China. For a political leader to say that is truly brave and truly is a very big step. And then his wife, the First Lady of Formosa, she also sets an example for the children by reading aloud an article, how to curb global warming, eat less meat, more vegetables and fruits as an effort to reduce emissions. Finally, over one million people in Formosa took a pledge to lower their meat consumption by signing their petition.

In the United States, I guess you know already, the Hawaiian House and Senate unanimously passed a resolution asking that vegan and vegetarian meal options to be provided in Hawaiian schools. Yes? [Audience: Great, yes.] [Applause] Very good. Another one. As a part of its new climate action plan, Cincinnati, Ohio was the first United States city to encourage less meat in order to stop global warming. It's some steps, you see? And in Europe, Germany's Environment Minister visited Brazil to help enact stricter regulations for preventing deforestation for meat that's being exported to Europe. And Jens Holm, Member of the European Parliament has been working to get measures adopted in the European Union that recommend reducing meat to lower greenhouse gas emissions.

Our group also made contact with the governments in as many countries as possible to let them know of the planetary benefit of the vegan diet. We encourage anyone who feels this same way to also reach out themselves and contact as many people as possible including governmental representatives. And, of course, we continue to make efforts through Supreme Master Television and other activities, like Loving Hut vegan restaurants, flyer distribution, information dissemination. We have many vegan restaurants now in different cities to provide delicious vegan meals, and it would be a trend one day. People should go there and they should have direct experience of how easy it is to be vegan and how tasty it is, meatless food. We also encourage more government actions by recognizing the governments that do promote the benefits of the vegetarian diet. Recognizing this also helps the planet immensely. That's all we can do. Maybe could do more, but if you have any better idea, you will tell me what else to do.

GC. *Well, thank You for sharing the good news. We appreciate that.*

M. Good news, huh? [GC: Yeah, yeah.] [Applause] Yesterday, just some hours before this conference with you, I had the honor to be a guest at the Mexico SOS conference. And we had video recorded support from the senator from the Philippines, from a legislator in Formosa, and from the Vice President of the European Parliament. Vice President of the European Parliament! He recorded a message to support us! Can you imagine? That's a big step, no? [Applause] [GC: Yes, yes, beautiful.] Yeah, it's slow, but I wish more leaders would be so courageous like them. [GC: It will happen. It will happen.] Thank you. Thank you for your blessing. [Applause]

Q. *Hi, my name is Nature. Thank You for Your work and Your inspiration and Your love. [M: Hi, love.] Scientists are telling us now that reductions in CO2 emissions will take over a thousand years to bring about planetary cooling. [M: Right.] So it seems that we need to do something immediately to cool the planet. On Supreme Master Television,*

You have reported that Prince Charles has called for an immediate halt to rainforest destruction and that NASA and climatologist James Hansen has urged for the reduction of carbon soot, black carbon. [M: Right, right.] Other IPCC scientists You have interviewed such as Dr. Kirk Smith have said reducing methane by going vegan is the fastest way to halt global warming. Can You help us to understand how each of these approaches slows global warming and how You think reducing animals products compares to halting rainforest destruction and halting carbon soot?

M. Okay, my love. All the things that you mentioned above are necessary: Preserving the rainforest, stopping the carbon pollution, and being vegan. But being vegan is our top priority because, as I have also mentioned a little bit before, that this provides the most immediate cooling through actions that can be taken by individuals because we are a big group on the planet. Carbon removal is also good and acts fairly quickly, but being veg is something that every single person in the world can do and immediately, whereas, change in carbon technologies will simply take much longer and we don't have time.

In an interview with Supreme Master Television, Dr. Hansen indicated his agreement with this concept, saying, 'We would also reduce the carbon dioxide somewhat, by means of going back to more natural vegetarian type of diets, as opposed to having meat diets. So that is the biggest single thing in terms of our personal lifestyle. We could change in order to help solve the climate problem.' Just leave one piece of meat and we have everything else as it is right now. And more later on, as the forest will regain its strength and grow back to a lush situation again and then attract more rain and protect the soil and cool the planet.

As I've said already, CO2 will linger too long, up to 10,000 years in the atmosphere, but methane dissipates quickly. And the most factor that contributes to our global warming right now is methane, and methane comes from livestock raising. Do you see my logic? [Audience: Yes.] Yes, okay? Good. So if we cut the methane, the planet cools down quick. If we cut the CO2 and still keep the methane, then it doesn't help much. Besides, we cannot cut CO2 that quick, because we don't have other technological invention right now to replace the one that we have. How many electric cars do you see running on your United States streets yet? How many? Maybe one, two, three. How much CO2 does that cut? Not much. But the methane pollution came from livestock raising, so if we stop that, no more heating! No more heating of the planet.

Because if we stop livestock raising, that means stop also forest clearance – it's because most of the forest clearance is for planting stuff for animals. So we water the plant from the root is the best. If we cut the meat diet, everything else cut: No more transportation for meat, no more deep freeze for meat, no more manure runoff into our rivers and contaminate our rivers. And because of that, we have to use more chemicals to clean it, so we just give more and more chemicals into our bodies. And then, if no more meat, then no more forest clearing. Then we don't even need to plant trees that much; the forest will recover itself as we have seen in some areas. Just leave it alone, nature will take care, truly. All we do is just work with nature and nature will take care of everything.

God doesn't put us on this planet to die; God provides everything already. It's just we overspend, we do not heed the advice of the bible. In the bible, God say, 'I made all the herbs in the field, plants that bear fruits, that shall be your food. I made also the plants for the animals, that shall be their food.' God never says, 'I made animals for you to eat.' It's so clear. I wonder why nobody saw it. God even says, 'Do not kill all the she-goats

and the he-bullocks to make offerings to me, because your hands are full of innocent blood. Repent yourself. Do not kill anymore innocent lives; otherwise if you pray, I'll turn my head away from you.' No? Are there such things in the bible? [GC: Yes, it's in the bible.] Reverend, tell me. I'm not making it up. [GC: I think it was Isaiah.] [MB: Absolutely, You've quoted it absolutely. The Rabbi just told us it's Isaiah.] Wow, he knows it by heart. But I know it's there because I read it when I was young. I was a kid, I read the bible, I slept with it. I don't probably remember as much as the Reverend there does, but I do know. I do know that God does not tell us to eat meat. Hes says, 'Meat for the belly, belly for the meat, God shall destroy both meat and them. Do not be among meat eaters and alcohol drinkers.' Not to be among them even, not to talk about being one ourselves. So in all kinds of directions – religious, scientific, and health – meat is a no no. So, from now on, we have to realize that. And please tell everybody else. I know you know it already. Please, just don't be just a vegetarian. Be a heroic vegetarian! Be out there, tell people. Do something. I need your help. Thank you.

GC. *Fantastic advice.*

Q. *Hallo, I'm honored to be in this exchange and it's an opportunity that I enjoy. [M: Hi, love.] My name is Ray Fred. [M: Hi.] Many people say that we can just stop eating beef and we can switch to chicken and fish instead and lower our emissions. What would You respond to somebody considering that as a choice?*

M. You agree to that, sir?

Q. *No, I just hear a lot of it. How would I respond to someone who is going that route?*

M. Switching to anything at all other than a purely plant-based diet will not really help at all. This is because of all the things I mentioned above and, first of all, eating both fish and chickens does not significantly reduce global warming at all. Eating chicken, for example, chickens that are grown for food are a huge source of antibiotics, arsenic poison, and fertilizer runoff which increases pollution and the global warming effects. For example, in the United States alone, the Center for Disease Control reports that 76 million cases of food-born illnesses are reported each year with poultry – the chicken that you mentioned – triggering more cases than any other food group even. Sometimes these are also life-threatening or they can leave permanent damage in the person. So there really is no reduced cost for eating something like chicken.

As for fish, overfishing of the seas has already resulted in imbalances such as the so-called dead zones everywhere in the seas that do not support life. Dead zone is the area of the sea, sometimes as big as Texas, that there's no life in there at all – no fish, no shrimp, nothing live in there because there's no oxygen. The reason is overfishing.

There's another condition called acidification where the lack of certain fish has contributed to higher ocean acidity which, in turn, reduces the capacity of the ocean to absorb CO2. And the ocean is a very complex ecosystem where every living thing has a unique function. So removing even a small fish for humans to eat creates an imbalance in the sea. In fact, we are already seeing an effect of this imbalance on marine mammals.

As the ocean becomes warmer and warmer and more acidic, more toxins are present in the water. The whales and dolphins are thus being driven from the oceans as conditions worsen; it is suffocating them. Sometimes hundreds at a time, they're dying on the beach because they cannot tolerate this toxic condition in the seawater anymore.

What do we think, why the dolphins and the whales beach on the sand? You think they go there for vacation? They die hundreds at a time because they cannot suffer anymore the water in which they live. Water means life to them but now the water becomes poison so they have to go out. They go out, they die; they stay in the water, they die. They come to the beach, but it doesn't help them either. They die either way.

So, even though fish and chicken may not have the obvious carbon impact that other animals do, everything is interconnected. And there is no way to say that consuming these things results in lower carbon price to the Earth at all.

And, yes, sir, you know according to scientific research, chickens are very intelligent. They have DNA almost like human. And fish as well. It has been proven that fish are also intelligent. They communicate with each other, they can talk, they lead a very, very organized, very, very intelligent life. Even ants are talking to each other according to new scientific discovery. They talk to each other in such inaudible languages that it's recorded by the sophisticated scientific apparatus. So, even ants, they're intelligent. Look at the way they build their city and their palace; we could not do that compared to our size. They're building like skyscraper by their own hand only. But they talk to each other even, even ants talk to each other, fish talk to each other. They do lead intelligent life and they all have souls, consciousness in them. Anything God puts on Earth is for a purpose. We should not kill anything. We should not eat anything except plant-based diet. [Applause]

Q. *Thank You so much for Your leadership. [M: Thank you.] The human condition is to feel separate, yet our souls are perfect. How do You suggest to align more with the perfect spirit instead of the human conditions?*

M. Yes, yes, yes, good question, good question. That's why you have the yoga class over there. [Master and audience laugh.] The Doctor and the Reverend are teaching you how to be aligned again with your self, with your great self. Because you are great! You are not the human who sits there and looking helpless and feeling you don't know anything. You know everything! As long as you connect yourself again with the storehouse of wisdom and switch back on your great almighty power, then you're one with God again. Of course, we have forgotten, that's why we need to meditate, we need to re-train ourselves for a while. After a while you will know that, you are that. You are one with God. You will see yourself not as a body but as brilliant Light, like thousand suns. You can see yourself like almighty, one with the whole universe. You will see all that and more, but we need to reconnect ourselves in one way or another. If you have found a way to reconnect yourself through yoga, prayers, anything, that's good. Please continue to do so. Everything will help you along the way to rediscover your great self. You are truly great and I'm not telling you this to make you happy. I'm telling you this because I know it. I know it like I know my nose here.

Now, we can feel connected, at least in the beginner's step, we have to remember what this heavenly quality is like: Loving, selfless, unconditional caring for others, we begin to do that. Unconditional love, caring begins on our table, on our plate. Love in action. We don't kill others because they all love to live. We don't kill others, especially now even, because we want to save a place for our children. If we love our children, that's the way we do, even if we lay down our lives for them, it's worth it, not to talk about just laying down that piece of meat which is poisonous anyway. We should not kill animals for food because that's not the way intended by heaven. So let's begin from that.

We live a heavenly quality life, then we are one with heaven. Very simple. Every time you do something, you start thinking, 'Would a heavenly being do this? How would Jesus do this in my situation? How would Buddha do this in my situation? How would the Prophet Muhammad decide this moment, this action? How would heavenly beings look down upon and approve my action?' And every day, everything you do, if you feel doubt, you ask yourself that question. Remind yourself always of the heavenly quality. That's how you connect with heaven first. And then if you want to go more further, then you seek the guidance of a meditation expert, and you go deeper inside your great self and know more and more each day. And then from that inner knowledge, you translate it to outward action and then you will be a walking God, a breathing angel, a physical blessing to this planet.

There is no separation; we are all connected even to mosquitoes and ants. So only God knows who is truly bad, who is truly good, and who are really our enemies and who is really not. If we don't know yet, then we aspire to know. First, we have to live the life of heaven, that is, live and let live, love and forgive. Very simple. We are all connected. You will feel that, you will know that in time, or you already know it, or you know half of it, you know some of it. You will know more as you meditate more and seek deeper the true answer within yourself. Everything you have inside you. I'm only talking, scientifically, physically, but you are the one who knows everything. You have all the knowledge inside, imprinted in your DNA, in your being, in your soul, you know everything. You are part of God, you are children of God. Jesus told you that. Would He lie to us? And Buddha said, 'You are the future Buddha.' Would He lie to us? No! Why would He? Okay, if you are children of God, then you must know you are at least similar to God. Think about that. You are great. If you're not God, at least you are children of God. If you are children of the king, then you are prince and princess, do you understand the greatness of your being? You are children of God. Please, act like one. [Master and audience laugh.] Thank you so much. You are kind. [Laughter and applause.]

GC. *Thank You very much for Your beautiful sharing. Thank You very much for Your beautiful sharing. [M: You inspired me.] Thank You. And may we all be successful in helping the world wake up to a vegan way of life and bringing in the Messianic time, rather than a messy time. [Laughter]*

M. See, the Reverend and you tell them that every day already. [Laughter]

GC. *It's good to have a third opinion. [M: It's true, it's true.] They can hear it another way.*

M. It's true. Yes, it's the same soup, it's just a different spoon, huh? [Laughter] [GC: Right.] I'm glad that you are so kind and so graceful.

MB. *But remember, there's so many people around the world listening to this dialogue and feeling the vibration of all these wonderful heroes sitting in this room. And so, it's not just the people in the room, it's the people, all that You've connected us by satellite to millions of people. And they're going to feel the same love and the same commitment and the same heroic endeavor to be transformed by the renewing of their mind, and their commitment to be better. All of that is happening in this small tent. So we appreciate You, You giving Yourself for this. [Applause] This is my wife that's about to say something.*

M. Oh, hi!

Q. *Hi, thank You so much. You've really touched my heart. [M: Thank you for the best half.] Thank You so much. So my question is this – it's a very simple question but it's kind of hard for me, so I might get a little teary, maybe because I've been fasting so I'm close to my... [M: Inner self.] what's inside. This has to do with my mother. [M: It's good to cry. It's good to cry. It's cleansing.] Yes, it's a celebration though. [M: Yes, yes.] So it's a celebration.*

So my mother is 83 years alive. And she's a beautiful person and she came to live with us about three years ago and she's a very strong woman, beautiful soul. And when she came to live with us, she was a big woman; she wore size 18 clothes. [M: Yes.] And she walked into our home and, and we have a meatless home, we didn't eat meat in our home, and she couldn't stop eating meat, but she ate it less, [M: Understand.] so now she's like size 8. [M: Oh!] You know, she's size 8 and she's really... [M: Ten sizes down?] Yes, she's really thin in her body and she's very feisty and strong. And she eats meat very little. [M: Yes, understand.]

My question is this: What can I say to her, because we've had a lot of conversations about not killing the animals, about the result of our lifestyle and its impact on the planet. What do You say to an older person who's been around a long time and who believes that they need just a little meat every now and then, just to keep their protein thing together? She's been living a long time and she says, 'I just want it every now and then, just a little bit, just a little bit.' And I'm thinking like, 'No.' And I don't want to be disrespectful. She loves us, she cleans, she irons, she does everything to help us. What can we say to our families who've been around, who really feel they need just a little fish, just a little bit of chicken, to maintain a certain modicum of health? She does the beans and the rice and she's getting there, but maybe... You're such a great Teacher, I know You can tell me something.

MB. *And then we can have her look at this on television.*

M. *She is your mother. [Master and audience laugh.] You see, it's difficult to tell your mother what to do because she used to tell you what to do. I am lucky because I didn't have to tell my parents anything, they automatically know what I'm doing and they just volunteered and they just did it all by themselves, quit smoking even. I think you just don't buy meat, if that helps. You can give her the information to read herself without telling her. Just let it laying around, like carelessly and maybe she picks it up and reads it. And then if she thinks she decides it herself, maybe she'll feel more self-respected, and not lose face to the young generation who knows better. And she knows that, but she does not want to accept it. You have to know that she lives all her life until 80, she knows a lot of things. And even though she knows it's not right, but you are a daughter, you understand? That's why I never told my parents or my relatives anything and then it works by itself.*

There is one more thing. You can print all the information. It doesn't have to be like Supreme Master Television or my name, nothing. Just print the info from our www.SupremeMasterTV.com without title, without where from, nothing, just scientific facts that we collected there for you. Or, if she wants to watch Supreme Master Television now again, you can show her because every Tuesday, we have a Stop Cruelty show and it shows the terrible fate of the chickens. I'm sure if she's seen that, her compassion... Because she just saw a piece of meat in the supermarket, she cannot relate to the suffering of the animals. But if you show her this – because you can download them all free of charge. We had many shows already back, so you can download many. And just now and again you let it run and you go to the kitchen, do

something else, then maybe she watches it, or you just leave it there, she watches it. You download it and you put it on a disk or something and then you said you want to watch it because you missed it or something, and then all this very cruel, very inhumane treatment to chickens, little chickens, they hang them from their wings, they clip their beaks and they're bleeding and they're shaking on the floor and all that, and all other animals as well. It's not just the killing even, it's the cruelty treatment, that she will not be able to bear it and then maybe that will awaken her compassion, her motherly instinct. And that probably helps.

It's very difficult for a daughter, even a priestly daughter to tell her mother what to do. We have a saying in Au Lac, 'The Buddha at home doesn't respond.' [Master and audience laugh.] [Q: Thank You.] So they have to go to the temple to pray to the Buddha there. The same statues, but they go to the temple instead.

I'm glad you and your other best half are looking in the same direction because it's true love and it's very nourishing and very supportive. Many husbands and wives could not even agree on this meat diet stuff, not to talk about the same belief or anything or doing the same direction. Love is looking in the same direction. I'm so glad for you. At least you and your best half is well. And that's very important. [Q: Yeah, thank You.] Excellent, excellent.

Q. *Thank You. Thank You. Thank You very much. [Applause]*

M. Thank God.

MB. *Thank You. Beautiful.*

GC. *You've answered all the questions.*

M. Good, they're all enlightened they don't need much, after one week of 'drinking.' [Master and audience laugh.]

GC. *So we're very grateful for Your wisdom. And again, bless You and bless everyone here that we continue to inspire people to be vegan to save themselves, save the planet.*

M. Thank you. That's good.

GC. *Amen.*

M. Amen.

MB. *Thank You so much.*

M. Yes, have a good time still.

MB. *We really appreciate Your take on the critical moment that we're in and how we've passed a critical point.*

M. We do it together.

MB. *And now this can be amplified through the wonderful work that we're doing. Thank You for being here with us today.*

M. Yes, we are doing it together, even though you have been telling them the same thing over the week or many other times, but good food we can eat again and again. [GC: Yes! Yes! Yes!] [Applause] Okay, guys, remember you are God-like. [MB: Peace and blessing.] Yes. God bless us. Remember you are God. Also bless us, okay? [Audience: Yes.] Bless the planet, bless the planet with your power. Yes? Ciao. [Audience: Ciao.] Love, a lot of love. [Audience: Back to You.] You are beautiful people, beautiful people. Thanks for having me. Thank you, Doctor. Thank you, Reverend. Thank you, the other Reverend. [Master and audience laugh.] [GC: Thank You for being here. Thank You.] Love you all, my God! Beautiful. Thank you. [Applause]

SOS: SAVE THE PLANET ²⁴

MC. *Ladies and gentlemen, Supreme Master Ching Hai is joining us today as our guest of honor. Let's welcome Supreme Master with a warm round of applause. [Applause]*

M. Hallo! Hallo! Hallo, how are you?

MC. *Hallo, Master. Welcome to Xalapa City. [M: Hallo. Thank you.] Welcome to Xalapa City, Master. We feel so honored that You are here with us today despite Your extremely busy schedule. Thank You so much for spending some of Your valuable time to join us today for the 'SOS: Save the Planet' climate change videoconference. Thank You, Master.*

M. It's all right. It's all right. Thank you for inviting me. Thank you, Mexico. Gracias, Mexicanos. [Applause]

MC. *Master, we'd like to let You know that we have a very special guest today. It is the Honorable Governor of Veracruz State.*

M. Wow, thank you for coming. Thank you. Thank him so much.

MC. *Ladies and gentlemen, our special guest has just arrived, the Governor of Veracruz State, Mr. Fidel Herrera Beltran. [Applause] Thank you, Governor, for joining us for this special conference.*

M. Welcome, sir, welcome. Thank you, Governor. Thank you for coming. [Applause]

MC. *Welcome, Mr. Governor.*

[After the supporting presentations from guest speakers around the world.] [Applause]

M. [Master is expressing Her appreciation to the supporting message from the European Parliament's Vice President, Mr. Edward McMillan-Scott] Thank you. Thank you, sir. Thank you, sir. Wonderful. [MC: Thank You, Master.] Thank you so much for your support.

MC. *We would like to express our thanks to European Parliament's Vice President Mr. McMillan-Scott, Senator Heherson Alvarez, and Legislator Chiu Chin Tien for supporting*

24. Videoconference with the Mexican people at the 'SOS: Save the Planet' Climate Change Conference, Xalapa City, Veracruz, Mexico, March 6, 2009 (Originally in English and Spanish). * Note: This conference is recorded verbatim only the question and answer session with Supreme Master Ching Hai.

our 'SOS: Save the Planet' videoconference to bring awareness to the urgency of the climate change crisis.

M. Yes, we thank them so much. [Applause] [MC: Thank You, Master.] Thank you. I'm very grateful. I'm very grateful to the Vice President of the European Union. I'm very deeply grateful. May God bless you, sir! Your support is really a great, great, great grace to us, great blessing. May God bless you and the European Union, and bless our world so that we may survive. We need more people like you. God bless you! Buddha bless you!

MC. *Thank You, Master. The production of meat through the raising of livestock is proven by numerous studies that it's harming our planet. In 2006, the United Nations released a report called 'Livestock's Long Shadow' which revealed that the raising of livestock for human meat consumption is the number one emitter of greenhouse gases – methane, carbon dioxide, nitrous dioxide – and a major contributor to global warming. Let us watch the next video in which Supreme Master Ching Hai, our guest of honor today, talks about it.*

M. I am very grateful to courageous leaders in the world for stepping out of their boundary and to speak out for the sake of everyone. Even if the public does not appreciate their goodwill, heaven will take note. And they will have a great reward hereafter. It is, of course, very difficult to be in the position of authority. To be a leader is to be endowed with bravery, compassion and nobility. That's why you are a leader. It's not easy, of course, to be in the position of a leader. That's why leaders are few, yeah? You see, in a nation, there's only one king, one queen, some princess, some prince, one president, one prime minister. Very few leaders compared to the multitude of this world. But fewer even still are brave leaders, courageous leaders, righteous leaders and wise leaders. To such a wise and courageous one, we offer full support and respect. We pray that heaven give them more strength, more wisdom to carry out their noble duty. Because as I told you, leaders are few. And fewer still are those who are wise and courageous. Being a leader, we must know what is good for our subjects and what is not. And what is good, we have to encourage them to do, facilitate them to do. And what is bad, we have to stop, to protect them. That is the true meaning of a leader.

All the information about harmful meat diet and beneficial vegetarian lifestyle, just print them out, put it in your pocket, and wherever you go, just give it to people. It doesn't take time, not much money, even if it does, please do sacrifice to save the planet if you still want to live here. And also to save the animals that you so much love. And to save our people who are not aware of the bad consequences of a meat diet. It's our duty to do that, all the vegetarians, all the vegans, all the fruitarians, breatharians, solarrians, waterians out there, please, do this. We cannot do it all alone; we can also save some people, but we cannot save all if we do not have your help. Please do help us to help everyone. Thank you so much. [Applause]

MC. *Thank You, Master, for Your message. [M: Thank you for helping.] Ladies and gentlemen, we are privileged to introduce to you the very loving and compassionate Supreme Master Ching Hai. Supreme Master Ching Hai is a renowned humanitarian, spiritual Teacher, artist and the number one bestselling author of the books 'The Birds in the My,' 'The Dogs in My Life,' and the 'The Noble Wilds,' which are available at www.Amazon.com. Motivated by Her unconditional love and overflowing compassion for our planet and its co-inhabitants, humans and animals alike, Supreme Master Ching Hai selflessly accepts invitations to share Her perspective on the topic of global warming and climate change. We are very fortunate that She has accepted to join us in this conference 'SOS: Save the Planet' via videoconference. [Applause]*

- M. I just want to say 'happy birthday' to our Governor of the State of Veracruz. Tomorrow. But tomorrow I won't see him. So is that okay to say it one day earlier?
- MC. *Yes. Is that okay, Mr. Governor, to say happy birthday?*
- M. Happy birthday tomorrow, sir. [Master laughs.] [Applause]
- MC. *Happy birthday to you, Governor. It's tomorrow. [Master and audience are singing to the Governor: Happy birthday to you. Happy birthday to you. Happy birthday, dear Governor. Happy birthday to you!] It's tomorrow, but we are wishing you happy birthday today. [Applause] Thank you. Thank you, sir. Thank you for coming.*

Master, would You like to share some of Your thoughts about the current state of our planet, the impact of climate change and how can we stop it? Thank You.

- M. Almost everyone knows that our planet is in trouble, and we just have to remind each other to do something about it because our days are numbered. And I'm really glad that some of the government bodies, the religious bodies, and social bodies and educational bodies, and many other organizations are doing their best to inform the public of the dire state of our planet, and also inform them of the solution. Like, 'Be Veg, Go Green.' Vegetarianism or veganism is the best solution. And that is really 'love in action.' Not only love for the animals but truly love for our planet and our children, the future generation. Love should be translated into action. If we truly love our family, we should do something about it.

And at this moment of our planet's dangerous state, the solution is to be vegan, meaning no more animal products or no more animal foods on our plate. Peace and love begins on our table, begins on our plate, our dinner, our breakfast, our lunch. Love is just an abstract word, but love can be an action. So if we do love our children, we do something. And now that we know that the vegan diet will save the world for our future generation, I do ask everyone to sacrifice their palette, the taste, the habit, which is very detrimental to our health anyway. Please go on the internet and do more research about how harmful the animal diet will do to ourselves and our children. Please do more research on how beneficial a vegetarian diet can be. Please do research.

Nowadays, we can research everything on the planet. Meat is not our friend. Animal products are not our benefactor; they are our enemy. First, they harm our health and that of our children. And second, but most important, they harm our planet. So, please, do research and please do sacrifice this habit. Cut off this habit of animal products. And then we can have everything else, even cars to drive, even airplanes, even ships, even boats, even everything that we're having right now, because nothing is as harmful as animal products. If we just leave the animal products alone, then we have absolutely everything else. That is 99.9% of everything that we have right now, minus meat. By meat, I mean fish, eggs, milk, et cetera, et cetera. Please do research. Even milk is harmful. It's responsible for many fatal diseases. Meat and milk, dairy products and eggs are number one cancer causing, number one fatal disease causing. Millions of people die every year because of meat, eggs, and dairy products. Trillions and trillions of US dollars are spent in this direction to try to cure those diseases that have been caused by meat, dairy, and eggs.

So please, for the sake of your health and that of your children, and of our planet, and that of the future of our security and survival, please, just leave the animals alone. Then everything else will be fine. And then everything else we will have and the planet will

heal herself, and we will have even a better life afterward. And we have an even better planet afterward. That is my promise. Thank you so much, and if you have any questions, and if I know of it, I'll be glad to answer you. May God bless Mexico. May God bless our world. Thank you for coming. Thanks for listening. [Applause]

MC. *Bravo! Thank You, Master, for sharing with us such invaluable insight. Next, please welcome the Honorable Fidel Herrera Beltran (FHB), the Governor of the State of Veracruz. Ladies and gentlemen, please give a warm around of applause to welcome the Honorable Governor of the State of Veracruz. Welcome, Mr. Herrera Beltra. [Applause]*

FHB. *Let me, at the beginning, say a few words in English to express our deepest gratitude to Supreme Master Ching Hai for sharing with us, the Veracruz people, on behalf of the Mexicans, a common and very deep and profound feeling. We love our planet, and we, in Veracruz, have decided to take care of our water, of our soil, of our skies, and do everything that is within our reach to save our planet. This is the only planet we all have. There is no any other. That is why we back what You do, Master, and that is why we are all here, to learn and raise consciousness within our people, our children, our women and men. To save our planet is starting from saving our Veracruz! Thank you. [Applause] [M: That's right. Starting from home.] Thank you.*

Let me say at the end – it looks like everyone here understands English, don't you, so I do not take my time – my final words are, Master, to say, I believe on behalf of everyone here, and all of those who live in Xalapa, in the State of Veracruz, in Mexico, in Latin America, that we back Your efforts. We encourage You to keep going the same You have been doing, and to back the Kyoto Protocol, to take all possible action together with the political concern and the political backing that You have been building. With that, I say: Thank You, Master. Keep going. And let us help You to save our planet. Thank You. [Applause]

M. We will do it together. Muchas gracias. Muchas gracias. [Applause] [MC: Thank you, Mr. Governor.] Bravo, Governor, bravo. Bravo, Mexico. Bravo, Veracruz. I feel very happy. [Applause] Thank you for your support. Thank you for your support and I wish the conference, the future conference that takes place, a lot, a lot of success. I wish you success, also in your job as the governor.

MC. *Thank you. Thank you so much. Thank you, Governor, for that wonderful speech. [M: Wonderful speech.] [Applause] Master, once again, thank You. Thank You for being here with us today as our guest of honor and taking time to answer our questions. [M: Yes.] We have a session of question and answer. We will begin now. The first four questions come from Dr. Judy Cano, a nutritionist who has given seminars on the importance of vegetarianism.*

Q. *Greetings, Master. The marine flora and fauna are disappearing because of the oil contamination in seas and oceans. What can we do to stop this in Mexico and the world?*

M. Hallo, Dr. Cano. [Q: Hallo, Master.] I'm sorry, it's not only oil but other of our actions as well, such as overfishing and chemical runoff from farms and factories. These all cause harm, because they do not consider the impact of our actions on other beings. For example, you are surely aware of the so-called 'dead-zones' in the Gulf of Mexico, a very large area of water that no longer supports any marine life. That is why they are called 'dead-zones.' These waters have been contaminated to such an extent that no

life can exist anymore there. The contamination came primarily by the livestock industry's chemical fertilizers which get washed into the Mississippi River in the United States. And then from the Mississippi River water, it flows down into the Gulf of Mexico. Activities such as overfishing of the sardines even also worsen the problem of the dead zones. Scientists have found that these very small fish even, very small fish, play a vital part in restoring oxygen to the water, which is necessary to support other life forms.

So every being on Earth and in the sea has value, no matter how small they might look, and something unique to do on this planet. It is our ignoring of this balance and the preciousness of all lives that has contributed to our global danger right now, both in Mexico and in other places in the world. The way to solve this problem is through greater consideration for all life. This means we should respect all lives, and in action. The vegetarian diet, the animal-free diet and lifestyle is the translation of that respect to all lives, thus, to our lives because we are all interconnected. Vegetarianism, or veganism, is the quickest way to correct the imbalance. If everyone is vegetarian, better still vegan, I mean animal-free, having an animal-free diet, then there is a different outlook, different conception for development of all kinds. In our case, it will proceed with compassion and care, which is what we need to reverse the effects that you mentioned, Dr. Cano, which is to restore the wonders of our marine life. Thank you, ma'am.

- Q. *You tell us that being vegetarian would help to stop global warming very quickly and to a high degree. How can vegetarianism do this?*
- M. Dr. Cano, you probably are well aware that the livestock raising, mean animal raising, emits the greenhouse gas of methane, the most of it. And this gas is up to 72 times more potent than carbon dioxide, but it also dissipates much more quickly than carbon dioxide – means CO₂. So the vegetarian diet, the vegan diet, the animal-free diet, is one way to physically and quickly reverse the greenhouse gases that are damaging our planet because it will cause an immediate cooling effect. The other way that vegetarianism quickly stops global warming is by reversing the mental attitude, the conception that has resulted in so much destruction to our environment. First of all, we stop the suffering caused to animals in killing them for meat. By changing to consideration and kindness, this will address the deeper cause of global warming which is the violent karma. Karma means the cause and effect. In the bible it is stated, 'As you sow so shall you reap.' The cause and effect principle is scientific and very precise. If we nourish life, we also can have life and happiness. If we destroy life, then we cannot expect health, long life, and happiness in return. Every action causes a reaction, and like attracts like. So if we respect life, we will have life. So we must stop causing suffering and loss of the life to the animal kingdom. This is truly why vegetarianism is the quickest way to stop global warming, it is that like attracts like. It is very scientific. If we give life, we will beget life. Thank you, ma'am.
- Q. *Thank You, Master. In Mexico, the news has spread about new deposits that have been found, new and rich oil deposits. This would turn Mexico into the third oil world power. What can we do to stop this pollution from oil which is destroying our planet?*
- M. Dr. Cano, oil is not the worst. So although we don't want oil to continue, we can have oil even. We can have oil, if that helps the Mexicans to become more prosperous and self-dependent, self-sustained, because oil is not the worst thing. Oil is not the only thing and is not the worst thing that damages our planet. It is the livestock industry. It's actually the most polluting, the most disease producing, the most energy consuming and the most greenhouse gas emitting industry that exists. The United Nations report

called 'Livestock's Long Shadow' states that the farm animal industry emits more greenhouse gases than all the transportation on Earth combined. And according to the Nobel Prize-winning Dr. Rajendra Pachauri, Chairman of the Intergovernmental Panel on Climate Change, who himself is a vegetarian, he said, 'Meat production is extremely carbon intensive.' This is partly because of the pollution cycles, including refrigeration, transportation, et cetera. Not to mention destroying the forest for grazing land, for pasture land. And all the cost, all the carbon emitting from disease causing and curing, et cetera, et cetera. That's why I said, 'Just leave the meat alone and we have everything else.' Even oil is fine. Even oil, if we have it we can use it until we have something better for our planet. But if we stop the animal raising, stop animal products, then we cut a big percentage, 80% of pollution to our planet, and stop 80% of global warming. So we can continue to have oil and car. I know people will be surprised hearing me saying this but, no, it is true like that. Because we have not invented enough instruments for transportation and other uses, so we may continue to use the oil if we have it. Of course, the better if we don't use, but at the moment we must use it. And if we just leave all the meat, animal production alone, then we can use anything. And Mexico can make use of this advantage of oil to elevate the standard of living of the people.

So what I say is: Stop the meat production which will bring great benefit to the environment of your country. Since Mexico is also involved in the livestock industry there is also sustainable resource development as an alternative to oil as well, if we have it quick enough. You see, your country already has begun this with a large wind energy project near the city of La Ventosa, which I understand means 'the windy.' Sustainable energy, in general, is also showing itself to be very profitable and job producing to people. So there can be both economic and environmental benefit from developing sustainable energy. And the Earth will be protected. But animal industry is the number one enemy of our survival. Thank you, madam.

- Q. *Master, how can we convince our government to become aware and help stop all that which is destroying our planet? Thank You very much.*
- M. Thank you for being concerned, Dr. Cano, which is not for yourself, but for your fellow citizens. You see, the government is aware. It is just, perhaps, the government is putting priority elsewhere. So if you and other citizens who are concerned, you could contact your government and write to them, inform them or remind them of the urgency of the situation that we and our future generations are facing. Perhaps you will find some like-minded politicians or some in the political field who are sympathetic or even vegetarian already. You could be surprised. Our group has discovered many vegetarian people in the political arena. When they understand the connection to global warming, those people sometimes even step forward on their own to promote vegetarianism to the public. Some government leaders may not yet realize the connection between vegetarianism and global warming, so please remind them, because if they do, they will think about it and maybe do something quick. So it is important that you try to inform the government, the earlier the better. Also, we can point out to the government leaders all the evidence of the global warming terrifying effects due to livestock raising, due to animal production.

In Mexico alone, recent research indicates that 47% of the land has changed into desert. Your land! 47% of your country has some degree of desertification, which is known to be linked to damage from the cattle industry, from the cow raising industry. So the desertification process is often so destructive that the land cannot be cultivated anymore. Also, Mexico's National Institute of Ecology stated that, at present, 50 – 70%

of the country is suffering from some degree of drought. These are serious warning signs that we should heed. The government should not ignore in the interests of protecting the Mexican people and the world at large. The good leaders do care. They have children and they want to protect their children as well, and the future generations and their citizens. So please remind them. But even if the government doesn't move, we citizens can start it. And enough actions on our part can encourage the government leaders to take even greater action in the same direction. And that would be fantastic, that would be the best. Thank you, Dr. Cano, for your great concern.

Q. *I'm very grateful.*

MC. *Thank You, Master.*

M. Thank you very much. God bless you. [Applause]

MC. *Thank you, Dr. Cano. Now, the next three questions are from Jose Antonio Lopez, a history professor. Welcome, Mr. Jose Antonio Lopez. Thank you.*

Q. *Hallo, dear Master, good evening. [M: Good evening.] I would like to ask three questions. We have received Your advice about what we should do to save our planet. One of them is to be vegetarian. What advice would You give to people for them to remain sincere within themselves and to keep being vegetarians?*

M. Professor Lopez, thank you for your concern. To be vegetarian is one of the highest forms of sincerity and love. If we love ourselves, if we love our families and our future children, future generation, our children, grandchildren, great-great-grandchildren, then we should do everything we can to protect them. Just to sacrifice the meat diet is not difficult. So it is a reflection of human compassion and integrity to offer the same dignity and respect for life to the animals as we have for ourselves. Being vegetarian, meaning consuming an absolutely animal-free diet, give us also the freedom of conscience, a peace of mind that comes from living in peace with other beings and nature, which is the original lifestyle of all Mexicans, I believe, according to history. This is the kind of peace the planet needs to survive. Remind them of the ancient Incas, the ancient Mayas, which our governor has just told us that, in the beginning, they lived on corn and other vegetables. And they did not have any cancer or any other problems. So we should learn from our ancestry. Remind people of that. Thank you, Professor Lopez.

Q. *Thank You, Master. The next question: Do You believe that during this process of the climate change crisis, people's level will be uplifted and the global consciousness about vegetarianism will speed up?*

M. Professor, it already has. It already has, Professor Lopez. Some people have already changed in their understanding and actions. That is what we are trying to do in spreading the word about global warming and the vegetarian solution. It is to help more and more people become aware that this is really the most important step in stopping the destructive changes on the Earth. It's just that we're running out of time. If the government and the media help to encourage people to become vegetarian, this is ideal because they reach the largest number of people that we, a small group, could otherwise not reach, but who would also willingly follow because the people are good people. Especially if they know it will benefit themselves, their children and the future generation and to save the planet for our survival. The more people become vegetarian, the easier for the environment to be restored. So yes, there is a certain momentum that can happen when many people turn in the direction of the more caring and

compassionate lifestyle. If humanity does not respect other forms of life, then the life of humans will also be in peril, because we are all interconnected. We all depend on each other to survive, down to the little worm that makes our land arable. But if people turn away from killing, and choose the animal-free lifestyle, they will harvest from the seeds of peace and kindness. We pray that enough people do so, and quickly, as we are running out of time. Thank you, Professor. Good question. [Q: Thank You, Master.] Good question. [Applause]

- Q. *In 1854, a Sioux Chief delivered a message, and one of the things he said, 'We are part of the Earth and She is a part of us. The fragrant flowers are our sisters; the deer, the horse, the great eagle, are our brothers. What is man without the animals? If all animals disappear, humankind would die of a great spiritual loneliness. The rocky peaks, the humid countryside furrows, the physical warmth between horse and man – they all belong to the same family. Earth does not belong to man; it is man who belongs to the Earth.' Dear Master, what must we do so that humankind will take up again these principles?*
- M. Thank you again for reminding us of this beautiful message. For humankind to live in peace and harmony with ourselves and nature, we don't really need so much effort. Just return to compassion and respect for all life. That is the principle we must uphold to ensure that the animals do not disappear, because, as this chief describes, that would be tragic for us humans, too. Imagine our planet without animals at all. All the dogs gone, cats gone, birds gone, fish gone, buffalos gone, elephants gone; imagine, none of the animals survive, how would we live? How would our life feel abundant? It would feel very dry and meaningless. So if we respect all life, then we also don't take any life. The Earth provides in plenty for humans and for animals. We don't need to take in a way that hurts or harms any other being. That means the animal-free diet, again and again, and again. If all humanity lives with the animal-free diet, and lives in respect to nature and other life, then we will have a heaven on Earth. We'll pray for that day, Professor Lopez.
- Q. *Thank You very much, Master. Thank You for Your love and blessings.*
- MC. *Thank You, Master. Thank you, Professor. [M: Thank you.] [Applause] Laura Lopez, a teacher, has the next two questions.*
- Q. *Hallo, Master, nice to see You. [M: Hallo.] I have two questions. Teachers at school have an important task, which is to encourage ecological awareness. Can Your books help in every school and for every teacher?*
- M. Very beautiful dress you wear. This is Mexico's traditional dress, right? [Q: Yes, Master.] And the Professor Lopez before also wore traditional Mexican. I am very happy, very glad. I feel very happy. [Applause] Now, another Professor Lopez, Laura Lopez. It is true that the teacher has an important job, a very important job. An entire generation of young students can be inspired through one teacher's beneficial approach. The most correct way to teach the children is through the moral standard of the spiritual way of living. Certainly, the ecological consciousness is a more standard we must uphold for the survival of our planet. From this perspective, as to whether my books can help schools and teachers, perhaps they can. By showing the value of animals in our lives and their intelligence and their spiritual knowledge that they possess, and how we should cherish them for the intelligence and blessings they bring to our world. These blessings include their love, unconditional love, nature, pure love, which translates to the moral value of no killing. If the children adopt these moral values of compassion

from a young age on, it will directly benefit our world. They will be living in the world of love and compassion and, hence, peaceful world. In addition, as vegetarians, they will be healthier and happier, smarter, even their behavior will be more ideal for the society. Thank you, Professor Laura Lopez, for your caring question.

Q. *Thank You, Master. A second and last question. [M: Yes.] You spoke recently about planet Mars on Supreme Master Television. Based on Your explanation about planet Mars, if this happens to our planet, who will be saved?*

M. Yes, who will be saved? Whom do you think? Professor, well, we hope that nothing happens to our planet. What I mean is, not worse than what is happening now. Let's hope that we can stop the global warming and save our planet. The global warming on Mars was similar to ours right now. It came to the point of no return. We still have not reached the point of no return. We are near there, we are almost at the point of no return. But planet Mars, at that time, 40 million years ago, had reached the point of no return. It did begin with the gases from the livestock industry, animal raising, which then triggered other gases from the ocean and permafrost. Although the people there were warned, they did not think it would happen. They did not also know about the vegetarian solution. They also thought that it will not happen so fast. That is why we continuously try right now to spread the solution message: Vegetarian diet. It offers physical power to stop the global warming because it has a moral power. It has a scientific power, like, 'like attracts like.' We have to respect life, and then we will beget life. The solution is so simple: Be Veg and Go Green. Be veg, foremost; go green, okay, we can take time. First, be veg and then take time to go green because we have not scientifically developed enough to offer the fast solution of green living yet. We have some, but not complete. We have solar power, we have wind power, we have some electrical cars, but it is not all over, it's not 100% complete. And even if we complete the green solution, it's not enough. Because we don't just live with technical solutions, we have to live with moral standards, we have to live with our conscience. And scientifically speaking, 'like begets like.' So we have to respect life, we have to live and let live, and then we will have life.

So just be veg and save the planet, go green later. It's just a matter of enough people adopting the caring and ecological lifestyle in time, in time. Must be quick. We pray it will be so, and quick. And we're working toward that goal with every means possible. From the Supreme Master Television to media advertisement, to government correspondence, to individuals going on the street and distributing flyers, information, et cetera, et cetera.

As to your question about who will be saved: The one who has virtue, the one who lives according to the universal law of compassion and love, the one who lives according to the scientific law of 'like begets like,' those will be saved. So living in virtue is the only protection. That is, living in goodness toward others, which is translated into action, the vegetarian diet. No killing other beings. Keep the animal-free diet, and be kind to all co-inhabitants, of course, including the animals. These virtues will be smiled upon by heaven, and we will be protected. Thank you. [MC: Thank You, Master.] [Q: Thank You very much for Your words of wisdom.] Thank you, too.

Q. *Dear Master, according to Your book, 'The Noble Wilds,' You have revealed information about the animals which we never thought could exist. What would be Your message so that people discover it and can have an inner communication with animals and respect their life and habitat?*

M. I like your dress. [Q: Thank You, Master.] I really like it. [Q: Thank You.] I really like it. Mexican? [Q: Yes, from somewhere here in Veracruz, yes.] All right. Thank you for coming. Maybe, as you can see, from the animals in my books, the internal communication comes through love – pure love, devotional love, unconditional love. When you love an animal truly, he or she will communicate with you in one way or another because that is the trust that you build through your mutual love. The animals would know your love just like you know the animals love you. If you have a dog, you know he loves you and the dog knows you love him. But more important is that we don't eat the flesh of any animal. Some persons who have experience with animals say that they are very sensitive to people. They would know who is good, who is not good for them. They sense it and they run away from us if we emit some kind of violent thought or, like, 'harming them' thought, then they run away.

For example, through research, people say that the donkey, which is naturally vegetarian, can tell through their smell if the person is a meat eater or not. If the person is meat eater, he's very edgy and nervous; but if a person is a vegetarian the donkey feels immediately more relaxed and safe and friendly. Many animals are like this. So the best thing for communicating with the animals is to refrain from harming them, to refrain from consuming their flesh. Then, they will trust you and you can hear more clearly what they have to say. This also is the way to show the greatest love and respect for life. By not consuming animal products anymore, all the animals know that we consider their existence to be as important as our own and for the survival of the planet. They will bless us also. They will bless us to protect our lives and the planet. They came here with the blessings to help us, to bless us; but it's a pity that we kill our helpers and friends. If we have respect for their lives, then we will have the best chance to show them that we are worthy to be their friend and the inner connection and communication will begin from here. Very simple. And heaven will bless us also, beyond our imagination. Thank you.

Q *Thank You, Master. [Applause] Master, I have another question. What is the message that Your pets and wild birds send to all human beings?*

M. The animals are very grateful to anyone who works to protect the environment and all lives, including their lives. They are very sensitive to this and they're very grateful. They appreciate all efforts to preserve their existence and the environment. The animals cherish existence, not for themselves but because they want to continue to bless our world with their love and their spiritual quality and knowledge. There are many hero stories you can even read in the newspaper, on the television, radio, about the animals who risk, and sometime even sacrifice, their lives to save humans. The animals do this gladly, willingly because of their true love, the greatness of their heart, yes, their true love and the greatness of their heart.

Recently someone told me, to my surprise, that the psychic communicator to animals received a telepathic message from one of my birds, named Lumino, and asked if the bird had any message to share. She conveyed this: 'We are here to evolve the world, to lift up the world, and the more people that are aware of this, the greater the possibility of it. Our journey is to help as many beings on the planet as possible to experience this.' So you can see that many of the animals are very pure. They don't think of themselves at all, only us. Even though they have suffered so much at the hands of us humans, they still love us. They still want to help us. What forgiveness. [MC: Yes, yes.] Thank you. I hope you are happy with my answer.

MC. *Thank You, Master. It's so beautiful to know that.*

- Q. *I have another question. Dear Master, if a catastrophe is to happen in the world, do You think that people from other planets would come to help us?*
- M. First of all, we really wish it doesn't come to that. I wish that we have no catastrophe. I wish that we will be able to save the planet with the one and simple and the most effective solution, that is the vegan diet, the no animal diet, animal-free lifestyle. I wish we can turn everything around on this beautiful planet and, through the development of our own nobility, make the world a place almost like a paradise so that people from all the planets feel safe to visit us. Right now, even if they have a helpful intention, what can they do for us? We, humans, must change first to become more loving and more kind. Such a godly consciousness cannot be imposed. It must be desired and awakened within each individual. So the most important thing is for us to be virtuous, that we do not kill or practice any cruelty toward any other humans and any animals. And be kind to our environment. This is the animal-free lifestyle and a violent-free lifestyle, peaceful lifestyle. Once there are enough people with this compassionate quality, our planet will become a place of kindness where even other beings from other worlds would want to come to visit. They will come to visit if our planetary consciousness and moral standard match their own, match other planetary beings. Because, right now, if they come to help us, maybe they look a little different, maybe they speak a little different accent, maybe we will not believe that they come to help us, maybe they will endanger themselves before they could even help us. So we have got to help ourselves. Simple, straightforward, easy – just BE VEG! Thank you. [Q: Thank You, Master, for sharing Your wisdom. Thank You.] [Applause] Thank you, too.
- MC. *The next two questions are from Elfego Riveros, the Director of Radio Teocelo radio station. Mr. Riveros, welcome.*
- Q. *Good evening, Master. [M: Good evening.] I have two questions. Thank You. [M: Yes, please.] Master, considering that global warming is the result of multiple factors, do You think it would be possible to design and structure a comprehensive contingency plan which, from the local governments to businesses, scholars, the press, schools, and also civil organizations, could help to mitigate the damage caused to the environment? Or, do we have to be satisfied with only thinking that each person does what he can, without having any measuring instruments or standards, or public policies to compel all of us equally to preserve the air, water, and land?*
- M. Mr. Riveros, you're right. We must have a plan. Yes, that's a very, very intelligent question. You're a journalist. Good. As you are a media professional, you understand the importance of a clear message and a simple set of principles to help people take actions that will lead to the worthy goal. So we have such a plan of action for saving the planet, and it is very simple and straightforward.
1. First, if nothing else, be vegetarian. Be veg, go green, and do good deeds.
 2. Good deeds, namely for the government leadership, we have to ban meat and animal cruelty, and publicize the vegetarian message everywhere. For the media, all the media should help with daily message of 'Be Veg, Go Green, Save the Planet' and give the public plenty of information about how to do that. That was the two solutions. For individual, is vegetarian. For governments, have to ban meat and publicize vegetarian diet. The same with the media, have to publish all the information concerning meat harm and vegetarian benefit.

3. Number three solution is the subsidies for organic farming. All farmers who turn to vegetarian organic farming instead of cattle raising should be subsidized from the government, which is good for the people and the environment. The subsidies should be given generously.
4. Number four solution is we plant vegetables and trees. Everyone can plant vegetables to eat themselves in the garden or in the government's empty plot – anywhere possible, or plant it together. And we have to plant trees to prevent dry climate and attract the rain, and to keep the soil, not to be eroded.
5. Number five solution is, be frugal. Live sustainably. Adopt green practices with the focus on helping and sharing with others, such as carpooling, shopping together, gardening together, et cetera.
6. Number six, spread the news, write to the government, write to the media, inform political leaders of global warming and the vegetarian solution, and your desire to save the planet, your desire for the government to help save the planet. Hold grassroots seminars. Offer evidence and information to the public about the solution to global warming. Joint efforts with other vegetarians. By all working together, the fruits of labor are multiplied and the planet can be saved.
7. Number seven, mediate and pray. Repent all the harm that humanity has done. Pray for heaven's grace and forgiveness.

All other things that I have mentioned, if we can do it all, it's good. If not, for the individual citizen, just be vegetarian, then everything else will become clear and the planet will be saved. That is the most effective and fastest way to save our planet – vegetarian diet, animal-free diet. Hopefully this is helpful, Mr. Riveros. We can give you this and other supporting materials if you desire. Or, you can visit www.SupremeMasterTV.com. Thank you for your love for our planet. [Applause]

- Q. *The second question, Master, why do You believe that governments subsidize the companies in an unorganized way, many times with the excuse of stimulating production and job creation but without previously verifying that these activities are not going to damage the environment? And why don't the decision makers assume their role of promoting public policies that can help to save the planet? Because, as You've said, to be a leader means to avoid what is bad for people.*
- M. I don't know, Mr. Riveros. I don't know why, but you're right. The best government should promote policies which benefit the ordinary people and all people. To be effective, government now must realize that this is a special, special situation, one that requires exceptional measures. I suggest all world leaders and governments to please promote the animal-free lifestyle and quick so that we can save our planet. We have no time, not too much time left. This is no longer even about politics. It's about the survival of ourselves and our children. If all governments encourage people toward the healthy, animal-free diet, the planet could be saved in no time. And the activities that are good for our Earth can also generate livelihood. We have shortage of food, so the government can easily support organic vegan farmers and the advancement of other green practices. This will help greatly. The government must make a priority, saving the planet, organic farming, subsidize. Thank you, sir. [Q: Thank You, Master. We appreciate Your answers and praise Your spirit.] Thank you as well. [Applause]

MC. *Thank you, Mr. Riveros. Thank you very much, sir. [M: Thank you. Very intelligent question.] Thank You, Master. The next two questions come from Emma Kuri Galvan, the Conecalli Home Director.*

Q. *Good evening, I am Ana Cecilia Cervantes Chacon, representing Emma Kuri Galvan. Master, good evening. [M: Good evening.] I have two questions, Master. The Conecalli program already has in place a balanced diet based on milk, meat, and eggs. My question is: How can we replace this in some way that doesn't result in imbalance and undernourishment in case they change the diet from omnivorous to vegetarian or vegan, Master?*

M. You see, madam, milk and eggs can easily be replaced with even better nutrition than ever. Milk is truly not so nutritious as it might have seemed so or we might have been told, since scientists have found that cow's milk for humans is one of eight top allergens. Small children and adults can have allergic reaction even. Milk products have also been linked to many forms of cancers as well as diseases that can be fatal such as Crohn's disease and listeriosis. And even though people often believe that milk contains a lot of calcium, the digestion of milk often requires more calcium than it contains. So the calcium is actually removed from the body in order to digest the milk. In fact, countries that consume the most milk are the same ones that have the most osteoporosis and the weakest bones. So you see, evidence says differently. Vegetarian sources of calcium, on the other hand, are equally plentiful and much more easily absorbed, and healthier for the body. One quarter cup of sesame seeds, for example, contains more calcium than one cup of milk. And it doesn't even require the calcium from the body to digest. When we drink milk we lose calcium from the body. But when we take sesame we don't lose it. We just add more calcium to our body, see? Eggs are also very unhealthy, being strongly linked to heart disease and circulatory problems, such as high blood pressure because of their cholesterol level.

The plant-based diet, on the other hand, is so much more fresh and easy on the conscience and on the body, as it causes no suffering to animals and no suffering to our health. So for the most compassionate, but also the most healthy and nutritious choice, the vegetarian diet, the plant-based diet, animal-free diet, is the best. Thank you, ma'am.

Q. *Yes, Master, and thank You for caring about my country, which is Yours. What do You propose for livestock farmers about changing their activity without affecting their livelihood, Master?*

M. That's a good question, that's a good question, concerning question and, of course, it's a very right question. The livestock farmers can easily change to something like organic vegan farming which will reduce 40% of the CO₂ that exists on our planet right now. If all people, all the farmers and all the arable lands on our planet turn into vegan farming method, then first, immediately, 40% of the CO₂ will be absorbed by the farming method alone already, 40% of it. They already have the land already readily available, and to switch to organic farming will restore the health of the soil which has been depleted by conventional growing practices. Studies have even shown that organic farming methods, besides using less energy and reducing carbon emissions, are more financial profitable than conventional ones. With the world food shortage continuing to worsen, more people are going hungry every day, so if we just stop the animal raising practices and turn instead to growing organic vegan food for humans, everyone in the world will benefit, and we can save our planet. If we don't feed all the corns and all the cereals and vegetables to the animals, all the food that we produce right now could feed two

billion people already. So there's not even worry about a food shortage and then we have a better future, a better conscience. And our planet will have a bright future if everyone turned to organic vegetarian diet and organic vegan farming. Thank you for your concern. [Q: Thank You, Master.] I hope somebody is listening.

MC. *Thank You, Master. That concludes the question and answer session.*

M. Thank you, all of you, for organizing this and for inviting me. Thank you, all the audience. Thank you, all the government officials, the mayor, the media members that have taken their time to come and share our concern with the world. May God bless you all. May God bless Mexico and our world. [Applause]

MC. *Thank You, Master. Master, thank You so much for answering all our questions. Your insightful responses have raised our awareness on the actions we must take in order to save our life and our planet, our home. We must be veg. [M: Thank you.] And this is something that all of us can do immediately. Right now, in our home, reduce our meat consumption to save our planet. This we can do! Can we do it? [Audience: Yes!] [M: Yes, we can!] Yes. Can we try it today? [Audience: Yes!] [M: We try.] Thank you.*

M. Thank you, thank you the audience, thank you! That's very good! That's love in action!

MC. *Even if it's gradually, little by little, we can do it. We can begin with one bite at a time, and be veg to save the planet. [Applause] Master, it will be a tremendous honor for us if You can give the closing comments for the 'SOS: Save the Planet' conference.*

M. Yes. I think I have spoken everything. But in case you are not aware, can I make a big report about the effects of climate change in Mexico since it concerns all of your citizens? Can I do that?

MC. *Sure, Master, sure. Please.*

M. It's a quick running report that you can find on the internet and elsewhere. This is mostly concerning Mexico alone:

Disappearing glaciers

The glacier on the Iztaccihuatl volcano in Central Mexico lost 30 meters in six years. And the temperature of the glaciers is close to freezing, but it's not freezing. So the temperature does not preserve the glacier, so the glacier on the Iztaccihuatl, Pico de Orizaba volcanoes, the glaciers there are expected to disappear in the next ten or something years. You can look that up on the National Autonomous University of Mexico.

Eroding beaches

Hurricanes and rising seas are eroding beaches in at least five Mexican states, including Quintana Roo; Yucatan Peninsula, home to Cancun and other famous tourist areas; and Tamaulipas, Veracruz and Tabasco of the Gulf of Mexico; Sinaloa on the Pacific; and some locations of coastal resort in Mazatlan. These beaches are eroding. Hurricane Wilma took much of the sand off Cancun's beaches. The government has spent USD21 million to restore the beach, but much of these efforts were undone by the non-stop erosion. Not that we could even repair the damage. The eroding beaches threaten the tourism industry which employs two million people and is Mexico's third

greatest source of foreign exchange. A report of the sea-level rise found that 46.2% of Mexico Gulf coast is at risk of rising sea levels. Coastal lakes, marsh lands, and agriculture areas are most at risk across central and southern portions of the Mexican Gulf of Mexico. And in Mexico we experience more frequent and stronger hurricanes in the Gulf of Mexico and Caribbean Sea. Powerful hurricanes have increased significantly in the past few decades.

The United States National Center for Atmospheric Research has identified warming sea surface temperatures as the main cause and correlated the warmer seas with global warming. Warmer water leads to more water evaporation, giving the storms more fuel to create stronger storms which destroy some counties. Hurricane Stan from October 4, 2005 visited seven Mexican states, leading to loss of homes, deaths, and some entire communities being wiped out completely. Over 100,000 people were sent to shelters. Fatalities were estimated at 1,620 making Stan the 29th deadliest Atlantic hurricane. August and September 2007, intensive 240 rainstorms came to Northern State, with rainfall 19% above historical average. In June and July 2008, the country was struck with 184 storms with rainfall exceeding the average by more than 50%. Hurricane Dean, August 21, 2007, made landfall on the Yucatan Peninsula as a Category 5, with gusts of 200 miles per hour; it completely destroyed the town of Majahual. The government's preparations and ample warning by forecasters is credited with saving lives, although its aftermath did bring fatalities. The storm brought rain all the way to the country's Pacific Coast, including up to 200mm in Jalisco and Nayarit. In September 2008, Tropical Depression Lowell landed in the states of Michoacan, Sonora, and Sinaloa, with almost 27,000 people affected by flooding who were rendered homeless. Tropical Storm Marco landed in Veracruz during the first week of October 2008, caused flooding in the city with high winds and heavy rains in Veracruz and surrounding regions. Veracruz officials opened 200 shelters to accommodate the homeless people. Some 400,000 people were affected – that's almost half a million people – with 800 towns flooded by water levels up to three meters. Hurricane Norbert hit the Mexican Peninsula in October 2008, with winds of 165 kilometers per hour; hundreds of people were evacuated from their homes due to flooding.

Droughts and desertification

Mexico experienced the worst drought in living memory during 1999, with five northwestern Mexican states having been declared disaster areas, drinking supplies dangerously low, and the area was turned into a fire-prone area – in danger of fire. Mexico's National Institute of Ecology stated that between 50-70% of the nation is afflicted by some degree of drought. The Lerma Chapala Santiago River Basin is one of the most significant water areas of Mexico. It has lost 61% of its water drainage and 99.7% of the reservoirs. Usable water volume increased 142%, indicating the population centers, including Mexico City, have been drawing too much water. The environmentalists are very concerned for the biodiversity of the region, which has historically been home to 7,000 species of plants, 170 species of mammals, and 525 bird species and 300 aquatic species. Rain-fed corn, maize, is the most important food crop for Mexicans, and has been vulnerable to drought. In 2003, over 200,000 farmers were affected by climate change, most of which was drought related. Of course, that's due to climate change. 47% of Mexico has some degree of desertification, with 70% of the nation vulnerable. Between 700,000 to 900,000 Mexicans are estimated to leave their homes each year in search of better opportunities elsewhere, maybe in the United States, even. Puebla State has been increased forest fires over the past few years; rainfall decreased by 200 liters per square meter; increase in average annual temperatures to 17.5 degrees Celsius. The winter temperatures are now also above

normal. Rapid deforestation between 1980 and 2002 on the Puebla Mountain, La Malinche, has decreased forest area by 5,355 square kilometers, and it's believed to have resulted in lower rainfall of up to 100mm. By July 2007, the deforestation in Puebla led to a landslide, burying and killing 32 passengers in a bus.

Harbingers of global warming

- We have dengue fever, which has historically been found at elevation below 1,000 meters in Mexico, has now spread up to 1,700 meters. 40% of Mexico's coral reefs are experiencing bleaching on both the Eastern and Western coasts.
- Intensity of wild fires: Mexico had the worst fire season in recorded history in 1998 affecting 505,857 hectares during drought, bringing smoke across the border into Texas where it triggered a statewide health alert.
- Now, we even have extreme cold weather: Between October 2008 and February 2009, over 36 people in Mexico died due to extreme cold weather, with 22 of them having suffered from carbon monoxide poisoning from burning firewood and charcoal to warm themselves. The average temperature in the North of Mexico during this cold spell was minus 5 degrees Celsius for four months.
- The Gulf of Mexico's dead zone is created primarily by runoff from United States agriculture. So it's not completely the fault of Mexicans, see. The Gulf of Mexico's dead zone is expected to increase. Oceanography Professor Steven DiMarco of Texas A&M University, United States, stated that the increase river runoff from recent flooding in the United States is likely to cause the Gulf of Mexico's 7,900 square mile dead zone to become even larger. It's already an almost 8,000 square mile dead zone and now it's going to increase larger. Dead zones are ocean areas that no longer contain enough oxygen to support marine life. River runoff laded with nitrates of farm fertilizers are a main cause of these oxygen-deprived areas, with this year's Gulf of Mexico's dead zone expected to extend beyond 10,000 square miles.

There are surely more terrible situations in Mexico that are not checked, due to our carelessness in taking care of the environment, and the global warming resulted thereof. I've finished my report, but the damage is not finished here. Please do something for your country at least. Thank you so much for your patience and for sharing the concern with me for Mexico. God bless you. God bless and protect Mexico. [Applause]

MC. *Thank You, Master. Thank You very much, Master. A few persons have a question. [M: Sure. Yes, yes. Very good.] Your Spanish is wonderful. What a wonderful surprise. [M: I learn expresso.] [Master laughs.] [Applause]*

Q. *Hallo. My name is Mitzin Tanairi Villegas Morales. Well, nowadays, people have lost a lot of hope in projects like these, in projects like the ones the great Master has. I ask, how do we gain back that trust? How do we believe again when we have been lied to, unfortunately, many times? It is wonderful that She is doing this however, how to believe? How do we attract people? And, above all, how do we promise ourselves that it will happen and that this is going to be something that is practically going to bring the salvation of the planet?*

- M. How beautiful! Very beautiful. [Q: Thanks.] Very beautiful. Understand. A very good question, very good question. [Q: Thanks.] Good, good question. Very intelligent. [Q: Thanks.] You're welcome. Sometimes people want to do good things, but they are not strong enough themselves, or they don't have enough strong support to realize what they promise. So now, it's the best we don't wait for anybody to fulfill their promises but we promise to ourselves quietly to save the planet. You do have hope. We still have hope, high hope to save the planet. We still have several more years to save the planet, but we are counting down the days. So if you don't expect people to fulfill their promise, you fulfill your promise. You just be vegetarian, and then you ask anybody who you know to be vegetarian with you. That's the most simple solution and the most effective to save the planet, according to scientific research, according to medical research, and according to all the religious advice.
- Q. *I am vegetarian, [M: Very good.] but I know people who are not, people who haven't acquired this way of life because it is really a way of life, how do we attract them to it and how do we tell them that it is going to come true? Because many times we say, 'No, why should I do this if it's not going to work.' How do we attract them?*
- M. Very intelligent kid. [Q: Thanks.] The girl is very intelligent. [MC: Very good Spanish, Master.] Thank you, kid. On www.SupremeMasterTV.com we have a lot of information, scientific evidence and research information. You can copy them and then you give it to the people. We just do our best. We have to give the information to them with evidence from scientific research. Then they will believe. And also from religious, if you feel like it. [Q: Thank You so very much...] Thank you to you, too. [MC: Thank You, Master. Thank You very much.] Thank you for being vegetarian, kid. Bravo. [Applause] Pretty.
- MC. *Master, we have a question from one little boy.*
- Q. *Hi, Master. He is my son, and he wants to ask You something. [M: Hi. Welcome.] What is the purpose of this conference?*
- M. For everybody to realize how dangerous our situation is, and to inform them the best, the fastest, and the most effective solution to save our lives, and all other lives on this planet. So please go home and tell everybody what you've heard from this conference. And if they become your friends, if they love you, if they love their children, they will become vegan just to save the planet. Thank you very much. [Applause] [MC: Thank You, Master.] Good question. [MC: We have the last question, Master.] Good.
- Q. *Hallo, my name is Jennifer and I really appreciate Your presence here. And I am very happy to know a person like You who takes care about the environment and people and animals, because there are lots of things that people don't care about, especially, and I am sad to say that, but especially in Mexico where we don't have a conscience for animals. But well, my question is that I am totally in favor of vegetarian diet. [M: Thank you.] And I am trying to be one myself. [M: Thank you.] I just have a question: If we become vegetarian, we need more food, more veg to eat. How would we deal with the problem of genetically modified food? How to avoid the use of pesticides if we need more foods, vegetables to eat? How can we deal with that? Thank You, Master.*
- M. As I have mentioned before, if we don't have animal raising, the food that we produce right now could feed two billion more people. The food that we use for animal raising could feed extra two billion people. Right now we have almost one billion people hungry. So if we don't feed, if we don't keep raising animals, we even have enough food

already, extra food, not to talk about not enough food. And genetically modified food is not very good for health. We don't need that. If we don't raise animals, we have enough food, extra for everybody. Even to feed freely to the hungry people, free of charge. And still have one billion portions left over. And organic farming yields plentiful food, and at the same time, absorbs 40% of CO2. So organic farming is good for everything and good for us, and good for the farmers to have a new job, good for our health, good for the planet. No need to worry about not having enough food. The reason we are short of food is because we feed to the animals instead of humans. And we deplete the soil so that we cannot even plant better vegetables. The more we use chemicals and pesticides, the worse the soil becomes. That is the problem. And the more we use, the more our health will be at risk, and the more the rivers and oceans will be depleted of oxygen, the more dead zones will be created and the less food we have and the shorter our life span. So the more we use organic natural farming methods the more food we have, the healthier we become and the healthier the soil will become. And from then on, the soil will recover and then we will have more and more abundance of food. Thank you. You can do research on that on the internet or www.SupremeMasterTV.com. We have a lot of evidence about that and more explanation that I can give you in just two minutes. Please log on to www.SupremeMasterTV.com for more detailed information that you need to know. Thank you for being concerned.

MC. *Thank You, Master. And we want to thank you, our audience, for such interesting and intelligent questions.*

Thank You for Your wisdom and unconditional love as You work to elevate the nobility of all humankind. Your selfless example inspires all of us to be better human beings and strive harder to help our fellow brothers and sisters, humans and animals alike.

M. Everybody can be veg, okay? Please, very simple, easy. [MC: Yes. Thank You.] [Applause] Thank you for coming.

MC. *We want to thank Supreme Master for being here with us. Thank You so much. [M: Thank you.] Thank you all for spending your time with us to learn more about what every one of us can do to protect and preserve our planet and our life. Be veg to save the planet, our only home. Like Supreme Master Ching Hai has said, 'It's the most effective and the result is immediate if we just be veg.' We can do it. [M: Yes, we can!] Everyone, let's commit ourselves to doing our part to save the planet. Let's all say together 'Be Veg, Go Green, Save the Planet.' [Audience: Be Veg, Go Green, Save the Planet.] [Applause] Thank You, Master. Thank You so much. Thank you all. Thank you all for your support. [M: Yes, it is possible!] It's possible. Yes, Master. Of course it is. Thank you, everyone. Thank you. Thank You, Master, for Your love. [M: Bye.] Bye, Master. Thank You for Your Spanish. We want to thank everyone, our guest speakers. You're so wonderful. Thank you for being here, we thank all of our kind guests, our gentle and honorable guests, and to all of our audience, thank you very much. Let's save the planet. Let's start today. Thanks.*

M. I love you very much!

BE VEG TO SAVE THE PLANET AND OURSELVES ²⁵

I just learn from one of your sisters, she said, 'We can dig the tunnel.' She told me, remember? I haven't read the info yet, but I'm sure you can dig something. You can pay for it. In America,

25. International gathering, February 21, 2009 (Originally in English).

they made ready-made tunnels. One of your sisters just told me. You can order by email. Pay with credit card. I said to her, 'So small and five, six people can live in there?' She said, 'Yeah, temporarily can live there for ten years.' I said, 'Then after ten years, what to do? Maybe the company doesn't exist anymore. And all the freight, all the airplanes don't exist anymore, all the ships gone, how do we order another one for the next ten years?' Well, if we live after ten years, it would be okay. There are masks for gas, and tunnels, everything – a small tunnel like your garage size. They say they are going to dig inside the garage or something. Oh my God! They think of anything. They are really well prepared. I'm surprised. Why aren't they more well prepared? Like just be veg. If everybody be veg, no need tunnel anymore.

I heard that the tunnel has everything inside already. You can have some storage for food and all that and five, six people can live in one tunnel. Well, you can, of course. All you do is just sit and sleep, so even ten people will be okay for the size of the garage. And over there you can just go every day. Go wherever you want, back and forth, or left, right. Just going every day and eat and then go – eat the canned food. I'm telling you, it could be fun, freedom at last. If you have enough money, just like USD40,000 – USD50,000, you can buy a tunnel like that, get ready. Then you put some food in there. Ten years, it's very long already, provided if you live that long. We are all already over middle age, most of us, so if we live ten years, it's already very lucky. It is already counted as a long life, no? Not a bad idea. She said that we have also masks for poisonous gas, those they use in the military operations and like NASA. I asked her whether we have any masks for dogs and she said, 'Don't have. Don't know yet.' I'm sure they make some for dogs because NASA, mostly if they use – or the police or army – they use dogs only for maybe sniffing something so they give them masks.

So the thing is, I do hope that people really turn to vegetarian diet because if not, even if we dig a tunnel, how do we live in there? A tunnel is like a garage underground, a small one. Of course, you can have bigger, or many tunnels connected together, but that's not the point either. Always cooped up in there. How do you bear it? It's okay maybe for emergency, but to live ten years in there, imagine! Now, I don't see any solution, with tunnel or no tunnel, and gas. Can you imagine wearing that all day? Look like 'Star Wars.' [Laughter] Remember the film, your favorite Star Wars with this talking through the mask? Probably that's what it is. You see the guy who talk always like a machine? [Audience: Vader, Darth Vader.] I don't watch that much but I know about it. I watched maybe half an episode or something here and there; everybody knows about it, I remember him with a big mask in front and with a long nose and he speaks through it, like a machine, funny voice. Maybe in the future, humans will all look like that; maybe it's not fiction anymore.

So scary. How difficult it is just to throw away that piece of meat? And then have everything just like what we have now, at least, because we still can stop it. It's already contaminated, the air and the sea and all that, but it won't get worse if we stop. And then, if we truly want to survive and go through everything we can to survive, then that strong will, and coupled with the loving action, will help us. Well, anyway, what can we do? The world is so big, even. We say the world is small, but it's not that small, is it? I mean, it's small, but people's will are so big, you can't talk to them all.

Oh my God! I don't know what everybody's doing. It's already so urgent and they're just not moving fast enough. If it were me, I'd just move it, just change. How difficult can it be? How much more difficult than losing the planet, losing your only place, your home and your children and all that? Oh God, I don't understand it. It's so easy to understand, so logical. And all the evidence already told everybody. Not like, 'Okay, Master Ching Hai, She's a spiritual person, so She always protects the animals, so that's why She talks like that.' It's not just me, is it? It's scientifically proven that we should be vegetarian. It cuts off 80% at least of all the gases and all the affected and the related problems. Then the global warming will stop. It's already so urgent

and nobody seems to move or is it me who doesn't know? Everybody's moving, right? They are moving? [Audience: Can do more.] You can do more? Like what, like what? [Audience: Advertise. Write letters.] Write letters? Then please do that. If you know, you could do that, then please do it. Then go home and write letters. Write as many as you can.

- Q. *Master, like in United States, the brothers and sisters, they go out passing flyers. So each day you can pass like five or ten flyers for the people around you, around the area. So if each day adds it up to ten, then throughout the year then you give it to a lot of people. Each of us just... [M: Any amount, yes.] Yes, so don't have to carry a big pack of flyers to give it out. But each of us like take ten flyers, put in your pocketbook, when you go shopping or you go wherever, and then you have it to pass it out to others.*
- M. Yeah. Even I carry flyers. Before, I used to go and give everywhere, in the restaurant, or in the hotel, whomever I can.
- Q. *But You are too busy with Your schedule, we are not that busy, so we can do the job, easy job like that, take the flyer and give it out to the people.*
- M. We should do. When you go out to work, you always find somebody. When you stop the car, there is a car next to you. You roll down the window and say, 'Hi, there.' [Laughter] Yes, very simple. Or go on the bus, before you get down to the bus, you give everybody. They'll take it. It's no harm, they would take it.
- Q. *Master, I actually had that experience. You know those little stickers that we've put on our cars, 'Be Veg, Go Green'? And one day, this man pulled up next to me and he was hooting and he was waving at me, so I opened my window and he said, 'I am a vegetarian and I am green. What are you all about?' So I gave him a flyer, and he said, 'That's fantastic! Thank you very much.' Then he drove off.*
- M. Yeah, even people ask for it. If your car has something like, 'I am vegetarian and green,' or 'vegan and green,' they will wonder what is that and they will ask you also. Didn't even have to give them, they come and ask. But you have to go all out. I can't do it alone. You are more in contact with many people.
- Q. *Master, in South Africa there's only 1.4 million people that are actually able to watch Supreme Master Television because of the decoder. So we want to make a DVD to hand out with the flyer, with all the footage on to give out to people who don't have internet or who don't have DSTV, because most people have DVD players. So that should work.*
- M. Can do that also if you can afford it. Just some short introduction about climate change and being veg, how good it is. Whatever you can do, it's fine. There are many ways to do things. That's what happened to Mars. People were like that too. But what they don't realize is that if they don't move, they'll lose everything and then it's too late to blame anybody, like, 'We have not been warned,' or something. We have been warned. We'll seal all the windows. We buy like a submarine. On the boat, at least you live a few more days, that's the idea. Until your food runs out anyway because if everybody's submerged, where do you get your food? Supermarkets gone. Malls gone. Farmers gone.

So even if you survive in that bunker for ten years, after ten years, what? See what I mean? Technically speaking, it's not safe, is it? People nowadays, they rely on technology, they think, 'Okay, less CO2, I have to go bicycle, don't drive the car,' or

don't do this, don't do that, turn off the light, turn on the... whatever. But that is not reliable. That's just maybe temporary, maybe can prolong one, two months, or even one, two years. How long it lasts? Just makes it worse. Why don't just be veg? Be Veg, Go Green. [Applause]

Be veg first, and go green, we have time. I wonder how people who have children don't even try to do anything. Everybody should write to the governments and tell them to do something not just we the initiates. We are a small group compared to the whole population. Everybody else has to write to the governments and tell the governments what they want, like, have to change the policy, change the habit of eating. That's all. It's very simple. You could change the house. You change the car. You change your carpet now and again. Why not change the diet? How difficult can it be? Maybe they're doing something somewhere, the governments and the people, but too slow. We don't have enough time to dally like that.

Q. *If the humans are not on this Earth anymore, will Earth be a higher level planet?*

M. The Earth is not just the trees and not just the oceans. The Earth is a being. So she's trying to shake off all these burdens. That's why we have more disasters nowadays. But she won't get low. Has nothing to do with her. She only gives and gives and gives so she will be higher, of course. Just we are the ones who should be worried about if we destroy the planet and we destroy the environment, number one, we'll be gone. Number two, spiritually speaking, we'll have no merit; we won't be any higher. God can reach you, but you have to open your eyes to see it. The sun is useless to a blind person. Even if he is standing in the middle of the empty space and the sun was right on top of him, he won't see it. But if you are not blind, even you stay inside the window, inside the house, you can see the sunshine, and you know the sun is there. You can even peep out and have a look. Even if you cover and have just a little hole, you still can look at that hole and you say, 'Oh, the sun is there.' But the person who is blind, he is standing in the open all day long, he won't see any sun. You keep telling him there is sun, he won't even know what it looks like. If he's been blind from childhood, he won't understand what you're talking about.

If it's only gas, maybe after 100 years we can come up, or 20; it depends on how much and what kind of gas. But if the gas triggers also climate change, hot, then all the trees and all that would die. And no trees, and even less rain, and less rain, less trees, and then we won't be able to stay up there, there will be no oxygen anymore. Right now, a lot of trees are dying in America or anywhere because of climate change. They just die for some reason, like sickness. Because if it's too hot, then they get sick just like people. Or, a lot of bugs, beetles, and all, like in Canada, so many forests have been destroyed, just become dried and died like that because of the beetles. And similar things happen in America now, and if it continues like this, we have no trees left. Just because it looks okay around here with manicured trees and things like that, and we feel it's still okay; but it's not always okay everywhere else, and it might not be okay here even in the future. Scary.

THE REAL MEANING OF TRUE LOVE ²⁶

It's very difficult to have this love, the unconditional love. I mean the true love, the LOVE love. Not just the love between woman and man, not just the love between relatives and friends, but the love, you know, THE LOVE; it's very difficult to have. But of course you can start it with

26. International gathering, February 17, 2009 (Originally in English).

loving between family members, friends, husband and wife, for example, or boyfriend and girlfriend.

The love exists between you, even though sometimes it's between enemies. This love, we are born with. Even before we came here, we had this love; but then slowly, either the society wears it out or bad experiences make us disappointed, and then we lock it. Sometimes we just close the door, we don't lock it; but then slowly, after two months or two whatever, we do lock it, and we don't want to open it again, and throw away the key.

So the love has no chance to develop, to open up and to spread out all over. If we continue holding on to that love, we will never lose it. If we lose the love, it's because we wanted to; we just wanted to act the opposite of love. Otherwise, anyone could really lose that love, anytime; any excuse would do. This life is enough for us to lose anything, not to talk about love! But we always have it, just that we must use it, because that's all we have. That's all we are: LOVE. If we don't use it, then of course it's just getting like enclosed or shrunk; it's still there, just not expanded, not renewed, not used or useful in any way.

Whenever, through any chance or any circumstance, or any time you feel that you're ready to die for someone else, that is when you've got it. You've got the total of it. You don't mind if you sacrifice yourself or your life for your kids, for your wife, your mother, your father or even your dog. At that moment, you're in total connection with your love. And if you continue this way, all the time in this kind of mentality, then you don't need me. [Master and audience laugh.] You don't need me at all. You are well on your way to heaven, fifth level, whatever level can be available.

Love is like that. It doesn't have to be like a demonstration of tears, or hugs, or letters, or long-winded sentences or big poetry; it doesn't have to be. Just know it in your heart, that you're willing to lay down your life even, if necessary, for anyone. If your heart is like that, know that you're in charge of yourself, that you really are in that love and you did not lose any of it, and you are just great.

But another thing is sometimes the karmic connection... like the last life, that person saved you and this life, you're willing to save that person. So that might not even be the love, it might just be the karmic force that makes you do that. But if you do that with LOVE in your heart, you know what I mean? If you're willing to sacrifice, if you willingly, knowingly do that, that's a different thing.

So there are two or three kinds of so-called unconditional love. Sometimes it looks like unconditional love, but it could be just the karmic power or sometimes repayment. Like the last time, that someone was so good to you; he did something extraordinary for you, so that this lifetime you promised to come back and do whatever it takes to repay that kindness. It's ingrained in you; it's imprinted in your heart. So you want to do anything for that person, even lay down your life. That is a deep feeling just for one person. That's different.

But if you're willing to sacrifice for anyone at all when it's needed, then it's different. When that person needs or when the situation needs, and you would sacrifice your life so that the person could be in safety and live, that's a different one. That's the true unconditional love, not a petite one, not for someone that you always very much like. That's also good, but it's not like you would sacrifice for anyone at all, a stranger even.

Like the love that Jesus had for His disciples at that time or for humankind at that time: He didn't sacrifice just for His disciples. Of course He did that for His disciples, because He took upon Himself all the karmic consequences of His disciples at that time; but also, the collective karma

of the whole planet as well. He could not, of course, change the planet overnight, but some part of the karma would be upon Him because a disciple was connected with another disciple or with another person, and that other person was connected... so the whole of humankind, all connected.

EARTH WILL BECOME HEAVEN IF ALL HUMANS BECOME VEGAN ²⁷

Why are there earthquakes and tsunamis? It is because we have abused the Earth too much, so she is trying to shake it off. The more we mistreat the Earth, the more earthquakes and tsunamis there will be. As our human thoughts become more violent, there will be more typhoons. Such situations are a reflection of our mindset. They are just like fairies who come here to fulfill our desires. If we wish for good, they will give us good weather and world peace; if we wish for bad, they will give us bad things. They are just like our domestic helpers who will do as we want. We don't have to tell them verbally; our thoughts spread naturally through the whole universe. Therefore, do not blame heaven or Earth; do not blame typhoons and earthquakes. They are all created by humans.

All those vicious thoughts about war and killing are used as tools by the fairies, because they think that is what we want. We are God, or at least God's children, and we will have what we wish for. That is why the bible says that we are the crown of the universe and that humans are the Master of the universe. Thus, Shakyamuni Buddha said that humans are the future Buddhas, and the most precious life form is the human body. It is so rare to have a human body that it is like a blind turtle coming up to the surface of the sea one time in thousands of years, and coincidentally puts his head through a hole in a piece of wood that just happens to be floating by at that moment. Therefore, we ought to love ourselves and keep our body, mind and speech pure. Do not blame the climate; do not blame global warming; do not blame God for not saving us. We are God; we are the crown of creation; we are the most precious.

Many people on Earth are not pure in their body, mind and speech. Thus, animosity, wars, struggles for fame and gain, killing and other negative actions are increasing. Animals also have souls; if we bring upon them the disaster of being slaughtered, or if we encourage killing, of course the climate will change, because the fairies are acting on our command. We are the crown of creation; the fairies are inferior to us. They only come here to serve us. Whatever we want, they will do it. Our mood, attitude and demeanor are so full of cruelty and turmoil that of course storms and torrential rainfalls will occur.

If the whole humankind were to become vegetarian, the world would be in peace and the Earth would change, because we are the masters and we can have anything we wish for. However, be careful what we wish for! When people become vegetarian because they want to save the Earth, they definitely have a benevolent heart. Besides, after adopting the vegetarian diet for some time, they will have greater love for animals, at least not wanting to kill or eat them. Then they will change very quickly.

If humans change their mindset and display their benevolence, the fairies will also act accordingly, because the ambiance has become harmonious and gentle. And then they will say: 'Oh! Now that our masters have become gentle, let us just blow softly. [Laughter] Oh! Now that our masters want to have peace, we must not encourage war any more. We must not incite people to fight. Our masters want to save lives, not to take lives. Okay! Let us change the entire killing atmosphere.' Those fairies, such as the rain deity and wind deity, always listen to us. Whatever tools we give them, they will use. We give them a benevolent and peaceful atmosphere, then they will use the gentle atmosphere and the climate will become favorable.

27. International gathering, February 13, 2009 (Originally in Chinese).

The wind deity and rain deity listen to us, but it is not that we speak audibly that we want to kill someone or create a tumultuous state. No! No! Instead, it is a kind of tool created by our vibration, which the fairies will interpret as: 'My master wants to kill! My master wants war! My master wants storms and heavy rain!' That is how typhoons, earthquakes and floods occur. They are all created by humans.

Now we are trying to shake the humans free of their slumber and tell them: 'Hey! Wake up fast! Our house is on fire! Wake up quickly!' That is why I say the climate will change after everyone has promised to become vegetarian. It is based on this logic. We can have anything we wish for. We can turn this Earth into heaven or hell; we can do it. We cannot blame heaven or Earth for that. Heaven and Earth have given us all the authority, magical power and capability because we are Hiers children. We have the same, more or less the same, power as our Mother / Father.

It depends on what we want to do with this authority; the whole universe listens to us. Should we use this authority in another way, God gives us the free will to do so. No one can stop us, not even God. It is democracy! Of course, God cannot control us. Hes gives us absolute freedom. However, if we have not learnt our lesson well, this free power may, on the other hand, hurt us. Just look at the present situation of our Earth and we will know. It is because humans have too much free power but have failed to choose the right path.

BENEVOLENT MESSAGES FROM MARS: BE VIRTUOUS AND SAVE THE EARTH²⁸

MC. *Hallo! [Applause]*

M. *Alright! Wow, you're beautiful!*

MC. *Yes, You're beautiful, Master!*

M. *Happy New Year, kids!*

MC. *Happy New Year!*

M. *What is the occasion today? [Master laughs.]*

MC. *First, most beloved Master, we are so deeply grateful that You are taking some of Your precious time to be with us today. Thank You for blessing us with Your most loving and beautiful presence. Your wise and compassionate example continues to lead us and the world into a Golden Age of peace. We look forward to the day, with the help of Your unconditional grace, when all beings on this planet will be cherished and will live in a joyful paradise called Earth. Thank You, Master.*

M. *Thank you for inviting me. How are you guys? [Audience: Great, thank You. Great, Master, great.] Alright, good. We are working for a little while longer, okay? [Audience: Yes, Master.] For the sake of others, okay? [Audience: Okay, Master.] Then we will see what else we do. [Master laughs.] Before we start, I want to say something. I want to thank you. You have also many good ideas and you are diligent. And you are dedicated, which is very, very good of you and good for you and good for the planet, let's hope. So with the days, you improve a lot, and I'm very proud of you guys, and thank you.*

28. *Videoconference with Supreme Master Television staff, Los Angeles Center, California, U.S.A., January 18, 2009 (Originally in English).*

[Audience: Thank You, Master.] [Applause] So is there anything I can do for you today? Any questions?

- MC. *On the news recently, NASA scientists say that the methane cloud recently detected on Mars could be produced by geological, or perhaps even life related activity on the planet. We had also interviewed Dr. Michael Meyer of NASA's Mars Exploration Program regarding this, and he said that the methane measurements they found are localized, that it has been produced or released recently. However, he said what's very interesting about these findings are that they actually do not know the cause of it. We were so excited to learn about this news about Mars. And Master, during the conference with Seoul Center, Korea, You had promised that there would be a time to speak more in detail about Mars and particularly about their own past planetary crisis. Why haven't You told us anything since then?*
- M. Did I promise? Yeah? [Laughter] Okay, a promise is a promise, okay. I didn't tell anybody because there are several reasons. The first reason is that the Korean people have never asked me again, [Laughter] so I forgot, you know, being busy every day, and have dogs and birds and all that, and the group meditations, et cetera. Now, another reason is that I worry that the earthlings might search and try to find the survivors of Mars, and it might not be very favorable for them, for their existence. And another reason is, I have to ask their permission whether or not I should disclose all that you wanted to know about them. So I got their permission. [Laughter and applause.] But I have forgotten all about it. [Master laughs.] You know, I have done some research about it, with the Martian people, and I've got some notes, but it's been a long time, and they've been laying around with my cooking recipes and all kinds of other documents. But if you ask, I will try to look for the right answer. If I have in my notes and, if you are patient, I will give it to you accordingly, okay? [Audience: Thank You, Master.] [MC: Thank You! We have a lot of questions.] Ah, go ahead!
- MC. *First question. May we know exactly what happened to the Martians?*
- M. Exactly what happened, wow! That takes a long time, but I will try to check out where is the document. But you be patient, okay? [MC: Yes, Master. Thank You.] It's been a long time and I haven't got time to even sort them out like alphabetically or anything. Let me see, what exactly happened? Okay. It happened about 40 million years ago. The mass extinction happened 40 million years ago. Maybe you ask a little bit more detail and then I will answer you one by one. How about that? [MC: Okay.] Because if you just ask like that I will have to write a book. You ask one by one, not like ABC all together, and then I will have problem a little searching in my document here, because I wrote them during like half meditative state of mind and I had to scribble them in the middle of the night under a small light, and worried to wake up the dogs and break up my concentration, and all that stuff, so you take it easy on me, okay? [Audience: Yes, Master. Okay.] Okay, you ask more and then we will find it.
- MC. *Master, were there any survivors, and how many were there?*
- M. There were survivors, yes, yes. There were survivors. The first survivors were about two million people. And now they have about 5.8 million people.
- MC. *How were they able to survive?*
- M. Let me think. Let me see if anything else. Okay, yes, yes. That's it, the final survivors at that time is two millions.

MC. *Where and how do the Martians live?*

M. They live underground, and they live very frugally, recyclingly and spiritually. I think I have told a little bit with some Korean people already. Where do they live? I check it out for you. Where do they live, huh? You know, the survivors, first they lived in the less polluted area. There were some pockets of less polluted area in Mars at that time, less poisonous. They survived and they started picking up pieces. And then they go into the underground caves and they dig tunnels and live in there. The survivors slowly got in touch with each other, during the 20 years period until most of them are contacted with each other, first telepathically, of course, and then physically. Then they gathered together, dug up more and deeper tunnels and caves underground and arranged for more comfort and community.

Is there anywhere else I can tell you? Okay, they occupy like one-third part of Mars, and near each other now, and they build roads and streets and all that. They would start to dig tunnels and big spaces, big ceiling about ten meters high. Between the ground and the ceiling about ten meters high, some part of it, underground. And they have like five stories space in between them. They found the underground water, river, and they live nearby. Most of the people live near the underground water.

I told you take it easy on me because my information is all over the planet here. You know? [Audience: Okay.] And what else? Where and how they live? There might be some more information. Before, they live like a little bit far away and spread around all over the planet, underground. But now, they kind of gather together, almost nearby in the same vicinity and live together as one nation. I check out if anymore information before you ask another question. Because I have notes, you know. It's not like ABC or it's not like organized things. I really had no time but because you want to know, I try my best. I think that's it. And you can ask more and then we find more information, yeah? [MC: Okay. Thank You, Master.]

Q. *Hallo, Master. [M: Hallo, how are you?] I'm fine. Thank You. How are You? [M: Very good, very good.] I have some question, Master. [M: Please.] Is this latest news about NASA's discovery of methane related to the Mars people living underground?*

M. Could be, could be, yes. You know, because they have to pump their toxic gases from their activities from underground to the surface of Mars, so that they can detox and purify the air that they breathe. Okay?

Q. *Okay. Thank You, Master. Next question: Since how long have Martians been living underground?*

M. Since after the mass destruction on Mars, they have begun to live underground, ever since then.

Q. *I see. Thank You. And the Martians currently living underground, are they aware of what had happened in their planet history?*

M. They have been told. They passed on the knowledge of what happened of their planet to their children and grandchildren, even though it's 40 million years ago. They retain the history of what happened, so that the descendants know how to take care of what they have and not to be careless, and not to be so destructive anymore but more virtuous and spiritual. They must live like that.

Q. *Yes. And Master, during the destruction of the planet, how did they die?*

M. Oh, terrible. Let me check. The mass extinction came, they die, not only human beings on there, but the animals also. They die by two main poisonous gases, namely hydrogen sulfide and nitrous oxide, plus methane as the third course. But hydrogen sulfide and methane from the livestock began to warm the climate and then triggered more other gases from the ocean, from permafrost and glaciers around their planet. Just like what is happening to our planet right now.

Let me see if anything else I need to... Okay, I check, okay? One moment. I'm checking if anything else. They died agonizing death. Not like quick death but slow. It took men and animals around four days to die a very painful and suffocating slow death. As the destruction happened too fast, no one can help anyone. 90% of the population, including the animals, they died. And then some time later, another 5% also died. And then a while later, 3.8% also died. Only 0.2% of them escaped, around two millions, into the underground caves and then they dig deeper, longer, and they live next to the underground river, and that's how they survive. I check out if anything else. I think that's it. Yeah, okay, if any more, I tell you later.

Q. *I would like to ask one last question. Are the Martians working on restoring their planet to its original state right now?*

M. They can't. They can't. It's not for human to even restore this kind of catastrophically destructed planet. But the planet will revive itself by natural process. And it takes one more million years. I check it out... Yeah, one million years more and Mars will be inhabitable. Small bushes will begin to grow and then weeds and grass and then fruit trees, et cetera, et cetera. Rivers and streams and seas will begin to form again. And gradually humans and animals will be able to settle on Mars' surface again. I think that's it, nothing more, okay? [Q: Thank You very much, Master.] You're welcome. [Applause] If you are not satisfied, you can ask for more explanation, okay? [Audience: Yes, Master.]

Q. *I just wanted to further discuss about what life is like on Mars and could You please tell us when and how do Martians come up from the ground?*

M. They come up sometimes when necessary. Let me see if I have more information for you... They come up to surface only when truly necessary – in insulated cars – but they have flying cars – either surveying the planet surface or visit each other in a little bit more distant but not connected cities, where no road underground is connected or not possible to have road. And they come out for special supplying and delivering for each other stuff. [Q: Wow, that's amazing.] Let me see if I have any more, just make sure. Be patient, please. [Q: Yes, Master.] Yeah, I wish I had organized it into something nicer, but it's all like this, look. You see what I mean. Different even colors because I have different times to do these things, I cannot... look at that, yeah? Then I didn't even have time to do it all in one go. This kind of research you don't just do it in one session of meditation. It comes now and again. Sometimes by intention from my part, sometimes they just give me some information, without asking. So I forgot all about it and so I haven't got time to do it. I put it in my bag and carry it everywhere up to now, can you believe it? And now because you ask, I dig them out for you. [Q: Thank You, Master.] Some more here. You know, when they travel, they have tanks of oxygen. This is extra that I have just found. Oxygen tanks and then they have masks, they have very insulated cars. That's for sure, you can imagine, right?

Okay now, something else here. They have big public gardens with flowers and grass and trees. The highest would be about three meters high only, yeah? The highest house is about three stories. Remember they dig the tunnel, it's about ten meters and five stories high, so they need to have a little bit of space on top of their house, so they have the highest house will be like three stories, mostly next to river. And only mud houses, mud houses. No concrete, no cement house. [Q: Thank You, Master.] I'm looking. Please be patient, be patient. I truly was busy and forgot. This kind of information, even it takes a few days to put them together. I think that's just about it then.

Q. *Well, You mentioned about the oxygen tanks. Actually that was my next question, I wanted to ask, how do Martians breathe?*

M. Dear God. [Laughter] I know they breathe alright. But the breathing information... okay, it's been a long time, I wrote it down. Okay, they produce oxygen by special techniques that they invented with time, from the underground water. And they recycle water a lot and they recycle the air also whenever possible. Of course, they filter the air as much as they can. As I told you, they live under the ground but at the least polluted area, so they filter the air somewhat to use whatever they can and they produce oxygen from the underground water where they use. And they pump up the methane and the other gases onto the surface of Mars. Maybe that is the reason why scientists have found some methane cloud recently. Makes sense.

Q. *Yes, it does. I wanted to ask, what kind of government do Martians have?*

M. What kind of government? They have almost like non-government kind of system, the way we have. People gather together and they elect the wise persons who are absolutely unconditional and caring and honorable, trustworthy. Of course, in their government there's no bribery and judiciary system even. Everyone lives in mutual respect and harmony and respecting the regulations of the planet. Let me check if anything else we should have... So there's no conflicts, you know, no competitions. Everyone is free to go anywhere they want and do anything they want, and of course, they know what to do, they don't do anything that is destructive or damaging or harmful to anyone on the planet and the planet itself. You know, everything is free anyway, so nobody steals anything.

Let me check, government, government... The government doesn't control people. Because people have discipline. You know, like some governments, they control how many children we should have because our planet is overpopulated and people eat too much and so the people on the planet worry about hunger and robbery and all that and war. But over there, they don't worry about it because they share everything. Every family, you know, automatically has like one, two or three children maximum. They use different control methods. They don't use pills. They use a natural method. They don't have contraceptive pills, they don't have abortion. And they live together as partners, there's no marriage per se, like you have to go to sign contract or anything like that for official certificate like us here. But they live together by love and by mutual respect and commitment, like partners for life. And there's no divorce over there.

Q. *Wow, sounds like heaven.*

M. Good, you'd like to live there, huh?

Q. *Yes, that would be nice.*

- M. Okay, love, let me check if anything else. I'm just finding for you. I'm still looking. As I have told you, they select wise people for their leaders, the enlightened beings. And they are happy folks, you know? Sometimes I miss out something, but I give you here and there. Oh, where are my stuff? Wait a minute. Be patient, be patient, okay? I'm looking through my books. [Master laughs.] [Q: Please take Your time.] My stickers and my books... They have a queen now at the moment. Wow, they have a queen, but sometime ago they had kings. They could have kings and queens, it doesn't matter. They are selected by people for wisdom, for spiritual attainment. And they are chosen by inside knowledge, not by outlook and not by public relation advertisement. So the elderly, the wise person, the enlightened Master will sit and look inside who is the most worthy. They can be picked anywhere, from any house, any street. It's not passed down by heritage, by DNA or genetic or because of family lineage, you know? So it can always change. Anyone even street sweepers can be queen and king if they are enlightened enough and wise and virtuous. That is the criteria to be a leader on Mars right now because they are chosen by inside knowledge, by meditative wisdom. So nobody can cheat with votes or nobody can bribe the voters. Nobody can buy any voters. Nobody can have like party or anything like that. No parties. Except the wise people. There's no political parties. Probably there's some more for you? I'm checking okay? I'm checking. [Audience: Yes, Master.] Checking, checking... Now they have altogether just like one nation with the Council of the Wise to guide them in most of the matters.
- Q. *So there's a queen and a council?*
- M. Yes, yes. The queen, also the Council of the Wise. I check if anything else for you here. I think that's just about it.
- Q. *What is the role of the queen then, if they don't tell Martians what to do?*
- M. Just in case somebody needs some advice, for example. Or if there is anything else that they can improve their lifestyle for their people. That's it. There's nothing like negatives. The queen is there for people when they have something to ask. Because the queen and the Wise Council are wise. Not all the citizens on Mars are as wise as they are. They are there like a leader and teacher and friends and counsels. The Council of the Wise, they are not chosen only by age, you know, not like elder. They are not chosen by age, but by wisdom and spiritual levels. You cannot call this government; it's just a group of counsel and the queen. And whoever are selected into this so-called government, they have job to do. They are not there just to get salary, they don't get any salary. They will have the same like everybody else. There's no police, no army, no weapon. They have regulations that everybody respects and follows. There's no question about the authority of the government, no revolution, nothing like that. So it's actually very harmonious where they live.
- Q. *Do You ever plan to write a book about Martians someday?*
- M. No, no, honey, if I have time, oh my God! You must be joking. You know, I was thinking, that I could write the three books of the animals, that was when I really drove myself crazy. And now even if I want to drive myself that crazy, I don't even have time to drive. Okay. [Master laughs.] [Q: Understand.] Every day, very, very busy. Actually we don't need to write a book about Mars, what for? What do you want me to write a book for? [Q: It's so exciting!] Exciting? Yeah? My goodness! Okay, I'm telling you everything you need to know now, so I think there's no need for a book, is there? [Q: Yes. Thank You, Master.] You're welcome. [Applause]

- Q. *I have a question, Master. [M: Yeah.] What do the Martians look like?*
- M. Oh, they look like you. [Laughter] [Q: Really?] They look like us, yes. They look similar to us, but they are just better looking. [Audience: Wow!] They are like more healthy looking, and more radiant and more lovely. Their looks are more serene, more rested. Their face, their looks are more benevolent than most of us on the planet.
- Q. *Also, how long do they live?*
- M. They can live up to 200 years old, 200 years old. [Audience: Wow!] Yeah, most of them live very long. They don't have stress, you see, honey? They don't have stress. They don't have much pollution to give them this kind of radical agent that age them so fast. You see? Their life is harmonious, peaceful, loving relationship. Everybody cooperates with each other, and respects life and helping each other in any way they can. They share everything. This is a beautiful way of life. So they live long, of course. [Q: Thank You, Master.] [Applause] One more thing, even if they age, you know, like us, but they age very gracefully. Even when they are very old, they still look very young. They look young until the day they die, much younger than what we are in the same age here, for example. You would never be able to tell their age when you look at them, very young. They stay young long, long time.
- Q. *Hallo, Master. [M: How are you?] I am fine. Thank You. Thank You. You look so beautiful, Master! [M: Thank you, love. Thank you.] Master, You're really beautiful!*
- M. I'm trying to look good for you guys. [Q: Thank You, Master!] Cheer you up, you know? Yeah. Even though in this physical body we don't live that long and it's temporary, but it's nice to look at nice things, pleasant things, right? [Q: Yes, Master.] It cheers us up like the flowers or like the sunshine, or like some cute animals. They do help to uplift our mood a little bit. So I'm trying to lift your mood up. I know you work hard there, so I'm trying to look pretty for you guys. [Q: Thank You, Master!] [Applause] You're welcome! Welcome. [Laughter and applause.] [Q: We love You, Master. We love You so much.] Thank you, love.
- Q. *I have a question. [M: Tell me.] What do Martians eat? Are they all vegetarians?*
- M. They are, they are. Almost all of them are vegans. They eat like once or twice or three times a day maximum. But they eat only like one-fourth of our average food intake on this planet daily. They are happy folks. They don't eat that much. They cook with electricity. There's no gas, no fire there. The temperature is always the same anyway, so they're mostly very healthy. Underground weather in Mars is always the same; you know, they have a device to control the weather. And they don't work so hard like what we do here. They don't stress for a living so they don't really need that much food. They eat very little and healthy.

Let me see if anything else, I check out... Okay, they eat cereals like us, some kinds, not all like what we have. Their farming is mostly hydroponic. And they have fruit trees, they have cooking oil even. They have cooking oil from cereals for cooking. Check it out anything else. One second... Okay, because they are vegetarians, you know, when they survived in the beginning, they have stronger immune system. So these two million people were all vegetarian, actually or vegan, the ones who survived. The last of all that survive, after everything dying, approximately 90% first and then 5% and 3.8%. And the last ones, that's only 0.2% survived, these are the vegetarians and vegans because they have a stronger immune system. That is physically speaking, but you know already

it's karma, right? [Q: Yeah.] They have good karma. And they are virtuous and meritorious, that's why. So they survive in any case. And they continue to be vegetarian. There were only two millions more or less vegetarian or vegan at that time. But they don't have breatharian. They don't have fruitarian and no solarian, especially now, they don't have solarian.

Q. *And do Martians ever get sick?*

M. No, they don't get sick. In case I forgot, let me check. Let me check, honey, for you. No, no, no, they are very happy. They don't have doctors there. [Laughter] They don't have nurses. They don't have hospitals. They don't have tax. They don't have prison. They don't have money. They don't have anything like what we have here that is bothersome and stressful. Everyone contributes what they can honestly, sincerely, and happily. And they share whatever they have. Each one has the special ability or expertise, and they share everything they have together. There's no buying, selling over there. In such an atmosphere like that, of course you will be happy and you live long and you don't have sickness.

Q. *Thank You, Master. Another question. Do Martians need to work for survival like we do or for another reason? And what kind of work do they do?*

M. No, no, no, they don't have to. Let me check what else I have... They don't have to, as I told you. Each one works according to their abilities and talents. They contribute and share together whatever they have. So they don't have to work at all for survival. But they do work. They do work voluntarily and freely for the benefits of themselves and all, you see, to contribute to their society, to their nation. But they don't call that work. They work happily. And no one is forced to work because of money. Therefore, they work with all their heart and all their pleasure. They work as they wanted. No government there to levy tax on them, and so no extra work, no overtime, no stress, no boss, nothing, nothing like that. Everybody does exactly what she or he wants, when, and whatever she / he wants because they're all very disciplined. They trust each other and the government trusts them and they trust the so-called government. So there's no control. Everybody works honestly, sincerely, accordingly, and freely, and happily. Okay? [Q: Yes, Master, thank You.] I just found something more here, you know? They share everything, there's no rich, no poor. No one owns more than anybody. Everything equal. They wear simple clothes. They have simple lifestyle, they eat simple. And they work according to ability and treat all equally. They don't have market. They don't have market, but they share everything. They share works, and they share all the common goods together. Because they are very spiritual people, very spiritual and virtuous and disciplined. They learned from the mistakes that their ancestors made. They learn from the tragedy of their planet. And they work together as one people. They are very spiritual, especially the ones who survived. And so the DNA and the tradition and the goodness keep passing down from generation to generation. Okay? [Q: Yes. Thank You, Master.] You're welcome. I think that's it.

Q. *What do they do for fun? [Laughter]*

M. What do they do for fun? What do you think they do? They have radio. They have television, so they listen to the radio to know what's going on between their cities and between their people. And they have internet like we have. Better, faster, faster, much, much faster. Here, sometimes we have to wait for hours to download. Even if I rent the best internet system, it still takes a long time to download or upload some information. But over there, it's faster, faster. Almost like whatever you put in there is there. It's

almost like a fax, or like you copy a letter out, that's it, very simple. You push the right button, everything comes out quick. Push the right button, everything downloaded. Push the right button, everything uploaded. Just as you were talking or reading it, it's coming out, like a copy machine or like fax or like email, can read it right away.

They have television. They have Supreme Master Television. [Laughter and applause.] I'm joking. I'm joking. Maybe, maybe they're watching. Yes, they are watching! [Laughter and applause.] My goodness! They've been watching Supreme Master Television. Believe it or not! And they liked it very much. They liked it very much. I didn't know that up till now. I didn't ask about this. And now, because you ask and I made a joke, and then they told me, 'Yes, yes, we've been watching!' [Master laughs.] [Applause]

That's very nice. That's a very nice surprise for me also. Thanks to your question. Yes. I did not think about it. I did not think that they could watch interplanetary television. My God! Millions of miles away! They have dramas. They have theaters. They have comedian shows like us. And they also have sports, but they don't have violent sports. Their sports are mostly very healthy sports and non-violent. They can do like climbing, swimming, running, dancing, aerobics. But they don't have entertainment like circus, for example, or boxing, or racing between animals, or fighting between animals or men, nothing like that. Nothing that is abusive to people or animals. Everything is fun, healthy, wholesome and benevolent and nice. Winner or lose shake hand, hug and kiss each other at the end. There's no enmity between them, never. There's no competition like, 'I have to win, you have to lose.' No such thing. Everything is honest and played for fun.

Let me see if anything else that I have missed out for you... I think that's it. [Q: Thank You. Thank You so much, Master.] You're welcome, you're welcome, my love. [Extended applause.] Yeah, I'm so happy! Thanks to her question that I know they're watching the Supreme Master Television. It did not come across my mind to search for this answer. I did not even ask this question.

Okay, because there's so much information coming in and I thought that is just about it. And I come in and out of research. I cannot just sit there. Sometimes the dogs and sometimes time to get up, sometimes time to go out, for other work to do. And maybe they have sent me this information before but I missed it out, you know, between the going in and out. So thank you, huh? Very good question, wow! I bet you guys are proud. [Laughter] I still have a little bit of information left. I hope your question is suitable.

- Q. *Hallo, Master. [M: Hallo. How are you, dear?] Good, thank You. Master, what kind of transportation do the Martians use?*
- M. They have like cable cars, Strassenbahn, like in Germany, all electric. They have public and private flying cars. They have bicycles. And these are all free for everyone who needs it can take it and use it. Nobody owns anything in Mars right now. Car, airplane, everything is free of charge. And they can also walk. Their flying cars or any cars are a little bit more in the round shape, it's not like square shape like us. They think it reduces more of the friction. So it flies and turns around quicker, easier. That's why they made it all round. If you have ever seen a UFO, it's most the UFO-style that they have taken some photos before. And they're very, very fast, very fast. The fastest would be about 300 miles per hour, you know, some private and small one. The slowest would be like 100 miles an hour. That is about, maybe 500 kilometers an hour, the fastest one. [Q: Do they have UFOs also?] I told you already, this kind of like a UFO. You mean if they

come down here with UFO? [Q: Yes or to other planets?] No, no, no, they don't go to us. And they go to other planet or not? No, no, they're contented to stay where they are. Their cars and things look like UFO shape, like a disc, round, so it reduces the friction with the air, with the atmosphere. So it's faster, and that's why they can turn around easily. In our system, our car is square, mostly square. When you want to turn around, you have to back up, back down, back front... You know, it takes a long time. And it drives slower because of the friction with the atmospheric force. That's what I think. I'm not scientist. Don't take my word for it. But they make it all round to reduce the friction, and they're easier to turn around, back up and all that. You can imagine, because their cities are smaller, you know, and they live underground, so the car has to be convenient and round, no corner and no edge, easier for them to maneuver and turn around.

Q. *Do they also have like teletransportation? Can they think they are somewhere else and then they go there? Just by thinking?*

M. Some of them have this ability, but not all of them have. Hence, they need public and private transportation.

Q. *And what other kind of technology do they have?*

M. You know, many things that they have that we have, but just more excellent. Faster and good quality. It doesn't break down often like what we have here. There's no virus on their computers. [Laughter] No mechanical failure in their cars, for example. Very rare, very rare. It lasts a long time what they produce. And they have telephone, they have internet as I mentioned before, they have radio, and they have telepathy of course, and teletransport.

Q. *What kind of energy, like sun energy, nuclear energy, light energy, electro-magnetic energy, what kind of energy do they use?*

M. Sun energy is out of question. They don't have sun underground. They have artificial sun which is very nice and it doesn't burn the skin, and they can turn it off and on whenever they want. [Laughter] They also have the moon for the night, you know, a very mellow light for the night. And they have free electricity, like Tesla-style, you know? Yes, free electricity. They invent it and they use free electricity. Not like us, we have to have cable everywhere and we need instrument, and so many complications, electric poles and electric bills and all that. Over there, they use free electric energy. That's it. [Q: Thank You.] You're welcome. [Applause] Some good news, there are some Martians still survived. You know, the good ones, the virtuous ones, they survived, but they could not live the way they lived before. They are underground, and they have to recycle everything, water, vegetables, very little things they have. Around six millions of them only. And it could happen to us also. It could happen to us like, that we might have to live underground to survive and recycle oxygen, recycle vegetables, recycle water and be frugal and sharing absolutely everything, like the Martian people do.

Anyway, I do hope that the Earth people do not discover where they live. I don't want them to discover. We might do them more harm than good. If we dig them up, they will die. They don't have enough oxygen. They're not used to living on the surface anymore. They're safe down there, because Mars is still not inhabitable yet. The people who survived on Mars, there's more or less six millions of them, they are the good people. They were vegetarian. They practiced heavenly conduct. And they are very, very, very nice people. They're about fourth level. And they continue that way, similar to some people who live underground right now on our planet. They are self-sufficient and very

frugal, very self-contented, and very, very God-oriented, spiritually-oriented. That's how they survive.

Q. *When You spoke to Supreme Master Television staff in July of 2008, You mentioned that most of the Martians living underground were fourth level beings. Why would a free soul choose to reincarnate to live underground?*

M. Because a soul would incarnate anywhere, for different reasons and different purposes. Sometimes like to help others, sometimes to develop spiritual understanding. Sometimes because of the affinity, and other times maybe karmic patterns. Souls never fear or never be picky about where they will incarnate and where they will live. Only after we incarnate into a physical body, then we begin to complain and this and that. [Laughter] Because the soul will become limited and will feel suffocated, but souls, before that, they never are picky about where they go. They just go where they must go and where they should go or where they want to go.

Q. *Is it possible that when Mars was destroyed that some of the people might have come to Earth to help inhabit the Earth and start our civilization here?*

M. No, no, honey. None came here. They stayed where they were. They are better there than here. [Master laughs.] It's just that in the past, like 40 million years ago, their planet developed too fast, too fast technology and their development, or physical development, technology development was out of balance with the spiritual understanding and discipline. Therefore, their planet has been destroyed. But the people who survived, who know the values of virtues and spiritual practice, and therefore they get together and they're very well together even though they don't have as much as what we have here, but they have enough and they're happy together. They don't even want to come here. Sorry, we're unwanted. [Laughter] It's not like you read it before somewhere, like, 'The aliens are trying to invade us and they're eyeing our planet.' It's not true! At least about Mars, they don't want our planet. They really don't want.

Q. *Thank You, Master. I love Your dress and the writing on it.*

M. Oh, thank you! Thank you, sweetheart. I love yours, too! [Laughter] [Q: Thank You.] Veggie fur, huh? [Q: That's right. You designed it.] Oh, I'm proud that you like it. [Q: It's very warm. I was surprised at how warm it was.] Yes, yes, I tell you, no need for fur. It's even warmer than fur and light. [Q: It's very comfortable.] Yeah. [Q: I borrowed it from someone and I want to get one myself.] [Laughter] Okay, enjoy while it lasts.

Q. *Hi, Master. You mentioned that Martians, they watch Supreme Master Television. Do they tell You what is their favorite Supreme Master Television show? [Laughter]*

M. I told you they like it.

Q. *Which one is their favorite show?*

M. [Master laughs.] Oh, I did not ask. They don't have favorite. They like it all. [Q: Wow!] They're just polite, I guess.

Q. *That's great. I didn't know that they watch Supreme Master Television. That's big news for us.*

M. I didn't know it either to be honest.

- Q. *I'm more interested to know, how do Martians communicate with each other?*
- M. I told you, they have telephone, they have internet, it's just faster. And they have telepathy. They also walk to communicate with each other, imagine that? Visit each other within the underground cities. And they also go above the ground in their insulated cars to visit each other and deliver stuff.
- Q. *So does everyone have the telepathic ability or just certain higher level beings?*
- M. No, not all of them have telepathic ability, just some. One-fourth of the Martians had telepathic ability in the beginning of their survivals. And now maybe more or less. That's how they communicate with each other when they first survived. And now it is similar. This is something that comes out naturally. They don't specially cultivate this kind of magical power. They just have it or not have it, they don't mind so much.
- Q. *So they do have verbal language and what does their language sound like?*
- M. I don't know how to tell you. [Laughter] It's not English, of course. It's not Chinese. It's not Spanish. It's not French. It is Martian.
- Q. *And my next question is: What are Martians' trees or animals or flowers like? Do they have nice sceneries?*
- M. Yes, they have some big garden, park-like, and they have some bushes there and flowers. But I told you, the highest tree is about three meters high because they cannot cultivate bigger than that. And they have flowers also and they have park, like garden for everybody to enjoy. Most of the animals died during or after the mass extinction.
- Let me check if I have more accurate information. I can't remember everything I noted down. One minute. [Q: Okay, yes.] Thank you for your patience. They have some pets, some animals that we have no names here on Earth. And not like what we have. They have some underground animals that can live underground, a little different than here. They have some dogs and some cows. Mars has only 32 cows, including ox and kids. And they are treated like other animals, as beloved pets and / or national treasures. They do not try to breed them abnormally into more. They just want to keep more or less this number. Dogs are in the same status. But they don't have birds, they don't have cats. But they have something that we do not have. I cannot explain it here.
- Q. *And do they also communicate with pets telepathically?*
- M. Yes, they can, some can. I just told you, more or less the same, like one-fourth of them have telepathic abilities. And they also have phone so they don't have to try to learn telepathy too much. [Q: Thank You, Master.] You're welcome. [Applause] You know, whatever the animals that survived, because they survived it together with their human companions, you know, who brought them underground with them, and then from then they bred more. And they are precious; they are not so abundant of animals like us here. They have limited numbers of animals.
- Q. *You look like a queen! [M: Merci.] My question is: On Mars, do they have different religions or spiritual practices?*
- M. No, no, they don't have different religions, they just have spiritual practice, and uniform, one simple.

- Q. *What methods do they have for seeking communion with God?*
- M. They meditate. They seek the God within themselves, the Light within themselves, the energy that manifests into vibration within themselves.
- Q. *Is it like our method, the Quan Yin method?*
- M. Yes. That's what they do, that's what they practice, the Quan Yin method. [Applause] Not only on Mars, all the worthwhile planetary systems in the universe practice this Quan Yin method whenever there are people. Wherever there are humans, they practice Quan Yin method. And this Quan Yin method has been practiced on Mars before the destruction. And the Quan Yin practitioners, who were vegetarian and virtuous, they were the ones who survived. And so their lineage continues up to now, it has never been broken. And they are all spiritual practitioners and Quan Yin practitioners.
- Q. *So are there any Masters currently on Mars?*
- M. They have two Masters of the fifth level. [Audience: Wow!] Wow, huh? Of course, yes? That's to be expected.
- Q. *Our past enlightened Masters like Buddha and Jesus and Prophet Mohammed, have they visited Mars in some other time and spread their teaching? And were they successful teaching there, if they have?*
- M. No, none of these Masters need to go to Mars because they have had this beautiful tradition of Quan Yin spiritual lineage that is passed down to them from the time of their ancestors. So the Masters only go to planets who don't have spiritual rich heritage, whose people need their presence, their blessing and their teaching. The Master doesn't go to the planet who is already stabilized and disciplined and virtuous. Mars did not need any Master anymore. Before the destruction, there was one Master, who was teaching the Quan Yin method, and therefore there were two million people more or less, who were following this Master.
- Let's see if it was a She or... It was a man Master. And therefore, these people survived, and they had learned their lesson and they had written down to all their descendants to strictly follow spiritual method and the virtuous way of life. They have written all the destructions, all the tragedies, all the sufferings, all the agonies of the planet's people so that their children never forget. They even have a monument that's written the basic principles that we have to follow and there's some monument that reminds people of the tragedy if they don't follow, the Martian people. It's a very expensive lesson and very painful one, very painful. But at least they learned.
- Q. *Master, have You ever lived on Mars?*
- M. No. I have not even visited. Just a few times telepathic communication. After you guys' questions, then I have a few times telepathic communication and that's about it. They don't need me there.
- Q. *Hi, Master! [M: Hi! Hallo, how are you doing?] I'm fine. I have a question like, You said that they are watching Supreme Master Television, so they might know that we are exploring their planet right now, right?*

- M. Oh, you guys are interested that they're interested in your television. Yes, they do know, honey, they do know.
- Q. *And do they know that we have robots exploring their planet now? [M: Yes, they knew.] And in the future, we might be able to go there, too? And how would they react when they see us coming?*
- M. They were afraid when they knew our robot was there. And, of course, if we go there, they will be more afraid. They will hide. They will hide themselves. Because they're afraid of maybe infections from us, physically and spiritually, infections. They are afraid of us. They're afraid of our invasion.
- Q. *My next question is: Have some Martians telecommunicated with us?*
- M. Just a few times to some special beings on this planet, due to some affinity or some special reason. They don't want to communicate with us at all. They don't even want to come here. You know, because people think that Martians want to invade our planet, it's nothing further from the truth than that. They do not like our lifestyle. They do not have immunity to our infections, that's why they're afraid of us. They are contented to be left alone and live their way of life and practice spiritually. They're happy where they are. They don't even have desire to communicate with us telepathically, unless it's really necessary, or some truly beneficial and harmless way. They know about us coming there, but they hide, that's why the humans cannot find them.
- Q. *My question was if the Martians know about You?*
- M. They know, they know. We telepathically communicated a few times.
- Q. *How did they find out about You?*
- M. How? They can even watch your television, honey. [Laughter] They know a lot of things that we don't know. They don't even need to come here to know. They have telepathy; they have spiritual elevation; they have wisdom. They can travel without vehicles. They travel in spirit. They know everywhere, at least the surrounding planetary systems.
- Q. *So they also know that You are here on Earth and they know Your mission?*
- M. Yes, they do know and they have very much respect. They really respect us.
- Q. *Also, would they have a message for us, especially that they know what's happening with us at the moment?*
- M. They do know, they do know, yes. And they cannot help us because they know what happened to them before. They could even travel back to the past. Many of them could travel back to the past lives, like 40 million years ago, to know what happened to their planet. Not just reading the history of their ancestors, but they can travel back to the past lives and they know everything. So they know what's happening to our planet, almost like what happened to them. And of course, they cannot help, they know they cannot help, but of course, they have a message. There were two messages. The first one is from the Council of the Wise People and there are only two words from them: 'Be Virtuous.' And the second message is from the Chairman of the Wise People. He says: 'Save your home before it's too late.' That's what they said.

- Q. *Thank You. Also, can the Martians achieve Buddhahood in one lifetime?*
- M. Some of them can, yes, some of them can. Just like everywhere else, they have to work hard for it. [Q: Great. Thank You, Master.] You're welcome. [Applause] I'm running out of information. I crossed them all out already. I hope you don't ask anymore questions. [Laughter] Then I have to go and look into the thing again. Okay, wait a minute, wait a minute. I check out. They also would prefer that we don't come. Better we don't come to search them out because we will kill them by our infection, which they do not have immune system against. I hope humans will never find them. I also hesitated to give out all this information before, but I asked them and they said it's okay because it might be very helpful to our planet. They're very kind, very kind, aren't they? Very kind. They think the humans will not be able to find where they live in any case, that's what they said.
- Q. *Hi, Master. There are many books mentioning about humans living underground in our Earth. Can You please elaborate on that, Master?*
- M. Did I talk about that before, right? [Audience: Yes.] So is there something else you want to know? Just ask me a specific question maybe? [Q: It's not Martians?] No, no, no, it's not. It's humans, just like us. They are about five millions of them scattered all over the Earth, under the ground in different countries. They are very advanced in technology. Therefore, they can live underground without any problem. They are vegetarian, very spiritually oriented and very gentle people. They're very, very gentle people. Thank God because they are more advanced than us and very strong, healthy and strong race of people. But they are very, very gentle and benevolent. They have a free lifestyle. No limit to their life there. There's no laws, you know, barring them anything. They're very free, almost like Mars people. They have no intention to contact us at all, so don't worry. Don't worry and don't hope. They do come sometimes, but we never know. They come as a normal person like us if they need something, some raw material to build some of their technological necessity. They do come sometimes, but you never know because they look like us anyway. They will wear the same thing; they blend in. You never know when they come, you never know when they go, you will never find where they live. They have a high tech that they can hide their entrance that nobody can find it; nobody can detect it, because they want to be safe from the aboveground humans. The underground humans afraid of the aboveground humans, can you believe that? They like to be by themselves because they know what we are here. They prefer to be in peace and in spiritual environment and lifestyle. It's not much like us here. They like to live more in accordance with the law of the universe. Loving, peace and coordination between each other, helping each other. They like to live within that framework of harmony and peace and spiritual atmosphere and endeavor. They don't like to contact us, they don't like our lifestyle. [Q: Thank You, Master.] I didn't know there are some books about that. Why don't you just read books? Why you ask me? [Laughter] Are there some books about that? [Q: Yes, yes, Master.] I did not know they exist. It's very interesting to read books about underground people.
- Q. *Hi, Master. Is there any connection between the underground humans and the Mars people?*
- M. No connection. They are different people, you know, like Earth people who have been there a long time ago. They came there in the beginning due to spiritual oppression because they were not freely practicing what they believe. They also practice Quan Yin method. [Audience: Oh, wow!] And they were oppressed and driven, and persecuted so they had to hide themselves underground. And ever since then, they developed

themselves into nations, communities and they are self-sufficient, happy, contented, and their lives are simple and frugal. So they don't want to come back up here ever since long time, many, many generations already.

Q. *If our Earth continues in its present course, will human be able to also go underground and have a similar system like people on Mars?*

M. We can. It would be better if people already are prepared for that, but only if we are good. Because if we are bad, we will carry badness everywhere we go. And then, there might be not disaster up here on the surface, but there will be disaster underground again, due to the same system, and the same self-destructive way of life. Then we will just be killing each other, killing the animals, killing the environment, then soon we also destroy the underground system. Then we'll end up with the same trouble, even worse. If we create goodness, then it will follow us everywhere. So I just ask the planet people to create goodness right now, so we still can live here in the free air and we still preserve the environment or whatever that's left over and not continue further deterioration. And the planet will recover quickly because we have not reached the point that Mars had reached before the mass extinction.

You see, it happened so fast, in the last two months, that they had no time to prepare nothing. They never believed it's going to happen, because it's too fast. They know something may be going wrong, but they did not listen to the wise people, to the spiritual people who can see the future and who can know the cause and the effect of actions and reactions. Even then, they thought they have a lot of time, but they didn't. In the past five years they had been warned, but they did not listen, they did not change. And then the last two months it happened just so fast, so fast, nobody even had time to even think. 90% of the beings on Mars died just like that. Within two months, about 90% of the beings on Mars had been destroyed. And then 5%, some months later. And some more months later, another 3.8% more. And then only 0.2% survived, because they went underground and lived in caves and lived next to the water underground which had not been polluted. And they moved into the less polluted area, somehow they were lucky. I guess where they lived, because of their spiritual merit and the good karma that the atmosphere had been less polluted. That's how they had the time to even go into the ground and move whatever leftover into the ground, and live the life under there for some time. They moved their food and seeds and grains and the animals, machinery, technology, whatever they can move. Because they lived in the less polluted area. 'Less' doesn't mean 'not.' But they had time to recover. And once they moved into the healthy ground under there, they recovered health-wise and they continued.

Underground system, it's not a bad idea, just it's better we take refuge in goodness right now and in virtues, and in loving consideration and kindness to all beings. Then it lasts longer. And let's face it, the life underground is not all that comfortable. Maybe if you don't practice well spiritually, you will feel suffocated. You will feel very depressed, pressured in the beginning because you know around you is all earth and closed in, and you can't just go up to the surface to look at the scenery that you are used to anymore, to watch the birds flying, to see the rabbit hopping in your garden, to see the turtle, to see the trees, to see the flowers. All the things that you have been used to will be gone. And you know you are surrounded by walls and thickness of earth, many miles under the ground, under the surface of the ground. Just to think about it, you will feel suffocated. So it takes a long time to get used to it. It takes some spiritual strength to be able to truly live underground also. You know what I mean?

Some people don't like closure. And you can't dig the ground as high as the sky that we have here. They make it look like sky down there, but you know, it's a limit, it's only ten meters from the ground to the sky that's made of earth. Because they cannot dig further than that. They don't have cement there; it's all mud and all that. If they dig more than that, it'll be collapsed. It will be dangerous. So that's all you have; ten meters between the ground and above your head. A three-story building, that's the highest you can have. There's no sky-craper like New York, nothing like that there. You will be missing everything in the beginning. It will be terrible. It's not fun to live underground, I'm telling you! It's just when you're forced to do it, then maybe you'd be able to do it. It's just for survival. And the whole planet cannot go underground, too many. We have like six or more billion people. We cannot dig all that underground.

Besides, there will not be enough water or air for six billion people underground. You have to recycle everything, absolutely everything. Water you have to recycle again and again. The air you have to recycle again and again. Technologically, you have to develop much, much more advanced than now in order to be able to survive underground even, and we are not there yet. I'm so sorry to say. Even if we are there, it would have been good, but we're not prepared yet to live underground even, even if we want to. It's not like we want to live underground, then we can do it. No. You need to build things; you need to have technology that is suitable for that environment; you have to know how to survive. You have to find underground water first, where it is nearby, because there will not be a lot of transportation and petrol down there or nothing like that for you to continue to survive the way you do now.

That's why I ask the people, 'Please, please wake up! Wake up!' It's so easy to just be vegetarian, be vegan. So easy just to leave the animals and other beings alone. So easy just to live in peace. Very easy. Everyone can do it. Every individual just chooses peace and there will be peace on Earth. There's no need to discuss a lot or sign treaties and arguments or anything. Just be vegetarian, be at peace with each other, that's all there is. Very simple. And don't wait until we have to dig the ground to live. Maybe we won't survive to do that. And even if we survive to do that, I don't know if we have enough technology to survive afterward.

You know, I know I'm talking to my own knees or my own elbows all these years, and perhaps I'm still talking to my own knees right now, but I just still hope that people will listen, who knows, yeah? I still have this positive hope that people will change. Maybe in this couple of years, they will change. If the government is okay with it, people will change and fast, and we will preserve the planet and our way of life. Just throw away the piece of meat. It is not difficult, is it? Throw away meat and have everything else, instead of lose everything else, just for one piece of meat.

- Q. *I would like to ask, to help the planet out, will we eventually all have to be organic farmers, like planting and growing vegetables in our backyard? Is this the most sustainable method?*
- M. Yes, it is. It is the most sustainable method and I think everybody should try to do that. Even in your own backyard, or in your balcony, wherever you can. And the one who has garden, of course, do it in the garden. And the one who has a garden but don't want to cultivate, can lend it to somebody else and share the food. Because we have to learn to be self-sufficient from now on already. You never know what's going to happen to the planet truly. Because the people's heart, it's difficult to predict. If they change to a compassionate lifestyle, then the planet will survive for sure. And we will have better than what we have now, in time. But if they don't change, then I cannot tell you what

happens. Even if the planet survives, it's also good idea to grow your own food. It's more wholesome. It has your energy, and it will be very good for you. And you can control what you eat, and what kind of food that you have, wholesome or not, organic or not. And also it's very economy and it's nice to watch your food growing by your own labor. It will be like living according to the bible, you know? 'Earn your food by the sweat of your brow.' It will be very nice. And at least for some of us, that will be very helpful, it's a very good idea. And you will know what kind of cultivation you have. You can control; it will be less violent, even less bad karma, less killing worms and things like that.

Q. *Although we are practicing the vegan diet already, Master also mentioned in several cooking shows, 'Gift of Love,' about karma-less eating. Can Master give us a few examples?*

M. That's my preferred food. For example, you can eat anything that is from the trees, without harming the trees. For example, all the fruits you can eat. Fruit doesn't mean only sweet like orange, apple, but fruit also means like cucumber, lady fingers, zucchini, squash, those things are also fruit. That grows from the tree and you can take it without harming the tree. Without even taking the leaves from the trees. And fruit that is organic of course. Organic fruits, that would be the best. And if you want to eat any plant or any herbs in this trend, you wait until they fall off the trees or wither, and then you can take them and use them. Then there's no bad karma and no harm to the trees. And you can have nuts, all kinds of nuts from the trees. And there are also other things that you can eat, of course. If you want to ask me anything specific then I can tell you. [Applause]

Q. *Can You tell us more details about like what kind of food does Master eat and why?*

M. Yes, I told you already, I eat the fruit-like food, nut stuff and fruits, cucumber and those things, which I don't have to cut the plant, which I don't have to break the leaves from the plant. Because they are also getting afraid when we do that. But if we take the fruit from them, they offer it free. They know the fruits are there for us. If you cut the plant, before you cut, they already get very afraid and nervous and I don't like to cause them this feeling. And if I eat it, then other people have to cut for me. So, for the sake of everybody, I used to cook all kinds of vegetables, and now I think is the time that people should know my preferred food if they want to do the same, it's up to them, but vegetarian's already very good, the least harmful and the least bad karma, the least contributing to the global problem. And that's what I eat. Even rice or wheat, the plant already withered and yellow and brown before they harvest, so the plant practically die already before we get the rice or the wheat, so it's okay. Fruit means also corn, you see?

Q. *What about root vegetables? Like potatoes.*

M. You can eat them. I don't eat them at the moment because I don't plant it myself, so I don't know what kinds of things they are doing to the root. But if you plant yourself, for example, then you plant them on the elevated earth bed. You know, in Au Lac, I saw them do that. For example, if you want to plant some sweet potatoes, and you make the airy bed like that, high above the ground, so the soil is very airy and you plant them on the high elevated bed, row after row like that, and there will be no worms to hurt.

The reason I don't want root because sometime they dig it and they hurt the worms, and the worms are the diligent workers to till the soil, to make the soil arable, to make the soil cultivatable. And then, just because of that, they sacrifice for us and we accidentally

kill them. It just hurts my heart. So I prefer to avoid it often before even, but now I don't want to eat that at all. It's time that I stop. I have to show people what is preferable, what is the alternative. But if you cultivate it yourself, if I cultivate it myself, on the elevated ground like that, there will be no worms in it. Because the worms only go where the soil is clogged, and they dig it to make the soil more airy. So if the soil is airy, the worms know, they don't go there. So, first, you don't hurt the worms if you dig the potatoes. Second, you could even just pull it up, you don't even need to dig anything. Third, you can wait until the plant, like the sweet potato plants already wither and die. There'll be no more leaves, no more green leaves, nothing. It's only the small stems left and the root underneath, then the plant has already died, then you can take the root. Then you don't hurt the plant, you don't hurt worm, nothing. In that case you can eat the root. You see? Also the same with other roots. [Q: Thank You, Master.] If you don't want to kill just the worms, then we have many techniques, organic ahimsa farming. You know, like you can plant them in the water, then you don't hurt the worms. Or you can plant them on elevated soil beds like that, and you don't hurt the worms. But I also don't even cut the plant to eat, unless it's already withered, and the spirit of the plant already left. Then it's okay, in that case. Because you were asking me what kind of root, so there are many organic farming methods that at least you don't hurt the worms, okay? [Applause] [Q: Thank You, Master.]

Thanks for asking. Also many of the roots are like that. If you can wait until the green leaves all wither and die, then you can take the root. Like carrots, you will not hurt the worms because you just take it from the root, it's easy just to pull it up. You don't need to dig or anything, so accidentally you won't kill the worms, for example. But if you really want not to harm the plant, and not to make them afraid, then you wait until they wither, and you still have the root under there and then you just pull the root up. No harm to the plant and no harm to the root. In that case, you can eat those. Okay? The root will not feel much, will not feel anything. When the plant dies, the root also doesn't feel anything. For example, if you like some herbs, and if the leaves already by wind or by some natural cause and it broke and fall on the ground or half-broken already, then you can take them and eat. In that case, there's no himsa (violence) involved at all.

The thing is, I don't want to cause any nervousness or anxiety to any being, even to a plant. That's why. That's why I don't like to eat vegetables anymore. We have enough, actually. Even just fruit, even like tofu are from soya. Soya is like fruit of the plant, can eat them. Beans, all kinds of things, they are the fruit of the plant. Not just fruit like apples and oranges. But beans, all kinds of beans, they're also fruit. The sesame nut, they're fruit, they grow from above the ground, from the trees. And in Au Lac, they cultivate, for example, peanuts in the sandy soil. There's no soil and no worms at all ever live there. So the peanuts, they thrive in a sandy area. And these you can wait until the peanut plants die, wither, mostly they go yellow and then brown, then they just dry up and then you can pull the peanuts up without hurting anything at all. Even if you dig, there is nothing hurt at all. And you can plant like cassava plants; they don't need much water, and no worms nearby. That you can plant anywhere. You don't even need soil to plant that. You can plant in the sand, or some kind of very dry soil. There are many vegetables and plants we can plant without water or with very, very little water. It's very suitable right now because we are short of water. Plant your own vegetables, then you have absolute control about how you harvest, and what you harvest and what you eat. Okay, love?

MC. *We have something we'd like to share with You.*

M. Oh, wonderful! My turn to enjoy. Thank God. [Laughter]

- MC. *Master, in our human culture, earthlings have always been fascinated with Martians. We are naturally curious about our so-called alien neighbors and hence there has been much written on the subject, including jokes. Here is one: A girl was visiting her Martian friend who had acquired two new dogs, and asked her what their names were. The Martian responded by saying that one was named Rolex and one was named Timex. [Master laughs.] Her friend said, 'Who ever heard of someone naming dogs like that?' [Master: Yes.] 'Hallo,' answered the Martian, 'They're watchdogs.' [Laughter]*
- M. Yes, very funny. Yes, very good. Very good, very good. [Laughter and applause.] Thank you. Very funny.
- Q. *Master, to conclude today's amazing conference, we would like to invite Master to share some more of Your words of wisdom and advice for us and the world.*
- M. The best advice, honey, is from examples. I think we have plenty of wisdom from Mars, from Martians, from what happened to them and what we discovered telepathically as well as scientifically. They have discovered that Mars is all barren and uninhabitable, but they also discovered that, long ago, there was water there. Water means life-supporting. So what has happened to all these bodies of water? That is a very, very important question for us. So from Mars, we can learn to prevent such disaster, that it might not ever happen to our planet.

So my advice is just look to Mars, and don't forget. Don't forget that we have a very beautiful home here for us and for our children. And for grandchildren, great-great grandchildren, it's a beautiful place, physically speaking, and it has all conditions to sustain life. And it offers us so much, so much. So much fun, so much beauty, so much love, and even though it's a temporary home, but it's a very good home for practicing spiritually, for rekindling our wisdom within and for practicing to be a higher and nobler being.

So it's a nice place to sojourn for as long as our time permits, at least to develop spiritually. Or if not, just enjoy it. Just enjoy the scenery, enjoy what we have here. We have exquisite flowers. We have exotic birds. We have incredible animals. We have amazing trees, mountains, and great bodies of water which sustain so much life and energies and nourishing all beings, and it's such a beautiful place. If we just walk out everywhere and look at the trees, imagine one day they're all gone! And smell the flowers quick before maybe they be gone soon. Touch the grass because maybe they will be also gone soon. Imagine if all this beautiful scenery, vegetation, human, animal, imagine if they are all gone. How would you feel?

So we have to protect this beautiful place we call Earth, because this is the home of not just us, but many other species; and the environment, beautiful flora and fauna. It's really an incredible place. It took trillions of years to manifest such a planet. And it takes many, many meritorious, virtuous deeds of human beings or animals or other beings alike in order to garner into this energy in order to manifest such kind of planet like this. It's not a gift that you can buy and offer it to someone. It's not a toy that we can use it and discard tomorrow. It's not an item, that if we have trillions of dollars we can buy it. However much money we have, we cannot buy this planet. It's so exquisite; it's so special, so unique; so beautiful. Not every planet is as beautiful as our planet, even though we have more beautiful planets. But not all of them are as beautiful as our planet, so beautiful like this. Some planets are not as beautiful. The peopled planets, not all are as beautiful as this.

I wish I can make everybody understand what I'm talking about. I wish I can wake them all up and we just turn around. And that's it! We can save the planet! All we do is just be vegetarian. Nothing else is really important anymore. Just being vegetarian, you can save the planet overnight, just like that! And I wish everybody really listens.

Okay guys, thanks for your time and thanks for all you are doing. [Applause] I want everybody to know that we still can save the planet. We still can. We still have some time, but we have to turn around quick. Because we are going to the destructive direction right now. If we just turn around, then it becomes constructive again, positive again. Very simple. If we don't head north, then we're going south. Turn around and we'll go north, if that's where we want to go. I'm sorry I have no more bigger words or impressive words or incredible sentences to conclude our meeting or that I could impress people of the planet or convince them in any way. But I just hope they feel what I say is the truth and sincere, and I truly wish them to continue to have the planet and to save the planet for the future generations. Thank you, all of you. Keep up the good work. [Audience: Thank You, Master.] [Applause]

MC. *We thank You so much, Master, for being with us and sharing Your wisdom and Your love. Every moment we are with You is a priceless gift. And we wish, most beautiful, beautiful, beautiful, beautiful Master many, many wonderful and happy moments in peace, health and much love throughout the Lunar New Year of the Ox. [M: Thank you. Thank you.] May Your elegant radiance continue to bless the Earth for eons to come. [M: Thank you. Thank you.] We love You very much.*

M. Yes, I wish the same to you and to the planet. And you know what? Before we go, I have a surprise for you. [Applause] And you're going to like it very much! I just got the information just now. I didn't know it before either. So it's also a surprise for me, this minute, that not only Mars, Martians, but many other planets are also watching Supreme Master Television. [Laughter and extended applause.] And you cannot even count them. You cannot even count them. So many, so many. Countless, numerous. Because they're all concerned also about humanity race in the planet, so they're watching. And we are the one who gives the most comprehensive information, and the most constructive, up-to-date, so they're watching it. They like to know what we're doing on the planet, and they are interested in humanity as a whole and also what's going on on our planet.

Because, as I told you, not all of the citizens of other planets have telepathy, so they do watch television because... those who have a highly developed technology, they watch the Supreme Master Television. And there are countless of them, my God. I'm so happy, so proud, so thrilled. Congratulations. Okay. And Happy New Year!

MC. *Happy New Year, Master! [All stand up and give Master extended applause.]*

AN INTERVIEW BY ANDREA BONNI OF THE IRISH INDEPENDENT ²⁹

Q. *Hallo, Supreme Master! [M: Hallo.] How are You today? It's a pleasure to speak with You again. The last interview went very well.*

M. It's nice to see you at last. I would love to speak whilst looking at you. How are you?

29. Videointerview by Andrea Bonni of The Irish Independent, December 21, 2008 (Originally in English).

- Q. *I'm very well, it's nice to see You as well.*
- M. Yes, you look great there. You also look slim, like a model. Are you doing extra work, like modeling or something?
- Q. *No! I'm too busy with my journalist career.*
- M. Yes, you must be very busy, and you are a good journalist, positive one. [Q: I hope so, I hope so.] Thank you for being with us.
- Q. *It's a pleasure, it's a pleasure to be here. So my first question: Supreme Master Ching Hai, last November the Partnership for Change Climate conference was held in Cork in Ireland. One of the guest speakers, professor James Hansen, head of NASA's Goddard Institute for Space Studies and NASA's top climate expert, stated that urgent action is needed. He said we only have one year before we reach tipping points, and that 2009 is going to be a crucial year for our world. What in Your opinion are the most effective and fastest ways to reduce greenhouse gas emissions, to stop us going beyond these tipping points?*
- M. Well, madam, that would be vegan – vegetarian diet without any animal product. Not just vegan, but we avoid all the animal products, means we live a more compassionate lifestyle. And this diet or this lifestyle is not only compassionate but is easy, simple, economically, and ecological. Everyone – from a baby to the elderly – can do and it's 100% healthy. It's not just my opinion; it's also the opinion of all the experts, the scientists, the medical advisors, the environmentalists, et cetera, et cetera.
- Q. *A top Irish environmental economist, Dr. Richard Tol from the Economic and Social Research Unit of the Department of Economics, stated that if you are serious about reducing emissions in Ireland, there is no future for beef and dairy in the country. He also said that with Ireland failing to meet the target set out by the Kyoto agreement, that penalties are expected to run close to one billion euros a year in the lead-up to 2020. What alternatives do Irish farmers have to dairy and beef?*
- M. We can turn to organic farming. And it's easy, it's simple, cost and water effective. And it's ecologically, economically sound. It will absorb even 40% of CO₂ if all the tillable lands are organically cultivated. It could be more than that. According to the Kyoto agreement, if in any country where the farmers grow organic fruit and vegetable, then there would be no need to pay subsidies. Organic food and produce are grown and handled according to strict sustainable procedures, with limited chemical input or we could even use no chemical input at all.

So organic food also GMO-free (free of genetically modified organisms). Organic farming preserves top soil. Chemically intensive practices are a key factor in the erosion of top soil. Scientists found that soils in organic plots were up to 60% more stable and are less prone to erosion. So over one-third of Irish rivers are now polluted, mainly due to farm runoff, could be more than that, but we want to try to be conservative here. Organic farming reduces toxic farming runoff and pollutants that contaminate our water, soil and air as well.

So organic farming is healthier for farm workers, the surrounding communities as well, and for natural wildlife. Now, the EPA (Environmental Protection Agency) considers 60% of all herbicides, weed killers, or 90% of all fungicides – that means mold killers – and 30% of all insecticides – that means insect killers – are potentially cancer-causing

for humans and animals of course. Organic farming keeps harmful chemicals and pesticides out of the food that we eat and the beverage that we drink.

So farmers may apply for a grant from the Department of Agriculture, for up to maximum of €60,000. So organic sales in Ireland have increased you see by 82% already, reaching a value of €104 million in the year up to July 2008. [Q: Yes.] For Ireland to meet the Kyoto agreement target, they need to plant millions of trees so farmers can use their land to do that, and this will help to cool the world also. And forestry, it also adds to the beauty of the landscape, and that's good for Ireland's tourist industry. Thank you.

Q. *Each second an area of the size of a football field of tropical rainforest is destroyed to produce 257 hamburgers. Do You feel that if the public were to know this information that they would move to a more sustainable diet?*

M. Yes, in my opinion they would. The problem is, very little of this information, such as this, is propagated for the public knowledge. We are inundated with many other news, which is not all as urgent as saving the forests and saving the planet, of course. A few leaders who do or did take up this task to inform and encourage the people and government to do it, like for example His Royal Highness Prince Charles, sometimes met even with illogical criticism and frowned upon. The world leaders I think, in my humble opinion, they should work together in this important issue, and so does the media. And by the way, thank you, you are one of the positive and we are grateful. [Q: Yes.] You're helping the environment.

Q. *Cardiovascular disease is the number one killer both globally and in Ireland, causing nearly 40% of all deaths. It costs the European economy a €192 billion per year, 57% of which is used on healthcare, 21% in productivity losses and 22% for informally looking after people. What evidence is there to suggest that a vegan diet would help cure people from cardiovascular disease?*

M. Plenty, madam, plenty of evidence through all the years of study and researches by the top experts. To name here a few: For example, in the United States of America, Dr. Dean Ornish, University of California; Dr. Caldwell Esselstyn, Cleveland Clinic, Ohio; Dr. Joel Fuhrman, New Jersey; and many more – all offer plant-based programs that cure this disease more effectively and quickly than surgery or drugs. The patients are cured and never have this symptom again even after decades passed. I give you one of the websites www.heartattackproof.com. We have more of these websites of the people who help with this heart problem, we'll send it to you so that you can have a reference, if you wish to. [Q: Yes, okay.] Thank you a lot, also.

Q. *Ireland has an estimated 250,000 patients diagnosed with diabetes and another 100,000 who are estimated to be undiagnosed. Treating diabetes costs the Irish economy about €600,000 per year. How does a vegan diet affect people with diabetes?*

M. It will cure them, madam. It will cure them. There are many researches and practices proving the effectiveness of a vegan diet to reverse, control and cure both diabetes and related health issues such as cardiovascular disease and obesity. In the United States, there are at least three doctors, who have developed three different plant-based approaches, suiting different needs and dietary preferences. There are more but I just cite three of them.

Dr. Neal Barnard of George Washington University, he stated that, 'You just eat whatever you want and as much as you want, as long as its vegan low fat and low sugar.' People who follow his program are very successful in controlling and reversing their diabetes, lowering their medications for both diabetes and related illnesses such as cardiovascular. And they were completely cured within about a year on the program. [Q: Yes.] It is described in his book, 'Dr. Neal Barnard's Program for Reversing Diabetes.'

And another Dr. Joel Fuhrman in New Jersey, United States of America, has another highly successful program which he calls a nutritarian program. He emphasized that you want to focus on eating the most nutrient-dense food. Like in his program the foods with the highest degree of micro-nutrients like vitamins, mineral and phytochemicals are leafy green vegetables, followed by fruits and legumes and nuts. His diet has an emphasis on vegetables as being the foundation for our diet. And a preference for beans rather than grains. Beans are very good for balancing blood sugar. In his book, 'Eat to Live' and 'Eat for Health,' he mentioned that people who follow his program get over diabetes very easily, within about three months even.

And another doctor, Dr. Gabriel Cousens, has a raw food diet program that is 100% raw. And 20% nonraw, a little bit later. He also focuses on the importance of removing toxins from the body, like stop smoking, stop caffeine. And Dr. Cousens experienced that people who are following his program are medically cured for diabetes within 21 days only. And they need to stay on the diet longer to heal the organs and assure the diabetes does not come back. So many, so many, so many. [Q: Yes. Absolutely.] They assure in their book like, 'Simply Raw: Reversing Diabetes in 30 Days' or 'There is Cure for Diabetes' and 'The Tree of Life: 21 Days Program,' et cetera, et cetera. In the Supreme Master Television, we have also interviewed both Dr. Barnard and Dr. Cousens. You could refer to it in our online archives.

Q. *Yes, yes, I will absolutely.*

M. www.SupremeMasterTV.com to download anytime. [Q: Yes.] The show is also on YouTube and many other online programs. Thank you so much.

Q. *Did You say it's on YouTube?*

M. Yes. We will send you also many other websites. There are websites for your reference as well.

www.heartattackproof.com

www.webmd.com/diet/ornish-diet-what-it-is

www.drfuhrman.com

www.nealbarnard.org

www.treeoflife.nu

www.drgreger.org

Q. *Perfect, yes, yes, that would be fantastic. Are there any benefits to eating a vegan diet during pregnancy?*

M. Good question, good question. We had the show, in which our reporter went to a park in Sydney to visit the parents and the children, who are vegan. They're doing fantastic. They're all pinky, healthy, intelligent and beautiful children and mother as well. [Q: Yes.] Of course, if we are vegan, the mother and the child will have a healthy life and have a good delivery, easy. No morning sickness even, that's what they told us. [Q: Really?]

That's what I suspected. So I asked my people to do research on it and truly, no morning sickness. Because most of the pregnant woman, they have morning sickness, because they eat meat and fish and all that, and the baby cannot bear it, being too sensitive. So when we have morning sickness, that means the body tries to get rid of the toxins so to protect the mother and the child as well. That's a natural way of telling us that what we have been eating is no good for the body and for the child, but many of us don't listen.

From many of the research and reference we have, the vegan diet also protects the mother from pre-eclampsia, which is pregnancy-caused hypertension and potentially fatal. A study in Tennessee, United States of America, found that all the vegan people, only one person with pre-eclampsia, making it a fraction of a percent of people with pre-eclampsia. This is the report: 'Since pre-eclampsia in our culture is frequently associated with the unrestrained consumption of fast food, meaning foods having high levels of saturated fat and rapid weight gain, it is possible that a vegan diet could alleviate most, if not all, of the signs and symptoms of pre-eclampsia.' [Q: Yes, that's very interesting.] And a vegan diet lowers or eliminates morning sickness. Many vegan women have reported little or no morning sickness at all. Studies of morning sickness have found that meat is a trigger for greater morning sickness. And that the more legumes and vegetables a mother ate, the less morning sickness she will experience. So we aired a show on this on Supreme Master Television called 'How A Vegan Diet Can Reduce Morning Sickness.' Please refer to it. You can download it as well. We can always review the program from the previously aired show, always. [Q: Yes.] Thank you.

- Q. *Yes, so it's good for mother and baby, that's good.*
- M. From the study, it is almost 100% of vegan mums are free from morning sickness. It depends on how long she has been vegan, I guess. [Q: Yes, yes.] If she has been vegan longer time, then she has no morning sickness, but if she just started, she probably has a little.
- Q. *Many people state that they are reluctant to eat vegan, stating that they basically like the taste of meat and cheese too much. What would You say to them?*
- M. If we have to choose between life and taste, then we should choose life. If we are gravely ill from meat diet or if we are dead from it, then the taste will be ruined or gone. We are gone, anyway. Besides, veggie meats and vegan dairy are delicious, and available in all health food stores everywhere nowadays. Just try a new lifestyle. Why not? New recipes, new discovery. Happy, exciting new tastes, new life. [Q: Yes.] Meet new vegetarian, vegan friends in the neighborhood or online. Yes, just try something new in life. [Q: Just give it a try.] Why not? We all have different tastes anyway, but we can try a different one. On the Supreme Master Television or www.SupremeMasterTV.com, we have all kinds of international cooking shows. Or other online sources, all free to download. Please check out your vegetarian cookbook also in the shop or library. After a week or so, anyone will get used to the new taste. Many just drop the meat diet immediately and start out the vegan diet and nobody had any problem with taste. Because nowadays, we have so much to choose from the vegetarian diet. They made it all similar to meat and it tastes delicious.
- Q. *Yes, so just a case of giving it a try basically. [M: Yes.] Being a bit more open-minded. [M: True, open-minded and try new exciting stuff.] Some people say that they've tried eating a vegetarian diet or a vegan diet for a while but that they went back to eating*

meat again, seeing that they felt better. Do You think there are some people for whom including meat is necessary?

M. No. Meat is never necessary for anyone. But being vegan, we must take care to have a proper balanced diet. Eat responsibly, just like everything else, we have to do it responsibly. Make sure meals are including essential nutrients like fatty acids, iron, protein, et cetera, et cetera. Then I don't see any problem with that. According to our personal needs, we have to include in our diet what is necessary. Or, even if a vegetarian or vegan lacks some nutrient in their diet due to improper attention to food intake, then the meat eater lacks even more or double, more than double that according to the latest data by Dr. Michael Greger, M.D.. There are tons of nutritional value and protein available in a plant-based diet.

Look at me, look at all of us, we eat nothing but plant-based. Yes, we are pure vegan. We have Alternative Living flyers also, I have outlined some of the nutrition valuable food and we have Healthy Living shows about nutrition every week. And we are the living proof of it. There are many athletes, even, who are on a vegetarian or vegan diet. It's even on our shows and a veggie club list on our show. So please see www.SupremeMasterTV.com.

Q. *I've been on the site, there's plenty of interesting stuff there.*

M. Right, right. We have all the club list, all the famous people, athletes also. [Q: Yes.] Even Muhammad Ali, he was vegetarian. [Q: Wow! I didn't know that.] Sure, many people didn't, but it is like that. And many more other champions in different sport fields they are vegetarian. We have shows all the time about them. Thank you, madam.

Q. *So leading on from that, should we be concerned about supplements if we move to a vegan diet? I think a lot of people are concerned that, if they are vegan that they will somehow be losing out on nutrients that they need.*

M. On a proper and sufficient vegan diet some people say that they do not take them at all. Even mothers who are nursing children. But if anyone thinks they need it, why not? People have to decide for themselves according to individual needs. If we feel like run-down or less energetic now and again or as a day to day basis, then maybe we should consider taking it for a while, or as long as we need or desire, or take what we lack. There is a lot of information nowadays about what to do with our diet and what may be vital to supplement, et cetera, et cetera. We will send you websites of them so that your readers may be able to refer to them. We will supply to you. [Q: Perfect. Yes, that would be great.] Anyway, from all the references we have that the vegan diet deficient in three nutrients, then the meat eaters are deficient in seven. That is Dr. Michael Greger's quote in September, 2003. Thank you.

Q. *In terms of animals, obviously, animals are very important in our lives, how important do You think they are to us?*

M. Wow, you can see. Very important. Many people they even forsake their comfortable house in the city or anywhere, they go out in the wild donning like army-style clothing and sitting in a cold tent for many hours just to take a little photo of the animals for hobby, or to watch the birds, the rare and wild birds outside. And that makes them feel great when they come home. [Q: Yes.] That's their preferred holidays for many people. You see, important. [Q: Yes.] We cannot even over-emphasize how important the animals are to our well-being, emotionally, psychologically, mentally.

- Q. *Yes, very much so. I've watched a video about You and there was so many animals that You seem to have a great affinity with animals.*
- M. Oh yes, not just one person. Not just me even, but everyone, they do love animals. They go out of their way to watch the birds and all that. They even have bird watching clubs or fish watching clubs, everything they do. Imagine our world with no animals at all, just imagine it. [Q: I wouldn't like to imagine that.] No, we can't, right? We cannot live without animals, right? [Q: No, absolutely not.] So that is that. And if any one who have dogs or cats or birds or any other animal, turkeys, chickens, ducks, geese; if they have them as pets, they would understand more than I can express how important the animals are to our well-being. And anyone who have cats and dogs, according to medical study, they are more healthy, they live longer. Even if they are ill, they get cured quick, even just by being with animals, stroking them, petting them, loving them, taking care of them makes you healthier, according to scientists and medical research. That is how important it is. [Q: Yes.] Instead of taking drugs you can have an animal who helps you to balance your life. Because if we are balanced emotionally, also our life will be healthier; not to talk about the animal, they emit some kind of healing. Even the wild animals as well, they emit a healing energy to anyone around or to human as well. They are more than important. [Q: Yes.] More than important.
- Q. *Was Jesus a vegetarian? Are there passages in the bible that talk about whether or not Jesus was a vegetarian?*
- M. Poor Jesus. Everyone tries to put meat or fish into the Lord's mouth. He's a pure vegetarian. He came from Essenes tradition and the Essenes are vegetarian all the time. We have mentioned always in my talks that Jesus did never eat meat; clearly in the bible it's stated in many places, that humans should not eat meat at all. 'Be thou not among flesh eaters and wine drinkers.' 'Meat for the belly, belly for the meat and God will destroy both meat and them.' 'Who told you to kill all the bullocks and the she-sheeps to make offer for me? Please stop the killing of all these innocents. Wash your hands because they are full of blood. If you continue to do that, I will turn my head away when you pray.' For example like that. Yes, many. And there is a translated book from Aramaic, by Edmund Bordeaux Szekely, he's Hungarian, from the old text books which were found in the Vatican archive, believed to be the teachings of Jesus. In that, Jesus instructed that His disciples should not eat animal flesh at all. [Q: At all.] Please refer to some of our shows called, 'Words of Wisdom' in which we have collected all the sayings from the bible about the vegetarian diet for Christians. Thank you.
- Q. *But if He was vegetarian, why did Jesus pass out fish on the Sermon on the Mount?*
- M. I have been asked many times. Now, the present bible is translated from the ancient Greek version. [Q: Okay.] Jesus fed the masses loaves of bread with opsarum. Opsarum could be translated as condiment, [Q: Right.] relish or as fish. So it is possible to say that He fed them bread and accompany condiment for taste. [Q: I see.] Just like when we eat bread, we don't just eat bread alone, sometimes we put salt and pepper or vinegar and salt, something like that. If the Lord were to eat fish, why would He tell His first 12 disciples to forsake fishing and follow Him to fish men instead? [Q: Yes.] If He wanted to eat fish, oh He would say, 'Please continue with your job and give me fish every day.' He said, 'Go and I teach you to fish men.' Such an important job, to do the fishing, if Jesus were to condone this practice then He would have not told them to forsake their job, forsake their profession and follow Him. Follow Him means having nothing. [Q: Yes.] He has nothing and they have nothing. They just rely on God and whatever other disciples offer them to eat. So in a DVD called, 'The Real Heroes,' I also

cited many other bible quotes about Christian vegetarian diet. Please refer to it or I ask my people to send it to you. [Q: Yes.] We could argue forever with people about Jesus was vegetarian or not, but if we go within, it's simple. In the kingdom of heaven, we can ask Jesus. He will say that He did never condone meat eating or eating of any being. A compassionate Master like Jesus, who would carry a stranger's weak, injured lamb up the hill so the lamb would not be beaten up or kicked by the shepherd or dragged by the shepherd, how would He eat any living creature?

Q. *It would be a bit of a contradiction. [M: Right!] What would You recommend that people eat for a vegan or a vegetarian Christmas holiday?*

M. What do you think I recommend? A wholesome and delicious vegan ham, vegan turkey, vegan chicken. And a whole range of other tasty, nutritious vegan products, you can list forever. The list goes on about what we can eat; they will lack nothing. Go to health food stores, go online and search for what you like to prepare as a vegan feast. We always do that. A compassionate heart for all beings and the planet is all we need. Then we will know what to cook. We should turn more to higher value in life and contemplate on heaven's quality, instead of just food. We have so much to eat anyway.

Q. *That's true. Supreme Master Television is the pioneer of constructive and positive television airing globally and translating in up to 40 different languages. Do You feel that You have been an inspiration to others as more and more positive channels are appearing all over the world? Does this show that the level of consciousness of the world is rising?*

M. It's a sure sign that the consciousness of the world is rising. People present themselves by acting, thinking, talking or writing. So people who are in war zone, for example, they would write more about fighting, depression and sadness. Even children do that. Children in war zone, they draw picture about war, about barbed wires, about death, about these kinds of things. People who are in love, write love poems. You know that, you are a writer. [Q: Yes.] People who are elevated and have positive mind, they write positive things, and they see things in the positive way, and act positively. People who are good at heart, think good about others and vice versa, et cetera, et cetera. Whatever in our heart, we will think like that, then we express it in different ways, in television, theatre, writing. [Q: Yes.] So if we have more positive channels and medias as a whole, that is a sure sign that the collective consciousness of the world is more elevated and more wholesome. [Q: I agree. Absolutely.] Yes, good for us. [Q: Good for us.] Thanks heaven. And by the way, everyone, I believe, can be an inspiration to the world. You can be an inspiration now to the world. You have already made influence. You have already inspired many other people and readers. I am absolutely sure about that, by your positive involvement in positive media. I really thank you so much, by the way. I cannot thank you enough.

Q. *You're very welcome. Very, very welcome.*

M. So everyone can be an inspiration to the world, to contribute to a better life, a more elegant life, a more desirable life, a nobler life on this planet for all to enjoy. Because if we create a positive atmosphere, a benevolent atmosphere, we are also benefited, we live in it. [Q: Yes.] Like when you are arguing with your boyfriend or your husband, for example, even you don't talk to each other anymore, the arguing is over, and you still have hard feeling in your heart, you feel terrible in that family, in the same room even, or even far away from each other. You don't feel good at all. You feel uneasy. [Q: Yes.] And when you are in love with each other, everything goes well between you both, even

you're far away, thousand miles, or you are in the same room, or you don't hold hands even, you feel so good, so good. That is the atmosphere that influences us. So we have to create benevolent atmosphere for us. And that, everyone should remember. Thank you so much.

- Q. *I just have one final question for You here. In addition to being vegetarian for Christmas, is there anything else we can do to help the environment, particularly at this time of year?*
- M. We can do many things. We do whatever we think that is appropriate and in our power and in our ability to help to save the planet and save lives on Earth. If we could not do anything at all, we could just print all the information that's concerning saving the planet and vegetarian diet, and give it to people on the street, whoever we meet, wherever, in the context of the law, or give to our friends, or send emails to our friends to encourage them to be vegetarian or to be green, et cetera. And instead of using normal light bulbs, we can use the LED Christmas lights to save energy. And we use artificial Christmas trees to save the forest. We can use a little less light if possible for Christmas, wherever possible, economical one. If we can also take care of the needy people around us, the people who need love, who need some financial help, or even just a hot meal, like the homeless people. We can also adopt a pet for your family instead of buying one. [Q: Yes.] We can help charity organizations voluntarily or send a cheque, if you can afford. You can pack The Real Heroes, et cetera, et cetera. We do anything we can to help others and the environment. And last but not least, pray. [Q: Pray.] Pray, remember God, remember the grace of heaven, and try to live a heavenly life.
- Q. *Thank You. Thank You for talking to me today. It's been an absolute pleasure. Do You have any final message just before we say goodbye for our readers?*
- M. I think your questions cover many topics already and your readers would have been very clear about our message, yours and mine. But I would say one more thing again. Please, be veg, go green, please save the planet.
- Q. *Thank You very, very much for talking to me. It's been a pleasure.*
- M. Thank you very much also, and may God bless you so much in your noble job that you are doing and bless your family, and God bless the great Ireland with peace, happiness and prosperity.
- Q. *Thank You so much. It's been a pleasure to talk to You so, and hopefully I'll talk to You again soon at some stage in the future.*
- M. Alright, I hope so, too. It has been my privilege and I am very, very grateful to you. Because of you, many people will be more aware of the danger of our planet, as well as the benefits of a vegetarian diet to save the planet. I thank you from my heart. Thank you. [Q: Thank You.] God bless.

A GREAT MISSION: SAVING THE PLANET ³⁰

MC. *Hallo.*

M. Hi guys. [Audience: Hi!] Thanks for the ovation.

MC. *Hallo, greetings, Master!*

M. How are you?

MC. *I'm fine. Thank You. How are You?*

M. Yeah, look good, feel good.

MC. *You look great! We're all very happy and excited to be with You today. On behalf of everyone, I would like to thank You for this precious opportunity to talk with You. [M: I like to talk with you.] We love to talk with You, too. Master, today is the Eve of Thanksgiving here in the United States. [M: Good timing, good timing.] Yes. So it's an American tradition that is celebrated every year for families to get together and to be thankful to God. So in this season of gratitude, we would like to thank You, Master, for all of Your grace, patience and love, [M: Well, you're welcome.] for protecting us and taking care of us. Last time, when we had a chance to speak with You, that was two days after the strong earthquake here in Southern California. So thanks to Your special blessing and love, millions of residents and ourselves were safe. And on the news reports, there were very little injuries at all or very little damage. [M: I'm glad.] And also recently in Southern California, there has been these major wild fires. In the past recent times, we've seen a lot of droughts in California. And so last night there was this big change, this terrific rain was just pouring out and we feel the blessing from that as well. [M: Thank God.] So while we've been working here in Los Angeles, we feel that Master has always been protecting us. We've had a lot of things happen, but everything has always worked out very smoothly. So we'd like to thank You for sheltering us to continue to do this noble job in safety.*

M. Thank God. Thank God. Thank God. [Applause] I'm sorry you had some scare. And I'm glad you are courageous. Very brave guys.

MC. *Yeah, You taught us well. So we love You very much, Master. And with Your permission, we'd like to ask You some questions that have been on our minds. And we're also very eager to share some good news with You.*

M. Ah, wonderful!

MC. *So we can share some of our stories.*

M. Good news.

Q. *I want to share a story. And I'm so grateful and thankful that You gave me the opportunity to be here.*

M. I'm happy, too. [Laughter]

30. Videoconference with Supreme Master Television staff, Los Angeles Center, California, U.S.A., November 26, 2008 (Originally in English).

- Q. *And the story has to do with animals. I've gotten spiritual signs or I felt they were spiritual signs from animals. And when I was first here, I struggled a lot dealing with karma and attachment and then one day, a little baby possum came up, got into the house and he came all the way upstairs and he was right outside the room. It was so cute. And then about a month or so later, I was still struggling, and I went outside and I was having a tough day and then an adult possum crossed my path. So I said, 'Okay, it's a sign.' So I've studied Native American teachings before and each animal has a different meaning. So I have websites that I looked the meanings up. And I looked at the meaning of a possum and one of the meanings was diversion. So I felt that it was a sign that they were telling me that maya was trying to divert me. So it went from being a small diversion from the baby possum to a large diversion with the adult possum. But, I still didn't want to listen. But eventually, I talked to a good friend here, and after that, my struggle ended, and I've had a new sense of purpose and was glad to be here, and then the next day I took a walk. And then on my walk I saw, it was just across the sidewalk, a snail. A really big snail with a shell and everything, I'd never seen one in real life before and let alone in Los Angeles where it's really dry here. And so I said, 'Oh, it's another sign.' And when I got back, I looked up and a snail means perseverance and determination. So I knew those are the qualities I need to continue to grow here.*
- M. Wow! I hope you don't grow slow like a snail. [Q: Me, too.] Persevere, okay, but grow fast. It's tough to accept things when it's not very familiar. [Q: Yeah, it's better now. I'm very happy to be here.] It's noble, okay? Continue with the snail, alright? [Laughter]
- Q. *That's about it with the snail. But I've had other experiences where animals have come into my path, and it's been so amazing. I'm just so honored that I saw them. And I felt like they're really on our side, and especially after reading Your book, 'The Noble Wilds,' I was so moved. It's like, 'Wow, I just want to really learn more about the animal world.' It's so amazing to me. And I really know that they love us. I'm very happy. Thank You, Master.*
- M. Anymore snail or opossum coming? [Laughter]
- Q. *No, that's it. Thank You, Master.*
- M. I met some spider yesterday. What is that? [Laughter]
- Q. *I'll have to look it up.*
- M. Look it up and email me. [Q: Okay.] Yeah, I met also an opossum. She was on the road and she was hit by a car. No clinic was open at that time, but because I had a lot of pets, so one of my vet doctor opened his house for me. I went to his house and begged him to come to the clinic to save the possum. And he could not save her but at least he eased her pain. And then in the morning, she passed away but we discovered she has many babies in her pouch. Do you know possum carries the babies in her pouch like a kangaroo? Oh, it was really very, very emotional for me. And so the doctor arranged with some wildlife society and they took the babies to where they are specialized in taking care of baby possums. The next night, she came into my vision with a whole bunch of babies and to thank me. Oh, it was too much. It was very, very touching. She came in my vision with the babies to thank me, and said that they're happy, she's happy to go and all that. They do have their spiritual quality, very high. Ciao. [Applause]
- Q. *Hi, I have a really cool story to share with You. [M: Cool!] Recently, in Sydney, Australia, our Association members interviewed an animal telepathic communicator and her name*

is Simone Lee and she's able to telepathically communicate with animals. All she needs is a picture and she can just talk to them, like have a conversation like we talk to each other. After the interview, she was flipping through Your book, 'The Birds in My Life,' and one of Your birds, actually, Master, was trying to contact her and communicate with her. [M: Yes?] So our Association members, they recorded this and sent this to us. And from the picture, it looks like Your bird, Lumino, was trying to talk to her, and the animal communicator said that, he said that he loves where he lives, and he said it's like heaven. And she said yeah, she could feel it from his end. And she said that it feels very beautiful. The animal communicator said that it feels like just this crooning, just beautiful lull, and you're just kind of swept towards Your direction. That's when our Association members said, 'Oh, She's an enlightened being, that's why.' And the animal telepathic communicator said, 'Oh, no wonder it feels like heaven.' And she said it's very clear what You radiate. She said she could feel it from the bird's end. And then she asked the bird, 'So what was your message or what did you want to say?' And Your bird said, 'Can you please tell the world how beautiful our Mum is and how beautiful our home is and how special it is that there's someone that can do that for us?' When she asked him, 'Is that your message or your Mum's message?' And he said, 'It's Her message but it comes through us.' And the message that he wanted to share is: 'We are here to evolve the world, to lift it. And the more people that are aware of this, the greater the possibility of it.' [M: Yes.] 'Until you experience it, it may be difficult or challenging for you to understand it.' [M: Yeah, that's right.] 'Our journey is to help as many experience it as possible.' [M: Right.] And he said that he's choosing not to use the word, 'people,' so, 'as many beings to experience it.' And she asked him, 'Is there anything else that you want to share?' And he said, 'Oh, yes, and don't forget to tell people that we have fun, too.' So thank You, Master, and thank Lumino for sharing this special message with us.

- M. Lumino, yeah, the little one? A lot of colors? [Q: Very beautiful colors, yes.] Right, right, okay.
- Q. I would like to say that my family, they're all becoming more vegetarian than before. Like my father said, like ten years back, that he thought I'm strange but now they understand better. And I have a little brother who's born vegetarian. And also my little cousin. A few weeks ago, I talked with him and I just talked with him once and he said he became a vegetarian since then. [M: Wow!] I'm happy about that and I was always hoping that someone in my family would also practice spiritually. So I hope that my little cousin, I'm sure in the future he will practice something, maybe he will get initiation. [Applause]
- Q. Being here is the most precious gift and experience of my life. For the first time, I feel I'm in the right place on Earth. [M: You are.] Each day You take my hand to guide me, teach me, and help me to grow, opening the doors of my heart in mysterious ways. I am and would be forever grateful for Your immense love and grace! Master, You are the Light shining in my heart. I only wish this overwhelming love to expand, expand, expand. I love You!
- M. Wow! Thank you! Very nice. Very nice. [Applause] Beautiful! Nice expression. You are getting better all the time. And I'm proud of you. I'm proud of your progress. [Q: Thank You, Master.] You feel you've progressed, right? [Q: Yes, I can feel. Thank You. Thank You so much, Master!] You're welcome! And thank you for growing fast.
- Q. I have some good feedback for You about our program. Not so long ago, with Your inspiration, we started to have more opera programs, as You know, sharing the classical art of music with the world. In Hong Kong, the Ten Ma Music and Opera Association allowed us to film their opera performance with we aired, and they were very impressed.

And they were happy that all the world could have a chance to know about the Chinese opera. And they also said they wanted to thank You especially for promoting these beautiful arts with the world. So thank You, Master.

M. You are welcome. You guys are everywhere now. Omnipresent! [Master laughs.]

Q. *I have good news to share about vegetarian communities around the world. This is about three institutions. The first one is a community in Israel. It's founded by the African Hebrew Israelites over 40 years ago. In this community, they are mostly raw organic vegans. Over the past 40 years, there have been over a 1,000 babies born who have never eaten meat. [M: Wow!] And they virtually don't know the concept of death and disease, [M: Wow!] because they've never seen any of their peers die. And this community is also based on sustainable living. They practice agriculture and green living. And they're also introducing this way of living and diet to six other African ministries of health. The founder, who we interviewed, said that when they introduced this to a village that had high infant mortality rates, after the village adopted it, no babies have died since then. And also in their village, over 20 to 25 years, there have been no cases of malaria. In addition, they said that when they introduce people to the vegan diet, it transformed their character and they became different people. And the founder said it was because they no longer had this hatred and this negativity in their body from the meat. And the founder himself grew up in an urban area in America. It just reminded me so much of what You said, that when the world becomes vegetarian, there is going to be an Eden on Earth.*

The next two institutions of vegetarians are two universities in America. One of which is very close to us, it's called the Loma Linda University. It was found by the Seventh-day Adventists, and the entire university practices vegetarian ideals. The cafeterias, even the hospitals that service citizens outside of the school are all vegetarian. And another school is Maharishi University of Management. And what's unique about this school is they practice conscious-based learning. In order to be a student, you have to take a class on meditation. And they feel that meditation helps you learn better, helps you to develop your character, helps you to develop the Light within so that you can understand all the living beings in the world, and develop yourself individually. In addition, this school also has a farm where they grow organic food, fruits and vegetables that help to feed the school. And they have unique course like sustainable living that teaches you how to use renewable energy, how to have a green economy.

In addition, there's a smaller school that's connected to this university. It's from kindergarten to 12th grade. And in this school, it's open enrollment; any students can attend. They are also vegetarian. The students consistently score in the top one percent of all national standardized tests. It kind goes back to saying that people with higher IQs choose to be vegetarian. And, that's all, Master. Thank You.

M. You are welcome. [Applause] Thank you for the story. This school exists long time already.

Q. *Hallo, Master. I would like to thank You, Master, for giving me the privilege to be here. Every day here is like heaven to me. I'm very happy. [M: It's true?] Yes, yes. Thank You, Master.*

M. You're welcome. Enjoy. [Q: Thank You, Master.] Enjoy. I'm glad you like. [Q: Yes.] Thanks for all the work you do. [Q: Yes. Thank You, Master.]

- Q. *We would like to share some stories from our restaurant, One World Vegetarian. We have a dishwasher, Ivan. He was brought up in Mexico. And he lived on a farm. And he saw a lot of cruelty to animals, but it didn't click to him. And now that he is working at One World, he was watching Supreme Master Television's Stop Animal Cruelty show, and he saw a tear drop in the cow's eye and ever since then, he stopped eating beef. So we're really glad about that. [M: Wow!] Thank You, Master. [M: I'm glad, too. The cows are glad, too.] Another story is: One of our kitchen staff, Maria, she's been working there for a few years, and in the beginning, she really enjoyed listening to Master's Buddha chanting. And now since Supreme Master Television has started, she's been vegetarian for about two years now. [M: Wow!] And then we have a few servers in front that since starting to work at One World were vegetarian and became vegan. And we have one server, Carla, she was not even vegetarian and now she's vegetarian and she's also started the Convenient Method. So thank You so much, Master, for all Your loving grace. [M: Thank God for that.] Thank You. And while working here, we have seen a lot of our customers go to a plant-based diet and change and they're more accepting to vegetarian. And we just want to thank You so, so much for all Your love and Your blessing that You give us. And we thank You and the animals thank You. We just want to thank You from the bottom of our hearts for everything that You do. Thank You, Master. [Applause]*
- M. *I'm very pleased. I'm very pleased to hear all that. You guys have been very diligent and working hard at it. God will bless you so much.*
- MC. *Master, with Your permission, we'll go into the questions.*
- M. *Ah, yes.*
- Q. *How many vegetarians are there in the world now, so far?*
- M. *I forget to count, [Master laughs.] but we need 300 million more vegans in order to meet the critical mass deadline. Try to make it with all the programs and all the flyers and whatever we can do. Because we can't continue prolonging the period of what I call a tipping point. There are certain timings that we have to meet. And I hope we can make it.*
- Q. *When is the tipping point now?*
- M. *It can be any time now. [Q: Thank You, Master.] Alright, you're welcome. Be prayerful.*
- Q. *The question is: How much contribution to the time extension is from becoming vegetarian?*
- M. *Their contribution for the extension of the tipping point is two years. From all the human race, their contribution is like that. I wish I could extend it forever, but there is a limit to the grace of the universe. Because if we continue to extend the grace, then the humans will not wake up, and they will kill each other again and animal again, then it's not a very good thing also. [Q: Thank You, Master.] But we all do what we can.*
- Q. *Hi, Master. I have a question about the Himalayas. Scientists in India predicted that by 2035, all the glaciers in the Himalayas will have melted, and of course, the global warming is accelerating the melting and this can cause floods and droughts for the people. And Master was in Himalayas about 20-plus years ago and so Master can see the difference between before and what is the condition now. Can Master please share*

Her thoughts about the status of the Himalayas today and Your concerns? Thank You, Master.

- M. You know, we can still change that, but actually the glacier is already melting beyond the ordinary degree. Usually they did not melt so much at this time of the year or at all, but now they melted a lot more than usual already, as you have reported. Or you might have seen it on the reports through the scientist and research and all that, and it's been proven already, that it's melting faster than we have expected and that we have imagined.

So well, I can only pray, you know. Many are concerned, but little is done to avert this tragedy and I cannot imagine what happens if all the glaciers in Himalayas are all melted. I cannot imagine how people will live. The Ganges River, which feeds millions of people, depending on the glaciers of the Himalayas, and if it melted all, then first of all, we'll have a lot of floods and then we will have drought and dryness afterwards. Because water will not be distributed evenly like it has been done for centuries. The glacier is there to feed the Ganges water and it melted slowly, slowly as per using. As the humans use it, it will melt out, just evenly distributing day by day like this. But if it's all melted at one time, then cities will be drowned, people will die and floods will be everywhere and later we will have no water even. No reservoir any more. So either way, either a lot of floods or droughts, it's very dangerous for the people, especially the people who depend on the Ganges River and the glaciers to survive.

I am really worried, but I just pray and hope that the people who are in power will do something. The only solution is vegetarian diet for everybody and it's so easy to do, not like we ask a lot. So we just have to do our best and be patient. [Q: Yes, yes, Master.] And pray for the best. [Q: Thank You, Master.] Thank you. Our people have to spread out more the solution, like the veggie diet. We do what we can, as far as our group ability can do. Everybody's worried but little is done. What we need now is action. Action from the governments to inform people and to reinforce the new life-saving diet. That's the vegan diet. At least vegetarian diet. Even a little milk now and then, if they just use it for emergency-wise, should be alright. But if we raise too much livestock, then it's helpless. The bad karma of killing cannot be eliminated unless people walk in the opposite direction and wash their hands of the innocent blood.

- Q. *The question is that You said if all people would become vegetarian, then the global warming would stop within like two months. And the question is: But all the cows and animals who produce all the methane, they are still alive for like another ten years. So how come the global warming would stop so fast?*
- M. There are not only cows, there are pigs and chickens and turkeys, ducks, geese, goats, sheeps, et cetera, who don't have a long lifespan like the cows, so they will go out naturally and these contribute a lot also to the global warming, not just the cows. If it's the methane from the animals alone, then they will be also absorbed and dissipated in the air, and no more new one. And also, it's not just the animals, it's many things that's connected with it like killing animals and cleaning the animal carcass and cleaning all their environment, where they live, and the transportation for it and the medical equipment and medicine concerning with animals and the people who got sick from the animals, and the transportation from the people who got sick from the animals and many other kinds of things. And for that, they produce more CO₂ as well. Storages and all kinds of hidden costs involving humans and sick animals, and fertilizers from the animals and for more animal feeding, fertilizers for more animal feeding, clearing more forests for animal feeding, planting animal feed and fertilizing animal feed and runoff

pollution, acidity caused by runoff pollution and weather change and cause more destruction and then erosion, then reconstruction, et cetera, et cetera. It's the whole chain of effects. It's not just the animal methane gas. And because if we reduce the methane gas that means reduce the global warming and reduce global warming means reduce more methane from the permafrost, the cold mud, et cetera, and reduce the acidity from runoff pollution from the animal waste, animal feeding, animal fertilizers and pesticides and all that, the whole chain. And it costs more, and when you have more methane, then it breeds more methane, et cetera, et cetera. So it's not just the animals. That's physically and scientifically speaking. And another thing, people forget all the time the 'cause and effect,' the karma. Even people now, they eat meat all these years and they just turn to vegetarian diet then their cancer is diminished or lessened, their sickness is gone, even cardiovascular disease and many other diseases just disappear. So even if the methane gas is still there in the air from the animals but we turn away from killing, we drop the butcher knife, then we are protected by our own virtues. And each one will have five angels protecting him.

So you see, even people already got sickness inside the body already, like cancer, cardiovascular disease, heart disease, all kinds of stuff, you name it and they turn to a vegetarian diet and the sickness just gone in a short time or no time! What to talk about the outside influence? It's not much anymore. We are protected once we turn to be a compassionate person. Not just to talk about this physical effect. But physical effect also, you can calculate it. And then you will know it will be much lessened, even if the cows are still there for ten years or twenty years or whatever years. Because we are protected. Once we are compassionate the compassion will envelop us and we become immune. That's why many people turn to a vegetarian diet, they cure their sickness. It's been proven through medical treatment, through scientific research already. But karma is a funny thing also. It's a very exact thing. So even if we are already poisoned from inside out already, we still can cure ourselves by being vegetarian, not to talk about the methane outside in the air. It will disappear. And even if it's there, it won't affect you. That is that. Try it. [Master laughs.]

- Q. *Master, You have mentioned many times that we should choose organic food. There was a lecture in Korea called, 'Strawberry Fish' where a disciple explained that the DNA of the vegetables could be mixed with the DNA of the animals. What consequence could such food have our practice regarding the precepts?*
- M. Even though we are not deliberately killing the animals to eat or to mix it inside the vegetarian food, we still have some little consequences. It will maybe affect our practice, affect our concentration in meditation or it could affect our body also. Because once we practice spiritually, our body, our mind, our cell, DNA everything is so pure. So it doesn't tolerate any impure stuff that comes into the body. That's why when you're sick and all that, that is the way the body tries to get rid of the toxin or the unsuitable agent that filters into your body. So we try to eat as organic as possible. It's better. The pure food, pure vegetables. That's why I have told your brothers and sisters in some of the retreats, I said, 'You can plant our own vegetables.' Everybody can plant enough to feed their own family, if they have a little yard even. Or they can plant on a balcony or on the roof, or in the garage. Okay, do what they can, if they can. Organic food, organic vegetables, pure and simple, is always better for us, not just physically but spiritually as well.
- Q. *Master, You have such long, lush, beautiful hair. People are worried that they do not receive enough vitamins or nutrients from a plant-based diet. But is being vegetarian the secret to Your natural, glowing beauty and hair?*

M. You have beautiful hair yourself. Why you ask me? [Master and audience laugh.] [Q: Thank You.] Being a vegetarian does help your hair, of course. Because a living vegetable, they have 'lipid.' It's good for everything, not just hair. But anyway, if you don't have a good hair, vegetarian or not, you can try to treat it with ointment and some nutrition for the hair. Nowadays, they have plenty. We are vegetarian because we love animals, not because we want to keep our hair. So maybe you still can lose your hair even if you are vegetarian. [Master laughs.] We have to have a balanced diet, then it would be good for everything, also including hair.

I don't really take care of my hair that much. Apart from now and again I cook for the Supreme Master Television, right now we eat just the things that are taken off the trees like maybe fruits. Even vegetables, they're fruity vegetables like eggplant and tomatoes, cucumbers and gourd and squash and all that. We don't even eat so-called the leafy vegetables even anymore. So whatever you eat, just remember the divine power that is nourishing us and also taking care of your hair. And if the hair is still there, good; if the hair is not there, good-bye.

Q. *Is there a message You would send to the new president-elect of the United States besides being veg and going green? Thank You.*

M. [Master laughs.] First of all, I'm very proud of him that he has really been a great hope for many people and brought a lot of inspirations for many Americans as well as the world citizens. I'm proud of him and I want to congratulate him. And I know that the pressure is very great on him because people will expect a lot, a lot, a lot from him. And I hope he's strong, healthy and wise to continue to fulfill the expectation of the people. But it will be huge on him, huge.

Now, as far as being veg, going green, that he knows already. If I have something to tell him, it goes like this: 'Dear President Obama, don't be a president. Don't be a president. Be an extraordinary leader. Be a compassionate leader. Be the one-of-the-kind leader, and be compassionate, of course, and endorse a more compassionate lifestyle for the Americans. Be a hero, be a life saver, be a historical vegan president of America and lead the world to salvation. Peace and love expands, war and hatred contract and isolate.' That's what I would tell him and he understands. [Applause]

Q. *My question is about the new president. What are the prospects for peace in the Middle East in particular with the new United States president? Master, his name is Mubarak and in Arabic, Mubarak is 'the blessed.' He is a blessed president.*

M. Yeah, he is blessed. Look at how many people support him, how many people love him. And with big power came big responsibility. Concerning the prospect for peace in the Middle East, in particular with the new president, he has promised to put the Middle East peace on his top agenda. [Q: Yeah.] He has promised like that and he even called the presidents, Palestine and Israel to tell them that. So let's hope with his sincerity and newfound popularity and power, something may be happening that contributes to the true and lasting peace in your region of the world. Because I know you're concerned. Me too, I'm concerned even though I'm not Jewish and I'm not Palestinian. But I love both of these people, I'm sure they can talk together and understand each other. So it will also depend on both the Palestinian and the Israel governments. We pray for them. [Q: Yeah. Thank You, Master. Thank You.] Because the people, they want peace. It's the governments who have to make it happen. [Q: Yeah.] You look beautiful. [Q: Thank You, Master.] Like the Jewish princess. [Applause]

MC. *Hi. It's so exciting to see You. [M: Okay, Choco. I'm listening.] So my question is: Concerning the global financial crises, we see a lot of people in developing and developed world being affected. But on a positive side, we also see that people are going through positive lifestyle changes. For example, I read an article about this lady, she was redesigning her old clothes and using that to sell and also wear. And people are trying to be more frugal. There seems to be a group of people who are focusing on being less material, and so it's like a big opportunity to change your lifestyle as well. So I was wondering if You can say something to encourage people to look on the positive side, and use this as an opportunity to be better world citizens.*

M. Yes, they are doing fine, if they are being more frugal now and more economizing now, then it is good, they are doing fine, because they don't have choice anyway. So it is a time to rethink of how we spend our money and how we spend our time. Because sometimes more money means spending more time also. First, more time to earn it. Second, more time to spend it. And sometimes more time in the hospital as well because you have more money you go out doing more silly stuff, drinking, drugging and all kinds of other things. You are more prone to temptation. So even if economically we are not in a sound position, but maybe it's right that people should think about how to rearrange their life now. We don't have to always buy new and fashionable clothes. We don't have to go to the latest restaurant trend. There are many things in life which could give us joy and satisfaction without much of the money involved. Some people, they live on only maybe several hundred dollars per month even. Maybe they don't recycle their own clothes but they recycle somebody else's. They go out and pick up the clothes, second-hand clothes or sometimes people throw it in the garbage, the very good clothes still and furniture and all that. We can always live on without furniture, it's also fine. Actually, we have some furniture here, but mostly the dogs use it, so I don't have much chance. And it's not necessary that we have a lot of things to enjoy life truly, because once we truly go inside and enjoy the richness within us, we really couldn't care less where we live and how much we have. Look at the new so-called Buddha. He sits there under a tree without anything for a long time, no food, no drink. And he is happy and fit and healthy. Why? Because he has abundance within himself and he is happy. If you were to give him the whole palace, I don't think he is any happier than he is now. He probably says, 'Okay, okay,' and accepts it, but I don't think he is more happy than he is when he sits under the Bodhi tree.

So it is up to us to make our life rich with spiritual splendor, and the glory of the kingdom of God and the blessing of the divine. Whatever we have, we use it. And that is the best. Redesign your clothes or whatever. Because let's face it, the fashion sometimes come and go. [Audience: Right.] A long time ago, it was a very long and flowing dress, and then it goes shorter and shorter and then it becomes mini. So people keep cutting up and up and up, very economical. [Master laughs.] You cut the rest off the dress and you leave just a little bit on top there. And the rest that you cut you can use to do something else, make a curtain out of it, bed sheet out of it or make some more mini-skirts out of it. [Laughter] Then you don't have to buy many, many more mini-skirts or you don't have to spend a lot more cloth to make any more dress.

Whatever situation, look at the bright side. So economic depression or not, we still can manage. And even if you don't have food, there are a lot of vegetables like for example, cauliflower, and the gardener he would cut off a little bit more hard, the greener part outside, the leaves outside, and he just leaves the nice and white and tender part inside. And you can go and collect them and eat them. There is still plenty vitamins and they are vegetables. Sometimes vegetables are not that perfect or a little bit yellow and they throw it out, and you can collect them from supermarket or garden and just for one

or two person family, you don't really need much. Truly like that. [MC: Thank You. Thank You, Master.] So it's good for people that they have learned to economize and to live according to situation.

MC. *Thank You, Master. Before I go, I just want to say thank You for bringing me here to grow and serve a little bit. I feel much happier here.*

M. Oh, wonderful, wonderful. You brought yourself there. [Master and audience laugh.] It's good that you bring yourself there. A good decision. [MC: Thank You.] Very wise. [Applause] And working there, you earn immense merit, you know that, right? Working there, it means working for the world. So your merit is immense, immense, huge.

MC. *It's an honor to be here, even though sometimes it's a challenge for us. You told us before that despite our shortcomings and feelings and emotions, we have to try to go beyond that for a nobler cause. So I learn a lot being here.*

M. Very good. I am proud of you. [Applause]

Q. *Master, You've devoted so much of Your time, energy, money, financial resources, towards helping to elevate the consciousnesses of the planet so that we can have a more compassionate, green planet. I truly believe that You deserve the Nobel Peace Prize. Why haven't You received the Nobel Peace Prize?*

M. I tell you what. I got plenty already, plenty. And if you want one, if you come here, you could also get one. [Laughter] [Q: Oh, thank You.] Not only me, but all my staff here, we got Nobel Peace Prize almost every day by just eating the soup. You know why? [Q: No.] I'll tell you. We have one assistant here. And every time he cooks, apart from when I cook for the Supreme Master Television show, then we have some little good food, but most of the time he cooks. So whenever he cooks, we know exactly what we're going to have for lunch or dinner. Mostly, we don't have much time to cook, we are very busy. So just you know, brown rice and beans and sesame, and then maybe some warm tofu or warm vegan sausage, whatever we can get there. Some protein and just brown rice and sesame, that's the basic. Then you can add on tofu or vegan sausage, and then some fruits.

Every day, of course, he feels like it's too dry, so he cooks us a soup. And every day it's almost the same. Like he just chops some vegan sausage and chops some cucumber and put in there. And sometimes we are lucky; we have also some tomatoes in it. And whatever vegetables, he just throws it in there. And if you can eat this kind of soup every day without complaining, then you got a Nobel Peace Prize, and we get plenty of them every day. [Master and audience laugh.] All of us! All of us! So we even named this soup after him. And then later on, we changed it into Nobel Peace Prize Soup. [Laughter] Because if you could swallow it, then you really deserve Nobel Peace Prize, that's what I said. But we live. So I don't really need any Nobel Peace Prize anymore. We got plenty, all of us. [Master and audience laugh.]

Q. *That's good. That's good.*

M. But thank you anyway for your recommendation.

Q. *The other question is: How come there is still negative media?*

M. You see, people write what is in their heart. Like good person thinks good about other people. Bad person mostly thinks bad about other people. Some people, they have not learned to change into a positive spirit. And well, they have to do what they do. Everybody does a different job. We do the positive, and they like to do the negative. Because they have not learned the priority yet. Right now, the world is in peril. The planet is in danger. The most priority right now is to combat the global warming to save the world, including themselves. But some people don't get that priority. Maybe they are not well-informed, or maybe they habitually like to write negative stuff or attacking people just to sell their articles. Maybe they're desperate for earning money, desperate to be noticed.

These people, they're desperate in some way. They're desperate. Maybe they lack of love. Maybe no one has loved them. Maybe they just want to get attention. But the thing is: This negative kind of stunt or maybe craving for attention in a negative way, it doesn't always work. Most people, they don't like the person who talks bad about other person or who talks negative things about other things. It might interest them for a while, but later on they will not feel very good about that person. So the first harm anyone does to themselves including negative writer or media, they're doing harm to themselves. We feel sorry for them, but they'll learn one day.

Q. *Hi, Master. I have a question. When scientists saw this gigantic star hurling through the sky, Master commended that it was a super being. What is a super being? And would You please tell us more about them? Thank You.*

M. Gladly. Super being is a being who is very super, no? [Laughter] Super means extraordinary, more than the mortal can imagine. They are there with super power, with extraordinary quality of divine consciousness. Mostly, super beings are the ones who help other beings to elevate. Be it even the birds or dogs or cows or a chicken, they can also be super beings if their quality is super, if their actions are super and they are in anyway beneficial to other beings. Many super beings are mostly spiritually high, elevated beings, and they sometimes manifest themselves into different dimensions or different kinds of forms in order to help others. Even a river is a super being. The Earth is a super being. The Sun is a super being. They are not just inert material planets. They are beings. It's just that they don't look like you or they don't look like moving so we don't know they are beings, but they are super beings. They manifest themselves as rivers, as seas, as mountains, as Earth, as stars, for the benefit of others. They are to be respected.

So in the ancient times or even now, some people still worship rivers and mountains – they are not all in the wrong. They do see that mountain has a spirit, tree has spirit, even stone has spirit. They do see things so they worship them. But of course they are not the ultimate manifestation of the divine. They are not the most high. But nevertheless, they are super part or super manifestation from the divine. So it's all worthy of our respect, salutation and our gratitude. Without water, many beings would die. Without trees, without the oceans, how do we live? These are super beings also, not just the stars or comets. Not just the Moon, not just the Sun. We are living in the grace of a super being called the Earth. That's why the aboriginal people, they call her Mother Earth and very respectfully because they can see it. Sometimes they can communicate also with the Earth's spirit or with the mountains. So the mountains can talk to you. The trees will tell you. So walk the Earth with awe and respect. Look at the trees with love and reverence. Touch the plants with gratitude and admiration. Everything around us is from the divine and is a part of the divine, not just human beings, not just animals. Be reverent with all things. Thank you.

- Q. *I have a question from science, quantum physics. Because quantum physics sort of gives some indication to materialist scientists that there is something beyond this space and time. Some reality, and as long as it was theory then of course, there were a lot of skeptics, but now there are even very pronounced experiments. And there is such an established experiment which was performed by Alain Aspect in France, University of Paris, 25 years ago. And in that experiment, two objects – they were originally photons, but it could be electrons – some sub-atomic particles were separated from one another very far away. Today, this experiment was many times repeated even on the distances of hundreds of kilometres and after they were separated they influence each other without any time delay, instantaneously. But Albert Einstein already proved 100 years ago that nothing could travel through the space without some time because it cannot exceed the speed of light. [M: That's right.] Most scientists believe that there is no explanation of this experiment without some connection beyond the space. So my question is: Could You comment what is this transcendental space that this experiment indicates? And is it perhaps a universal consciousness and an evidence of God that all beings are connected beyond space and time?*
- M. You know very well, hum? What the scientist has told before, that nothing can influence each other without going through space, right? It takes some time, right? So that means the space and time involved in whatever the two objects when they want to influence each other. And now, they influence it without space and time even. Well, that is, of course, the consciousness of all beings. You call that God or just super consciousness of all beings. Yes, I told you we all are one. And space and time are just the products of this physical dimension. That's why when you go into the other dimension of the universe during deep meditation, time and space don't exist to you. You could even communicate with the beings in heavens and hells and you communicate with me, no time involved, and no language involved, no space even. And sometimes we sit in transcendental samadhi for many hours, or some people many days, many months, many years and for them, time, it seems like a split second only.

So time and space are just relative to this world. If the two things are to have influence on each other, they don't really always need space and time. It depends on the quality of these things. Just like love. Love doesn't need space and time to transmit and influence each other. When you're in love with someone, even you are far away from each other, you feel the same at the same time. Yeah? And you influence each other's feelings at the same time with no space, no time necessary to transmit the feeling. The feeling doesn't have to go through space, even if it's curved or straight space, it doesn't need.

So the consciousness of all beings, as I just mentioned, even mountains are beings, trees have spirit, trees are beings and plants are beings, so every other things are beings also. They're all part of the universal great consciousness. They're not just material things, even though in our mortal eyes, they look like physical beings or physical objects, but they are not. The density difference makes them look different, but they are all spirits. Therefore, the two objects like photons, they can influence each other without space and time because they are one. Yes, there is a connection which space and time cannot separate. Just like love, space and time cannot separate the love that a mother has for a child. Or a husband has for a wife, or a boy has for a girl, they cannot separate. These are things that space and time mean nothing.

- Q. *So I understand that in that dimension there is an attribute connection, not spatial. [M: Right.] Thank You very much, Master.*

- M. Are you happy with my quantum explanation? [Master and audience laugh.]
- Q. *Yes, I'm very happy with Your quantum answer. [Applause]*
- Q. *Hi, Master. [M: How are you?] I'm fine. Master, my question is about soul groups. You have mentioned that You have many bodies on this Earth, and they are helping You with Your work. And You also mentioned that there are soul groups. Would You please explain more about the purpose of soul groups? Thank You.*
- M. You see, sometimes our soul has to manifest into many different bodies in order to have a better workforce. Just to help out a little bit. So the main body that houses the soul can direct other bodies as well. So in that case, we call it a soul group. Just to help with the work. Because one physical instrument sometimes is not convenient to do different jobs at the same time, so we need a couple of other bodies. That's it, okay? [Q: Yes.] And the same with the soul mate, sometimes they separate themselves into two bodies and so they fall in love, they call themselves soul mates, alright?
- Q. *Thank You. I want to thank You on behalf of Iranian people, on behalf of initiates and also non-initiates. They feel Your love. They feel Your support. They feel Your blessing, even non-initiates. They just wanted to thank You for all of Your love and they really love You. The non-initiates, they love Your words. They love Your lectures and it's a source of hope for them. They really love You.*
- M. Thank you. I love them, too. Please tell them. You know I do, right? [Q: Yes. Thank You.] The Iran people, they're very pure in the heart. They deserve more than that, but in this world we can only do what we can do. I'm trying my best to help to comfort them. [Q: Thank You.] Did you find your soul mate or something? [Master and audience laugh.] That's why you ask?
- Q. *Yes. I think You are my soul mate.*
- M. Yes, I am, baby, definitely.
- Q. *It's a great honor to have this conference with You, and I'm very thankful. I would like to know before we come down to this Earth, did we know that we will come here to work for Supreme Master Television? And did we make a pact to come here to work together to save the planet? Thank You, Master.*
- M. What do you think?
- Q. *Well, I don't remember if I really made a pact but I do believe I'm here for a special purpose.*
- M. Sure, then you are right. What is in your intuition and what is in your heart, and if you're happy to do what you're doing and you feel this is right for you, then maybe you have made the pact.
- Q. *Yes, I'm very happy to be here every single day.*
- M. Then you have made the promise to come here to work for the Supreme Master Television to save the planet, save the people, save the world. Wow! Great mission! Continue with your job. [Q: Yes, I will.] That's where you belong.

- Q. *First of all, I'd like to say thank You for the opportunity to be at Supreme Master Television. Every day I'm grateful that You help me with the work that I'm doing at Supreme Master Television. And my first question is actually related to the inner voice. How do we know which inner voice comes from the high beings and which one actually comes from the mind? Thank You, Master.*
- M. Whenever you have some hunch or some intuition about something, or if you ask a question and you get an answer related to that, and if you feel confident that it's good and it's beneficial to your job or what you're asking or to other people, then definitely that is inner guidance. And if you still have doubt or you think it's no good for others or for yourself, then you have to re-think again and pray again and ask again. And meditate on it until you're clear and confident that the answer is correct.
- Q. *My second question, Master, is about dreams of past lives. I have been having dreams about past lives. I'm not sure if these are actual past life dreams or they're just my imagination playing with me. How can You tell?*
- M. Well, whatever it is, if it's good, enjoy it. [Master and audience laugh.] [Q: Okay.] It's a good dream, yeah? [Q: Yeah.] Mostly good dreams then it's good. It's better than the reality that we have anyway. [Master laughs.] Enjoy, baby. Sometimes the dreams are for the past; sometimes the dreams are of the future. And sometimes dreams are a premonition of something that's coming. So just pay attention and then you will know what is what. If it is a past dream, then it's the working out of some bad karma, of some desire that we still have leftover. If it's about the future then pay attention to see if it's happening like that, and then you'll know more and then you'll continue to trust your intuition in the future. [Q: Thank You, Master.] Continue to have good dreams. [Q: Thank You, Master.] Sweet dreams. You're welcome.
- Q. *One other final question is: What can we do to help ourselves to go deeper inside, like when you go deep inside? Thank You, Master.*
- M. So you don't go deep inside enough? Tell you what, your dream is when you're going deep inside, at least deep in your sleep. Do what you can. [Q: Thank You, Master.] You're welcome, love. Thanks for being there and doing good job.
- Q. *I would like to ask if You could share some details about true life of Jesus Christ? Some details that maybe can help us to grow more? Thank You, Master.*
- M. Like what, honey? His life is so great. How can I tell you in a few minutes? What aspect do you want to know?
- Q. *There are two periods in which I'm very interested. The first period is when Jesus Christ got the teaching, from where did He get it? This is one question that I would like to ask You. And the second one, we know from the public sources that Jesus Christ died, His physical body died at 33 years old, and I would like to know, is it possible to know if this is true or not? Or if this is useful for us to know about that?*
- M. There was a long period of time that He disappeared. At that time, He went to India and studied with different spiritual enlightened Masters at that time. And Jesus did not die at 33 years of age like the historical record, but He lived afterward. Remember, it is said His body was in the cave, and then later some angels came and rolled the stone away from the entrance. And then they took His body out, and then He travelled again back to India. Legend had it that He was in Kashmir and lived until 120 years of age, and He

was buried in Kashmir. And I have visited the tomb in Kashmir, and it could be that it is His tomb. It says something very similar to Jesus. So if you want, you can go there and visit and check it out. And they say that is the tomb of Jesus, and there is a small tomb next to it. That's supposed to be His attendant or His assistant. When I read it, I know it is for Jesus' name. I just know it. I can't explain. I meditated there for a while.

- Q. *Thank You very much for being so patient with me.*
- M. I also am very proud that you have progressed. You've progressed very much. You are different, completely different from when you first came. [Q: Thank You, Master.] And you know that, right? [Q: Yes. Thank You.] Good.
- Q. *Master, I would like to say something in front of You. I would like to thank also all the brothers and sisters here because they are also a wonderful example. And each time that I went through some bad period, there was always someone who was there, smiling, helping and always being positive as You teach. And I would like to thank them, and thank You, of course. Thank You.*
- M. Okay. Thank them! Yeah. [Applause]
- Q. *Hallo, Master. [M: Hallo, how are you?] I'm all right. I have two questions. First one is: I wanted to know if initiates, for example, if they develop their ability to speak with animals telepathically, can they reveal it, or even work as animal communicators?*
- M. Only when necessary. Otherwise, keep it to themselves. They will be busying themselves with answering all kinds of curious questions, which are not really very helpful to the animals or for the caretakers. If necessary, yes, you can reveal, and if they like to work as animal telepathic communicator, yes, why not? [Q: Okay.] You know anyone? Or it's you yourself?
- Q. *Well, sometimes there were moments where I thought I understood the dogs around me or my dog, but I'm not sure if it was true.*
- M. You have to verify it with the dog. [Master and audience laugh.] You have to ask questions to him that can be verified. And then, slowly, slowly, you will gain confidence, and you know if it's true or not. You have communication with other animals or just with your dog?
- Q. *With my dog, I had a few moments like that. I walk other people's dogs so I sometimes kind of feel what they're saying, but very rare. Like for example, I was at home and I was very busy at the computer, and then my friend came over and I was stressed because I thought that I needed to finish some work. And then my friend came and I knew that she will soon leave, but I was impatient. And I wasn't like all there mentally because I wanted to come back to my work. And the dog was there and she kind of noticed it probably, and she said, 'Hey,' she said, 'You be nice to her.' But then I said, 'Oh, you know, I'm just stressed. It's not that I'm not nice.' And she said, 'Okay.'*
- M. Understand. Understand. Sometimes we are very stressed and we forget to consider other people, like she came from far away just to see you, or some special important thing to her, or something like that, of course. So the dogs are to remind you, that's correct. Even if it wasn't the dog who told you, it's also correct reminding. Okay? [Q: This is true.] But maybe it's the dog who told you. [Q: Yeah, I think so.] Dogs, they don't talk a lot unless necessary. Animals, they don't chatter all day like we do. So only when

necessary they reveal something to you, and that's correct. [Q: Okay.] You happy there? [Q: Yeah, I'm very happy to be here, Master. I am really grateful for the opportunity.] Good.

- Q. *I'm so grateful for everything You have done for us and for the Earth. I am very happy to be Your disciple every day and I appreciate very much. I feel I still need to improve in many aspects. I hope I can learn more from You. Can I be a practitioner, follow You forever in the universe, at any levels on any planets? Thank You, Master.*
- M. In many levels, not every level. Some levels, you cannot go. As far as everybody else can go, you can go.
- MC. *Master, at this point we have a surprise entertainment program. You have very much inspired us with Your poetry, music and singing. So some of our brothers and sisters would like to dedicate some songs, in their native languages, especially for You.*
- M. Good! I like that!
- MC. *Great! Thank You.*
- M. Bravo! [Applause]
- Q. *Master, this is an Italian song, and it's called, 'Raggio di Sole,' which means 'Ray of Sun,' because You are the sun in our life, Master. [M: Oh, thank you, very sweet.] [Applause] [The brother is singing in Italian: Welcome ray of sun in this land of earth and stones with lakes white as the snow, under Your feet. Welcome to this love, to this distraction, to this carnival where nobody desires You, where nobody wants to hurt You. Welcome ray of sun I will give You a pencil to draw and a glass for drinking fast and another one for drinking slow and a smile to protect Yourself and one passport to travel far away. Welcome to this window, to this peaceful sky, to all the noises in the morning, to this world already full, a ship moves away, all the lights are lit. Welcome son of anyone. Welcome in this country.] Thank You, Master. [Applause]*
- M. Very good. Very good. Thanks much.
- Q. *Happy Thanksgiving. We would like to present a Chinese song entitled, 'Gratitude to You.' And it's about how You've always been with us through every step of our lives even during the hardest times. And all the goodness in us, it begins from You. So I hope You enjoy. [M: Thank you.] [The two sisters are singing in Chinese: That eventful fall season I had You to accompany me so it was easy to pass through, even in the darkest moments. That period of cold days I had You to cover my fragile heart, even in the saddest corner. Do not think that I do not really understand. You pampered me like a child. Saying gratitude. Endless gratitude. Saying gratitude. Endless gratitude. All the good things in my life started with You. Saying gratitude.] [Applause]*
- M. Thank you. Thanks, thanks.
- Q. *I would like to have a song here named 'Tinh Hoai Huong' and it means 'The Longing for One's Country.' I would like to dedicate it to You, Master. [Applause] [The sister is singing in Aulacese: My hometown has a lovely canal. Water flows into perfectly shaped fields. Fragrant rice harvested two seasons a year. O villager! Late in the night, the rustle of enraptured rice plants. My hometown has a long levee. As the distant market closes in the evening. A brown silhouette quickening her steps on the way home. Under*

the vault of young bamboos, the cooking fire's rising smoke warms the countryside. Leaving here, do you miss a young villager? Leaving here, I miss her charming smile! Someone's returning to find a smile, I wish only to search for an age of innocence.] Thank You, Master. [Applause]

M. Thank you, very nice! You forgot the buffalo. [Laughter]

Q. Yes, that's the second part of the song. [Laughter]

M. You didn't sing: 'There is a lovely old buffalo.' [Master is singing in Aulacese.] Yes, sing the second part. [Applause]

[The sister continues to sing the second part of the song 'The Longing for One's Country': O hometown! The banyan tree's shade envelops the children. Sunlight shines quietly on the leaves. Gentle buffalos resting on the hill. What are they dreaming of? Perhaps waiting for me to play a lifting melody on the flute. O hometown! The hair of beloved aging mother's turned gray. A lullaby rekindles childhood memories. On her soft arms, a child leans his head. That image, forever imprinted in my heart. Longing for my hometown. Lingering blue-gray smoke, a heart melancholy. Changing light of eventide. Rejoicing life in a thousand-fold love. Love spans the world! Love given to one another great as the ocean. O traveler. Tears like a vast river flowing toward my hometown. Being away, I long for my hometown! O my hometown!] [Applause]

Q. I have something to share with You, Master. [M: Okay, tell me.] It's some good news I received from the initiates in Au Lac about the Aulacese opera. They say they enjoy it very much and they love it very much. And they can't wait for every Thursday to watch the opera. They all said they love it very much. And many of them even watch the show a few times a day. The Au Lac initiates say the part that they love the best in the opera show is the part that You sing, Master. And we also love it very much. [M: Just a short one.] Yes. Would You please sing us a few more opera songs? [Laughter and applause.] Thank You, Master.

M. Hey, it was just a joke. At that time, I was with all the Aulacese and you know how they pressured me with their loving longing for some Aulacese songs, so I just sang a short one for them, but not now. I appreciate your kind encouragement, but maybe another time. We need a live audience, maybe. Also we have to find some good one, I mean, good Aulacese opera. Not the sad ones like, 'The Romance of Lan and Diep,' 'who's kneeling next to the temple crying?' My God, it's so sad! [Master laughs.] Next time maybe, okay? Another time. Thanks a lot anyway. I love Aulacese opera. I love all the songs, I love poetry, I love Aulacese traditions, traditional literature. I love all the traditional literature and poetry and songs. And people like it; I like it. I also look forward so every Thursday to watch the Buffalo. [Master and audience laugh.] [Applause] [Q: Thank You, Master.] If it's for the world, the larger audience, we should offer as beautiful translation as possible. Also to honor the Aulacese (Vietnamese) language, which is very, very beautiful, and to me, it's the most beautiful language in the world. Very expressive, very musical, very poetic, very romantic, very melodious. It really touches your heart when you listen to it. Especially the poems, beautiful, beautiful. I love the Vietnamese language. I'm sure everybody loves their own language, too.

Q. Hi, Master, this song is about Allah. [M: Okay.] Allah is with us. We are overwhelmed in happiness. The day of gladness has come. The world congratulated us. The world is ours and the soul is exalted.

[The sister is singing in Arabic: Allah is with us, oh! We are overwhelmed in happiness. Allah is with us, oh! We are overwhelmed in happiness. They day of gladness has come. And the world congratulated us. The day of gladness has come. And the world congratulated us. Allah is with us, with us, with us. The world is ours, and the soul is exultant. Allah is with us, with us, with us.]

M. Thank you. Thank you. [Applause]

MC. *Thank you for that.*

Q. *Master, I have another question. Just now You mentioned about the Buddha boy in Nepal, who sat there for a long time and meditated and didn't eat. And some people thought he's a great Buddha from the past who has come back. And others don't think so because they say he's so young and doesn't have life experience, but it seems quite extraordinary to be able to sit so long without even eating and moving, so can You say something about that and is it like a sign of hope for the world?*

M. Well, this is not the first time that we heard of such phenomena. Long ago, there was also a young boy also did like that, sat for a long time until he nails grew very long and turned into a circle around his fingers. It's possible. In China, there was also a monk who was sitting for a long time; his clothes became tattered like dirt even. He died just maybe 20 years or a decade something ago. It's possible. It's possible to go also without food and drink. It's possible.

All these people or beings, they do that just to give people some example of hope and faith in the divine, of the immense limitless possibility that is housed within this physical body. So, of course, they give hope to the people. He's above human standard, at least. And he's really there to inspire people, without doing much. If he just sits there and be in samadhi even, go without physical help, for that, he inspired countless people definitely, no doubt. The more people know about that, the better. They should know that we exist not just by physical means, but by spiritual sustaining energy. Just like Jesus had said, 'Man doesn't live from bread alone.' People who live on prana, or love or on mana, they live without food, or with very little food. Or if even if they eat, or they drink a little thing, but they do it just for the taste, or just to pass time, but they do not rely on these to sustain their life. They might eat a little, drink a little, but they know that it is the divine power that sustains them, and they live by prana, or what you call mana. Mana is the divine love food inside, and they live by love and by divine power. Call it prana or mana or breatharian, there exists such thing. And he's definitely an enlightened being.

MC. *Master, with Your permission, could we continue with a couple more personal questions or maybe You have something to say to us?*

M. Well, I know you guys also sometimes go through periods of trial. And don't worry, I feel it, too. So all I can tell you is just hang on in there, okay? What you're doing is great and is beneficial to yourself, spiritual development for yourself and it helps the world immensely. So please hang on in there, continue your noble mission. Of course, the more positive things you do, the more negative power also tries to test you. And if your level is not very high, then sometimes they can scratch you at the feet or maybe drag your hair, something like that. So if you feel a little bit negative sometimes, that is because the level is not too high and the negative power can get you a little bit. So don't worry, just step aside or struggle for a while, or go pray or go meditate, then you'll be okay next moment.

And thank you for all your trying, despite the test and despite sometimes the struggle and the temptation, you still are there, and you still are trying to work and I thank you for that. And the world thanks you for that, the animals thank you. All beings in the world thank you. You have no idea how they thank you. So just remember the great job that you're doing and do not look right, do not look left. Do not listen to anything else except the noble encouragement for your great work. Encourage each other, help each other, and try to remember you are helping the world. And that will be an immense blessing for you. Unimaginable for you how much blessing you have, you will have no idea. You will have it. You will have an idea later. Now you're too busy. [Master laughs.]

MC. *Thank You, Master. [Applause]*

M. You're welcome. I tell you the whole truth and nothing but the truth. It is like that. So be happy, you are doing a great job there. And whatever bad karma you have, it will be redeemed. And you will be a great saint in no time. Please, continue your work. That's the best job you can have on this planet and the most honorable in heaven. The most praiseworthy in other dimensions. All the heavens look down here, see what you're doing and they're praising you immensely. It's just that you're working in the closet; you're not allowed to know so your egos will not be too big. Because it will be obstructive to your spiritual practice and your work. I love all of you very much. You're doing a great job, that's it, summarized: You're doing a great job. And it will be greatly benefit to you, to your five, six, seven, nine generations, and there's no other job better. [Applause]

Q. *Master, this is the best job in the world, in the universe. Thank You! [M: You're welcome!] Even after what I feel is a long time, I still feel stuck in some areas. I have a lot of weaknesses – vanity, stubbornness, and sometimes I'm not honest with myself. I want to be more pure, not so square, and genuine. Could You help me, Master?*

M. What can I do for you? At least you're still there, and you are trying, so it's okay. Keep trying, alright? [Q: Yes, Master.] Sometimes we're born with it, sometimes it's the karma, sometimes it's in the DNA, sometimes in the mind, the background and the associated people and habit and tradition, family, everything. [Q: Yes, Master.] So despite all that, you do your best and you do what is requested the best you can. And that's all we can do. [Q: Yes, I understand, Master.] And then slowly everything will get better and better. You look better already now. [Q: I feel better, yes.] Yeah, then it's good. You look better than before, so your face changed also, look better. When we are better inside, we look better outside also. [Q: Thank You for Your protection, Master.] You're welcome. [Q: Thank You.] Protect yourself with your virtues. Whatever you don't like, you cut it. If you know you're stubborn, next time you feel you're being stubborn or argumentative with somebody when you know it's not correct, you just say, 'Okay, okay, forget that, yes, yes, I will do it.' That's it, okay? [Q: Okay.] And stop it right on the spot. The more you do that, the more it becomes habit, then you'll become just like a new you. Whatever you don't like of yourself, you cut it. And after cutting many times, your mind will understand that you are the boss now, and he's not going to tell you what to do all the negative things he wants you to do, argue and all that stuff, or don't do the job. He will know that you are the boss, and he will not try to play hell anymore. After many times, it becomes a different habit. Stubbornness is also a habit, and if we allow it to keep continuing, then it becomes a very bad habit. But after we change, and then we work the opposite direction and then the new habit is born and then it will overcome the old habit, and then it will be okay. [Q: Yes, Master. Thank You, Master.] Cool. You're welcome.

- MC. *Master, we have an improvised song for You. [M: Okay, tell me.] [The master of ceremony and audience are singing: Happy Thanksgiving to You. Happy Thanksgiving to You. Happy Thanksgiving, dear Master. Happy Thanksgiving to You.]*
- M. Thank you. [Master laughs.] [Applause] Thank you. Thank you. What do you guys eat for Thanksgiving?
- MC. *Something good, veggie turkey.*
- M. Wonderful. That's good. That's good. Enjoy, okay? [MC: Thank You.] Enjoy very much.
- MC. *Master, we want to thank You for this session, for all Your love and wisdom and inspiration You give us every day. This time with You is very special for us and we will keep it in our hearts and honor it. We wish that You will always stay well and beautiful. We ask that You take good care of Yourself because the world needs You. The animal friends thank You. And we love You very much. So thank You for teaching us love.*
- M. Thank you. Thank you.
- MC. *We hope to see You or hear You soon again. [Applause]*
- M. Thank you also for your love and dedication. And have a wonderful Thanksgiving Day, a true Thanksgiving Day, thanks to the providence. [Applause] [MC: Thank You.] I know you're all working very hard, and I thank you, but it's all worth it. You will see, it's all worth it. So long for now.
- MC. *So long, bye bye. [M: I love you very much.] We love You.*

AN INTERVIEW BY BOB LEBENSOLD OF ENVIRONMENTALLY SOUND RADIO ³¹

- Q. *Good morning and welcome to 'Environmentally Sound.' I am Bob Lebensold, your host for this series, on the natural world, education and culture. We bring you guests from diverse disciplines: Scientists, activists, authors, educators, entertainers, and public officials. We seek to stimulate your curiosity, intellect and passion. Today's news from the natural world. Today is Thursday, which 9/11, September 11, 2008. The 84th day of summer, the 7th anniversary of the World Trade Centre attacks. Autumn begins a week from Monday, on September 22.*
- My guest today is Supreme Master Ching Hai, spiritual leader and worldwide activist. I do believe that part of being enlightened is doing good works, and Grand Master's global following suggests that She does just that. Welcome, Supreme Master Ching Hai.*
- M. Hallo, Bob.
- Q. *Good morning, Supreme Master.*
- M. How are you?
- Q. *I'm good.*

31. Videointerview by Bob Lebensold of Environmentally Sound Radio, September 11, 2008 (Originally in English).

- M. I just finished a seminar, so I'm still hanging around here waiting for you.
- Q. *Okay, well, I'm happy that You're doing that. Do You get to the beach at all or are You too busy for that?*
- M. Oh, I haven't got time, sorry. I just passed by, zoom, like with a car. [Master laughs.] But beautiful people are bathing, and the sun is shining, the sky is blue, and the weather is perfect.
- Q. *All right, that's enough of making me jealous and wishing I was there.*
- M. Don't be, Mr. Lebensold, because I also don't have time to go on the beach. You see I'm very pale, I don't have tan or nothing. [Master laughs.]
- Q. *Yes, I can see the feed and You're pale but very beautiful.*
- M. Thank you, sir, thank you.
- Q. *Okay, let me ask You about Your NQ rating system. This is 'Noble Quality.' [M: Yes.] How do You arrive at that? And how can some members of a species, specifically humans, I'm thinking of, have a rating of 90, a high rating, while others are as low as 3% or 10%, within the same species? How does the Noble Quality, the NQ rating system work?*
- M. All right, sir. All beings are watched over and observed and rated. Depends on how good we are or a being is, either have developed noble quality, loving and kind, helping others or not. And it's heaven's rating system, not mine, not humans'. And we all come here to realize our true great self. The more selfless and unconditional and loving quality we exercise in this world, the nearer we are to our great self, the God within us.
- Q. *Well, I wondered if we can, let's say, I'm a 10. Can I get up to say a 15 or a 20 by doing good things? How do you grow within this system?*
- M. Anyone who is doing more good things in life, more selfless service, and truly just because of loving others and feeling what others feel in time of need, then the Noble Quality will increase with it, accordingly. We expand ourselves by including others in our life in a loving way.
- Q. *How can we possibly know? There's no test, is there? [M: Yes.] How would I know what my rating is or shouldn't I even bother worrying about that?*
- M. We shouldn't really because we should do it unconditionally. [Q: Okay.] But nevertheless if you want you can ask me and I tell you in private only. Yeah? [Master and Mr. Bob Lebensold laugh.]
- Q. *Okay. So I should try to be perfect?*
- M. Yeah, we can know the Noble Quality of someone if we are in contact with that person. And we have to contact inside to heaven, we can ask heaven about it.
- Q. *Well, You travel all over the world. [M: Right.] Anytime You come anywhere near me, I invite You to come and You can tell me what my Noble Quality is. [M: Thank you.] I may be afraid to find out.*

- M. No, I'm sure you are very high in Noble Quality, don't worry, the way you are doing things.
- Q. *Thank You, that is so generous; You just make me glow.*
- M. No, you are serving others, and your work is noble and you are selfless and you are broadminded. All your work is protecting the environment I think, and so I am sure you have high NQ and IQ as well.
- Q. *Now, I would have thought, what I read about the Noble Qualities in Your book, 'The Noble Wilds,' I would have thought that animals such as tigers, lions, eagles, they seem to us to be noble. And yet You consider them to be actually quite low. I guess Noble Quality has more to do... well, maybe You have to tell me. Why are tigers and eagles not high on the nobility scale?*
- M. It is not, I, myself, that considers, I am told of this. When I was in touch with the noble wilds and I am told of this, this knowledge, transmitted to me like which one what. It's a whole lot. I just have a little like symbolic list in the book of my 'Noble Wilds' because I think it is obvious. To some people, it seems like they look very regal and noble, yes, but it is obvious that they are predators, and they are killing to live. So how can a noble quality expand in such circumstance? [Q: But that is their nature.] Yeah, I know, I know, because they are born like that to do that. That's why they stay like that. That's why we humans have a choice. Any beings who harm the weak and innocent for any reason at all are acting against the merciful law of heaven and, thus, it is good enough even that they are given this physical body in this reasonable world and not in a worse planet, a more suffering planet. Some humans have similar traces of characters, but we have choice. That's why we are better than the animals, we have choice. Like lions, tigers, they don't have choice; we have choice. We can eat meat or not eat meat, we can kill or not kill to live. So it is better that we rise above the vicious animal standards because we are more endowed with capabilities and intelligence to better care for ourselves and for other beings who are weaker and defenseless.
- Q. *So the standards are the same for animals and humans. And humans, since we have the ability to make these choices, we have the ability to attain a higher nobility, whereas animals that are locked in from their evolution and from their nature, they're just stuck where they are, whatever number they are.*
- M. Right, sir. Right, Bob.
- Q. *Okay, I get it. Let me talk about You just a little bit. You were born in Vietnam. What are Your recollections of the war? I imagine it was a terribly traumatic time for You. Please tell us from Your perspective what it was like.*
- M. Yes, it was, sir. War is never good. You can tell. Of course, especially for a child, these horrible and frightening scenes such as dead bodies everywhere on the roadsides, rotten and exploded houses, or a neighboring burned out field of coconuts and burned out fields of rice, is not ideal for children to grow up with. And deafening cannon sound, I used to feel like my heart would explode inside my chest or run away from me. And my ear was so deafening because they just shooting cannon every day and it's very near where my house is. It's not just bad for the fragile physical body, but it left you terribly disturbed and feeling ill, feeling unwell, depressed, and for no reasons. As a helpless child, what can you do? War is never good. And even not good for the aggressors as well, because they will have to pay for the suffering they caused to others. Even if they

have the right to do that, the bad retribution still have to be measured out against both sides and there's untold suffering in all human aspects, you know that. Psychologically, mentally, emotionally and physically. I think war is a consequence of our neglect to the less fortunate brothers and sisters and the less fortunate beings. If our society elevates to more compassionate levels of consciousness and all beings are treated with respect and love, then we will never have war because it's no good for anyone – for the strong and the weak.

Q. *Clearly so. You were a young child during that time, were You not?*

M. Yes, very young, not even ten.

Q. *And I was actually in the United States Army at that time, although I did not get to visit Your country, fortunately, not at that time, because that would have been terrible for all of us. But I think it'd be wonderful to visit Vietnam. [M: Now, yes!] And see how it is grown. [M: Now, yes!] I understand that You saw an elementary school teacher, just a very gentle man, shot by a stray bullet. [M: Yes! My own teacher!] And that must have hurt You deeply and very personally.*

M. Yeah, I read my poem about it and you know, I could not even express enough. As a child I wrote the poem like that, and you know how I felt.

Q. *Yes, yes. Now, You've traveled. You worked for the Red Cross in Germany and You also saw terrible suffering. And while You were there You were married to a doctor. [M: Yes. Right.] How long were You married? [M: Two years.] But You actually, You realized that You had a spiritual path to follow. So presumably, You sat with Your husband and You said, 'I have to follow this,' and he said, 'I understand,' and he was in agreement that this was Your path. [M: Yeah.] Can You tell us anything about that time in Germany?*

M. It's been a long time and I almost forgot about it. But it was very difficult as you can imagine for both of us, and I cried a lot before I left him. He wasn't crying outside, but I feel he's crying inside. And he went to visit me even in the Himalayas later on. [Q: Really?] Yes. And we met again afterward and it's like nothing has happened, but still I had to go because it's already difficult to leave one time, I cannot go and do it again and again. So, in Vietnam, we say, 'Rather die apart than live separately.' [Q: Really?] So it was just because the world was full of suffering and I cannot enjoy my own personal happiness. That's the reason. [Q: Yes.] I would have loved to take him with me but he's a physician. And he loves his job and I'm sure he's doing good for the world, for his patients, because he was an excellent and loving, compassionate, and kind doctor. Often he shared with me his sorrow of some cases that he cannot help. [Q: Sure. That was his work and this was Yours.] Yes, and I thought I had to do something to help humanity in a different way. Like the Buddha. I was idealistic. [Q: Yes.] And I read the Buddha and Jesus, they all left their family to go and find the solution to the suffering and the remedies to cure the ills of the world. So I left him. But we were in friendly way but... [Q: That's good.] It was suffering, a lot of pain. I wouldn't recommend anyone to do this. If you are in love too much I think it's very painful.

Q. *I must say that men are not so good at crying, I agree. Your husband was probably crying deeply inside to lose such a person as You. [M: He was, he was.] You met a perfect Master in the Himalayas, we're going to have to go to a break in a little over a minute, so if You can start talking about Your experience in the Himalayas then we'll take a break and then we'll come back and continue.*

- M. All right. You see, this is something that's difficult to tell people because it's almost like out of this world. I went all over the world in search for a perfect Master, enlightened Master, to guide me to enlightenment. And finally heaven has rewarded me. It was God's grace.
- Q. *So You did meet somebody. I think we'd better leave it here. Because if we start talking about it I'm not going to want to take a break. [M: Sure, we'll do it later.] Okay, so today is 9/11, as You know, the anniversary of the terrible terrorist attacks on our city, New York City, our country, the United States, in taking down those two towers. We are going to take an extra minute to commemorate that event. [M: Yes.] And here we go.*
- M. I'm sorry also. And I hope this never happens again, anywhere. May God bless America.
- Q. *[After the break.] We are speaking with Supreme Master Ching Hai, and where we left off was, Supreme Master, You were telling us about Your experiences in the Himalayas. You went to the Himalayas to seek enlightenment and You did finally meet a Master who touched You in that way. Please tell us about that.*
- M. It's a long story, but to make it short, I met this beautiful Master, radiant Master, and He was about 450 years old at that time in our Earth years. And He was in between the threshold between our world and the astral world, what we call the hereafter. And it's not the highest level, of course, but He has to stay there in order to come and go to the physical world easily. So in fact, He is like, still alive. And He was in between the invisible and visible world. And then He conferred upon me the gift of immediate enlightenment, and told me I have to go back to the world to do the same to those who seek it. So you can refer more to the interview with the journalist in Taipei this year, from Paris Center. My people will provide you with that, if you like to know a little bit more.
- Q. *You said He gave You the gift of instant enlightenment? [M: Instant, yeah, immediate enlightenment. You could get...] Tell us what enlightenment is? I think about it. I've read about it. I have tried to enter that path. But many people don't really understand it. Can You tell us what enlightenment is? Can anyone achieve it and how would we go about it?*
- M. I'll try, sir. I'll try. This is something abstract, but I'll try. Enlightenment, in short, is the awakening within ourselves. Just like we are in a dark room and suddenly the light comes on, that's why 'enlighten.' We can see the Light from heaven and we can hear the teaching of God. Sometimes it's verbally but it's mostly in a form of vibration, music of the spheres which is beautiful, which makes us feeling that we are free of sorrow and pain. Nothing worries us at all. And we can realize at that moment of enlightenment that we are the essence of Light and beauty, of heavenly melody and peace. And we are a part of the whole divinity, that our body, however real it seems to us now, is an illusion. And that life continues forever, forever. That we never die, truly. And that death is just fictional, a scare that forces us to be like a subordinate, to be subservient, to be subdued and enslaved, to fear and sorrow to this physical, illusionary realm as well. So anyone can achieve the enlightenment because we have it within us. All we need to do is look where it is. We forgot to look. It's like you have the headphone on your head, but if you're too busy, busy, you're looking everywhere else, then you will never find it. Enlightenment is within us. We are the essence of Light, so we are the part of God. Every religion tells us that. God is within us. So we just looking inside and we will find it.
- Q. *But it's easy to say but not necessarily so easy to do.*

- M. No, no, no, it's easy, sir. [Q: Yes?] A person who knows it can tell you how. And it's instantly, Therefore, I say, 'immediate enlightenment,' and it is easy like that. You can ask my people. Anyone you pick.
- Q. *We can ask them. Well, I'll ask them after we're on the air. I want to talk to You as much as I can.*
- M. You want to continue with the enlightenment? [Q: Yes, of course.] Anyone can achieve it because we have it. So, sometimes, even without a teacher, when you are in deep concentration, when you are in deep prayers and sincerity, then you suddenly have a silent communion with the divine within yourself. And the best is, of course, to find someone who has gone through it. And who went all the way to the higher realms and come back and go back there again and any time, it's like you are going to supermarket. [Master and Mr. Bob Lebensold laugh.] So just like you know your hand, then that person can lead you to the higher realm, to show you how to awaken your enlightened self inside. So, for example, this is the physical dimension, if you go higher, without the physical body, we can free ourselves from physical body then during the time of enlightenment, then we go to the next level. That is the astral level. Most people they die, they go there. [Q: Yes.] The astral level has heaven and hell. And the next is the causal level which records all the humans' good and bad deeds. And the next one is the creative level. And the next one is the mysterious splendor, the Light there is like a hundred thousand suns, even though the planet is dark. And another one is the fifth level. That is the true abode, the Home of the all saints and sages since time immemorial. And they reside there and they come down here to help us human. Or if we are human, and we attain the fifth, the high level of consciousness, we also go there and live there with the saints and the sages. We became a saint then. And there are more but most humans are more than happy enough to be on the fifth level. And only exceptional souls reside above the fifth.
- Q. *Okay, that's something to think about. [M: Yes.] I know You have a deep connection with animals, birds, dogs. You've saved many dogs, I understand? [M: Yes.] But besides just compassion, and an affection for animals and an intense dislike of violence, You also maintain that global warming, which we generally think is the direct result of the use of fossil fuels and the release of carbon dioxide into the atmosphere, You actually believe that eating meat and the whole industry around meat consumption is a crucial element in global warming. So if You could kind of explain being a vegan and global warming and Your connection with animals in general and Your dogs in particular. And I have Your books right here – 'The Birds in My Life,' 'The Dogs in My Life' – which were generously given to me. And Your 'The Noble Wilds.' Can You just talk about these things please?*
- M. Okay, first, the connection with animals, and then second a meat diet, and third global warming connection. So concerning about animal communication or connection, every one of us can do it. It's just that most people don't have time to train themselves again in this connection. In the beginning, we can talk to animals and they can talk to us. Anyway, many animal psychics can tell you that. And they do it as a job as well. Like if you have a dog and your dog is ill and you don't know what to do and doctor doesn't know, and then you can call a psychic and he'll tell you what happened. And the doctor can cure him accordingly also.

But I'm more connected through love. I love them so much that there is just a natural and simple oneness between myself and the animals. Because that's how I feel how they feel, and I know what they know. And I'm dying inside seeing the mistreatment and

the cruelty that we humans measure upon the defenseless and the noble and innocent beings of animals. I wish all can hear what our co-inhabitants have to tell us and feel their pains and sorrows, just like we humans do. In fact, they're even more sensitive. And I wish that we treat them more kindly, and that in turn, heaven will be merciful on us.

- Q. *Yeah. And that is what 'The Noble Wilds' is about, Your communication with the animals. [M: Yes.] Well, once in a while, I do understand – just to make it personal – I do understand what animals are feeling. I own a horse; I don't really understand what he feels most of the time. But birds, I can sometimes understand. So... Of course, I'm not near Your level. Tell us about global warming. How does eating meat actually feed global warming?*
- M. Okay, even physically speaking, scientifically speaking, just producing meat we cause more CO2 than all the cars, all the trains, and the boats and airplanes combined together. So physically, scientifically speaking, meat industry is causing our global warming more than anything else. And this 18% of CO2 comes from meat production, but that's not including the sickness related to it, and the hospital bills and the sorrows of people who are losing loved ones due to meat eating sickness. I can give you some of that if we can read it quickly, yes? [Q: Okay.] Meat eating cause heart disease, over 17 million people perish each year due to heart attack and high blood pressure. I'm talking all this according to the World Health Organization and United States health agencies, et cetera, et cetera. 20 million people survive heart attack but related ongoing cost of their case is enormous. The cost of burden of cardiovascular diseases to individual and government alone in United States is USD700 billion per year! It's not me who is speaking. It's your government research. And now, cancer, more than 940,000 colon cancer cases yearly and nearly a half of million people die from it each year. In the United States alone, cancer treatment costs USD6.5 billion. [Q: Billion!] Prostate and bladder cancers affect more than half a million people every year. Researchers have identified chemical substance in cooked, fried and grilled meat that's considered direct cause of cancer and people who eat beef four or more times a week are found to be four times as likely to be having colon cancer than those consuming less. And concerning diabetes, 246 million people worldwide are affected by this. And the cost of it is USD174 billion. Add it all together from the top up to now, how many billions we spent just concerning treating people with meat-related diseases. And that's in the United States alone. And obesity is 1.6 billion adults are overweight with 400 million more who are obese. The cost of individual treatment for that is USD93 billion per year and another 2.6 million people die from problems related to being overweight. Yeah, a lot more. I know you don't have time but I can send it to you if you want. [Q: Sure. I'd be happy to see it and share it with the audience.] Much more, much more, sir.
- Q. *I'd like for You to make the connection between...*
- M. Global warming, yeah? [Q: Yes, please.] You look at all that and you see already because the methane gas and hydrogen sulfide are resulted from animal raising, and that produces a lot of toxic gases into the air and it warms the atmosphere, and then the atmosphere melts the ice and the ocean will be warm, and then more methane and other toxins will be released from the bottom of the ocean and permafrost and all that. And then it will be like a devil's circle. And we even might die from gas, not to talk about global warming yet. And right now, there's so much methane already released into the atmosphere and many people have mental illness or other physical suffering, according to scientists' research. I hope we stop it quick. Just to talk about this, I got very passionate. [Q: Yes, I understand that.] You see people don't know about it, you know?

- Q. *I understand, I'm not sure if this is correct but, that the actual flatulence of the animals, [M: Yes.] the methane gas and even the nitrous oxide, I understand that they emit, [M: Yes.] as well as, of course, any processing plant but any factory, anywhere uses fossil fuels. So let me ask, if most of mankind or all of mankind were to become vegetarian, which I don't think is likely; You'll tell me if You think it's likely, [M: Who knows?] would that reverse global warming, if we all stopped eating meat?*
- M. Yes, sir. [Q: Really?] I guarantee. Singed and sealed.
- Q. *You don't expect that to happen, do You?*
- M. Well, I do expect it to happen. Why not? We can always think positive. And I'm working all my might to try to bring it close.
- Q. *Are You optimistic about humankind's will to take the steps and make the sacrifices which will make the difference, both in stopping to eat meat and all other ways of controlling pollution and toxicity and war? Do You think that we, as a species, are enlightened enough as a group to do that? Surely there are individuals who are, but it seems to me that war is just part of the game and eating meat is just part of what we do. And we don't seem to see the end and even though the end is coming.*
- M. Yes. Well, I think people start to realize it and I hope they realize sooner than later. And we are trying our best, like we have the Supreme Master Television to broadcast all the facts about global warming every day, scientifically and evidently. And, also, we have people going out and distribute flyers concerning climate change and we also open many vegan restaurants around the world now, helping people to realize that really we don't need meat to survive and vegan food is delicious and healthy. More than that, we cannot do and I just hope, we have like 100 monkey effect. Like if we have enough people to be vegan, vegetarian, then the world will be in a trend. And I do really pray that the government and the media help and, by the way, I thank you for doing this because you are helping. Media like you are tremendously helpful to the people and it might save lives. Thank you.
- Q. *It's my great pleasure. First of all, I'd like You to tell us what the website is. And second, I'd like You tell me if there is a vegan restaurant in my area and if not, why not? I want to go there.*
- M. We are open everywhere so you look up under Loving Hut and the website is the www.SupremeMasterTV.com. We listed not only our restaurants, but all the vegan, vegetarian around the world, free of charge. You can download them free of charge. Everything in our program is free of charge.
- Q. *Okay, it's www.SupremeMasterTV.com and this interview will be on there, not just in audio but in video, I believe. [M: Yes, yes.] And all of Your interviews and so many other things as well will be on there. Okay. [M: The interview will be aired on the 14 satellite platforms around the world. We cover the six continents.] It will also be on my website fairly soon. [M: What is your website?] My website is www.EnvironmentallySound.org, and Yours again is www.SupremeMasterTV.com [M: Right.] and it's a very interesting site. I have been there several times [M: Thank you.] and I recommend that people take a look at it. When You were a child, I believe You were raised Catholic but there was a strong Buddhist influence from a grandparent, do I have that correct? [M: Yes.] You were also quite precocious as a child. You read all of Lao Tzu and other philosophers just as a young girl, is that so?*

- M. Yes, sir. I was very interested as a young child and my parents have all this in their house. My parents were Christian and my grandparents were Buddhist. I have been influenced by both. And later I studied, I found they're both speaking almost the same thing, except some local languages, local terminology.
- Q. *And what You called Your path now is the Quan Yin Method, yes? [M: Yes.] And You say it's not a religion, [M: No.] but You do mention God. Is there any way to separate religion from God? [M: No.] [Master laughs.] But You do say that Your path is not a religion. [M: Yes. No, it's not.] It's not a religion. It's hard for me to understand and I think it is probably hard for our listeners to understand how you can have something which you don't call a religion and yet God is surely a part. How would You define that?*
- M. Religion is something that's talking about God, yeah? [Q: Yes.] I just show people God. So they can be Buddhist, they can be Christian, they can be Muslim, we have only one God. We call it Buddha nature or God, or kingdom of God or Allah. To me, I have found it's all the same because once we are in contact with our great self, the kingdom of God within or the Buddha nature within, we will find that we are all one.
- Q. *I get that. I do get that. One of the Buddhist meditations, I know because I practice it myself, is to save all sentient beings: 'I will save all sentient beings.' And yet I never really knew, I still don't know... I thought a sentient being was human perhaps, but are not dogs or birds also sentient? How do You define that?*
- M. I think you know, you just ask for your audience. [Q: No, I don't know.] Okay. Sentient beings include all that feels. Sentient means you can feel it, yes? And the Buddhists even include the non-sentients, so that we can protect the environment as well. [Q: Okay.] It's a very big philosophy but to conclude it, we do no harm to anyone or any other beings, be it less or more than ourselves. We do no harm to anyone that moves, at least.
- Q. *Okay. Anyone that had parents, let's say, as the way one person puts it. That had a face. I would like to ask You quickly about Dr. James Hansen of NASA, who talked about tipping points. Can You give us about a minute on that?*
- M. Now what he said was a couple of years back and at that time we already passed the tipping points and if we do not do anything, then we will go to the point of no return. But luckily, because due to many new vegetarian people joining the vegetarian diet, now we have delayed the point of no return a couple more years. So let me see how many years we have now. About five years we have now. Otherwise, we would have had like only a few months or a year. [Q: Okay.] Five years we have until the point of no return.
- Q. *Yes, probably it is a very short amount of time. Okay, I'm afraid we're going to have to end it there, Supreme Master Ching Hai. It's been a great pleasure speaking with You and watching You on the monitor and I hope we can do this again.*
- M. Sure. Thank you so much.
- Q. *My great pleasure. [M: Thank you.] I would like to thank Supreme Master Ching Hai for taking the time to join us this morning. Most of us have enough to do just to go about our own business and get through the day more or less happy and healthy. Supreme Master has much more responsibility than that. In a world which is increasingly dangerous and stressful for a large number of people, it is Her calling to make a positive difference among humankind as a whole. Add to that Her calling to address the welfare*

of animals and Her work takes on epic proportions. Our thought for the week, 'It is the calling of some to move mountains, it is the calling of all to be decent.' Stay tuned to WVOX the flagship of Whitney Radio. Remember to be kind, for everyone you meet is fighting a great battle. You are here, it is now. Health and happiness to you all!

AN INTERVIEW BY BOB LINDEN OF 'GO VEGAN WITH BOB LINDEN' RADIO

32

- Q. *'Go Vegan with Bob Liden.'* Today I am honored, I'm also in love with our guest on today's program. An inspiration, actually a spiritual leader, and Teacher to millions around the world, Supreme Master Ching Hai and Her life and Her devotees are really dedicated to alleviating the suffering of others and She has had an amazing life of service, having worked with the International Red Cross, and if there's a disaster, pretty much She has been involved with it, in terms of floods, throughout the Midwest, and California floods and Mainland China, and Malaysia, and working with the disadvantaged elderly in Brazil and those displaced by volcanic eruptions and disaster victims in Thailand and destitute families in Formosa and Singapore and lepers in Hawaii, and so much so that She's been recognized. Although She is apparently very shy and doesn't seek recognition, but it's hard to ignore Her work. For example, October 25, 1993 was proclaimed 'Supreme Master Ching Hai Day' in Honolulu, Hawaii and likewise proclaimed by governors of the states of Illinois, Wisconsin, Kansas and Missouri and Minnesota for Her work with flood victims. And She received the World Peace Award and Spiritual Leadership Award and I know She is getting uncomfortable, because we really shouldn't talk about all the awards, because we want to continue to do the work to which we are dedicated. And Supreme Master, thank You for being with us on today's program.
- M. Thank you for having me, Bob. You're very handsome with your adventurous outfit.
- Q. *Do You see the wolf? I have beautiful wolves on my...*
- M. All for the wild, like two eyes and a mouth. You love wolves?
- Q. *I love all animals.*
- M. Yes, I do, too. What an expression he has on his face!
- Q. *I can see why everybody loves You so much right from Your first words. You're so charming!*
- M. How are you?
- Q. *Very good. How are You, Supreme Master? It's a pleasure to meet You. [M: I am good.] I can't tell You how much I admire You over the years. Well, I'll tell You on the radio because You're very influential in such a good way. It's just very, very loving. What You're doing is so important with global warming. You and I are some of the only ones out there who are just trying to... [M: We are buddies!] We are definitely buddies, for sure! What a great buddy to have!*
- M. Good buddies. Well, you never know, maybe some more will be later.

32. Videointerview by Bob Linden of 'Go Vegan with Bob Linden' Radio, September 3, 2008 (Originally in English).

- Q. *You look terrific. [M: Thank you. Thank you, love.] It's so wonderful to have You. Really! By the way, what are You wearing? I see that You have a new line of clothing, right?*
- M. Ah, yes, it's all about 'I am Vegan, I am Green, Save the World' or 'Be Veg, Go Green, Save the Planet.' This is a new line of clothes with this kind of words written all over.
- Q. *'I'm Vegan, Go Green! Save the Planet!' What a wonderful message! And that's on Your entire clothing line?*
- M. Yes, yes. It's a new design now. It has just come out.
- Q. *It's beautiful, I see You here via the internet and it's quite lovely. So what comprises the clothing line, by the way? It's dresses, shoes, handbags?*
- M. Yeah, we have evening dress, casual dress, jeans, T-shirts, normal menswear, hats and shoes and handbags, everywhere we can we print or embroider these words, like, 'I am a Vegan, I am Green, Save the World.' Or 'Be Veg, Go Green,' in these kind of lines.
- Q. *I love You so much, I love Your line of clothes.*
- M. For dogs outfit also, we put on, 'I am Vegan, I am Green, Save the World.' For dogs also. [Q: For dogs also!] Dog clothes, yes.
- Q. *We are going to have to have a fashion show with Your line. Let's do that in Los Angeles. I'll keep that in front of our listening audience what You have there... [M: Fabulous! Fabulous!] that You would incorporate the most important message into fashion. And You are known for being involved in fashion. For eight years, I've been doing the vegan radio show. The show is called 'Go Vegan with Bob Linden,' so I use the vegan word and sometimes people are not used to it and all. But now that I say vegan is the green lifestyle, it's popular, because everybody wants to be green. [M: Yes, yes! It's the greenest way!] It is. It's the green lifestyle. [M: Right!] As a matter of curiosity, because a number of people would hear Supreme Master, they'd like to know the derivation of how You might be called Supreme Master, what that might signify? [M: Okay, how do I get it, huh?] [Master laughs.] Yeah! How do You get it?*
- M. Now, the Universal Congress has selected me for this title and I'm obliged to carry it all over the world around me, so to remind everyone of their supremacy within themselves. [Q: So everybody is a Master.] Yes, sir. We are the children of God, so we inherit that surname.
- Q. *And I saw in Your writings, You said everybody is a master and a Supreme Master is the one who can teach each to have his or her own mastery, right? [M: Yeah!] How many devotees would You say You have around the world, people who are interested in Your work?*
- M. Well, I do not really keep track of these numbers, but I guess millions. But for me, it's not really important how many people in a group, as long as these people are doing something that is beneficial to other people and other beings. And important is we polish our virtue and be of help to others, individually or group-wise. I think it's more important than numbers. Because sometimes people have a lot of numbers, but there's nothing coming out of those numbers.

- Q. *Right, right, right, but I notice a certain dedication to Your devotees, so it would be nice if they were in great numbers.*
- M. It's true, you are right.
- Q. *I first became aware of You when I started a vegan festival in Los Angeles called 'World Fest' and as soon as the word got out, Your devotees with One World restaurant were the first ones there to say, 'We're bringing the vegan food,' and that's part of the message too, we want the world to go vegan. And they have to know the food is great and You're actually involved with restaurants around the world. [M: Right, yes. Practical!] Practical, right? So You have Vegetarian House that's in San Jose. And now a chain of vegan restaurants worldwide, Loving Hut.*
- M. They are all actually vegan, it's just that we didn't use the word vegan. But honestly I didn't know the word vegan existed before. [Master laughs.]
- Q. *The word vegan is very good and I think it's important to differentiate between vegan and vegetarian. How do You feel about that, differentiating between vegan and vegetarian?*
- M. Basically to me, it should be the same. Because to me, vegetarian implies vegetable, and for me, I only knew that up to recently. Because for me, a vegetarian means vegan, means no animal products. But I was informed not very long ago, that some people call themselves vegetarian but they also eat eggs and fish, and I say, 'These are not vegetable.' Therefore, I have been informed of the word vegan and the word 'vegan' actually means just absolutely vegetable, the real vegetarian. So I thought, 'Oh, convenient, very good.' So I asked Supreme Master Television to include the word vegan since then, so people get more used to this word and may be curious and try to find out what it is. I want people to know of the cruelty involved in the dairy product as well, not just meat industry. So if we keep using the word vegan, people might be curious and then they will find out the facts about this cruelty to the animals. So maybe they will decide to stop it and not using, by boycotting the dairy product.
- Q. *Yes, absolutely. There's actually more cruelty in dairy and egg production than if someone went out and shot an animal and ate her. The cruelty in dairy and poultry is...*
- M. Slow suffering, yes, slow and very agonizing. It is terrible, I did not know these things actually, because for me, like in Au Lac where I was born, if a Buddhist says he is vegetarian that means he just eats vegetables, plant-based products, soy protein and these things. I never know what cheese was until I came to Europe and many years later. When I went to Europe and they offered me some, it tasted so strange, and I never used to it anyway. And after I know that so much cruelty goes into this industry to procure dairy products, I stay far, far away.
- Q. *Right, right, right. And there is the same health risks and the same environmental devastation, because You and I have come to know that methane is an important cause of global warming. And milk equals methane, which mainly comes from cows. [M: Yeah, that's true.] That's why I wanted to call my show, 'Go Vegan with Bob Linden,' for using the vegan word, because I think that the industries are so rich and powerful that they can create new vegetarians, they call them lacto-ovo vegetarian, milk and egg vegetarian, and it takes away the true meaning. So that's why I wanted to say vegan. [M: Yes, you are right.] And I appreciate that You have embraced the word 'vegan.'*

- M. Yes, some people don't realize that. I did not realize this. I thought vegetarian just means vegetables.
- Q. *Right, right, as it should mean, so it's the complete, it's the total vegetarian. Sometimes people call it strict vegetarian, but there's nothing strict about it. If one were to try the food at restaurants of Your devotees, Vegetarian House in San Jose is one of the most wonderful restaurants in the world. I'm there all the time. [M: Thank you.] And I visited Loving Hut and now You're going to have vegan restaurants all around the world. [M: Yes.] They've opened in Asia, Hong Kong, Au Lac, opening in Palo Alto and San Francisco. [M: Yes.] So is that Your vision, vegan restaurants everywhere, on every corner?*
- M. Yes, yes. The quicker, the more the better, to hasten the hundred monkey effect, the critical mass effect. Since I know now that people are so like zig zag with the vegetarian name, I told the people who open Loving Hut in our chain, they have to sign a contract saying that all the food has absolutely no animal in it, absolutely vegan.
- Q. *Yeah. Now, where does this compassion for animals come from You? Where's the love of animals that comes from You, where does that start?*
- M. I don't know, sir. Ever since I was young, I could not see animals killed. I could not eat meat and fish; I would vomit a lot, that's why I'm very small. [Master laughs.] I was very skinny before because in my family we also did not know anything. Like everybody else I was forced to eat meat and I vomit, and I go to bathroom and vomit there and don't dare to let anybody know.
- Q. *Well, that's a natural reaction to something so repulsive as flesh, right? Putting flesh into our bodies!*
- M. Yeah, and whenever possible I eat the vegetable and every time I had some pocket money I go out and buy only vegetable and corn and all that, so my father said, 'Why every time I give You some money, You just spend it on corn?' And spinach and all that fruit. I said, 'I love them. I just love them.' Because I was young and I didn't know much to say. And I vomit whenever meat was forced to eat, but they always tell me you have to eat to grow up and like everyone else, my family also were not much wiser and I'm glad that now I grow up and I can decide what I eat. It's easier that way. [Q: Certainly yes.] I would have grown much bigger if they fed me vegetarian since I was a kid.
- Q. *Right, right, right. In Your innocence, You knew the truth, that eating flesh was repulsive and not natural and not healthy. And it also turns out that it's really bad for the environment. [M: It is.] I was speaking to one of Your devotees who said that You have actually seen climate change first hand with Your relief work in disasters, what would that be telling You? You have seen the climate change for Yourself and what it has done in natural disasters, yes?*
- M. Yes. Concerning these effects of global warming connecting with meat and dairy and animal raising, I have seen that long ago, normally intuitively, before I even know that the scientists have any evidence about it, and mostly I just talk to my close circle of people, and I would not even dream that anybody even listen, so we just talk with each other. Before that, we didn't even have record player, we did not have Supreme Master Television. Originally, I also don't know if I can tell anyone or anyone listens at all. But now that the time is short, and the situation is urgent so I went all out just to inform people that it's not only cruelty to animals, when we are eating meat and dairy, but it is

also harming to our health and destroying the planet, and it is very urgent right now. We must stop this; we must stop all the killing of humans and animals and the environment.

- Q. *Right. And You say the time is short. Do You feel like the time is short with the environment now? [M: Very short, sir, very short.] So that means the one action we can all take is to go vegan. And we can go vegan today, we don't need a government to pass carbon credits or we don't have to go drive a Prius, although that would help. Going vegan actually reduces carbon emissions more than driving a Prius. It's really quite amazing, but it is an action that we can all take right now. [M: That's right!] And You think everyone should, right?*
- M. Yes. Everybody should if they really want to live here on this planet.
- Q. *Yeah. Do You feel we are disconnected from nature? Is that the problem, that humans are disconnected?*
- M. Oh, no, sir. I feel like we have not been informed very well by the people who should inform us, the people who know. Because most people, let's face it, they are busy earning their living eight to five daily. They have no time to check up all these facts and they are not even scientists. They are not even in the deciding position of governmental body. So I think the government should inform people and the scientists have already proven that meat eating is the number one cause of global warming, and it is increasing dangerously the methane. Not just methane, CO2 and... [Q: Nitrous oxide.] hydrogen sulfide which is even more dangerous. All kinds of gases that came from animal products. And because it warms the atmosphere, and then the permafrost gets warm and then more methane came out and more dangerous gas came out. It's just like a vicious circle. It will not stop if we don't stop eating meat, we will reap the consequence of this suffering.
- Q. *Right, right! And You have a lot of information that actually comes from NASA scientists, that's on Supreme Master Television. I read a report that said, 'If we were to all go vegan, the methane would actually cycle out of the atmosphere in eight years and pretty much put an end to global warming.' That's what I'm hearing from my research in science. So if we were all to go vegan, we could end the global warming and, as You said, meat and dairy cause global warming more than all transportation combined, all cars, trucks, boats, planes... [M: That's right.] don't add up to the global warming caused by meat and dairy.*
- M. That's right.
- Q. *Now, You actually have some best selling books that You've published, 'The Birds in My Life' and 'The Noble Wilds.' What message are You trying to convey in Your books?*
- M. The same that you are wearing the wolf right now!
- Q. *That's right, I'm wearing my wolf shirt right now! Yes!*
- M. Yes, we want people to understand that animals do really have souls. And animals do understand, and they do have noble quality that is endowed to them by God. We have to respect them, and protect them, then in turn we will be protected as well. And our lives will be better if we stop harming all the innocents. I want people to know that animals are not just something that you look down upon or you watch and enjoy a little their presence. They are extremely intelligent in many cases, and they are extremely

noble. In some cases, they are more noble than some of us humans. I want people to know that, that's why I wrote these books. Not to become bestseller, but if it becomes bestseller, well wonderful. I did not think it would become bestseller, I don't know how many people would like to read this kind of thing. I'm a simple woman, you know, Bob. I was thinking, 'Okay, I try my best.' But maybe I'm just trying in my own corner and how much effect can it be. But you can only try your best and see how it goes. And it became bestseller and I'm very happy. So, like this, it has a little bit more impact when it's a bestseller, then it's more impact than when it's a normal one.

- Q. *Absolutely. That's why I want to be on as many radio stations as possible. We have such an important message. And it's amazing that the message is of kindness to animals. If you're kind to animals, you don't get cancer, heart disease, stroke. You don't destroy the environment. There is no world hunger. We could feed the world. We wouldn't have to have food riots, right? [M: That's right.] So it all comes down to kindness for animals. And I so appreciate what You're doing in trying to help people and the environment. I want to thank You for featuring my radio show on Supreme Master Television, on Your feature 'Vegetarianism: The Noble Way of Living.' And then this is going to go out to millions and get translated into 15 languages, so it's actually pretty amazing. And I wish You continued success. Is there anything that You wanted to say that we didn't get to today, that You might want to talk about with our audience?*
- M. Well, I don't think anything I want to say that you have not said already on your radio for eight years of your hard working effort. But I just want to say that you are welcome on our show any time again and it's our privilege and it's my personal privilege to introduce beneficial individuals or groups or organizations who are working sincerely to help elevating the physical and spiritual standard of the human race. And we would like to unite with these individuals, in spirit at least, so together we can make a strong impact to save the world, to make the world a more sustainable place and a better world for ourselves and for the future generations.
- Q. *That is so wonderful. I'm planning on what I call 'Vegan Earth Day.' And maybe we'll get together on that for the first day of summer every year. Especially this coming June 21st, a Vegan Earth Day, where perhaps we ask everybody on Earth to go vegan at least for the day, preferably for a month, so at least they feel some of the benefits. But why not for the eight years to take methane out of the atmosphere and end global warming, right?*
- M. Yes, correct, correct. And it might not even be eight years.
- Q. *Really? You've seen some scientific evidence that it might be shorter?*
- M. No, because once we generate a loving kindness atmosphere, things change quicker. We have to think more in a spiritual way, not just physical way.
- Q. *Great, okay. I'm just so happy with Your line of clothes.*
- M. I'm sure you'll be happy to wear it because it's all about vegan.
- Q. *That just makes me so happy. I'll be handsome when I'm wearing some of Your new clothing line.*
- M. Please let us know your size, we'll send to you.

- Q. *I'd be happy to. And I'll let people know about Your clothing line. And I want to thank You so much for being with us today. It was an honor to have You here, Supreme Master Ching Hai.*
- M. Thank you, Bob! And thank you all your people there, the very supporting staff. We'll send them something casual, jeans and T-shirts for summer. [Q: Very kind of You.] Thank you, God bless you all.
- Q. *Thank You so much. Hope to talk to You again soon.*
- M. Hope so, too. [Q: Take care.] God bless you and your loved ones.
- Q. *Thank You for spreading the Truth and dedicating Yourself to saving the world and the people and the animals. I'm so honored by Your commitment to compassion and Your dedication to alleviating suffering. Thank You so much. Keep up Your great work, we really appreciate it.*
- M. Keep up your great work. Thank you also, Bob, for doing what you're doing. Thank you. [Q: Thank You.] Bless you. [Q: Love You.] I love you, too.

AN INTERVIEW BY LOUISE KINGS AND THE SANDMAN OF EAST COAST FM RADIO OF IRELAND³³

- MC1. *Hallo and you're all very welcome to Sunday night with Louise Kings and The Sandman, East Coast FM spiritual, holistic and enlightened show. I'm your host, Louise Kings. And I'm The Sandman. And what a show we have for you on this fine Sunday as tonight we are honored to be talking live to Grand Supreme Master Ching Hai.*

Supreme Master Ching Hai is a world-renowned humanitarian, environmentalist, best selling author, artist, designer, musician and spiritual visionary, whose love and assistance extends beyond all cultural and racial boundaries to millions of people around the world and She has graciously agreed to do this interview from Her extremely busy schedule to talk about the condition of our planet and what we really can do to help it. If you'd like to find out more, you can go to Sky Channel 835 where Supreme Master Television is. Or if you're listening to us on the internet, it's www.SupremeMasterTV.com and there's full details of all the different programs and the life and passions of Grand Supreme Master Ching Hai, who we're going to be talking to in a just a couple of minutes.

- MC2. *I discovered it through you, by the way. I only discovered the channel and it's quite amazing. It has subtitles in how many different languages?*
- MC1. *30 different languages. So it's probably the most global television station ever. You might even see it in the Guinness World Book of Records.*
- MC2. *It's also very, very interesting. We're here a long time now and we've talked to a lot of people. But I'm a hard guy to convince, but it took me a very short time to be convinced about what the message is; it is quite amazing. The figures there are obviously done scientifically and what really struck me is that we're feeding cattle from food that's*

33. Videointerview by Louise Kings and The Sandman of East Coast FM Radio of Ireland, August 31, 2008 (Originally in English).

beside us and we could take that food and feed the people that's beside the food. So I think we have someone special online there, Louise.

- MC1. *Hallo, Grand Supreme Master. [M: Hi.] Hallo, good evening. [M: Good evening.] It is Louise, how are You? [M: How are you, madam? I'm fine.] I'm doing very well. We're very honored to be speaking to You. I believe You have got an incredibly busy schedule at the moment.*
- M. *It's all right, it just looks busy. [Laughter]*
- MC1. *I believe this is Your first Irish radio interview?*
- M. *First with you, yes. [MC1: It is.] Thanks for the honor and privilege.*
- MC1. *The honor and privilege is ours. Thank You so much. We are going to go straight to some questions, Grand Supreme Master, if that's okay? Because I am aware of how busy You are. [M: It's all right, yes, please.] Supreme Master, about the issue of global warming, because I believe this is certainly an area that is quite close to Your heart, I think what we are asking is what that means for the fate of ourselves and indeed our planet is one that more and more people are becoming aware of. And many of us are about the burning of fossil fuels and how that increases greenhouse gases. Now, although we do our best to recycle and change our light bulbs and drive hybrid cars and eat organically, local grown food and so on, but according to the United Nations report 'Livestock's Long Shadow' from November 2006, that's actually not the number one cause of greenhouse gases. But in fact, the report found that 18% of all greenhouse gas emissions are caused by the livestock industry which is more than all forms of transportation put together. For example, scientists have shown that, say, the average car produces three kilograms a day of CO2 gases, while clearing rainforest to produce beef for maybe one hamburger produces 75 kilograms of CO2 gases. That's a huge difference of 2,500%. So, for anyone wanting to reduce our carbon footprint, this clearly shows that eating meat has a much bigger impact on the environment that, say, driving your car. Would You be in agreement with what the scientists are saying?*
- M. *Yes, ma'am. 18% pollution is just part of the estimates. Actually, there are other hidden side causes of global warming because it's not included, like people get sick and the price we have to pay for the hospital and the taking care and to develop medicine and research and et cetera, et cetera. And the cost of the sorrow of people who lost loved ones due to meat-related illness. And all the change that we advocated up till now by society is helping, but it's very little as you can calculate it yourself. Only vegetarian diet can truly help. And as every action provokes another action and like attracts like, so if we save lives, ours will be spared. Everything else is just secondary. In my opinion!*
- MC1. *Thank You. In the research community, this information is nothing new, in fact the Union of Concerned Scientists, more than 1,700 of the world's leading scientists, including the majority of Nobel laureates in science, warned all of humanity and governments about global warming as far back as 1992. This was their warning, that, 'No more than one or a few decades remain before the chance to avert the threats that we now confront will be lost and the prospects for humanity immeasurably diminished.' [M: Right.] But more recently, in his testimony before United States Congress on the 23rd of June in 2008, James Hansen, the director of NASA's Goddard Institute for Space Studies, as well as being NASA's top climate expert, stated that, 'We've let it go so far that urgent action is now needed to reduce greenhouse gas emissions in order to prevent the point of no return where disastrous climate changes would spiral out of humanity's control.' So it*

seems that the facts have been out there for quite awhile, but somehow we've not paid enough attention to it to let it reach this critical stage. What changes are the scientists talking about that we need to make? Is the situation really that critical? And if so, do we have enough time to make these changes?

- M. According to the scientists, whatever they have predicted or prescribed about our critical situation is accurate up to 99%. Certainty, exceeding even 99%. So they want us to change the way we live our lives, to protect our fragile ecosystem, by cutting down CO2 emissions. And the fastest way that individuals can do, without a lot of protocol and ado, is to be veg. Choose a vegan diet, as evidence point out, that to produce just meat alone would cause 18% of greenhouse gas pollution. It's truly critical now, as we have witnessed increasing disasters worldwide, due to climate change. And yet madam, we still have time, we still have a little time to change the course of destiny, thanks to the vegetarian population, old and new members that reduce the most karmic retribution in the shortest span of time. Thus we have like an extended deadline before the no return point. But it's not much. We must change fast to avoid much more damage to the Earth as well as loss of more lives and resources. Thank you.
- MC1. *Thank You. It's about public awareness really. Policy makers and leading environmental organizations as well as the transportation industry are doing good job of informing the public about greener transportation options and greener energy, and are working towards solution with wind, wave and solar power, et cetera. But up to now they have been slow when it comes to livestock issue, which means that also the public isn't being informed and that the urgent changes we need to make are not being made quickly enough. What can we do to raise public awareness, so that it's not just the research scientists that know about it, but every man, woman and child know about it?*
- M. That's a very good, good question, madam. I think the media like yours play an important role in raising public awareness about this urgent planetary situation. And some other media agencies have also begun to make related info available to the public at large. It's just not often enough for my liking, sorry to say. I just hope that there are more announcements concerning climate changes and the solution be made to the whole public.

The best solution for our urgent situation right now is a vegetarian diet, and it should be openly endorsed and even made into law if possible, to protect people, animals and our planet, the only one that we have. And right now we have Supreme Master Television, with 14 satellite platforms broadcasting worldwide, we have seminars, we have flyer distribution, vegetarian restaurants, more and more every day we open, and classes for vegetarian diet and websites, et cetera, et cetera. We try our best in our individual group to inform the public also in many ways. But if everyone who knows the planetary urgency and the benefit, the miracle benefit of a vegetarian solution to save the Earth, if all of them would extend their help by being an example and spread out the news, then it will be quicker and more hopeful. And, above all, if the governments make it a policy to inform the public and to endorse the vegetarian diet openly, it becomes like a trend and to change the bad habit of meat eating and encourage the new, good tradition of vegetarian diet. It will work if the government endorses it. For example, in many countries, as you know it, all the citizens, 99.9% of citizens follow one religion alone or another, because that or this religion is recognized as national faith.

- MC1. *Thank You. Another question that we have for You. Recently, Supreme Master Television interviewed Dr. Rajendra Pachauri, head of the United Nations Intergovernmental Panel on Climate Change (IPCC), in Wellington, New Zealand, at the*

World Environment Day Conference. He once again re-stated his position that people should cut back on the meat consumption so that we can drastically reduce the effects of global warming. In Your opinion, would that alone be enough to have an effect on global warming and how much will we have to cut back on to have the effect for our environment?

- M. We have to cut back two-thirds of our meat consumption and dairy product at least, and everything else concerning animal product, like leather and all kinds of things. Two-thirds of the population must cut back on animal product. Be vegan. Then we have at least the minimum positive good energy to counterbalance the negative dark impact right now on our planet. Everything else will then move along more in a more beneficial direction.
- MC1. *Thank You, Supreme Master. Supreme Master, this month in August in Ireland, there was a salmonella scare and there was a nationwide recall of meat products from one of the country's biggest sandwich chains. In fact, these recalls seem to be coming more and more frequent, we read about them almost every day. Somewhere in the world meat is being recalled due to E.coli or salmonella poisoning or some other disease. It seems that if we eat meat it's not only affecting our environment but we're actually taking risks with our own health. Why do You feel that we're seeing more and more of these recalls?*
- M. Well, madam, clearly it is a warning sign, as heaven's last resource, to sound an alarming bell. We must listen, and now. The animals, they are also trying to help waking up human race by sacrificing their lives. Anyone who can communicate with the animals by telepathy would confirm my view on this. Now please, if anyone is listening, we must stop all act of harming and killing, hurting humans or other species, stop damaging the environment and live a simple life, as simple as possible, according to our resources, more in tune with nature. Live and let all live, so that our lives may be spared and blessed with happiness. Thank you.
- MC1. *Thank You. Supreme Master, actually we have had a number of animal communicators on our show and they have said the very same thing.*
- M. Yes, wonderful. Thank you so much, please thank them for me.
- MC1. *I will, of course. Supreme Master, apart from the increasing incidence of recalled meat, there's also more and more reports coming out about other diseases that animals have that have been found in the meat and how these animals diseases can affect our own health. For example, just this year, the American Society for Microbiology reported that people with Crohn's disease are seven-fold more likely to have in their gut tissues the bacterium that causes a digestive tract disease in cattle called Johne's. This disease is a severe and fatal bacterial infection that strikes cattle, sheep and other livestock. With this new information coming to light and with all the other risks associated with the consumption of meat from just the point of view of our own health, on the individual level, it seems as if we're taking our life into our hands each time that we eat meat. How bad is meat for our health?*
- M. Oh madam, very, very bad! Every time we eat meat, we are shortening our lives and inflicting suffering to ourselves. I could read just a few examples if you allow me, if time allows. [MC1: Yeah, we've got time.] We have countless diseases relating to meat, this is some example: High blood pressure, heart disease, diabetes, stroke, Parkinson's disease, bladder cancer, colon cancer, prostate and ovarian cancer, lung, skin and

kidney cancer, breast cancer, blue tongue disease, E.coli, salmonella, bird flu, mad cow, pig disease, shellfish poisoning, listeriosis, pre-eclampsia, campylobacter, et cetera, et cetera. And over 17 million lives lost globally each year for heart disease.

In the United States alone, it costs USD1 trillion per year for cardiovascular disease. And over one million new people affected by colon cancer each year. More than 600,000 colon cancer-related deaths annually. In the United States alone, colon cancer treatment costs USD6.5 billion. One million people are newly diagnosed with meat-related cancers every year. 246 million people affected with diabetes. An estimated USD174 billion spent each year on treatment. And obesity, 1.6 billion overweight people, and 400 million more obese people, and costs are USD93 billion each year of medical expenses in the United States alone. At least 2.6 million people die annually from problems related to overweight, et cetera, et cetera. And we use up 70% of clean water, pollute most of the water bodies, deforest the lungs of the Earth, use up 90% of world cereals, cause world hunger and wars, 80% cause of global warming, and a lot more. And even milk causes breast cancer, prostate cancer, testicular cancer from hormones present in milk; and listeria, Crohn's disease. Hormones and saturated fat leads to osteoporosis, obesity, diabetes and heart disease; and a higher incidence of multiple sclerosis. Classified as major allergen; lactose intolerance, et cetera, et cetera, madam. I could go on forever, but I know you don't have time. Thank you.

- MC1. *Thank You, the list really is endless. Supreme Master, many people think that we need to eat meat and dairy to have a healthy diet and that the vegetarian and vegan diet is less nutritious. Even some of the greatest athletes of our time, such as Muhammad Ali, Carl Lewis, Martina Navratilova are vegetarians. Some doctors have been known to encourage their patients to eat meat. We used to be told that we need animal protein to survive, but as we've seen there are so many reports now that say just the opposite, that meat can cause cancers and many other diseases which You've just listed. But why is there still this misconception that we need meat and animal products in our diet?*
- M. Why? Because there's not enough information and reverse action taken to correct this misconception. And people are not aware of the true harms and cost of meat. Although there are plenty available in the internet and some scientific research reports, most people do not even know about it, to even check it out, and they have very little time to. It has to be more, like prominently endorsed, through government, through law, through media, it has to become a matter of fact way of life, to abstain from harmful meat diet and living the beneficial way of a noble, healthy vegetarian diet. And I could tell you a little bit about vegetarian diet, how beneficial it is. It lowers blood pressure, it lowers cholesterol levels, it reduces type 2 diabetes, prevents stroke conditions, reverses atherosclerosis, reduces heart disease risk 50%, reduces heart surgery risk 80%, prevents many forms of cancer, stronger immune system, increases life expectancy up to 15 years, higher IQ. We conserve 70% clean water, save up to 70% of the Amazon rainforest from clearance for animal grazing. And it would free up to 3.5 million hectares of land annually. It frees up to 760 million tonnes of grain every year. Half of the world's grain supply, can you imagine that? Consumes two-thirds less fossil fuel than those used for meat production, reduces pollution from untreated animal waste, maintains clean air, saves 4.5 tons of emission per United States household per year. And it will stop 80% of global warming. My calculation. Thank you.
- MC1. *Thank You. Supreme Master, in relation to world hunger, the United Nations has said that a child still dies of hunger every five seconds. Yet 55% of the world's grains and 80% of the world's soya are fed to livestock. There are 860 million people going hungry in the world, and yet the grains fed to livestock is enough to feed two billion people. At*

the same time, each and every second an area the size of a football field of tropical rainforest is destroyed to produce just 275 hamburgers. How has it come to this and what can we do about it?

- M. Madam, it's been a long time now, so I think in the name of the free world, we exercise our power over many powerless corners of the planet for whatever reason, sometimes beyond my imagination, all for profit and control. Even heaven would shed tears of pity, but how many of us would? The obvious thing to do to correct this is to turn to the vegetarian diet, which consumes far less resources, and we would have more than enough to sustain the whole world population and more surplus! Then the rest of what we dream of will follow. When the Earth's atmosphere is saturated with loving peace and kindness, we will have all calmness of mind to think of higher purpose, to invent better technology, to be a more enlightened being, worthy of the title 'children of God.' Thank you, ma'am.
- MC1. *Thank You. Many great thinkers and humanitarians past and present have spoken about the benefits of the meat-free diet, such as Einstein, Leonardo da Vinci and Edison were vegetarians, and spoke out in favor of the vegetarian diet. Albert Einstein actually was a vegetarian, he said, 'Nothing will benefit human health and increase chances of survival for life on Earth as much as the evolution to a vegetarian diet.' Why are so many great thinkers and humanitarians vegetarians? What does it actually tell us about the vegetarian diet in regards to mental health?*
- M. Well, your question answers itself. Actually, in England, the British Medical Journal reports that the more smart you are, the more likely you'll be vegetarian. Trish Kennett, the chief executive of the International High IQ Society, Mensa, explained that the smart people consider all the aspects of their life very, very carefully. People who think about the ethics of killing animals will naturally choose vegetarianism more often. In the research that followed 8,000 people from birth, scientists discovered that those with an IQ five points above the average had become vegetarian, the latest by the time they were about 30 years old. So you see, all the thinkers they are smart too, so of course they are vegetarians. I invite everyone to join the club and prove that you are smart.
- MC1. *That's a good way of looking at it. Supreme Master, in the United Kingdom, Prince Charles recently expressed his concern about the urgency to fight global warming in the article entitled '18 Months to Stop Climate Change Disaster' published in May 2008 in The Telegraph newspaper in the United Kingdom. Would You endorse his concern?*
- M. Oh yes, of course, indeed. His Royal Highness is a very, very responsible and concerned leader. I really, really support and admire him. If we have more people like him, we can save the world. When His Royal Highness spoke about 18 months, that was long ago. And every day is a long day if we do not stop the global warming. At that time he was correct. At that time I also say the same. In similar time frame, I also say the similar things. Like I said we had only two years, a little bit long before him, a few months before His Royal Highness spoke. And now, because we have propagated the vegetarian diet to every corner of the world we can, and with the Supreme Master Television and all that, and with new restaurants open everywhere, we have gained more vegetarian members. And thus, we have gained some beneficial good karmic merit, so we have gained more time to change history. Thank you.
- MC1. *Thank You. And recently, Grant Supreme Master, You were a guest speaker at an international global warming seminar in Los Angeles attended by many press and government officials. Our listeners can find out more by going to the website*

www.ecofoodprint.org. Do You feel that the conference had a positive influence on the participants and the people who attended the conference or watched it on Supreme Master Television?

M. Yes, yes, madam, yes. Even as we are speaking about things right now, I'm sure some people would have turned to become vegetarian. There were evidence of that. You see, the audiences at that time who were attending, they pledged a vegetarian lifestyle. And many who wrote to the Supreme Master Television, that they became vegetarian because of the info from our television. And one rancher viewer even turned vegetarian and stopped stock raising. And she doesn't want to even sell her cattle for fear they would be killed for meat. So she's keeping them right now, but not selling them anymore, and not killing them anymore. Isn't that nice? [MC1: That is lovely.] Lovely, thank you. It's a true story.

MC1. *In a recent video seminar in Thailand, You mentioned that the mass killing of 56 billion land animals each year creates negative energy resulting in dark forces which surround the Earth, which in turn cause more frequent and stronger disasters, which we're all witness to. As this concept of energy is rather abstract for many people, is there any way we can demonstrate the materialization of positive or negative energy?*

M. Well, these things are abstract, of course. But we can somehow demonstrate. In Japan, they have made an experiment with water. Dr. Masaru Emoto... [MC1: We've studied his work on the show many, many times, Grand Supreme Master. We're a big fan of his.] with the frozen crystal form of water, and if you recite the name of a holy person or tape that name of holy person on the glass of that water and then when that water crystallize, it's in beautiful form, and pure and nice. And if you recite some bad people's name or some evil names or some evil thoughts projected into that water, or tape some bad people's name on it, then the crystallized water of that glass will become very murky and it looks very ugly and very strange. So the more positive and purer the energy, the more beautiful frozen water crystal is. And then if it's surrounded by hatred or pollutant, then the frozen structure is ugly or sometimes cannot be formed even. And in our daily life, we can prove it.

Like if you are in love with each other, even far apart, you feel elated from the love energy. And when you quarrel or hate each other, though even you are not speaking into words or expressing it, there is a heavy air and oppressive cold war, no? And moreover, the magician, black or white, they harness their mind energies to heal or to harm, even from a distance to target the person that they like to heal or to harm. The priest, they use the prayer's energy to bless or to exorcise the possessed person or animals even. We all know this. It's just some example. Thank you.

MC1. *Actually Supreme Master, I see many Irish people walking around with bottles, where they're written positive words on them. [M: Yeah.] Another question, the biggest challenge facing people, particularly mothers who wish to help their families move on to a maybe healthier animal-free diet are not knowing where to start. With so many other things in life to take care of, what advice would You offer to mothers to make it easier to change these life-long habits?*

M. That's right, madam. Yes, I am very sympathetic with the busy people, and not just mothers, but people are very busy. But we have to make priority, madam, otherwise it's life and death matter. We have to make priority. First, we must know what to cook and where to buy. Getting internet knowledge nowadays is easy, or get in contact with the vegetarian group and stay with supportive vegetarian people. They will help you, they

will teach you how to cook and where to buy things. And they will get you all the possible facts of vegetarian and how good the vegetarian diet is and how harmful the meat diet, so that you can convince yourself, your family and your friends, so they do not redo your decision and make you regress. And pray for heaven's grace to stay strong in your commitment to compassion and kindness. That is the beginning. And later on it will be very easy.

MC1. *Speaking of children, Grand Supreme Master, I've heard it's said that most of our children would choose vegetarian if we hadn't encouraged them to eat meat. [M: That's right.] Is it healthy for our children to be vegetarian and will there be enough protein and nutrients and what age is healthy for our children to become vegan or vegetarian?*

M. There's no age for this, madam. From the mother's womb already would be the best. In our group, children of our Association members are all vegetarians and even from birth already. They're healthy, pinky and active and intelligent. And they're very, very obedient, very cooperative with the parents. They're calm and kind from childhood on. They will be at the top of physical and mental fitness. People can check on our website for more proof or rewatch our past programs on vegetarian family, introduction of families who are vegetarians and the children who are vegetarians, a lot on our program. And even in any vegetarian society they would have it. Check with other vegetarian family's children, et cetera, et cetera. Even my dogs are vegan and they are so strong and healthy.

MC1. *And one last question, Master Ching Hai. If I'm a listener to this show right now and I would say, 'Okay, right now, from now on I'm not going to eat any more meat.' Where should I start? And I know You mentioned a couple of places.*

M. In Ireland, you have an Ireland Vegetarian Society. [MC1: We do.] Yes. And many online websites nowadays, yes? Health shops and veggie burgers, sausage. Even Linda McCartney sausages in Tesco you have, yes? [MC1: That's right.] Rashers and so on. And we have cooking shows almost daily on Supreme Master Television. And we have all the free to download, free of charge, free of obligation, fantastic, delicious international, from all corners of the world, from the jungle of Africa to the Great Wall in China. We have all the exotic and beautiful international vegetarian menus for you to download any time. You can make two or three books out of them and cook them every day. It's on www.SupremeMasterTV.com and it's free of charge, free every time, anytime you want to download anything from it, not just the vegetarian diet and vegetarian menu. Everything is free from that television and we don't even have commercial, so you can watch them always free. [Master laughs.]

MC1. *Just to finish off, we have some good news, Supreme Master Ching Hai. All new homes built in Ireland from 2013, according to the Environmental Minister John Gormley, will have to be carbon neutral and emit no harmful greenhouse gases, using solar panels, wind turbines, and triple glaze windows. I thought that might make You smile.*

M. Wow! Big time smile, yes! So good of Ireland and her people. God bless you so much. God bless your country. Even Ireland was the first country in the Northern hemisphere, even first one in Europe, to ban smoking. [MC1: Yes!] They just support the government even, nobody complain. Wonderful, and they even were happy and many people said that since the ban came into effect, they even stopped smoking, it helps them, too. Bravo, bravo! I love Ireland!

- MC1. *Supreme Master, just another quick one. It's no secret about Your love of animals especially the animals or Your pets that You have. Do You encourage them to eat vegetarian?*
- M. Yes! They are all vegetarian, madam. [MC1: Including Your dogs?] Including my dogs, my birds. They don't even eat anything that's not vegetarian. Even one time, when I first adopt one of my dogs, he's a poodle. And he was sick from head to toe and even after a few months, he still has lingering sickness. And we brought him to the vet, and he had to stay there for a while to check up and all that. And the vet gave him something with meat, even though we told him already. And then he doesn't eat. So we have to give him vegetarian food, then he eats. And now, in the market sometimes they imitate fish or seafood. And they imitate it so well that the smell is just like fish, very stinking and I could not eat it. So I thought okay never mind, I'm picky, because I'm not used to it, but my dogs surely will eat it, no problem. I give to my dogs, they just smelled it and they left. They don't eat. [Master laughs.]
- MC1. *Supreme Master, I had a dog, because You mentioned Your poodle, I had a Samoyed who literally was my best friend and she became very, very ill. I'll have to be honest and say I did feed her meat in her early years and she got cancer twice. And I think at one time we were told she was only going to last the maximum a month. So I went and did my research and I found out where the cancer was coming from and I totally re-did her diet from meat – took it out completely and moved her over to vegetables and a lot of herbs and especially a lot of healing herbs and she lasted almost 18 months longer than she should have done. So now, I've got other dogs and I don't give them meat.*
- M. Wow, yes! It happens also to people. Many people who were sick already and of cancer even, not all forms, but many forms of cancer, when they turned to a vegetarian diet they just cured completely without medicine. Because we are eating harmful substances, and of course it harms our body, but if we change from poison to nutrition, then of course our body heals. Same with dogs, huh? And your other dogs are okay now?
- MC1. *My other ones are fine. She did pass away but I had her a long time. She lived a lot longer than we expected.*
- M. She was old? [MC1: She was.] Bless her, bless her. And you have how many other dogs now?
- MC1. *I have two. [M: Two?] Yeah, two puppies.*
- M. Bless you so much.
- MC1. *Supreme Master, we are totally honored for You coming on air this evening. It's been an absolute pleasure. The Sandman, I think, wants to say something.*
- MC2. *I just want to say, thank You very, very much.*
- MC1. *You have a recent convert there, Master Ching Hai.*
- MC2. *You certainly have a convert and I am very difficult to convince, but I watched a lot of Your programs and I watched some of the scientific programs You had on Your television and I think that I'm convinced. As I said, I'm a difficult one to convince. And I really, really appreciate You taking the time to talk to us tonight.*

M. Oh, I love you for that.

MC1. *And bless You in Your work.*

M. Bless you!

MC2. *Thank You.*

M. Bless you in your radio work.

MC1. *Thank You very, very much and hopefully we'll talk again some time soon.*

M. Thank you and all your loved ones be blessed.

MC1. *Thank You so much.*

MC2. *Thank You once again.*

M. So long, love.

MC1. *So long, now.*

We've had numerous texts regarding Supreme Master Ching Hai, who we just had on. I'm going to read you this one. It says, 'I just want to express my deepest gratitude for interviewing the Supreme Master Ching Hai. The subjects that were disclosed are vital to the survival of our beautiful planet, and all its precious co-inhabitants. And it makes me so happy that a station such as yours aired such an insightful program. Thank you, thank you, thank you. From Starlight.'

Well, the pleasure was ours, as I'm sure any of you that was listening to Grand Supreme Master, She really does have the most beautiful energy. In fact, here's another one: 'I heard your radio online broadcasting the live interview that you have with Supreme Master. I found it educational and enchanting. I love Supreme Master Ching Hai's conversation, you should interview Her more.' I agree, it was Her first time, and yes, we do hope to have Her on. There's tons and tons and tons of emails and texts, it's just unreal. If you want to find out more about Supreme Master Ching Hai's work, you can just go onto www.SupremeMasterTV.com. So that's the channel that's aired 24 hours a day that Supreme Master was talking about. Or you can go to Sky channel 835.

LOVE IS THE ONLY RELIGION ³⁴

M. What can I do for you, ladies and gentlemen, you want to interview right now? So are you ready with you're a 1001 questions? [Laughter] You're so beautiful, very noble. Number one question?

Q. *Are there any special readings that You recommend for individuals who are seeking greater enlightenment?*

M. Oh, many, many, yes.

Q. *Some examples?*

34. Interview by a journalist, Houston, Texas, U.S.A., November 14, 1994 (Originally in English).

- M. For example, for those westerners who are Christians there are books like from Yogananda on Christianity, and from Sant Mat, Light on Saint John, Light on Saint Matthew, et cetera. And my books, of course.
- Q. *And as we approach the 21st century, what would You wish for mankind and the world?*
- M. I wish whatever you wish: Peace, prosperity, and love between brothers and sisters.
- Q. *Do You think that there is a message in all the human tragedies that we are witnessing, one event right after the other – the hurricanes, the floods, the fires, the earthquakes?*
- M. Yes, definitely. I think you know. I think all of us know.
- Q. *What are we missing? Are we doing something wrong? Are we doing something to displease the universe or anyone?*
- M. We are doing it all the time, and we have been doing it since thousands of years. That is, unkind to each other, killing each other, suppressing each other, including our younger brothers and sisters like animals. I know I will displease many people by saying that, but since you asked me, I have to be absolutely frank.
- Q. *Please, by all means.*
- M. Yes. You see, anything in the universe will return to where it begun, right? And in the bible – since we are in the western world – in the bible, it is said that as you sow so shall you reap. And if we believe in the bible, we sowed too many things that unfortunately will yield undesirable fruits for us. And sometimes, it's accumulated in such a great intensity that individual cleansing or purification is insufficient. So there has to be a kind of great cleansing action, just like disasters – earthquake, and fire, and flood, and hurricane, et cetera – as you have mentioned.

So the only thing to avoid this, to avoid the fruit, is to avoid sowing the seed. Yes, we have to start to be more God worshipping, God loving, God fearing. Doesn't mean we go to the temple and bla bla bla all day long how we love Hirm but we have to love in action. Love Hirm and love Hiers children. In the bible, it is said very clearly, 'Who told you to kill all these she-goat and he-ox to make offering to me? Repent yourself, because your hands are full of innocent blood. If you do not stop all this, then I will never listen to you when you pray, and when you seek me, I will turn my head away.' God doesn't permit us to kill even to make offering to Hirm, so much less to kill to satisfy our very temporary physical appearance. So this is the cause of most of our disasters and sicknesses in this world.

Scientifically speaking, we can prove that, since in America, the majority of the people love red meat and they eat a lot. So the rate of cancer is the number one in the world, compared to other poor countries because they don't have too much meat. The cancer is very, very, very low, just like nothing, compared to America. That is according to the research of all the doctors and scientists. So, therefore, you see, the connection between the fact and the science, and the religious statements. I'm not saying that we all have to be Catholic or anything. We just have to be loving and that's the only religion there is.

- Q. *Is there any way that our faith can assist us in trying to combat, say diseases such as AIDS and cancer? Is there some strength to be found in your spirituality in knowing and focusing more on your soul as opposed to your physical temple, your body?*
- M. Right. Yes, there are ways and means, provided people want to listen. Somebody just talked to me about how beneficial they have derived from our meditation practice and my advice and how their lives have changed, how many sicknesses have gone away from them. And even if they have sickness, it is reduced into half size or nothing, sometimes instantly. And they say, 'If they all listen to You, the world would be peaceful long ago.' I say, 'Yes, yes, if only they do listen, then no more suffering ever in this world. We will turn into paradise in no time.'
- Q. *Do You see there being something special, something unique about You being a female Master, about Your being so youthful? Why perhaps were You chosen as You are in this particular form to be our living Master?*
- M. I guess it is the will of the most high, and I cannot do anything about it. I guess we need a change; always male Masters is boring. [Q: Yes.] We need a change. [Laughter and applause.] Being a female spiritual Teacher has also some advantages. Like, many women don't like or feel shy to talk to a male teacher so maybe they find it easier to communicate with a female Teacher. Maybe that's why God has chosen me to do this job. [Master laughs.]
- Q. *You were recently honored fourfold in Hawaii and made an honorary United States citizen and also received a peace award and had a bronze bust erected in Your honor and had a day declared as Supreme Master's Day, October 25, I do believe it is? [M: Yes.] And is it to be from this day forward that it would be honored as Supreme Master's Day?*
- M. I believe so, if not, it doesn't matter. [Laughter and applause.]
- Q. *You are about the business stand of having every day be a good day for mankind, for people who need help or assistance of some sort?*
- M. You mean I'm always willing to be there? [Q: Yes.] Yes, as long as I'm physically fit, yes, any day.
- Q. *And where do You proceed from here? You have come through California. You and Your followers made a contribution I believe some USD200,000 to the fire victims in California. And earlier this year You made a contribution of perhaps USD100,000 or so to the flood victims of the Midwest. As You move now across the United States and out of the United States, where will You go next to offer aid and assistance?*
- M. We also offered USD200,000 for Veteran's Day, for the women, the day of the women who were recognized. The day of the veteran women. That was November 11th this year. So I thought it is very honorable for the women who have fought in Au Lac who have been recognized. [Q: Yes, the nurses of the Au Lac war.] Any, any, yes, yes. They are as brave as men if not braver. [Q: Indeed.] If we consider their physical body and some of the discomfort that the women have to go through which men don't. In comparison, I think women who do such a service are even braver. But don't tell the men. [Laughter] [Q: We don't.] I always speak very fair. That's all.

- Q. *And with our various religions as they are today, why do You believe we've had such a history of so many different religions? What has man through the ages been seeking through religion and philosophy? What is that need that we're seeking to satisfy, or that fear?*
- M. Yes. Yes, fear is one of the reasons. And another reason is that we, innerly, are the essence of the most high. We came from God, otherwise, where do we come from? You think we come from plant or from the wall or stone? So we must come from God, the most high, the most intelligent, the highest consciousness. So that inner inherent, the latent consciousness always keeps seeking itself. Despite all the coverage, like position, wealth, fame, and all this worldly knowledge keep occupying our attention outwards. And then the highest consciousness inside always keeps telling you that you are not that. You are not the Ph.D. and you're not this garbage that you accumulated, you are not Mr. So-and-So, or Mrs. That-and-This. You are that, you are the consciousness. You are God-like, before you came to this world and get a Ph.D. or became Mr. and Mrs. and have all kind of knowledge and habit that you call yourself. That is another self and the real self – that is the God-like that belongs to the kingdom of God, that's God's children – we're called God's children, that means we are God-like. Yes, the God's qualities always keep reminding us that we are not this and that and other.
- Q. *Are we supposed to believe then that we are part of that universal, and divine, God energy and intelligence?*
- M. Sure. Not supposed to believe, you just are. [Q: You are?] Yeah, and then now you look at what you identify yourself with, 'Mrs. So-and-So, and I have so much knowledge, I have so much wealth, and I have such and such habit.' All this is not you. You are the one behind all this and all this is covering us. Therefore, we make ourselves suffer because we identify ourselves with our mistake, our success, our failure, our this and that and other, and our circumstance that affects us. And we forgot the real super consciousness, the supreme inner self, the supreme spirit which is God which dwells within us. That's what the bible says, 'God dwells in you,' that means you are God, apart from the body, it's God inside, nothing else!
- Q. *Are we closer to our true self when we are children? You were wonderful with the girls up here a while back. Are we more God-like as children because we've learned less or is it when we get older that we take on all those trappings and then become too physical and materialistic?*
- M. You're right, you're right, yes. When we are born as children at least we are cleansed already, partially, from the residues from the last life or whatever existence we had, you see? So when we were born, we were nearer to God. We just come directly from the rest place, more peaceful and abundant. So that's why children are more innocent, and they forgive easily. And they have no worries or nothing, yes? But we, the more we come up, the more we grow up, the more we accumulate all these experiences and then we identify ourselves with that. For example, 'I'm an angry person, I'm an agitated person, and I'm a bad-tempered person.' This is not you! It's just that you've grown up with all kinds of circumstances that make you are like that then you think you are like that, and that is the 'you.' It's ridiculous! When you were born you were not like that. Or 'I'm an alcoholic,' and that and this and other. It is not true.
- Q. *There is so much crime in the world now, so much one-on-one violence with mankind. What can we do to begin to have a greater respect for ourselves and human life so that*

we are not killing one another, so that we are not so violent and so cruel to one another?

- M. Spreading the love message all the time, always broadcasting positive. It's better to tell the children that. 'Honey, you...' Just say it in a positive way instead of a negative way that we most often do. For example, you say, 'Don't be so dirty,' then we could say, 'Honey, keep yourself clean.' And the word 'clean' will go inside the mind instead of the word 'dirty,' it doesn't matter the 'don't' or 'do.' It's the essence of the sentence that's important. So most people say, 'Don't be so dirty,' or 'Don't be so cruel,' or 'Don't be so nasty,' this and that and other. Instead, just say, 'Be kind, be gentle, be gracious, be graceful,' and then the essence of the words will boil down into graceful, gracious, kind. And when everything else is gone, only the essence remains. So we always keep telling children, 'You are dirty,' 'Don't get so dirty,' 'Don't stay late.' Just say, 'Go to bed early,' even if you say 'don't' before. [Applause]
- Q. *Well, American television and all the messages that it sends – the various media, as a matter of fact, the newspapers, the magazines, the movies – do You think that we have a long way to go in order to reorient ourselves towards a better way of life, a higher spirituality?*
- M. Yes, we have a long way. But I hope it's not too long. We try our best. You see, everyone has to try. I was thinking on the way back here that when we met our neighbor, and then I invited him also to come along here, and then we talked to the driver who let me stay in his wife's house, so I said, 'Why don't you do more parties often and get to know your neighbors, start from individual?' That's what I did when I was married to my ex, the best husband. Yeah, I always made party. At that time I was not practicing Quan Yin method. I just meditated with another kind of method, and we were vegetarian. So I thought in Europe, the neighbors don't know each other. It's different from our tradition like, for example, in the East or in Africa, people are more friendly toward neighbors. So I said I start. So I made parties once in a while, maybe once every few weeks, and invited all the neighbors, whoever want to come, come. I just dropped the invitation in the box and said, 'Hallo, we have a know-your neighbors party, can you come?' Thing like that. And if they don't come this week, they come next week.

So if everyone does this, and then spreading out love and the message of togetherness, every unit, then all the neighbors will know each other and the whole nation will know each other. And then we have better communication, then we have better understanding. You wouldn't fight with the one who you at least know and have dinner with. You know, at least, you know, something will stop you. And then you think twice before you want to harm him at least. So these things will keep people together. So why don't we all start to do that? Each one just take care of his neighbors is enough, yes. And then everyone takes care of the neighbors and then the whole nation will be taken care of and united in love and friendship. At least, before we start to talk about heaven and kingdom of God and enlightenment and anything else, why don't we just love our neighbors. Very easy, no?

- Q. *What is immediate enlightenment? I don't know.*
- M. Enlightenment implies Light, so when anyone helps you to see Light from heaven immediately, that's called immediate enlightenment. [Q: All right.] That's what we help people to do. People can see Light or hear the heavenly music, it means the message of God, what is called the 'Word' in the bible: 'And the Word was God and the Word was

with God.' Remember? The Word that is what we can hear from God. At the moment we hear that, it is called the moment of enlightenment, yes? It's difficult to hear that, the Word from God, the message from God. It's difficult to see Light, but nevertheless some people see them in deep prayer or in deep sorrow or in a blackout kind of situation where they contact with the higher world instead of this physical one. But rarely. So when you cannot see the Light or hear the message of God yourself, and you find somebody who helps you to do it quicker, that is called the process of seeking the Truth, seeking the Teacher. And whoever can help you to see the Light and hear the Sound immediately, that is a so-called spiritual Teacher.

- Q. *A friend once told me to never judge a person by their physical appearance and their physical trappings because amongst us in our midst are individuals who are of a higher calling or a higher soul and that we are daily walking amongst people who are more spiritually advanced than we might ever guess. [M: Yes, see? All these are very advanced people.] All right. I recently saw the movie about the tragic life of a rock-and-roll singer, Tina Turner, 'What's Love Got to Do with It.' And they opened the movie with a Buddhist saying – which I can only paraphrase now – about the most beautiful lotus flower finds a way to grow through thickest mud. Do You believe that there is some merit or something to be said for struggle and suffering and tragedy? Is there goodness to be found in bad?*
- M. No, I don't believe it. Goodness is never to be found in bad. Of course, for some, okay. Suppose this suffering awakens us, and makes us realize the ephemeral nature of life and the suffering kind of existence that we have to lead sometimes. Suppose that is good. But it is better that we don't have it altogether, better if we are awakened that we avoid it altogether by not sowing the suffering seed.
- Q. *Is it possible though to have a balance in life by having, what is it, the ying and the yang, the good, the bad, the suffering...*
- M. Yes, sure, now we have to do it, because as long as we live in this world now, it is too late now to say, 'I can avoid it altogether.' So we have to accept suffering as a part of our ying yang balance of positive and negative. But nevertheless, we don't sow more for the future, first. Second, we don't sow suffering for our neighbors, and also we will minimize the result of our past actions by adding more strength of the positive spirit into our daily life by meditation, by thinking of God, the right way, yes. Everything has a way, actually.
- Q. *Do You believe in the Anima and the Animus, the male spirit and the female spirit within each of us, and having a harmony and balance therein?*
- M. Yes, yes, that's what we call positive and negative force. Yes, female supposed to be negative force and whatever is weak or slow or kind of inert, we call it negative. Some people call it female, all right? And other a little bit kind of outgoing and strong, we call it positive. Many people call it different names. Like creative power, that is also called negative actually, some call it negative. The female energy or the yin is supposed to be the creative energy, but then it has the side effect, because when you are created, then you're supposed to be demolished one day. But when both are balanced, then we are in equilibrium with the universe, in harmony and we don't have much suffering.
- Q. *In terms of us as a society of abusing our children sexually or physically with the violence and also emotionally, how should we regard children? We basically touched on children and how innocent and free they are, but what would You have to say about*

abusing children and mistreating them and not giving them the environment to develop into their highest selves?

- M. Well, fortunately, this is not many. Even though sometimes we read it frequently on newspapers or hear it on the news. But even though as frequently as it is, it is just individual case repeatedly, so it looks a lot. But actually our society is still okay, still clean. Well, you can't help if some people have mental disturbance and they don't know it. If they know it, they would go to a psychiatrist or treat themselves, you see?

So these, we can just look upon as a disaster, accident, into some of the individual lives in which they cannot grow out of it, can't help themselves or the time has not come for them to realize their mistake. Besides, when we talk a little bit deeper, then there are many things contribute to these crimes – you call crimes – as well as many other disasters. There is a root cause for all this retribution. So no one is truly as innocent as we think, except God is innocent, except our soul is absolutely innocent. But we collect so many not innocent information with which we live, and through which we grow, and with which we die, and we bring it back again, again, and again until we're fed up with it, until we learn to grow out of it. So that's the negative side of life. And fortunately we don't have that many, I think.

- Q. *Is that the purpose of reincarnation, to return and conduct unfinished spiritual business with God or with ourselves?*

- M. Right. Until we find the right way, the right purpose of our life in the universal plan, we always are miserable because we will be doing wrong. We don't do it exactly the way it is planned. Therefore, of course, it is chaotic, so we have to come back and come back, re-do it and re-do it until we touch the right button so that we are satisfied. That's the way... that's when we're enlightened, we find God and then daily nourishing this knowledge of enlightenment until we're completely sure and discover all the things that we have to discover so we don't have to come back again. And we can, we can, we can come back as Teacher, spiritual guide.

- Q. *I was reading that at one time You did have a circle of disciples and that You moved beyond that because You believed that anyone could be a Master. Might You explain, do You still have disciples in terms of the ones that work and study closest to You?*

- M. Well, I cannot avoid it anymore. People force me to be their Teacher. And if that serves their life for the better, of course I will have to do it, yes? Willing or not willing. Before, I was a little bit more innocent. I thought everybody is Buddha. [Master laughs.] I learned that everyone is Buddha, okay, everyone can be a Master. Everyone has Master potential within themselves. But most of them are covered with all kind of dust and prejudice and misconception, therefore they can't be Masters. Not that they don't have the Master quality. For example, you and your sister both are beautiful, right? But one is made up and bathed and do coiffure and wear elegant dress the way you do, and the other just covers herself in mud and runs around on the floor all the time, and throws dirt upon herself, and you can't say that's a beautiful girl, even though she has a beautiful body and figure the way you do, right?

- Q. *Yes. Will You render any more writings or a book which we might study day to day or go buy?*

- M. Any of my books you can have. They are just casual talk, just like now. When I talk to people, then my disciples transcribe it, and print it into book. It's easier and convenient when you carry it anywhere, better than tapes and videos. So any books you can have.
- Q. *I'm saying, too, for individuals who want to follow You closely, once You leave, and to still have Your writings, are You working on something new? We generally ask if there's something to look forward to from You?*
- M. I don't actually do anything new. It's just I do what is necessary at that moment. For example, today, I'm invited here and then you would like so much to talk to me so I just give you the interview. [Q: Thank You.] And later people like to ask me something then I talk to them. And all these things become new then. [Q: I see.] Because it's not yesterday. That's what it is. I don't deliberately write any books or plan any new things. I have new music though, records.
- Q. *We would like to listen about the new music. [Applause]*
- M. I wrote some songs talking from God's standpoint, not from human's standpoint. Because most of us that write songs, even holy songs, you know, just write from our own standpoint, never write from God's standpoint. We are just beggars all the time, 'Oh, please help this and please bless me,' please this and that and other, or 'I'm lost without You.' 'Oh, Hes is the great one.' Hes is that and all this. I'm writing these music all from God's standpoint, that God speaks to Hiers children. So maybe something new.
- Q. *Will there be words or just sound, music?*
- M. Yeah, words and music.
- Q. *That is excellent. Do You think we have very long to look forward to living on this Earth? Are we ready for Armageddon? Are we ready for the end of the world with all the tragedies and world sufferings that we are seeing?*
- M. No, I don't think we have that bad. [Q: I don't know.] It's okay.
- Q. *If You look in the bible and if You listen, You would think the world is coming to an end at the end of this century or so.*
- M. The world ends every day. When everybody dies, that's end to him.
- Q. *I don't know, some of the spiritual realities that were revealed to You in Your studies in the Himalayas, in my constructing these questions I was thinking about an audience out in radio land listening on a Sunday morning who might not be familiar with Your teachings and who might want to become initiated, who might want to better understand the Quan Yin method or the Quan Yin route to spirituality.*
- M. So you mean I should talk about the inner realization? [Q: Yes, please.] There are too many to talk about, first, because the universe is vast and it's contained within ourselves. So I can only tell you a few, for example, like for an ordinary person to get enlightenment, you normally will see Light and Sound, Light of different colors or brilliance, sometimes more than a thousand suns. And so some people will see less than that. Some people just see some kind of moving black cloud until some time, but very rare. Most people see immediate Light from God. Light represents wisdom, represents the super-consciousness, the Light without shadows, the Light that you don't

see with your eyes but you see with your inner awareness. So that is called enlightenment when you see that. And then you hear the Sound, the silent Sound from God which brings you the message from heaven. And the more you hear that, even though without language it's kind of like music but without instruments. And you can't make out what it is, but it is so beautiful and melodious and it lifts you up above the mundane level of consciousness and brings you back to where you are supposed to be, and from that high standpoint, you direct your whole life into a more righteous direction and then we clean all the mess and entanglement that we don't see when we were too low here below. We see better when we are higher.

So to say higher, it doesn't mean we have a ladder of something, just higher in consciousness, in awareness, in intelligence, that we are back to the true source of wisdom, a true self, which is God-like. We're back to God who dwells within our holy temple here, you see? So we truly recognize ourselves who is who. And we stop occupying with all the habit and the knowledge that bind us from the outside. The more you contemplate on this inner wisdom, the more you remember your real self, the wiser you become and the more your life becomes smoother, and everything goes better and better until you completely know a lot of things, many things or all things, and you become like omnipresent, omnipotent. And everyone who prays to you, in any corner of the universe, you will know and you will help them immediately according to the situation and according to what is of benefit for that person. That is the highest achievement of a so-called Master.

- Q. *I heard many years ago that Quan Yin – I received a statue from a little shop at home in Buffalo – it said that Quan Yin was the Japanese goddess of love and happiness or goodness and health. And I was confused as to how we might now have the Quan Yin method and had it span numerous cultures and go beyond Japan?*
- M. Quan Yin is not a goddess of Japan alone, it's a goddess of Chinese, of Aulacese, of Indian, of Tibetan, and they call it different names – Avalokitesvara in India. And when he is in India, it's a 'he,' and in Tibet, is a 'he,' and comes to Japan, Chinese, and Aulacese, becomes a 'she.' Anyhow, it's just a mythological figure. She was one of the Masters of the past, like Moses, or the past Masters, ascended Masters. Because when She was alive, when people prayed to Her, She responded, you see? Therefore, only because when She was alive, all Her disciples and non-disciples who were sincere would have benefited from Her presence and Her blessing. And then people just continue like that even after She died. The same with Jesus and Buddha. That's why we don't have response so much because all the Masters have ascended, and we have to pray to the living Master. Supposed to do. Yes. But then after a Master dies, people continue to pray because his grandfather prays, and it helped, so the grandchildren continue to pray and forget the essence that the blessing field, the magnetic field of the Master is gone. You can pray to a Master after She has died a few hundred years, but not longer than five hundred years. After that, no use, because Her magnetic field is gone. And what causes the magnetic field is the devotees' hearts, you see, Her connected, spiritual disciples still stay a few generations after She died, see? And their hearts carry the magnetic field, the loving atmosphere of the Master because they still love the Master. And they love the Master and they were already connected with the Master while the Master was still alive, or at least the very advanced disciples while She was alive. Therefore, the living lineage, the living bloodline still continues after the Master dies and passes on to a few generations. That would be at most five hundred years. It's because of the disciples, because the Master is still living in the heart of the disciples. Therefore Her blessing and love are still there, through the disciples. But after She is gone, the connections are gone, and the disciples are all gone, and you don't

have a good disciple to keep the lineage alive, you pray to that Master, it's no good.
[Applause]

Q. *How do we begin to rid ourselves of the materialism and all our accoutrements that might keep us further away from our spiritual self, how can we become more selfless, and not want to have this and be this?*

M. Yes. It's difficult if we water the plant from the leaves and not the root, you see? The basis of all these misunderstanding, ignorance and greed are because it came from the root that we have not opened the power of understanding, therefore we misunderstand. And we think money will make us happy. We are seeking the Truth which is the eternal happiness, but then we misunderstand. We thought money will make us happy, or beautiful girls will make us happy. The true thing that makes us happy, that we seek for, is the true happiness. It's the Truth. It's our real spiritual power, the real God self. But because we don't know that, so we keep wanting this and that and other. But as soon as your understanding power, your real source of understanding is open for you, then you understand differently. You will say, 'Ah! This is what I want, not that!' See? Then all these things will fall apart. You don't need to do anything to it. Just like you water the plant on the root and then all the leaves will be green.

Q. *Are we to consider that we are on this Earth to make a contribution as good human beings, as caring human beings, as loving creatures?*

M. Yes, also. That is a side effect. But the most important is that because we are happy within ourselves, we are satisfied. Only when you are satisfied, then you can satisfy others. Only when you know how to love yourself, you know how great you are, then you can make others great or respect the greatness of other people. Therefore, all the Masters say know yourself, or seek you first the kingdom of God which is within you that means yourself. Know yourself or seek you the kingdom of God, or seek the holy spirit which dwells within you. 'Know you not you are the temple of God, and the holy spirit dwells within you?' It's all the same thing. Or seek your Buddha nature, the highest Buddha nature. It's the same thing, honey. It's the same thing!

Q. *Will we see You in the company of the Pope? Have You had occasion to meet Pope John Paul?*

M. He is a holy man, he is a very nice person. But you ask me, I am startled because I've never thought about it.

Q. *Well, I saw in some of the literature, You were comparable to the Pope in the Asian world, and I just didn't know in the effort to make mankind and our human condition better that maybe we can bring all the spiritual philosophers and teachers together and get the world in order.*

M. Yeah, that's good. Maybe you organize that. [Laughter]

Q. *Maybe not. That's about all the questions that I have for You, Supreme Master, at this point. [M: Thank you.] I thank You for the audience here and the time with You. I think that that was extremely generous and kind of You. [M: It's all right.] Thank You. [Applause]*

BY ALL MEANS BE A VEGETARIAN ³⁵

How is everyone? Was the food okay? You had food? [Audience: Yeah, very great.] Very good? Then why do you laugh? [Audience: Because we're still talking about food.] Yes! Of course. I mean, isn't that the most important issue of the world? Because of food, we started war and then we make peace and then we started war again – all because of food. So what you like to hear? [Audience: Meditation.] Meditation? Okay! [Audience: Inner peace.] Inner peace. Well, if you have one then you have the other. If you meditate then you will have inner peace. Nobody knows how to meditate? Yeah? You do! You do, everybody does. You meditate every day on different things. Some meditate on money, some on food, some on boyfriend, some on girlfriend, some on business, some on children, wives, husbands, and text books, and sometimes on fame, position, power, then occasionally on God when business doesn't go well. [Laughter] When other meditation fails, then we might meditate on God for a while. I will have to tell you about a different kind of meditation and by which and with which we will overcome most of the difficulties in this life. And then we do not need to meditate on too many techniques or too many subjects. Instead, meditate on one only, and we get many things or all the things. Just like the bible stated that, 'Seek you first the kingdom of God and all the things shall be added unto you.' You feel familiar with the bible, yeah? More familiar with the bible than with other scriptures; otherwise, I am also familiar with many other kinds of religious texts.

Now, it's not that we have to sit there and think about God all the time. It's just that we have to merge in God and become one with God, and that we're always in God consciousness. That is what it meant by the kingdom of God. Because Jesus said to us that the kingdom of God comes not through observation, but the kingdom of God is within you. If it is so, then what shall we do? Still, we must meditate even though it is said that the kingdom of God comes not through observation – means not through meditation even. When you observe something, it means you really pay attention to that subject, so that also means meditation, contemplation. But, even then, that doesn't give us the kingdom of God. It just makes us more aware of the kingdom of God. The kingdom of God is not made of meditation or by meditation or with meditation or through meditation, but by doing meditation we become aware of our kingdom of God which is already existing. So that is the wisdom of old.

But, nevertheless, even then, in the other part of the bible, it is also said, 'When you pray to your Father / Mother, enter into your secret chamber or the closet and pray in secret and then your Father / Mother who sees you pray in secret will reward you openly.' So now, how do you pray in secret? The bible teaches us that we must not pray loudly like the heathens do. Don't make loud noise like the hypocrites or the heathens do, but enter into the secret chamber, and pray secretly. Now, the secret is there. So that's why mostly we pray a lot, very loud; everybody hears it, except God. So most of the time, our wish doesn't get the fulfillment that it deserves because we probably do not do what the bible taught us. If we believe in the bible, then we must study more carefully about what to do.

According to very reliable sources of research and archaeology, unearthed materials, we know that Jesus had been all over many countries especially India, Tibet, and studied with many enlightened Masters of different schools at that time. And when you go to India and you truly search for Masters then you will find those who are with the meditative way of life. They will teach you, at least, meditation. I don't mean you just pick any on the street and worship him as a Master. You must truly look for it. Any of the Masters I know practice meditation and most of the famous Tibetan lamas do too, even though probably in their different ways, but they do meditate. So if Jesus went there more than a dozen years, then He probably had a chance to meet some of these so-called Masters. He probably had met some of the under-qualified

35. Group meditation, Stanton, California, U.S.A., May 19, 1991 (Originally in English).

masters before, probably taught Him some mantras or do some yogi exercise, or miracles or things like that – to turn water into milk, or water into wine, et cetera. He probably had learned these things in the earlier days before He met the so-called meditative Masters of the Himalayas. But, finally, He would have met them. And even then, to do those tricks you must also do some kinds of meditation techniques, even though for some time only, temporarily.

Now, when Jesus met these people, then He must have meditated. He must have learned how to meditate. Otherwise, how could He shut Himself in the desert for 40 days without a break? Can you just now suddenly go into the desert and shut yourself there for 40 days alone? It's impossible except with training, with preparation before. For example, for us, those who practice the meditation technique we call Quan Yin method – means observing the inner Word, or the inner Sound, the Word of the bible, or the Sound of God – we often do a seven-day retreat or sometimes one month retreat. For us, it is very usual. But for ordinary people who do not practice meditation, you cannot sit for five minutes, never mind five days. You want to try and sit for five minutes without moving your mind or your body, then you become Master already. Therefore, when we know that Jesus went to the desert for 40 days to meditate, we also could conclude or could get out the hint that He had been trained in meditation technique. He had been doing meditation all the time and that probably is the last retreat that He did in order to go out to preach the message of God.

Most of the Masters do that before they go out into the world or before they decided whether they want to take the cross or not. It is a kind of last minute... when you hear the alarm clock in the morning, you don't just wake up right away. You know you have to go, but last minute enjoy the warmth of the bed. Similarly, most of the Masters, after enlightenment, if they know that God has assigned them the mission of being the prophet of the age or the messiah of the day, they would go into retreat for some time, just to prepare themselves mentally, physically, psychically, to face the hard task ahead and to walk the long road that God has assigned to them.

So you see the life of Buddha, no? Before He went out to preach the message, He also went on retreat for 49 days. Probably Jesus also went for 49 days. Why 49 days? Because it's seven times seven. When you study many so-called mystical sciences, people believe in the number seven. Even they said God made the world in six days and He rested on the seventh day, right? Okay, so anyhow, altogether makes seven. And all the Egyptian mathematical information leftover in the pyramid, they also mention anything with seven. They believe that seven is the good number and the number of creative energy. It is probably a number of success in any kind of spiritual endeavor, right? So therefore, when the Buddha went for a retreat, He also took seven times seven days, makes 49. And when we make a retreat, we mostly also make seven days retreat. It's just become like a very acceptable tradition, so nobody questions the seven days.

Therefore, I guess maybe Jesus also went for 49 days. Or, maybe He thought He'd make a break out of traditional tracks. He said, 'Wow! Why nine days more? I had enough.' [Master laughs.] Just walked out. He did not care for the reputation of a so-called messiah. He did what He had to do. I guess He had very less ego. He didn't consider the ordinary opinion of people. So probably that's why He walked out of His retreat on the 40th day. He thought, 'Wow! Nine more days makes no difference. I am enlightened anyhow. And what I got to do, I got to do. The earlier, the better.' [Master laughs.] But what I mean is probably, you see, that's how we know Jesus has been meditating before; otherwise, how does He know? How does He meditate for 40 days?

The same like Buddha or Muhammad. When you study the life of Muhammad, you know He also made a retreat before He appeared to preach in His country or to His fellow believers. All of them did the same thing. And coincidentally, I also did the same thing, even though I know

nothing about that. I mean, I did not intend to make a retreat first and then to go out. Everything just has been done the way it should be done – just naturally. Just like when you're hungry you eat, when you're tired you sleep.

So if we would like to have inner peace, then we must have satisfaction. We must have a kind of extraordinary satisfaction that could overcome all other desires in order to have what you required earlier – inner peace. It's not that difficult to attain what you just requested, and what you requested – what the lady or friend requested – was the only thing that's worth requesting and the only thing that we should attain, we should yearn for. Because, by attaining inner peace, we will attain everything else. That is also the name for the kingdom of God. All the miracle, all the satisfaction, all the fulfillment of worldly and heavenly desire come from kingdom of God, come from the inner realization of our eternal harmony, of our eternal wisdom, and of our almighty power. If we do not get this, we never find satisfaction in this world – doesn't matter how much money we have, doesn't matter what kind of position we hold, doesn't matter how much things this world has offered at our feet.

That's why, again, in the bible it is said, 'What good does it do a man if he gains the whole world and loses the soul or the kingdom of God?' Because the soul is connected with the kingdom of God. The soul can only feel happy in the kingdom of God. And the kingdom of God is within us, it is at hand. So we don't need to really go to the Himalayas to search for it. We might go to the church to pray if that is helpful to us and makes us find a little bit of comfort for our daily stress, but that is not the kingdom of God. Once we've found the kingdom of God, we never lose it again, and everything else is at our command. Therefore, Buddha has forsaken the kingdom of the Earth; therefore, Jesus refused to be the king of the Jews – I mean officially. His disciples and His followers wanted so much to make Him the king of the Jews, but He refused. He said, 'My kingdom is not on Earth. My kingdom is with my Father / Mother in heaven.' And He even recommended everyone to 'lay your treasure upon heaven and not on Earth,' because, here, things will get damaged and destroyed. What He meant is, we should put all our attention, our love, to realize God, 'Love your God with all your soul, all your mind, all your strength.' But it's difficult to understand all this saying in the bible. Therefore, the bible says again, 'Seeing, you see, but you do not perceive; hearing, you hear, but you do not understand.' Why is that? Most of us, when we read the bible, we only read the vocabulary and we don't even understand the true impact in the bible. And also the bible sometimes states paradoxical statements and confuses people. But, I do not believe that the bible is paradoxical. I do believe in the misinterpretation of the later generation, of the ego of the interpreter who wants to interpret it the way he thinks, and the way he understands it, without further deeply studying into the subject and meditating on the true meaning of the bible.

For example, in the first chapter of the Old Testament, God said, 'I made all the herbs in the field and all the beautiful fruit trees, this shall be your meat.' So meat in that sense means meals, means only food. It doesn't mean meat as what we eat nowadays, like beefsteak, or pork chops and what next. But then, in other interpretation, they think, 'Well, meat means meat.' And also, someone who never cares about the true meaning of it would interpret it as 'meat,' but actually, in the original text, I heard it means 'meal.' 'Meat' at that time means anything for food; it doesn't mean meat like we mean today. Also, for example, in India, we have a kind of sweet, they call it sweet meat. Those of you who went to India would have eaten them and know what I mean – sweet meat. Now, if we translate into our language, it becomes 'sweet meat.' It is correct, means meat which is sweet. And if we don't know that, and if we have never been in India or if we do not care to truly understand what that means, we put it as meat. And all the Masters in India would eat 'meat' by now, sweet meat. And now, if somebody interprets it and thinks, 'Wow, nonsense! How can meat be sweet? Probably the other wrote it wrong. Probably he means lean meat.' And probably the interpreter has a kind of double eyeglasses and he reads it wrong. Because sometimes people write it by hand and sometimes you can see it in the

wrong light. If you study in college, sometimes the teacher makes a test, like he whispers into your ear one word and then tells you to whisper to the next and the next to the next. And when it turns to the 15th or 50th, it changed the whole thing, the whole meaning, the whole word. Is that not so? Do you have that test? Then you know what I mean. So now, 2,000 years ago, you know what it means. [Master and audience laugh.] When it changed, when the word, one word, changed from the first to the 15th or 50th person, in the same room, at the same time, within a few minutes, how do you think many thousand words would preserve their purity and originality after 2,000 years?

So it is very pitiful for us to grovel in this kind of darkness and trying to find out the exact meaning of God interpreted by men. So the only thing is, we have to pick out what is logical, try to use all our might and sincerity to pray for enlightenment. At least, to pray for the right meaning and the right text from the bible. And pray to God that we pick out only the right one. Well, I did pray very hard when I was younger. I prayed to God every day. I slept with the bible every day; I felt better that way. When I was in Au Lac, then I prayed with the Buddhist bible, and when I was in Europe, I had no Buddhist bible, so I prayed with the Catholic bible. And I read every day, one chapter at least. And when I went to the church, I prayed for nothing else except, 'God, if You exist, show me.' That's all. 'Let me know You. Show Yourself to me.' I never prayed for anything else. I prayed the same to Buddha, 'If really You exist, please show me where You are.' That's all.

So probably because of this prayer and sincerity, I have known God, I have known Buddha. Anyhow, we are good friends now. God is there all the time, has been always there, and will always be. Just that we ignore God, not God ignores us. And it is so simple that we live in God every day, every second, every splitting moment of our life, but we just don't know. And because we are ignorant of the fact that God takes care of everything, we really do not believe that even one hair falls down is also the decision of the Lord. It says so in the bible. It is truly so. And we only know that and believe that after we truly experience God – I mean God consciousness. I mean, truly know the kingdom of God, truly surrender, and then we have no more sin whatsoever. Because we truly understand that we are helpless, that God is the one who runs the universe.

And so, 'What happens with the free will?' you would ask me. The free will is for you to believe that you are the one who does things. [Master and audience laugh.] You are free to believe that, nobody stops you; but you have also the free will to believe that God is the one who runs the universe. And in order to have this confidence to believe that God is the one who runs the universe, we must contemplate on God in a right way. Otherwise, our free will just runs free, runs wild. We believe in all kind of thing that is brain-washed into our knowledge. We believe in the society's customs and 'dos' and 'don'ts,' 'to be' and 'not to be,' and 'to do' and 'not to do,' and we do not believe in God. The negative power teaches us that we have sins; that we are terrible; that we are originally born in sin and die in sin; that except Jesus, we have no one else as savior; that we are always sinner anyhow, we could never become like Jesus, or we could never have any worth as human beings. But, why? In the bible, it says, 'God made man in Hiers own image.' That means at least we are very similar to God. Why should we be sinful if we are in the image of God? When somebody is made in the image of someone, is that very much alike? Is that not so? So now, if we are very much like God, then we are nothing else except we are God. [Applause] Didn't Jesus say that everything He does we can do, and that we are all the children of God? If you are the children of Rockefeller, what do you think you are? You are Rockefellers, no? Yeah. You have all what the father has. Or not? Ask them, ask the Rockefellers' children what do they have? They have all the prestige of the father, they have all the possession that the father left for them or even when he is alive. Is that not so?

Now, the negative power, the satanic power, likes us to believe that we are not God, that we are sinful, that we are bad, that everything we do is sin. And we believe in that; therefore, we don't truly believe in God, no? We like to, but we are conditioned to believe in the opposite direction; therefore, we are cheated to believe in the opposite power instead of in the power of God. So that's why Jesus had to suffer because most of the people do not support Him, do not support His ideas, do not support His positive power of speech, of action, of faith. So they killed Him; but at least, He had awakened some people in His time and continues to affect many generations after His crucifixion. So He has done a great deal to mankind and brought us great civilization. That is the work of the messiah, of the prophet. But He was not the only one, and He is not the only one, and He will not be the only one – because He already promised, 'Everything I do you can do even better.' John the Baptist said the same thing, 'I baptized with water, but the one who comes after me, who will be mightier than I am, He / She will baptize with the holy ghost.' So each prophet who came after another will be mightier. Thanks, God. It is not that He / She is mightier, probably He / She is not. Because Jesus, when somebody asked Him, 'Are You Elias incarnated?' Then He kept silent. What does it mean by keeping silent? Keep silent means yes. Otherwise, He would say, 'No, no, no. It's wrong. You should not have that crazy idea.' He should have taught His disciples when something they say is wrong. So He kept silent means He accepted. Actually, so it means that He and Elias, those prophets before Him, are equal. At least equal, not more, not less. But why did He say that, 'What I do you can do better'? Or John said, 'The one who comes after me will be mightier than I am, whose shoelaces I am not worthy to untie...'? Well, they are just being humble. All the Masters are humble like that. And also, they stated the truth. It's not that the Masters have different powers when they are commissioned by God to come to Earth to teach mankind. It's just that the people of their times are different in understanding, in intellect and in the ability to accept new ideas. Because people have God's power; if people support you, understand you, means God supports you, God understands you. God is within everyone, so if they listen to you, God listens to you. If they agree with you, it means God agrees with you, the God in them that agrees with you, that makes things happen. Because if all the gods come together and agree with you, do you think this power is little? Yeah. Therefore, even the Masters need the supportive surrounding and energy in order to be mighty. Otherwise, if the Master cannot teach anybody, nobody listens to him, then what kind of Master? No use, understand? Or, a king who is not supported by the whole kingdom, then he is a powerless king. Is that not so? Or, even if a physician, after he has qualified himself in medical study and he never cures any patient, you call that a good doctor? No use, useless. Then, to be a doctor for nothing. So the more he cures patients, the more famous he becomes, the more confident he will be, and the more people will believe him.

So anyhow, things don't go mighty by themselves, but they have to need condition. Like water is necessary for plants to grow, for flowers to blossom, for fruits to yield in the appropriate season. Therefore, when Jesus said, 'You can do better than what I do,' He didn't mean you will be mightier than Him. It just means in a better condition, if we are assigned, if we are empowered with the wisdom of God, with our own inner inherited wisdom, then we can do mightier things than Jesus. It's because by each generation, our world becomes more civilized, more powerful, more intellectual, more clever. You can see our world is getting more civilized each day because the Masters of different times have come and graced our Earth with their wisdom, with their blessing, with their positive, intelligent energy. So even though sometimes we are not in direct contact with these Masters, their energies, their blessings still grace our life and make things different for us, and make the world become better and better for us.

Therefore, when Jesus said, 'What I do now, you can do better,' He meant the better condition will help us. And also, when the time comes, probably better also. Because the understanding of the Master also has to be enlarged by the requirement of the understanding of the people. For example, a college professor, when he goes to a primary school, he cannot use all his knowledge with the primary school students. He has to talk in the way they understand. And if

he continues to do that, then all his knowledge would be minimized; he will forget also what he knows. Therefore, if he is put in the college, his wisdom will become more and more as the students are more clever and they request of him many better things. Sometimes when I speak to different audiences, I also feel very different. To some audience, I feel very relaxed and I can speak on and on and on for hours without feeling tired; I feel very inspired, and all things I talk, it's very good for both of us. I also like it. It's not that I talk for myself, but I understand that these talks are good quality, very high, highly enlightened.

So now, in order to understand all these talks in the bible or what Jesus is teaching, we must also do what He did: Contemplate on God, pray in secret. If you have already studied some meditation techniques, please continue. At least it will help you to find some portion of the kingdom of God. And for what I know, the technique that we are doing – it's not truly a technique because nothing is written down, but the transmission comes through silence and through the inner perceiving faculty, not through verbal exchange – and so, for what I know, this kind is the best, quickest and the last door to God's kingdom. So in case you have any question, you're welcome. Yes, chef?

Q. *Most of the audience is here to hear about the spiritual aspects of eating and of food choices and vegetarianism. But I think people are more interested in finding out more about why we should be vegetarian? Thank You.*

M. Why? Because it also said in the bible that we should eat vegetarian. God said, 'Don't kill any more she-goats and he-bullocks to make offering to me. Stop all this killing of the innocent lives. Otherwise, your hands are full of innocent blood. When you pray I will turn my head away, I will not hear you. Stop all this, otherwise I will not forgive you.' Is that not so? Yes? And elsewhere, it said, 'Meat for the belly and the belly for the meat, and God will destroy both.' Also elsewhere, it said, 'Don't mix with people who drink wine and eat meat.' No? Is that not so? And elsewhere, it is stated in the story that some of the people requested God give the meat to eat, and He was very angry, He made meat rain down from heaven and after that He killed every one of them who ate meat. Is that not so? Are you not frightened enough? And He said elsewhere, 'Do not make your body become a graveyard to bury dead bodies.' Didn't He say so in the bible? All these... what I said, was it not true? Did you read it? Yeah. But you didn't want to hear, [Laughter] you didn't want to understand, you just passed it by, passed it by, passed it by. And you read the portion wherein, the priests slaying all these beasts and roasted them, and smoke came all black to the heaven, and made the temple become a slaughterhouse.

Q. *What are some of the spiritual benefits that we can get from being a vegetarian?*

M. I'm glad you ask in this manner because that means you only concentrate or care about spiritual benefit. Most people would care for health, diet, and figure when they talk about vegetarian diet. The spiritual aspect of vegetarian diet is very clear. Non-violence. 'Thou shall not kill.' When God said to us, 'Thou shall not kill,' He did not say human beings, He said all beings. Didn't He say that He made all the animals to befriend us, to be helpers to us? And didn't He put all the animals in our care? He said take care of them, rule over them. And when you rule over your subjects, do you kill your subjects and eat them and become the only king, no one else is there? [Master and audience laugh.] Yeah. So now, you understand when God says that, we must do it anyhow, no need to question Him. He said very clearly but who understands God except God. So now, we have to become God in order to understand God. I invite you to be God-like again, be yourself, be no one else. To meditate on God, doesn't mean you worship God, means you be God. You realize that you and God are one. 'I and my Father /

Mother are one,' didn't Jesus say so? And if He said He and His Father / Mother are one, we and His Father / Mother are also one, because we are also the children of God. And He said what He does we can do even better. So we might be even better than God, who knows? [Master laughs.] Why worship God when we don't know anything about God? Why so blind faith? We must know first what we worship, just like you must know who is the girl you're going to marry before you marry her. Nowadays, it's modern, we don't marry by blind date anymore. So why should we worship God in all blind faith? Yeah. We have the right to demand God to appear, to make Himself known to us; we have the right to choose which God we like to follow.

So now, you see, it is very clear in the bible that we should be vegetarian. And by all scientific reasons, we should be vegetarian. And by all health reasons, we should be again vegetarian. And by all economical reasons, we should be vegetarian. And by all compassionate reasons, we should be vegetarian. And by saving the world, slogan in spirit, we should be vegetarian. It is stated in some research that if the people in the West, America, would eat vegetarian once a week, we would save 60 million people every year! So be a hero, be vegetarian. By all reasons.

Q. *Reoccurring patterns in a personal development like a pattern of jealousy or a resentment that gets in your way, how do you just move through those and let go of them?*

M. It's difficult. Well, jealousy is normal behavior, just that we should not let it rule over us and make us become miserable and make us become cruel. It's a sign that we are not loving ourselves enough, or that we are loving the wrong person, or that our love is not yet under control. It's also a sign that our feeling is still very raw, that we are still alive. So be happy. When you're dead, then you're finished with jealousy, not before. Well, when somebody nips you and you feel pain, you don't need to give an anesthetic injection to that part to stop the pain, just know that pains. If you can, stop the cause of the pain, but not to make your body deadened in order not to feel the pain anymore. That's bad. If you couldn't stop the pain, the cause of the pain, then accept it and be happy that your body is still alive, is still flexible. When some doctor wants to test your reflex, he will put a hammer on your knee and if it jumps, it's good. Fancy if it doesn't jump. [Laughter]

So now, the sea doesn't have waves by itself, but the sea has waves by the rotation of the Earth and by the wind's pressure. But when the sea resists that, it doesn't become the sea anymore, it's not the sea any longer. It has no water in it and it has no waves – dead sea. So when the sea has waves, it is the sea still; it has true quality of the sea. So when you have jealousy, it's good. Of course, you don't enjoy jealousy, but at least you know that you are alive, that your feeling is very sharp, and you are very human. Just make it under control. Don't let it use you to harm the opponent instead of knowing that the other probably has the same jealousy as you. Try to support that person and try to make that person happy instead of yourself. Okay? If you can help it, stop the cause.

Q. *As a strong believer of self-determination, of natural consequences, I feel, in me, I feel like I've reached an inner peace. But how do you, or what can you do, to help someone to achieve that, who you really care about, and who you want the natural process to take place, but what can you do to assist that process?*

M. You already reached inner peace, you say you want to help somebody else, is that right? [Q: Yes.] That is a very good-will wish. [Q: Without forcing yourself on them.] Well, just do it naturally. If somebody listens, you talk. If they don't, you stop. Provided

anyone around you. Like today, I'm invited, so I come. If you didn't invite me, I would not appear. And if you don't want to listen and you walk out, I would not come and drag you by the collar and say, 'Sit down.' [Master laughs.] I just talk to those who like to listen. Do it that way. Do it like when you are hungry you eat, when you are tired you sleep, as much as possible. Of course, sometimes the situation is not so black and white. But just surrender, God's will be done. Whoever God brings to you, that's correct. If He doesn't bring anybody, it means you are free of karma. [Master and audience laugh.] Be happy, be happy.

Q. *Is it possible to be fully divine and fully human at the same time?*

M. Yes. A fully divine person is a fully human being. A fully human being is fully divine. Now we are only half human beings. We do things with hesitation, we do things with ego. We do not believe that it's God who arranges all these for our enjoyment, for our experience. We separate sins and virtues. We make a big deal out of everything, and accordingly judge ourselves and other people and accordingly suffer by our own limitation about what God should do and things. Actually, because God is inside us and we limit Him. He likes to enjoy and play everything but we don't know. We just said, 'Ah! You shouldn't do that.' We say to ourselves, 'I shouldn't do that, I must not do this.' 'But why vegetarian?' you would ask me. Yeah, I know. Vegetarian is just because the God inside us wants it. It's against our principle of not wanting to be killed. We ourselves don't want to be killed. Or, we ourselves don't want things to be stolen, for example. Now if we do that to other person, it means we are against ourselves and that makes us suffer. Everything you do against yourself, makes you suffer. You cannot beat yourself, and you shouldn't starve yourself, for example. Same thing, we should not kill. Because that's against the principle of life. That makes us suffer so we don't do it. It doesn't mean we limit ourselves in that way. That means we expand our lives to all kinds of lives. Our life will not be limited in this body but extended to the life of the animals and all kinds of beings. That makes us grander, greater, happier, and limitless.

Q. *Is the idea of a dark force just something in our minds?*

M. Yeah. We have free will, you see, to think white and dark. Satan is born out of the kingdom of God, too. The kingdom of God is inside ourselves. When we make a revolution against the principles of life, the good principles, the true principles, we are in the dark force. We become the instrument of the dark force, of the negative power. But the negative power is okay, too. It makes life exciting, and it makes life come into existence. Otherwise, we all are sleeping in heaven. [Laughter] Yeah. Nothing to do. But as soon as we are tired of the negative power and want to go Home, we should. We cannot always play in the negative place. We must also go Home sometimes. So my message is for those who are tired of playing, who don't want to play anymore, who want to rest, to go Home. That's all.

Q. *What is the role of discipline in one's life?*

M. It makes you disciplined. [Laughter] Yeah, what else? Don't you think so? Yeah, thanks.

Q. *For many years, eight years, I meditated two to three hours per day, even more sometimes. I fasted, et cetera. Then I became very sick and couldn't meditate, and I was scared that I couldn't sit up to meditate. So I tried to chant and think about God and read scriptures. Now, it has been eight years and I am better but not very strong and still in much physical pain. I can't meditate every day for two and a half hours. It is very difficult. What do You suggest, please?*

- M. Why must you sit in order to meditate? You can lay and meditate, stand and meditate, stand on one leg if you want. [Laughter] Meditate in your mind not in your body. Concentrate on the kingdom of God. When you chant, you also meditate, but the noisy meditation. So make it a quiet one. Just lay down and meditate the way you did. Meditation doesn't come with the lotus posture, it comes with the concentration of your attention. Try it. It's the same. You can be in samadhi, lying or sitting or standing.
- Q. *How does one recognize his or her Master? Can an individual have more than one living Master to follow?*
- M. I think one is enough. One is enough. If you learn with one Master, you already have a lot to learn. How would you learn with two or three? You couldn't even catch up, never mind learn with two. Originally, one Master on Earth. I mean, you have different degrees of Masters, but you must know and pray for the highest, the best, that you get liberated one life. Otherwise, takes a long time. Yeah. You can make it in two, three lives or in two, three thousand years. So pray for the best and get only the best. That would be the best. And if you're sincere in your prayer, God will send you the best. Ask for the best, that 'I only want to know God, in this lifetime, so please send me someone who makes me know God, who can help me to know God.' And Hes will send the best. Otherwise, Hes will send you someone who can take you to some heavens or can give you some magical powers or kind of fancy stuff. But if you pray to know God and God alone in one lifetime, Hes will send the best, the fastest, the most powerful.
- Q. *Is meditation the fastest way to enlightenment?*
- M. Yes. But depends on what kind of meditation. Our meditation, yes. Instant. Instantly you will know something about God. It's like, in the bible, it is said, 'In the beginning was the Word...' – the vibration – '... and the Word was God, and the Word was with God.' If you practice with our method, you will hear that Word which is God, and you know God. But, at first sign, probably you would not be very sure. And after some repeating meditation on the Word, on God, you will know for sure that is God. And you will know that you and God are one.
- Q. *The next question is: What is the Quan Yin method?*
- M. That is the one who recognizes the Word of God helps you to recognize instantly the Word of God, or the Word which is God.
- Q. *Satan seems to be personalized evil, but is there an actualized evil being or demon that roam this world or they are within us?*
- M. The world within is also the world without. So we couldn't really separate. Whatever is in our mind would normally manifest outwardly. Therefore, you see, two persons who stay in the same room would have different perception of the surrounding and the atmosphere surrounding them. It could be that one is miserable to death and the other one is joyfully in heaven every day, or at least at that moment. So we cannot say that evil is within or without us – it is both. Just like God is within and without us and is everywhere. Depends on our perception. Our perception is God or evil, makes God or evil appear – our conception and perception. We have to change the conception. If we think in a godly way, practice the way of God, then we are always in God's presence. If we practice the way of evil, think of evil, then we are always in the presence of satan. Satan is not a person, is not a personality, is not a character. It is a force which is released out of our negative thinking, action, and speech. It exists all over the places.

But we don't need to know him if we turn ourselves into the kingdom of God. We tune in to the kingdom of God, then we are in the kingdom of God. We tune in to the kingdom of evil, then we are in the kingdom of darkness. All depends on our conception and 'tune in' ability. So when we meditate and we know the technique to tune in to the kingdom of God, we are always in the kingdom of God. Just like your radio, you can turn it to a different channel.

Q. *What is the spirit? Does it manifest itself only at moments or can it be recognized constantly?*

M. It can be recognized constantly by constant awareness, by meditation. By repeatedly being aware of the spirit, of the holy spirit, we will be making a kind of habit to be aware of the spirit all the time, and then later it becomes like an automatic process. Then we are always in it, doesn't matter where we are or what we do. Like the Zen, they say, 'Eating, sleeping, walking – it's all Zen.' Like that.

MC. *This person wants to know how to meditate.*

M. Simple. Just turn your attention to where you should, to God instead of to money and other things. You already have meditation ability. Otherwise, you couldn't do your business, couldn't take care of the children if you have no attention there. So just turn the attention to the kingdom of God. But we will teach you more precisely, with time, about a few hours. It is not that the enlightenment takes that long, it's just that all the procedure – the before, between, and after initiation – we should tell you all. And the way from here to heaven, go through which planes or what kind of level of consciousness, we must tell you. Therefore, it takes a longer time. Otherwise, you just close your eyes and get enlightened instantly.

Q. *Could You speak on vegetarian eating and how that can contribute towards world peace?*

M. Yes. I have spoken in somewhat already detail but I'll probably say more if you wish. You see, most of the wars which happen in this world are due to economical reasons. And the economical reason came more urgently through hunger, and through lack of equal distribution of food in different countries. Now, if you care to read magazines and research about vegetarian diet, you would know very well. To raise cattle and animals for meat cause our economy bankruptcy in all aspects, cause hunger of the world, at least of the third world. And it's not me who says this, it's you, the American citizens, who made this kind of research and wrote these books. You can go to any book shop, read vegetarian research, read food process research. You can read like 'Diet For A New America' from John Robbins. He is very famous – ice cream hero, ice cream millionaire. And he gave it all up in order to be a vegetarian and write a vegetarian book against his family's tradition and business. It could mean loss of money, prestige, and business to him, but he did it for the sake of truth. That book is very good, but there are many other books and magazines which give you a lot of information and facts about vegetarian diet that could contribute to world peace.

You see, we bankrupt our Earth materials for food by feeding cattle. You know how much protein, medicines, water supplies, manpower, cars, trucks, roads made, and how many hundreds of thousands of acres of land have been wasted before a cow is good enough for one meal? And all these things could be distributed equally to all kind of underdeveloped countries, and then we save the hunger problem. And once, if a country is in need of food, he probably will invade another country just to save his own

people. But, in the long run, it created bad cause and retribution, 'As you sow so shall you reap.' If we kill someone for food, we will get killed for food later in some other form, in the next time, next generation.

It's a pity that we are so intelligent, so civilized and yet most of us do not know the cause of our neighboring country's suffering. That is, through our palate, through our taste, through our stomach. In order to feed and nourish just one body we kill so many beings and we starve so many fellow human beings, don't talk about animals yet. And this guilt, consciously or unconsciously, will weigh down on our conscience, makes us suffer cancers, tuberculosis, other kinds of incurable diseases, including AIDS. Ask yourselves why our country, America, suffers the most, the highest rate of cancers in the world. Because we eat a lot of beef. We eat more meat than any other country. That's what the researchers say.

Q. *Is fish all right to eat?*

M. If you want to eat vegetarian, fish is not a vegetable. [Laughter and applause.]

Q. *The seat of the soul is said to be behind the eyes in the middle of the forehead, yet You show the Buddha nature in the solar plexus.*

M. No, no, I didn't show it over there. I said that this is just only a symbolic way of drawing that the soul is inside many covers. Well, you could draw it over here, but I have told you to meditate on here. [Master is pointing to Her wisdom eye.] I talk about the wisdom eye, I didn't talk about solar plexus.

Q. *The reason I ask is because it's very important to me because all of my emotions, everything I feel, is in my solar plexus. I have a connection, I can tell with my children, when I read a letter... [M: Yes, that's correct.] I know how they feel. So when I saw that in Your book I said, 'Ah! It's really...' [M: No, no.] No? [M: No, it's not.] Then it has nothing to do, it's just totally the emotional body, it has nothing to do with your Buddha nature?*

M. No, no, no. The Buddha nature is not there. It is all over the places, not even in the wisdom eye. But if we want to know the Buddha nature we should find it through the wisdom eye, that's all. Through the wisdom eye, we see clearly where the Buddha nature is, that's all.

Q. *While I'm here, may I ask You another personal question? [M: Yes, please.] It's regarding the Sound. When the Sound comes, is it okay for the Sound to come throughout the entire body or must it just lie above the forehead?*

M. It comes through the entire body but it should be concentrated on the wisdom eye in order to lift you up so that you be out of the body. [Q: Okay.] Yes. That's all. [Q: Thank You. Thank You.] But it's fine when you hear it all over your body, it feels nice too. Yes, it feels nice.

MC. *This person asks: 'Why are we here?'*

M. I would ask: 'Why not?' [Laughter and applause.] If we are here, we are here, no?

Q. *Are You God? [Laughter]*

- M. Are you not? [Laughter and applause.]
- Q. *Do You feel that there is more aggression in societies that consume more meat than in ones that consume less?*
- M. Yeah. Well, you can compare. You can compare countries who eat more meat, then you'll see the difference. And you see the animals who eat meat are more aggressive even than the animals who eat vegetables. No? Even in the animal's kingdom, there are differences.
- Q. *You talk about in Your sample booklet that You can study all Your life, You can study the bible, You can study the Eastern philosophies, You can study everything. But, You need a Master in order to reach... You can only go so far, and it doesn't mean anything, all that You read. But, You need a Master. Could You explain that and how You go about doing that?*
- M. You need the key, that's what it is. You need the key. So a Master is someone who has the key for you to make you become a Master, that's all. To make you realize that you are also a Master, that you and God also are one, you and your Father / Mother are also one. That is the only role of the Master, not that I glorify any person, or make an advertisement.
- Q. *You can't do that on your own? I mean just through reading? [M: If you can, yes. If you can, please do it.] No, I don't know. Can You? It sounded like in Your book that You couldn't do it without a Master like Yourself.*
- M. Well, even Jesus had to be baptized by John even though John knew that Jesus was great. Just has to go through that procedure. Now, you can speak English very well or maybe better than your English teacher when you studied under him, but you should study with him first and develop your own talent later. Okay? That is all.
- MC. *In the Sermon on the Mount, Jesus fed thousands of people fish and bread. And also at a wedding Jesus attended, they ran out of wine... [M: I know already, yes. So what is the question?] I think they see a contradiction here.*
- M. What kind of contradiction? You mean I said you should not eat fish and then in the bible eat fish? But, you must consider what kind of fish that is. Only two fish and then feed 5,000 people? It's just a miracle paper fish, okay? Out of Jesus' miracle power; it's made from air. So you can call it eating air. It's not real fish. And then the wine was made from water, so it is not real wine, it's just water. Well, you can make anything if you learn the tricks and the yogic techniques, provided you have time and want to study these kinds of things. You can make rose from the air, orange juice from water, and Swiss watch from string beans – [Master and audience laugh.] if these are the things that we are after. But we should not. We should be after the eternal kingdom of God, the wisest wisdom, and then we get anything. And then we don't even want all these things because they are children's toys to us. Otherwise, if we continue to want these things, we bind ourselves in the material sphere. All the miracles, why should they not be used? Buddha does not advise using miracles. On our initiation form we also say do not use miracles because it binds us in the material sphere and does not let us free from the desire of wanting to play these kinds of tricks, and wanting to see this kind of manifestation of material wealth. That means our level is still in the material world. That is all. We should rise higher.

Jesus did it in an emergency. He was forced to do it. He wasn't willing to do it. When He made wine, it was Mary who arranged everything and He even scolded her. He said, 'Why did you make me do this? Why did you say this thing?' Is that not so? He wasn't willing to show off. He knew it is nothing. And about healing the sick; well, I do that, too, but not with ego, not with doing, not with actual action – just God's power and grace through me. I don't need to do anything. If you get healed, you get healed. I don't do hoo-la-hup or touching your chakra or making spiritual gesture in your aura, or messing around with your magnetic field – nothing. I do nothing, absolutely nothing. It's the Father / Mother in me that does. So Jesus did the same way. He said so, 'It's not me who does, it's my Father / Mother.' So He was really enlightened. He was a true Master who can say that, who knows it. A not-true master would not know this, who says, 'It is I who do it. I read the mantras, and I heal you, and I touch your chakra and your sickness is gone.' But that is low level. Actually, in the kingdom of God, everything's done automatically when time's come. Complete surrender is all we need in the kingdom of God. In order to be great we have to be nothing. In order to be almighty we have to be zero – zero ego – then you're one with God. God does everything through you. No obstacles. It's difficult to understand but try to, please.

Q. *What do You think about the Old Testament and the Jewish religion?*

M. It's good. It's good. But don't wait for the messiah, please, because He / She comes all the time, comes all the time. Pray that you recognize the present messiah. Don't pray to wait for the messiah that you are waiting for. He / She never comes. He / She never comes if you expect Him / Her the way you do. Just like when Jesus came, they also expect the messiah and kill the one that they have at hand. Yes. We do all the same stupid things. It is not the Jewish religion is bad, it's we who are ignorant. Even Jesus promised to send the comforters. It means after He left, someone else will come; someone who can comfort us means someone equal with Him. But, we still wait 2,000 years already. Many messiahs come and go, we're still here waiting for the one from the sky. [Master laughs.] He'll never come if we wait like this way. How do you think Jesus will come again? We hear Jesus will reappear, right? How do you think He will come? With wings, beard, or with the cross so that we recognize Him? How will we recognize Him if He ever comes? We don't even know what Jesus looks like. We were not there. Or, maybe we were there but 2,000 years ago, who has a such big memory any more? [Laughter and applause.]

Jesus comes, not in appearance, but in spirit. Jesus can come to anyone who is perceptive enough, who opens the right door to let Him in. And then we become like Jesus, we become like Him, or we become like the Father / Mother. Then, at that moment Jesus comes back again. He comes back all the time. Whenever we are ready, He comes. He comes through any Master who is capable to house Him, to house His mighty power. That person is also Jesus. Different hair style perhaps, [Master and audience laugh.] maybe high-heels but He / She is still Jesus. [Laughter and applause.]

Q. *Master, please don't leave our planet for a long time.*

M. Oh God! [Master and audience laugh.] Why? [Applause] Why do you say that? [Q: We need You here to teach us more.] But why you say that? [Q: We're learning so fast, and we're just worried.] [Master laughs.] If I go, someone else will come. You look so emotional today. Why? It's not like you. [Master and audience laugh.] I never know you this way before. You are always quiet and you have never made any question or any statement. Why today? [Q: I just feel it today.] You just feel it today. Okay. I'll stay as long as God wants me to stay. It's not my decision. I sometimes want to make the

decision, that is true. I have to keep a little bit of ego to stay here, not completely gone. But God always decides what I must do, it's no choice. I have no more choice anymore. Even if I try hard I couldn't make it. Sometimes I feel like staying but I don't know if I should, you see? Let's see what happens. And if I go, someone else will come.

Please don't cry, American boy. But it's fine; if you like to cry, it's good. It's very fine. It means you are a baby, means you are very young. Your soul becomes very young that you could cry. Crying is good. We become like children. You know, 'Except you become like children, you cannot enter the kingdom of God.' We have to be natural, spontaneous again, in order to know God. I try to see what Hes arranges, okay? I don't like to leave or I don't like to go except by Hiers will, by God's will. You heard the story of the Buddha. That's why. You heard that the Buddha said to His disciples that He can stay forever because He has learned the yogic trick to stay longer, like Babaji. Probably you heard the story of Babaji. But I don't think at the moment there is an arrangement for someone to stay in the flesh like that for long. Babaji, he stays in the flesh, but He isn't in the flesh. You never see Him coming here and shake your hand or eat chips with you like me. [Laughter] And if I am in the flesh like this, I think I should be subjected to the physical law. Otherwise, people might only come to me with the desire to prolong their physical existence and forget to find God. I have to make a good example of a very ephemeral nature of a physical existence, in order for us to forsake the flesh for the spirit. I think I should not make an exception to stay longer than any other ordinary human at this period of our era should stay.

- Q. *Hallo. The question is: A lot of the Eastern religions that I look at – I guess I have been an explorer in such things for a while – there is a tendency to view the flesh, the body, as almost something to be discarded as garbage and I sort of feel that when I came into this body, I signed a contract to care for it as best I could and to make it function to live within the realm which I am in. One has the powers of the mind, the God powers as You would tend to say it. But, doesn't that require kind of a balanced view, trying to live well on both realms so long as You are in both realms?*
- M. Yeah. It should be so. That would be more balanced. What the religious texts meant is that we should not be over indulgent in our fleshly sensation and desire and forget the spirit.
- Q. *So it's Your interpretation that the text was really to bring things into balance versus pushing them out, but it might get overstated sometimes?*
- M. Yes, yes, yes. [Q: Thank You.] Yes. Sometimes it is said to an individual at that moment only, or to a group of people who need that statement. And then it becomes like a general guideline and it loses some of the meaning. When it's said at that moment to that group, it's very strong, powerful and correct. But when later it is recorded and given to another group, it is not correct anymore. So do what you feel like. Do not over indulge in any kind. How can you forget the flesh? You cannot starve the body and meditate. You must keep it. It means that you should not over emphasize taking care of the flesh all the time, let us have no time for the spirit. That's what it means. Some people do that. Therefore, that statement is for them, okay? Also, Jesus said forsake the flesh for the spirit, but He Himself ate and was clothed as much as He could. He took care of His body.
- Q. *To be a Master, must one realize that you are not the doer? You explain that You don't do, that You're an instrument of God? Do all Masters have to come to this realization?*

M. Yeah, in order to be a worthwhile Master. Otherwise, they are only teachers of a kind of philosophy or of some degree but not a Master. A Master is a helpless baby, pampered and taken care of by parents. Children. Become like a baby. You are all enlightened? Become Buddhas by now? [Laughter] I am very happy to speak to you.

Q. *What can You speak on about love, the capacity that we have as humans to bring that here?*

M. To love, divine love? We cannot, except when we know God. Only when we love like God loves, then it is truly love. Otherwise, it is just a portion of love, a portion of it. A portion of God's love comes between man and woman, binds them together, makes them happy together. A portion of God's love comes between mother and child, makes them feel a very special bond. Similarly, a portion of this love comes between any beings, even human or non-human beings, binds them together, makes them happy. Can you imagine the whole portion which is flooded into you and radiated in the whole world? That's why people feel comfortable in the presence of this kind of God's love which flows through a Master. That's why people, since ancient times, they worship this kind of Master. That's why everyone followed Jesus despite all the persecution. That's why everybody adored Buddha. When they came in contact with Him, when their level was high enough to receive this whole love, they bathed in it, they enjoyed it. They didn't want to leave. You read in the bible, everybody, when they see Jesus, they just couldn't keep their eyes off Him. It is because of this love that glued them to Him.

This love is within every one of us, but we're just limited by our own conception. Once we are free of all conceptions, love blossoms. When we have no more ego then we will become so loving like Jesus and Buddha, and we attract thousands of people who will never want to leave us. And, meanwhile, they develop their own ability to recognize their own love. Before that, they would love the one who blossoms with love from God. You see? That's why they love the Master, only because of this love. The whole portion of love is housed inside the body of the Master. That's how all miracles happen because the law of love surpasses every law, including the law of karma. Therefore, the Master can free everyone that believes him of bad karma, free everyone, open all heavens, destroy all hells to that person in order to make him free, because of the love. Love erases everything, destroys everything bad, dissolves all boundaries, cleans all sins. That's how Jesus cleansed the sins of His disciples – by love. When He's present on Earth, He housed this love. When the Buddha was on Earth, He housed that love for us to enjoy. And we learn to love like He does, we learn to develop our love, we learn to recognize and to put all the limit out in order to free our love again. That's how they set an example. That's why the people love Masters – nothing else that they have. They might not have good looks. They might not be young or old. It's nonsense to say that the Master should be this and that and other. They could be anything. They could be a hunchback, and lost one leg or two eyes – doesn't matter. Love is still perfect inside that body who houses it. That's what attracts people. Because we have that love within us. Therefore, when we see alike things, and in more portion, we love to dive in and get it, rubbing all over our body. That's all. Okay.

So if you are initiated in this kind of science, you will recognize your limitless love. If you practice hard, you have faith and God's will and grace, you will have love like Jesus did. You will become like Him. And you will become Jesus with a mini-skirt and high-heel shoes, and African-style hair. [Master and audience laugh.] Who knows? Okay? Are you satisfied? Anything else? If not, then I shall leave you in flesh but not in spirit. Whenever you need me you can call. [Applause]

ANIMALS CONTRIBUTE TO THE HEALTH OF OUR PLANET ³⁶

Videoconference with the Aulacese people at the book premier of ‘The Birds in My Life’ by Supreme Master Ching Hai in Aulacese Edition, October 11, 2008, Bangkok, Thailand (Originally in Aulacese)

Q. *Master, ancient sutras often described beings at a higher level of consciousness who descended to Earth as animals. Master, how can we differentiate between those animals and the ordinary animals? And how do we know that there are many high level beings currently on Earth in the forms of animals? Thank You, Master.*

M. In every era, there are always Bodhisattvas and high level beings from higher spiritual realms who come to Earth as animals, as humans to help sentient beings. Buddhas also had many past lives in which He was an animal – deer, or bird – in order to help the animals or to help human beings. If we don’t have the wisdom eye, we cannot distinguish the difference between these beings and other ordinary animals.

Human beings are also the same. For example, there are many practitioners who are at a very high level, but we couldn’t perceive the difference between these high level spiritual practitioners and other ordinary human beings, much less the birds or other animals. We just have to treat all beings with unconditional love, and not just focus only on the saints who have transformed into birds. It’s very difficult for us to tell them apart. There are always high level saints coming down in every era, not just this one. We have to love and protect all beings, then heaven will be touched. It doesn’t matter if those animals are ordinary or the reincarnation of saints. Thank you. [Applause]

Q. *Respected Supreme Master Ching Hai. [M: Hallo, Doctor.] Today we are very honored to ask a question. [M: The honor is mine.] After reading the book ‘The Birds in My Life,’ we find that this is a wonderful book and realize that Your sympathy towards the animals contains a boundless love. But to go further than that, we would like You to share with us Your feelings after You’ve completed the book ‘The Birds in My Life.’ Would You please?*

M. Thank you, Professor. Thank you, Doctor. Of course, after I completed the book, I gave a sign of relief. Because in writing this book – as a professor, you also know – it’s very difficult. It’s not like when we want to write we can just sit down and write immediately. Sometimes when preparing the lessons for students, to have topics that are interesting, you have to rack your brain for a long time, very difficult.

So after I finished writing it, of course, like any writer, I gave a sigh of relief. Now I can go sleep. Meaning that’s it, I can rest for a few days, sleep a little bit because, oftentimes, when you write a book, you don’t have time, sometimes you don’t sleep at all. So when the writing is done, I was very happy. But then I thought I can’t rest. I have to continue working to complete the book in order to contribute a small part of my duty in protecting the environment, starting with the protection of the animals. Because these helpless animals, they don’t do anything to harm us, but only bring joy to beautify the life of humanity. To take it a step further, they also show us unconditional love. Because the animals, when their friends die, a lot of times they stand there and cry all day. They don’t go anywhere. They want to lift up the bodies of the dead animals, hoping they will come back to life, just like we humans do. It’s so touching.

36. A compilation of discussions concerning the detrimental impacts of the meat diet on human health, the environment and, ultimately, the health of our planet.

Therefore, after I finished writing that book, I felt that I could contribute somewhat to humanity so that people understand more and realize more that animals also have emotions, also have divine souls like us, and they understand morality, have kindness, and loyalty. And from that understanding, we hope humanity will progress a step further, that is, develop our inherent compassion to love our animal co-inhabitants more and stop killing them. Not only that, we also take care of the environment, care for the animals so that their lives become better. Thus, this will bring merits to the planet and reduce global warming as well as bring about the viability of humankind and protect our Earth so that our children may continue to live for a long time and in happiness. Thank you, Professor.

Q. *Thank You, and Your answer is very good and very compassionate.*

M. Thank you, Doctor.

Q. *After the book 'The Birds in My Life,' English edition and the translated Chinese, Korean editions had become number one international bestsellers in 2007, how did Your birds react to this phenomenon? And at that time what important message did Your birds share and confide to You? Please explain, Master. [Applause]*

M. Of course, they congratulated me. They're also very proud to contribute a part to the survival of humanity and the planet. They also hope that if human beings love birds, then they will love other animals. And from then on, they will stop the killing, stop harming human beings as well as animals, to live together in harmony. From the birds, we can understand other animals, and we will stop the killing to create blessings for the world. I also thank the birds for allowing me to reveal their very personal feelings to all humanity, mainly to contribute to the work of saving the planet. Thus, those birds are very pleased, completely in agreement with it and very proud that they have helped in this work, that's all. Usually the birds, their spiritual levels are high, they don't talk a lot like us. They just use telepathy to understand each other, sometimes it takes just a few seconds to understand a lot. While we humans, a lot of times we talk so long but our understanding is not very deep. [Applause] In general, they are very happy and proud. And they hope we will awaken.

Q. *Master, my question is: Generally, animal friends have very high spiritual levels, and they still choose to contribute a lot to humankind. However, their sacrifices have not been perceived by humankind and they continue to harm them. My question is: Why do the animal friends choose this method of service when humans don't even realize it? Thank You, Master. [Applause]*

M. These animal friends, if their spiritual level is high, then, of course, they don't mind any sacrifices. They don't attach much importance to their life, but only think about serving others, similar to any noble human being. Animals and humans are similar. There are people who are very noble, who would sacrifice anything, including their life, to save others. So the animals that are noble, they are also the same.

Most animals understand their duties and maintain their noble and beautiful consciousness. Regardless of what happens to them, they accept it all. As for humans, we have a lot, too many choices, thus the material temptation causes us to forget our noble and beautiful inherent nature, and forget our divine mission. But the animals do not. They know their duty and they keep their beautiful consciousness. They would rather die than to lose their divine quality and benevolence; therefore, they continue to

fulfill their duty to help human beings and elevate the spirituality of humanity. Thank you.

Q. *Master, the bible says that God created animals to be friends with human beings. So, apart from playing that wonderful role, do animals have any other mission in the life of human beings, in particular, and the overall evolution of this planet?*

M. The animals that come here also obey God to remind human beings of the selfless, unconditional love, and to protect and care for humankind in many ways, materially and spiritually. Therefore, whoever loves and raises those animals with kindness will be justly rewarded in many ways, if not in this life, then the next life. Usually you can experience it immediately in this lifetime. For example, good health – if ill, then a quick recovery; you feel happier, more loving towards others than when you don't have the animals; sometimes you become richer.

There are many stories to prove this. You should look for them to read. There are so many stories about animals repaying human's kindness – saving their life, curing their sickness, and comforting them. So many, many stories that we can't tell them all. We can write thousands of books about animals helping and benefiting humans. You can never write enough, or recount all the stories about animals benefiting humankind. I don't understand why until now, with so many of these stories, that humans still don't treat animals well. I just can't understand this. What Hes said is true, you see? In the bible, God already said that Hes created animals to comfort us, to be our friends. But we still dare to kill our friends to eat. I don't know where is our reverence for God.

Videoconference with the Japanese people at the 'SOS Stop Global Warming' Seminar, Tokyo, Japan, July 27, 2008 (Originally in English and Japanese)

MC. *It seems to me that there is a common deeply connected underlying message in this book 'The Dogs in My Life,' and that message is to save our planet and to be one with the animal companions. Is that right?*

M. Yes, of course. That's what it is, you got it, you got it. Why did I write the book? It's not just 'The Dogs in My Life,' but I have also 'The Birds in My Life' and also 'The Noble Wilds.' I hope one day they will also be translated into Japanese and we will publish there for the people to enjoy and to know much more about our animal co-inhabitants. You have got the essence of why I wrote the books. Yeah, it's a cool idea, no? Many people love their dogs and their pets, cats and birds, and it's better for them both to know each other, or to let other people also know more about their true life and the value of animals. They are really fantastic. The more people know the animals' feelings, the better they will treat them and the more loving atmosphere we will have, because love generates beautiful ambience, which will, in turn, makes all feel good and we will feel more peaceful and the planet will have more peace. It benefits our world to no end.

I think we should print more languages soon anyway, as many languages as possible. People in the world should know that there are also animal psychics – the telepathic animal communicators – everywhere and that there is a possibility to talk to their pets, or the animals in the wild even. It is a fairytale to many people, but it is the truth and very simple. We can always talk to our co-inhabitants, the animals. And if we cannot, we can always go through an animal psychic, and it's very exciting. If you have dogs and sometimes you wonder what is going on with him or her, or a cat or birds, and if you cannot intuitively communicate with them, there are many telepathic animal communicators. We have them on the www.SupremeMasterTV.com list for you. It's all

free of charge. You can download them and try them. There are many telepathic animal communicators around the world in different nations. Enjoy. My book is just an introduction. You will be surprised what the animals tell you or what your pets tell you. Sometimes you will find out why they're sick, or why they're sad, or why they did what they did and why they do what they do. It's amazing. It's amazing. Animal world is really amazing. It's just like us. It's beautiful. Thank you.

- Q. *Probably in the near future, we will not be able to eat poultry around the world due to a new type of bird flu. The pandemic is close at hand and no one seems to be concerned about it. But those who know about this are emphasizing about it in the same manner as global warming. So very soon we will have to stop eating poultry, and I have a feeling that the same scenario will occur with other things as well. Would You agree with this?*
- M. Well, Doctor, it has already begun in many places on the planet about the bird flu. And now we have mad cow disease, blue tongue disease, et cetera. And so many millions of tons of beef have been recalled in many different countries. And beef temporarily has been banned in several countries in Europe as well as Asia. So you are right in this matter and the animals do really sacrifice their well-being to warn us. But I do hope that humans heed their warning and change the way of life. We have to change to live a noble way of life as befitting a human being. Human being is the crown of the creation. We have to live accordingly. We have to live in dignity and responsibility to ourselves, our family members, our nation and all the co-inhabitants on the planet. But I do hope that people wake up soon and the animals do not have to suffer so much. But this is a warning that humans should forsake the bad habit of meat eating. It is very clear. I don't understand why people do not see it yet, but I hope they will see it soon, Doctor. Thank you for bringing it up.
- Q. *In order to increase the level of convenience, Japan has developed disposable containers. When these are burnt, it releases a great amount of dioxins, polluting the environment. Until now You have provided many solutions for global warming around the world. Please tell us Your solutions on these matters.*
- M. Thank you for asking, sir. It's a very good question. It's not only in Japan, but many countries are like that now, but in many places there are already bans on the use of plastic bags and many convenience stores, for example, in America, they are already trying to limit the use of harmful packages. So I think that's a very good start, and maybe we should impose a little more stricter ban on these harmful substances. Maybe we can use a carton instead, something more disposable, something more eco-friendly. And of course, the governments again and the individuals have to contribute to this. They have to be willing. They have to understand the harmful effect of the use of these packages. And then we have to change. Even if the government doesn't impose any ban, we as individuals should pay attention. We should use something less toxic, and we should use our own shopping bags wherever we go, to minimize whatever we can the harmful effect to the planet. Thank you, sir.

Three-day retreat, Paris Center, France, October 25, 2007 (Originally in Chinese)

We have to remind each other to love, love each other, including the animals, our animals. Also, they seem weak and helpless and need our help, our love and our protection. We are talking from the worldly point of view, from the visible aspect and material existence. Otherwise, if we really know animals, their spiritual levels are very high. If we truly love an animal, it will help us a lot. But we are not helping animals to gain benefits. We help animals because they are weak and small. This is a great gentleman, a real hero. To be a hero, we don't have to go to the

battlefield, we don't have to do a lot of big things either. A real hero starts from the heart. If we can love a small animal, then we can love all other beings. [Applause] Someone told me that if a person can love a dog, or a bird, or any other small and weak animal, he must love people. So if we love animals, we are contributing to world peace. If we love each other, we won't have wars. [Applause]

When we love an animal, our love will develop naturally. You have your own dogs, birds and other pets so you understand this situation. When you are with them, when you look at them, you just want to love them. You have no other thoughts, no other way. Then you just love them and dote on them. The loving atmosphere just exists naturally in your home. The loving atmosphere will fill the entire house, the entire family, and spread out into the world. If every family has this kind of loving atmosphere, the world will definitely be at peace because the atmosphere is very important. Everyone knows this. If we see two or three people stay peacefully together or love each other, we also feel very comfortable when seeing them. We would suddenly feel very happy, right? In case we entered a house and saw a few persons quarrelling or fighting over there, we would suddenly feel uncomfortable, right?

So the animals, they can help us to reveal our love inside. Then the whole atmosphere is different – it becomes happy. This happy atmosphere will also influence the whole world. Can you imagine that every family is happy like that, and has that loving atmosphere? Of course, the world will then be at peace, right? [Applause] So we don't need to talk about animal's spiritual aspect. We don't need to care about whether they can help us with anything tangible. The key point is that the animal can bring out our loving heart. Once we have the loving heart, we ourselves will also feel very comfortable. When you are sitting with a dog, you just touch him and dote on him, your whole body will feel very comfortable after a while. I mean physically, no need to talk about the atmosphere. Then your whole body feels like there's an electric current, a sort of gentle electric current. You will feel very good.

So we can see very clearly that dogs are really helping people, no need to talk about communicating with them using magical power, or being able to read their mind, or understand their language. No, just the material body, physical or mental feeling has already proven that dogs are really helpful to humans. So we don't need to say we should help dogs or love dogs so that they will help us later. Or at least we can say we are helping each other. In the bible, God says He's created the animals to help us, so we must think about what kind of help they are offering.

Personally, I already experienced their help. Scientists have also proven that if you love animals, or if you have a pet at home, you will be healthier and happier. If we are happy, we will attract good luck, we will attract those happy atmosphere to our family. Like attracts like. You see your dog or your pet every day, then your love will flow out. This love will attract other love. When you go out, people will love you. You will attract this kind of love and bring it back to your home.

Therefore, by helping the animals, we are truly helping ourselves. Helping others is helping ourselves. We often think we are helping the other person, it's not always true. That person will also send love back to us. If we help him, he will feel grateful, then he will pray that your life would become happier and more comfortable. Praying really helps. Animals normally communicate directly with heaven, so if we help the animals, they must communicate with heaven, saying that this person is very good. They can also pray for us, we can put it this way; otherwise, God knows everything. When we benefit someone, or help someone, heaven will record it. How much we help the animals, heaven will also record it. [Applause]

There is a tradition in Au Lac, that we have to be nice to dogs. When we die, we will pass a bridge, if we are kind people, and treat dogs nicely, he won't bark at us. Because if he barks you will get scared and you will drop into the bad river where there are lots of crocodiles and snakes, et cetera – that means almost in hell. If you are kind to a dog, he will greet you while you cross the bridge. He will let you cross it safely and protect you until you reach heaven. That bridge separates heaven and hell. That is what the legend means. I have never crossed that bridge. [Master laughs.] But it makes sense. [Applause]

Our ancestors really are wise. They don't need to cheat us, right? It doesn't matter if this story is correct or not. When we see the weak and helpless, we need to be a good person and protect them because if we love the weak and the helpless, it means that we have that kind of hero's heart, a great and generous heart, then we are already a noble human being, no need to mention if dogs help us or not. Of course, they help us. They help us to develop our noble quality. That is much more important than money and any position, right? [Applause]

So we should love and protect animals. Every country has animals. We should help whatever we can. If we can't adopt one, we can donate money or contribute physically to help such organizations for dogs or other animals, help them to take care of the dogs until they are adopted by a good family. [Applause] In America, there was a billionaire – not just a billionaire, a trillionaire – he was originally a homeless person. Later, a dog came to him and became his friend. Every day, the dog loved him as if it was encouraging him. Then he got his thoughts sorted out. Later, he became a very successful businessman, and a billionaire. This is a true story that happened in San Francisco. I didn't make it up. You can check it out. So before he died, he wrote a will. The will said all his possessions would be donated to dogs. Then they built a very big house, a dog center. All dogs were treated well. Every dog has a room. The room has a window to look outside. There is a garden for the dogs to run around every day. There are people to take care of the dogs. The dogs are very comfortable there. If anyone comes to adopt them, it's nice. Otherwise, they can live there the rest of their life until they return to heaven.

Dogs will definitely go to heaven. So if we help dogs, we will be connected with them, and we will definitely go to heaven, too. [Applause] If we have a dog, and we treat him nicely, he will awaken our inner soul and we will be able to communicate with other animals. We can begin with the dog. We will become a more intelligent person and a more spiritual person. Then we can communicate with other animals. Our love will develop. We can really change ourselves 360 degrees, I promise. You don't need to learn with me. You can learn from the dogs. [Master laughs.] They can teach us and educate us silently.

Three-day retreat, Paris Center, France, October 25, 2007 (Originally in English)

You can't blame the people on this planet. When I look at the way the karma sways them around, and swings them about, and pushes them around, I can only shed tears. I don't know how humans live in this world and still can practice spirituality. I'm telling you the truth. Everything seems to be pounding on them, pushing them down on the floor and tramping upon them, tearing them to pieces, harassing their mentality, stabbing on their emotion, tearing them apart. Every day something. It is a pity! It's a precious human life, but it comes with a big price. And only the strong, the heroic at heart could overcome it.

Even just to eat vegetarian, my God! To replace one piece of hamburger with a piece of tofu, what's so difficult? Can't do it! Not to talk about anything else. I hope one day, maybe year 3000, the whole world becomes vegetarian then. But you have to be more diligent. Write letters to governments. Tell them maybe, 'Look here! All the cows have already been slaughtered, and the cows have been dead again, again, and again, cruelly, and have been sick again and again and again as a warning.' And still they continue to eat meat. Just to change the meat for the tofu

or the vegetarian ham, which is delicious anyway. Cannot! So difficult, difficult. Because the habit, because social custom, and because misconception. Everything, everything, just pounding upon the human's little strength that's left, so they succumb to everything that they should not do. Some people say if you cannot avoid meat, then eat the three kinds of pure meat like the meat that you don't know they kill, the meat that you don't hear them crying when they're killed – my God, where do you go to hear the animals crying? And the meat that is not killed specially for you, something like that? Of course, they're not killed specially for you. They don't write on the piece of meat: 'This is for Mr. Smith, and that is for Mrs. Muller.' No, of course not! They're killed at random outside somewhere, out of your sight. And if you don't eat, people don't kill. It's very simple! There's no need to talk about pure meat or not.

Up to now, 21st century, how many Masters have come and gone, how many teachings have been left behind? All the bibles, the scriptures say vegetarian diet, love the animals. All the scriptures say that. Maybe you can try to change. Maybe people will listen. Maybe if you do something. Looks like the whole world becomes a non-smoking place. More schools have vegetarian food. More health food for lunch and all kinds of stuff. And now alcohol is going to be also on target. Cannot advertise alcohol in many countries, many places now, and cannot sell alcohol within the vicinity of schools. And the age of drinking goes up, something like that.

It's not just planting trees. It's the loving atmosphere that we have to create. It's not about the animals that suffer only. It's about our loving nature that we're killing. And it's not about eating animals who you see suffer, or you don't see suffer. It's also the green policy for the planet. The more animals we eat the more they raise, the more they raise the more non-green it becomes, the more endangered our planet becomes. So it's not just about for you, whether you can or cannot eat that kind of meat, whether, it's not about you can or cannot. It's not about the Buddha forbidden or the compassion even. It is you, yourself. We have to save the planet by cutting off unnecessary food, which is no good for us anyway. Everybody knows already about meat is not good for us. Why don't we just cut it altogether and save everything else?

Everybody knows that raising animals are the heaviest cause, the worst cause of our planet pollution. Everybody knows that! It's everywhere! It's from the United Nations report, everything; the whole international community comes together and reports all that, and concluded that is so! We just plant some more trees. We protect the forest. Nobody stands up and say, 'Let's be vegan, be vegetarian!' Nobody stands up and says that! One of the leaders, I'm waiting for whoever that leader may be, just stands up, and says, 'Look, we be veggie.' That's the quickest way first, everything else later – ethanol gas, change the bulb, less water. The water that you're using every day may be a lot, but not a lot compared to the water they use for animal raising. 'Don't run the water while you're brushing your teeth.' Of course, it saves a few gallons, but they put hundreds of gallons out there for one cow, just for a few days to wash, to rinse, let them drink, or to water the grass or whatever it is for them to graze upon so that they will end up on a plate anyway.

So the main cause, they don't want to talk about it. Everybody just runs around it, tries to avoid it. They don't ever talk about being veggie! Everybody knows about the report. Nobody touches it. Nobody talks about it. Can't even just put down one piece of meat for the sake of health, the planet's health and your own health and your children's health. So whatever happens is our own doing. Not even God can do anything if we don't want to do it. God puts us here to do things, and if we don't do our job, what is Hes going to do?

European three-day retreat, Paris Center, France, August 22, 2007 (Originally in English)

I told them that every one of them has a gift, they really come to help mankind. Like the bible said, 'I make them to befriend you and be your helpers.' It's truly like that. But not every human

can avail of this help and that's a pity. Instead, they kill them. They come to help you, really. They all have something to do, and it's a pity that humans don't avail themselves of the help of animals. I will produce another book called 'The Noble Wilds.' And I can't say all the things that I interact with them, with the wild ones, just a little bit here and there. These things are supposed to be discreet between us, but sometimes inevitable, I let the readers know a little bit. When the situation arises that I have to tell, then I tell a little bit but I cannot tell everything in one book. It needs to be like a hundred books at least, ten books for each. For example, a hundred books at least if I want to tell everything; but I'm not specializing in that. I just want people to love animals unconditionally and then whatever develops between them, that will be good for them. They are tremendous help to mankind. It's a very pity that people don't know about it, just go on killing them. You kill your helper. You could have let them live and use them and develop even your own telepathy. In a while, if you really love an animal, you will contact and then through that contact you can contact other animals as well.

I'm forever grateful. But that comes later. I did not know that before, I have to tell you honestly, because love makes you blind. I just love them and take them home, that's it. Because they are helpless, that's what I think. But, actually, now I think humans are more helpless than them. We need help, not them. We need help to develop compassion and to make use of the help that the animals will give us if we love them and contact them. It's really a pity. They are like the physical angels for humankind. You understand how some people always pray to the angels for help in some situation? We have angels running all over the planet in the form of all kinds of animals. They are the angels in the physical form to help you in different situations.

Well, you know it yourself. For example, we watch on Supreme Master Television, there was a dog, a stray dogs from nowhere, the name Hero, remember? And there was a woman who has an accident and lay on the roadside, and he just comes and drags her to the edge of the highway so that everybody can see her. You know that. And he is a stranger from nowhere. If it's not an angel what is it then? They know everything because they are very psychic, they are more inside. They are not too much outward seeking like us, that's why. They eat a little bit, and they're satisfied, it's finished. They rely absolutely on the divine for protection and food. So they're always in contact with the divine; they're truly angels, protectors of humans. Just humans don't know. It's a shame, it's really a shame.

So humans really are the ones who need help; need help to wake up; need help to know every other being is also very special and sometimes better than us in some ways; need help to develop compassion; need help to recognize that we need help. It doesn't really matter to the animals because for them, okay, if they have to die, they die. Their lives are short, most of them, anyway. It's just that if we kill them, we have bad karma and we lose ourselves one of the very great benefits. They don't lose nothing. You kill them, they go back to where they belong. Everyone has one life anyway and the animals, they go straight to heaven. If you don't let them help, then they go Home, so they don't lose nothing. It's just the one who kills them will lose – lose the merit, lose heart, lose compassion, lose a great part of love and lose a great part of help that God has sent here for us.

In the bible it says, 'I create animals to befriend you and to be your helpers.' It is truly like that. How come nobody listens? How come nobody realizes this? Isn't that amazing? They read the bible every day, nobody realizes it. What did God say? God said animals are here to help you! Find out what they can help! No, eat them; before they can even help, kill them already. How come people are so oblivious to such a very obvious truth which is stated in the bible, the first page even, no? Almost. One of the first pages about creation, the Old Testament. It's incredible.

Yeah, I think definitely humans need help, not animals need help. Of course, they would not like to die, like everyone else, because they have a job to do here. But if they die, they die, they lose

nothing. Physical life doesn't mean that big deal to them because they're always in contact with the divine. Before somebody kills them, they know it already. They know everything in advance. They can see past and future just like I'm reading a book.

So the animals are a tremendous help to mankind. I just hope that one day the humans truly understand this and make use of their valuable resources that God has sent onto this planet for us. I said before, all animals have telepathic talent, they also know everything. More or less; some are different, some are less, some are more, but they do have capability beyond your imagination. Dogs and cats, if they get lost, they can get back, any time. It takes them time, and sometimes in between they get killed, that's all. But they all would go back. If they are alive, they come back. It just sometimes it doesn't happen, they cannot come back. They die in between. So we didn't know that the dog comes back. They come back. Even you move house, they will trace you down and find you. Many stories like that, it's all true. They are not dogs, they would look like you and I in their real form, just more glorious, Light and bright and beautiful. More beautiful. Their real form is like us. Like all of our real form, very glorious, beautiful, magnificent. So they just take that form only, physically, in a box. Different present, wrapped in different box. You can take a diamond and put it in a small hanky, or you can put it in a beautiful box, or you could put a lot more paper and decoration around it in a bigger box. It's the same piece of diamond. Similar to us, that's what people don't realize.

EATING MEAT DESTROYS LIVES AND HARMS THE PLANET ³⁷

International gathering, August 23, 2008 (Originally in English)

Right now, the Americans already worry about the shortage of water. Their glacier has melted a lot, more than usually. So only a little bit left on the top of some mountains in the west of the United States of America. And the river has become drier, and they predict that in a few more years only, a couple more years, the water might not be even enough for 23 million people who depend on that water to survive. Can you imagine? It's not happening in Africa, it's not happening in some dry, desert country, it's happening even in the United States already, and in Australia and all that. We all know, right? It's just getting worse and worse now, and I really, I don't know how to do. If I could just go out and beg everybody on the street, 'Just please stop eating meat and stop raising livestock and stop abusing the resource of the Earth. Stop wasting water!' I would do that.

There are some reports that people are listening. From a global conservation organization, WWF, World Wildlife Fund, states that: 'Although the average Briton uses only 150 liters of water per day for activities, such as drinking and washing, the indirect or virtual water used through food and textile purchases bring the average up to 4,645 liters per day. So much of this hidden amount is among from meat consumption.' Now they admit it. Wonderful, wonderful! I mean, some. I wish the whole world, just say the word, 'Veg.' Let's say just one word that we like very much, the magic word, 'Veg.' Every time when take photo, say 'Veg!' 'Pleaes, Veg!' So much of this comes from meat consumption, I told you, yes? With the meat and dairy lifestyle using some 5,000 liters of virtual water per day versus a vegetarian diet's use of around 2,000 liters. I think it's less. Less vegetarian, and more for the meat, but they just calculate approximately. 'These findings are supported,' mark this, 'by another report commissioned by,' mark this again, 'United Kingdom Prime Minister Gordon Brown which recommends reduced consumption of meat and dairy for personal and environmental health.' [Applause] Wow! I told you so! No, no, truly, when I read this, I was so happy, happy. Finally, somebody did something. I think he is so brave, prime minister. We support him! [Master and audience laugh.] Hurrah,

37. A compilation of discussions concerning the detrimental impacts of the meat diet on human health, the environment and, ultimately, the health of our planet.

hurrah, hurrah! I'm going to write him a thank you letter. All of you, the Britons, you write him, thank you! He's so brave! I love this guy. Oh, such a good guy! Who would believe it? He even recommends reduce the consumption of meat, and dairy even, for personal and environmental health! Wow! He probably is the first prime minister ever said this openly. He's cool guy, hey? So cool.

Such a good news like this. Beautiful! This report, commissioned by British Prime Minister Gordon Brown. My God! It's the best thing he's ever done to his soul, and his country, and his world! Bravo! Applause! [Applause] The report even – commissioned by him, by His Excellency Prime Minister – even points out the known health risks of consuming meat and dairy, which include cardiovascular disease, cancer disease, illness and even death from contaminated meat products. The report also highlights livestock's significant contribution to global warming. [Applause]

Alright, looks like we have hope... [Applause] to begin setting the trend for the whole global vegetarianism. When Prince Charles was telling some people in the politician arena that we have to do something for global warming, like protect the forest, organic farming – he voices his opinions a lot – and some say that he's meddling with politics. I think that is not fair to him. He is a prince, and maybe he's a future king of England, one of the most powerful countries in the world. He has the right to say whatever he thinks. It's correct. That's number one. Number two, global warming is not politics, is it? No! It's life and death, concerning anybody, everybody, including himself and his children even! So even as a private citizen, he already has the birthright. More than 100% right to speak his mind about how people should begin, or already should start long time ago, to protect the environment or to go vegetarian even. Protecting the environment, vegetarian diet is not politics. Where can politics go in there?

So I hope His Royal Highness will speak much more. England is very democratic, yes? But we have to use democracy in the right way! I really feel very sad for those people who are not having self-respect by not respecting someone else. This is not civilized and gentleman manner. This is not the British way of behaving, no? We have to respect each other, not to talk about that he is a prince, he is the head of the state. He represents England. The Queen is England, Prince Charles is England. As a prince, he sometimes has to do things not the way he wants. But he's just true to his heart, as much as possible. And you cannot blame somebody who is true to his heart, no? You should be proud that a prince has everything he wants, but so true to his heart! In protecting the world and in everything else. He is as true as possible for a prince. All they did was trying to do good, to be good, to behave the way the Royal Household should behave. If anything else happens, it's not in our hands always. It's in destiny also. And also in the destiny of the nation. Everything happens in that nation, to one individual or to the head of the state, it's also a reflection of the whole society of that nation.

We mention Prime Minister Gordon Brown being so brave and commissioned such a report to speak out because he wanted to inform the British subjects what he thinks is correct. Because he cares about the life and the health of the people of his country. For a head of state to come out and to state the truth like that, one of the first ones, to commission such a thing and admit it publicly that meat is no good for you, even dairy product is no good for you. So it's incredible. I really love this. Milk and dairy product gives you a lot of diseases as well.

So, anyway, mostly people only say meat is no good. But even in the report says that dairy is no good also. A guy who is so brave like that deserves to lead the country, yes? Being a prime minister even, deserves all the votes of the British people. Whoever tells the truth is my friend. Whoever tries to protect the life of his co-citizens and co-animal inhabitants is my friend. And my friend deserves the best. Just like I give you the best, I will give any of my friends the best. That is the only thing to do. That's the only logical thing to do. Oh, I'm so happy, I'm so happy about

this. I hope the Prime Minister of England is not the only one. This is going to be a trend. [Applause] Critical mass is working. It's not yet reached, but it's already working. [Applause] I love it. Even if I have to work day and night, not eating and not sleeping, I don't mind, until we reach the goal, and then it will work by itself. We almost reach the critical mass. If people repent in their heart and react quick enough, turn to a vegetarian diet, with the grace from heaven, with the interference from the positive power, we might be able to save 80% of the population of the planet. Otherwise it would be 80% of the population, minimum, would be gone. Instead, it will be 80% saved.

International gathering, August 22, 2008 (Originally in English)

- Q. *I'm really sad a few days. We know Master and all the brothers and sisters in our group, and other groups try to voice about the global warming. But scientists say the government does not listen to them. So maybe it's a few years, this could happen. So the question is: If all the governments in the world don't listen to the scientists or don't listen to Master yet, what would happen for the beings in the future?*
- M. What happens? You will see what happens. I don't want to say yes or no, right now, all right? I hope it's okay. I hope they will change. And I'm fixing my attention on that. It's better to fix attention on the positive. If not, then it would happen like what you saw. Not only the flood, but the fire from the volcano hidden in the earth will also break out, and it's difficult to hide from both. And also erosion – a lot of things. And not just that; the diseases, shortage of water and people might die slowly and agonizingly. And I just hope that day won't come or at least to the majority of the people, that they will change their way of life. Because only walking in the way of heaven, that they will find safety and protection. There's nothing else that can help them in this time of urgency.

That's why I keep telling them, have to be compassionate, have to be vegetarian, turn away from blood, turn away from killing, turn away from murderous action or supportive action. Because when people eat meat, it's pitiful, they just don't know what they are eating. They know it, but they just don't really think too much about it. It's already made, it's chopped into pieces, put on their table. So mostly, they do not realize that so much suffering is going behind this piece of meat, so they keep eating it. But even if they don't kill the animal themselves, the collective bad karma still will go onto them. But because of the excuse that they don't know, they have not been truly educated about the harmful side of meat, and not just physical, but the spiritual, mental, emotional, everything for the soul, they have not been truly educated on that topic. So because of that excuse, heaven is still lenient and waiting for them to turn around. And I do hope they turn around.

That's why we are doing our best to inform them, to tell them the truth about meat. And so we hope that they can understand it soon. Otherwise, it will be like what you saw and worse. It's too late now to save the whole planet. It's too late now to save everybody on the planet. We can save some, only if they turn around. If they turn around one step, heaven will come to them 99 steps. It's the time of grace, but it's not extended forever. It can be postponed for a while on the intervention of good people, spiritual people, loving people like yourself, like your brothers and sisters here, praying for grace of other people. Yes, it could be extended for a while, postponed for a while, so that they have a chance to turn around. But it cannot be extended forever. It's very sad for people who are not educated about this and have been told oppositely. That's why I feel sorry for the people. They don't know what they're doing.

International gathering, August 21, 2008 (Originally in English)

We came with nothing, we will go with nothing. But meanwhile everybody tries to take what they can, and therefore we are short. Some are taking too much, some are having none. And, because the more we eat meat, the more we have to deforest, and the more resources we need. More meat, more land used, more deforestation, more fuel needed to process, to transport, more resources needed for medicine, for facilities, medical facilities, for all kinds of new inventions of medicine because new diseases come out all the time. And the old ones, we have not found a cure yet, the new ones already come. Because this kind of bad energy will breed more bad viruses, bacterias, and we can never keep up with it. And then more hospitals, more experiments, vivisection, and more suffering for animals also, in all kinds of things, not just killing them only, suffering in the laboratory and all that. It's beyond my imagination how we can treat anyone or any animal this way.

International gathering, August 20, 2008 (Originally in English)

We have enough food to eat, actually. You're not taking food away from anyone. It's just that some eat too much. And the meat consumption is the worst. Meat consumption is the one that takes away all things. Water, cereals, and the vegetarian protein. 90% of it. So it's taking away a lot of the world resources. And water, 70% of it. So even if we don't shower, we don't brush teeth, it amounts to nothing, when they don't stop eating meat.

We're going to damage this planet. The resources will be running out. It's already running out. And also a lot of people are stockpiling their food also, because they worry about climate change. But before that, the food is already short. 862 million people are hungry worldwide, this year alone, because of meat diet. Because all the food is fed to the animals; the resources and the land and everything I can never talk enough about that. It is ridiculous, that somebody eats so much and somebody eats little. It's not like if they eat meat then everything healthy and good and happy for them, and they could be enjoying forever. It's not. If they keep eating like that, they will also be gone. If the Earth's gone, and finally no more resource, nothing else to eat then.

The knowledge that we gain from this world is not complete, it's not complete. It's okay just to add two and two make four, that's it. But for every other thing in the universe, we have to rely on our wisdom in order to know. For example, like when I told you about the four or five years time, if we are not doing anything, then we'll be in trouble, because the gas might be released from the oceans, and we might be poisoned. It will be in the air, so I only mentioned that, because if only rising water, you can get a boat, a yacht, if you're rich, or build one like Noah, or go live in a mountain, et cetera, et cetera. Or go in the helicopter and wait or have a helicopter that even part on the water. There are airplanes and helicopters which can land on water. Some people can afford it, and they may be able to kind of escape the danger of rising water. But not when we have poisonous gas in the air, and all kinds. And that was before I knew about the scientists' discoveries, saying the year 2012. Now we have scientific evidence and support, so that's what it is. So that knowledge doesn't come from my school learning. No schools have taught that. And I'm not like a scientist per se that I sit there or I calculate all these weather forecasts or I know about all the agricultural or the ocean gas. I don't have time also to sit there and calculate by mathematics and come to that conclusion. I just know that from insight. And then later on, it turns out that I was correct. And since we have the scientific back up, then we could go out to help disseminate this kind of information. Or go to help people. So I have to thank the scientists for this because without their back up, I don't know if I can even tell you to go out to distribute flyers about the climate change and all that.

Every time they predict something, it did not happen. But I'm telling you why it did not happen either. There are more enlightened people in the world, more vegetarian people, more compassion, more helping each other, more loving kindness in the world, then this is powerful. It keeps pushing the negative power away, away from the edge, away from harm. And so, the more we are doing our program right now, like having Supreme Master Television broadcasting all the constructive news, and the more you distribute the flyers, more people become vegetarian, then of course the more stable the planet's weather and safety will be. That's what it is.

Nowadays, disasters are more frequent than ever. If it's not earthquake, then it is storm, typhoon, drought. Western American now worries about water. This is an even more permanent disaster than just an earthquake, which lasts not long. Anyway, the bad karma has to be paid. If the people turn to noble lifestyle, just even be vegetarian to save the planet, to save the animals, that's enough to save them also. But they have to listen. Even if you pray for the earthquake not to happen, something else will happen to those people who have to experience this kind of thing unless they turn their heart around and take refuge in their own loving great power, compassionate nature; that's their only refuge. If you pray for this not to happen, next thing, another thing will happen. And sometimes, the more delay, the more interest. Karma has to be regulated. I'm very sorry. If we could pray for everything to stop, I would have told you. We can also pray, it might be minimized. But maybe minimized in some sense, but the people who have to experience it, have to go through it some other way or somewhere else later on. And maybe even more intense. They have to experience more intensive consequences.

We know this is not good. We see all the cruelty and all the cleansing action going on on the planet. On one hand, we feel very sorry for the people; on the other hand, it's not much help we can do for them, except telling them that: 'You can help yourself, by turning back to your own positive power. By being kind, you'll be looked upon kindly. By saving lives, your lives will be protected. Treat others with love, you'll be treated like that and more, multiple-times in return.' We can pray for world peace, we can pray for the planet as a whole, but people have to change. Because suppose we save them now, this earthquake won't happen and the people's lives will be spared. But their life, it will be the same. They will continue the same old life. They will eat meat, drink or kill, or killing animals, warring with each other, drinking alcohol and damaging themselves. Then after they die, they will go back to another planet, or go back here and suffer the same fate, maybe even more. The more we delay, the more we have to pay.

Christmas three-day retreat, Paris Center, France, December 23-25, 2007 (Originally in English)

If it were up to me, I'd forbid everybody to eat meat. Stop immediately. Stop all the pollution cars. That... may be helpful. But never mind, it's okay, it's okay. As long as we live, we are happy, and when we die, we are happy, too. After we die, even more happy. So there is no bad news for us. Anyway. No bad news for us. Just sorry for everybody else. I'm sorry because the humans, they have been misled, as I told you. They don't really know. If nobody taught them, how do they know? And one blind leads the other blind, and they all go down to the pit and they don't even know it. I feel really sorry. And we are still working. The only thing keeping me working is because I feel so sorry for everybody, that they have not been taught. They have really been misled. Gravely. Big time. And then once they start in that direction, very difficult to turn back. Besides, nobody tells them to even turn back. We've been warning long enough. If you see the Singapore lecture today, I already warned them that we have to change the way we live our life, otherwise it's too late, that was 10 or 15 years ago. Or before that, I always talked about how we deforest our planet. Meat eating and all that contributes to a lot of damage to our planet Earth. They listen and they go home and do the same. What else am I going to do? But it's okay, we just continue as much as we can. And if we can save planet, we save the planet. If

we cannot save the planet then, then we cannot. [Laughter] There are only two choices, right? Very simple.

Group meditation, New York Center, U.S.A., August 10, 1997 (Originally in English)

In the most industrial country, they confine the cow, and they force her to take a lot of chemical things to produce more milk. Or they force and they put some medicine or something to push them to take more milk. And then the consequence, their bones are rotten, and they could hardly support their bodies. Many of the cows, intestines fall out, their stomach falls out, and they could hardly walk. Because their bones are so weak. They produce too much milk.

I don't think we should survive at the cost of anybody else's suffering even the suffering of a cow. I don't like the inhumane way that people treat a cow. And they put too much chemical things in the body of the cow also to make them grow bigger than they're supposed to. And it's very heavy for cows, and sometimes he falls down and he gets sick, and his organs come out of his body. When they want to stitch them back, they don't even give them anesthesia or anything. And I don't like all these inhumane and uncivilized ways of treating an animal – an animal who is beneficial to mankind, who is so kind and so gentle.

But it seems like God doesn't want us to take animal stuff anymore. They have now mad cow disease and all kinds of chicken stuff, all kinds of things are going on in the market right now that is very terrible. Like people now, they don't eat even chicken or pork or whatever in many countries, including Europe and United States, because of so many toxins. There is some new substance – it's very, very dangerous. That gives people cancer. Hormones are also very terrible. And now they put some more in vegetables, also. They put hormones in corn even. Hormones everywhere to make it fatter, or more crops. There is nothing much natural anymore.

Group meditation, Honolulu Center, Hawaii, U.S.A., September 3, 1994 (Originally in English)

- M. We deplete the Earth because we raise cattle and animals. Actually, this is another way to contribute to our planet Earth. You know all this, you read more books than I ever can imagine about vegetarian, about how to save our world, about environment, love, and all kinds of things. And vegetarian diet is the answer to all these questions. Our Earth is collapsing because we eat too much meat, actually. Or we have to put it that way, roughly. Roughly it's like that. Every minute, every year, we cut down forests as big as England just to raise animals. So how many rainforests have been destroyed? And this will change the atmosphere, change the rain. That's why our planet's heating up and then many places are having problem with floods, and also droughts. Long periods. Do you remember? So if we want to save the planet, if we want to preach environmental care, we should be vegetarian. There's no other thing to do, right? And that is just a small thing compared to all the vaccination and all the pure water used for meat and things like that. You already read in newspapers and magazines, and on televisions every day. I just remind you just a small portion of it. But the harmful effect of the meat diet is larger than life.
- Q. *Master, You said war is mainly due to meat eating. Master, can You enlighten me the reasons behind it?*
- M. Because of the law of karma. If 'thou shall not kill,' we should not kill other beings. If we kill, then that will bounce back to us. For example, in scientific research, they say that if you throw something into the air, and then you stand there and throw something into the space, and after some time, long time, it will come back to you. So that scientifically

proves the law of karma, 'as you sow so shall you reap.' Whatever you give out will come back to you eventually.

Because the vegetarian diet is good for you. It will purify your spirit, purify your aura, and make you clear, inner and outside, and protect you. It's not only for me. It's not for the precepts that you should eat vegetarian. It's for the loving kindness to other beings, like animals, that you should be vegetarian. Even if God allows us to eat meat, out of our own love, individually... God will not forbid you not to eat meat. Because if you love your dog, for example, you raise dogs and cats, you wouldn't want to kill them and eat them. So why discriminate between a dog, a cat, your pet birds and other outside birds and outside cats, dogs or other animals like chickens and ducks and, ox and cows, and things like that? You know what I mean?

The way you love your dogs and your cats, and your children, you could also love a cow and a pig. So that's the way of love. Therefore, because of this law of love alone, we would not believe that God would let us kill an animal and eat it. Also, in the bible, God already says very clearly, 'Who told you to kill all these she-goats and he-buffaloes to make offering to me? Stop all this killing of the innocent lives. Otherwise, when you pray to me, I will not listen.' God said that clearly. So no need to ask me any of these fundamental questions. You should read more the bible, because in the bible, there are many, many hints inside. Not only hints, very obvious statements that God says we don't touch meat, 'Meat for the belly and the belly for the meat. And God will destroy both meat and them.' Is that not so? That means don't touch meat. Also, Hes says, 'Don't mix around with the people who eat meat and drink wine.' Is that not so? Yes. That is very clear.

Group meditation, Kuala Lumpur Center, Malaysia, February 27, 1992 (Originally in English)

Do you know how much goes into cows? How much acres to raise cows? And that land can never be productive again, once a cow tramples on it and eats the grass from it. How much land, how much water, how much medicine, how much pounds of grains, and kind of protein, grains from different poor countries, pour into the cattle, before it delivers a piece of meat for one meal? It is a waste of human resources to eat meat. They say if everybody eats vegetarian diet, nobody is hungry, at least. We have more, more, more, too much more, we can export to Mars or Venus when we happen to find people there. Truly, you ask the researchers, we will print some articles soon about how vegetarian benefits in many ways, not only you alone, benefits the whole planet. They made a list of conclusions, of the research, why vegetarian benefits, and they calculated everything. If everyone, not everyone even, if even one quarter of the world eats vegetarian, nobody goes hungry, can feed the whole population without even having to work much.

Now, we work a lot to raise cattle, to kill thousands, millions of animals every day. Sometimes you pass by a countryside, where they raise cattle, and when you pass by, you see the whole field is black with cattle. And when you come back – empty – gone. The whole field, many, many acres of land so vast, full of cattle, and when you come back, all gone, all gone, finished. You understand what I mean? It's a waste of product to eat meat. Never mind talking about compassion or love or enlightenment, or moral standard, nothing. Not yet! We owe it to mankind to eat vegetarian, not only to animals. It's a terrible waste of time, of the Earth's energy and resources to feed the animals. They use more water than we humans ever do, to wash them, to feed them, to let them drink. And they use more vegetarian protein than humans ever can eat. And you have to raise cattle many years before you can eat it in one meal. It's too much. We will print some articles from the experts, in our next magazine. I have already selected some,

and I have told the editor to print it next time. So you wait and research for yourselves. You can get in touch with them and ask them how they come into this and ask them for the proof. But you don't need it; when you see the figure, you know what it is, you know the proof right away.

LIVE A LIFE OF LOVE AND CONSCIENCE ³⁸

Videoconference with the Mongolian people at the 'Global Warming SOS International Conference on Urgent Problems of Climate Change,' Mongolia, January 27, 2009 (Originally in English and Mongolian)

Q. *Greetings to You, Supreme Master Ching Hai. I would like to convey some messages on how Mongols used to consume food. We Mongols lost our mind while trying to imitate the so-called civilized world and are taken over by consumerism. We were once a nation that was more concerned about our consciousness than about our physical body. When all other nations were chasing their food, we somehow managed to stay behind, not having daily cooking or by not developing a national cuisine at all. Until recently, Mongols did not even touch the food naturally grown right next to them, let alone be bothered whether they filled their stomach to their fullest satisfaction. The whole Mongol nation was vegetarian. Unfortunately, one day, we decided that it was not civilized and, while trying to become cultured, we got infected with treating animals with cruelty for taste. Today, anybody who is trying to bring us back to the old time's reasonable habit is regarded as the biggest fool in the country. I think that if disaster comes to this world, the people with minimum food habit have a better chance for survival. What is Your opinion on this matter?*

M. Yes, I do think so. I do think people with the minimum food habit have more chance to survive because also we don't need that much food. If we eat too much, sometimes we cannot even think. Even vegetarian food, we don't have to eat so much. So, right now, most important is we have to try to avoid the disaster that we are going to lose the planet, lose our home. Actually, we should not have to worry about food because we have it abundantly on our planet. It's just that we have to use it wisely. Instead of using it to feed the animals, we use it to feed humans and that will be fine.

Regarding the Mongolian old cuisine 'without cuisine,' I like that very much. I like that concept very much. I wish that the Mongolians can return to their original tradition of non-cooking and more vegetarian, living according to the high moral standard of Buddhism. So now, it is maybe the time to bring it back again. Maybe people will listen this time in the dire situation of our planet. We should remind everyone to be veg, to invoke the mercy of the Buddhas, and we will be better protected. Studies have shown that if the grain currently going to livestock animals for feed, if we feed it to humans, then all the hunger in the world will disappear and the reversal of global warming from a vegan diet will result in more plentiful growing conditions.

So we even have more food than now if we turn to vegetarian diet. We are already facing so many untold natural disasters on a daily basis such as earthquakes, severe storms never seen before, volcanoes, ice melting, and many islands, many nations have sunk under the water already and many are sinking. And the climate has become very, very strange, like it became warm where it should be cold and it became cold where it should be hot. And this can only be alleviated through a return to the ancient ways of our wiser elders, like those in Mongolia of the old time. One that exists in harmony with

38. A compilation of discussions concerning the detrimental impacts of the meat diet on human health, the environment and, ultimately, the health of our planet.

nature and respect of other beings: A true brotherhood of love with all. Thank you for bringing that back up, sir. We can still do that, it's not too late. [Applause]

Videoconference with Penghu Center, Formosa, August 2, 2008 (Originally in Chinese)

Q. *Saving the Earth requires the unity and cooperation of all. Will Master please speak to our Penghu fellow practitioners about this issue? Thank You, Master.*

M. At this time, the test is more strict. Therefore, for those people whose spiritual practice is not good enough or whose concept is not correct, they would fall the test. For example, sometimes, because they are at a low level, they are hard to satisfy, refuse to do good things or keep finding faults. Then just be patient and wait for them to grow up. If they are willing to cooperate and work with everyone to help the Earth, their merit would be greater. This work of saving the Earth is not only for saving the Earth, but also for saving ourselves, elevating our spiritual level and expanding our love. However, if there are people who do not understand this, let us not force them. Let them grow up slowly.

Of course, some are lower in spiritual practice. Some don't have an ideal situation to go for group meditation, as their families or friends don't allow them, or they might not have enough courage. Their situations are different. So we have to be patient. If they want to cooperate, we cooperate with them. If not, we still treat them with love. Just have peace with them. Every one has a different level, different situation, and different obstacles. The fact that they can come to meditate, keep a vegetarian diet, and try to improve themselves, is already very good. They can be vegetarian and cooperate with you; that is very good already. Encourage them more and be more tolerant and loving. Thank you.

Q. *Master, regarding the current crisis the Earth is facing, besides awakening humankind so that they change their lifestyle and start eating vegetarian and protecting the environment, is it possible to help the Earth pass this critical period through other external forces? External forces, such as the advanced technology from higher level beings, or prayers.*

M. No. No. No. If we are immoral, our prayers are not very useful. Because we have done the bad deeds ourselves, we must improve it ourselves. Suppose I am an alien who has a lot of power and a lot of advanced technology and I come to Penghu to help you and others right away. What happens next? The Earth continues to exist and humankind continues to kill one another, to wage war against one another, and to harm animals. Do you like this kind of Earth? [Q: No, I don't.] Okay. This is the point. Even if there is an external force, we should still rely on ourselves. Others can only help us for a while. If we don't change our hearts, our bad karma won't change and our morality won't improve. I want the sentient beings to change their own conscience. If this Earth perishes, there are other planets. If people don't have a conscience, no matter where they go, they still don't have it. [Q: Thank You, Master.] Of course, you asked this question out of love. I understand it. I am also very worried, but that's the only thing we can do. We can only help the Earth and ourselves by persuading people to change their lifestyle and live their life with conscience and love.

Suppose aliens came to help our Earth to stop global warming, but the sentient beings continued to kill one another without conscience and love and the animals continued to suffer, then later when these people die, they would still go to hell. Saving humans' ephemeral lives while letting their souls stay in hell for a very long time, I don't think it's appropriate. Therefore, even if the aliens could help, they wouldn't. [Q: Thank You,

Master.] As I said in Taipei's videoconference, the aliens are also afraid of us. They are afraid that if they came down, we would kill them before they could save us. We should rely on our inner self. Our inner self has everything. Our inner self has the almighty power, God's power. If we turn to our inner self, keep a vegetarian diet, be moral and be a truly good person, we can surely save whatever we want.

Videoconference with Bangkok Center, Thailand, July 24, 2008 (Originally in English)

- Q. *We have been seeing dolphins and whales stranding themselves in many places throughout the world, more often in the past few years. Are these events related to global warming, and are these animals trying to tell humans something?*
- M. Yes, yes. They have been telling humans long, long time ago. They have been telling us a long time already, but very few listen. The humans cannot listen to the animals, most of the humans. And some humans can listen and nobody else will listen to that person anyway. Poor souls. What suffering they must have endured due to our carelessness and unkind habits. Let's hope the humans will develop more, spiritually, and understand the needs of the animals, and give them love and respect as they deserve. I hope the humans wake up soon, for their own sake even, and the animals' sake.
- Q. *Is this great change happening on Earth because the Earth is being uplifted to a higher consciousness? And what will happen after this process is done? Will this great change on Earth bring every living being on Earth into unity?*
- M. The cleansing effect is very unpleasant to bear. But if people realize this is just a warning, change to a better, nobler lifestyle in love and peace, then all living on Earth will be in unity. And let's pray that this happens very soon. We need it. We need a change in humans' consciousness. We need peace and love on this planet, for a change. We have been living long enough in the shadow of wars, cruelty, troubles, famine and suppression of all kinds, due to the killing karma. We really need a breath of fresh air. We need peace, comfort, safety, happiness and love among all beings on the planet.
- Q. *Master, I have one question. [M: Sure.] It's regarding eating meat. If we have a celebration and if we have guests who request to eat meat instead of vegetarian, is it okay to offer them meat? My son is going to get married very soon and my in-laws are meat-eaters. I understand from my future daughter-in-law that the parents would prefer that their guests, their relatives to be served meat. And for my guests, I will offer only vegetarian. But I don't like to offend them.*
- M. Yes, you offer them vegetarian. And the other, if they want meat, they offer the meat themselves. [Q: Thank You, Master.] You stay away from the blood. Keep your hands free of blood. [Q: Okay, so all my guests I'll offer only vegetarian?] You offer vegetarian and if anybody wants to eat meat, tell them they can bring their own meat. [Q: Thank You, Master.] The vegetarian diet is so delicious. There are vegan hams, vegan chickens, everything. People just would love to eat it. They don't even know that it is vegetarian.

Remember the story about when I was a householder and married? I offered my neighbors always vegetarian food when they come to my house every weekend. And one time, my husband thought, 'Poor people, they eat vegetarian all the time. They should eat meat or else they die.' And he bought some fish and meat and nobody

wanted to eat it, because they wanted vegetarian, because they loved it more. They said they like a change.

So now, you can also suggest the same. You say, 'Okay, we eat meat every day already. I'm going to deliver something more exciting, a new way of life, a new menu, and exciting and very colorful, tasty, and you try all together, one day, and then see if you like it or not. And if you don't like it, well, the meat is waiting for you in your fridge when you go home anyway.' And after all that, if they still don't want it, they can bring their own meat.

Marriage is very important. It's a once in a lifetime of a person. In the Buddhist sutra, in the sutra of the Earth Store Bodhisattva, the Earth Store Bodhisattva says that if, when the mother delivers babies and when you're married or anything like that, people always killing animals to celebrate, that harms the couples a great deal and that harms a mother-to-be a great deal, as well as a newborn child. It is better always to be vegetarian. It doesn't incur bad retribution. How can you be so happy, happy day and the marriage day is the most joyful day of your life and you go and murder some other being? You should have let him live. He also wants to be happy. He should be rejoicing in your marriage and congratulate you in his heart. Why do you cut his throat and eat him? It's a joy to be married. It's a joyful day. Everyone should enjoy and be joyful. It's not logical to kill somebody, make a misery when you are in the most happy day of your life. And suppose they want to, they can bring their own meat. You wash your hands clean of the blood. You have to influence people, not let people influence you.

From now, I want all of you to be stronger in your opinion. Stronger in your standpoint in life. You do not do what is not good and you know killing is no good. You stop it. Stop where you are. Stop on your table. Stop from your house. Do not condone any more murdering. Do not condone any more cruelty. Do not encourage any more suffering to anybody, whether directly or indirectly. Let peace begin with us. All right? [Q: Yes. Thank You, Master.] It's enough now that we follow all the trends in the society just to look social and look like them. No. We don't want to look like them anymore. We want them to look like us because our way is nobler. It's correct, it's compassionate, it's loving, and it's saving lives, and it will save the planet. [Q: Yes, Master.] Do that. Okay, thank you for all your questions and your support and your walking the way of love. You have to be strong now, because the planet depends on us, the planet depends on you. All lives on the planet depend on you, okay? [Q: Okay.]

- Q. *I heard someone predict that there will be disasters happening in regions of Thailand. I would like to know if these predictions are really going to happen?*
- M. Well, if your Thai people are doing good deeds, and minimize the effect of killing then you can avoid it. If not, I don't know. Right now, there are many disasters happening around the world and more frequently than ever before and even more deadly. It is because the force of the negative retribution of the killing karmic consequences is more ripe than before. So we are suffering a lot around the world. People suffer a lot, not just Thailand. That's why I am working very hard and also asking you to join me in the effort of informing people that the cause of all our suffering is from killing, from eating meat. Because if we don't eat meat, nobody will kill for us, to offer us meat.

So the vegetarian diet will minimize all the disasters and even clear it all out. If people just turn their heart around, be compassionate, be loving, like a real human being, because the humans are inherently very compassionate and loving. It's just they have been misled. They have not been informed since long time and the bad habit, the

negative information, has already been ingrained into their way of life. So they have been misled very, very badly. So now, we have to inform them again, remind them again, that it is not the way we should live our life. The way we should live our life is with love, compassion, and peace with all beings including animals. So we have to continue doing our job, informing people. Tell them to be vegetarian to minimize all this bad effect.

Even if I sit here telling you, 'Okay, the cyclone will come or the cyclone will not come.' What good does that do? If this cyclone won't come, another cyclone will come, or any other disaster will come if we don't change the way we live our life, if we don't change to live according to the harmonious system of the universe, then we are out of accord. And when we are out of this protective harmonious cycle of the universe, we're out of protection. And that's why things happen. That's why bad things happen. If we are inside the universal harmonious cycle, the natural law, then we are protected 100%. And don't be afraid; if you're virtuous, you are protected. I cannot protect everybody because they do not do what I tell them to do, what they should do. But you are doing what I have advised you to do, which is the protection for you. Then you will be all right. You know that up to now. You have survived many times. You will survive again. [Applause]

- Q. *Thank You for Your love and blessing to us. I have two questions. There was a column in a newspaper saying that every day a soft drink company produces 1,500 million bottles of soda to be sold worldwide. In 2006, just one soft drink company used 290 billion liters of water in their production, which equals to one-fifth of the amount of water usage in the entire United States. From the above information, the heavy usage of water like this may cause severe water shortage in the future, not to mention the plastic waste and the releasing of toxic waste into the environment, which has happened in India in 2003. I believe that by informing the customers, who are mostly adolescents and students, about this issue, we would be able to help reduce soda consumption, which in turn can be a way of tackling the global warming problem. Respected Master, what is Your opinion on this? Thank You.*
- M. Of course, you can inform, the more, the better. I heard that soda consumption is not very good for your health anyway, but you can't just tell them to quit everything. It's difficult to tell them to put down the piece of meat already. So, the thing is, meat consumption has terrible karma for yourself and for the world. Well, soda, maybe it's still not so bad. So concentrate on the vegetarian diet first. And even then, we will have enough water for making soda or anything or take ten baths a day. Meat consumption uses up more water than anything else. So even if you and I try not to bathe for a year or something, it's still nothing compared to what they use to produce the meat. So you can inform the soda company, or you can inform the younger people, or your children not to drink it, but it's not like the number one priority. Everything helps, of course. You can give them all the facts if you can find them on the internet, about this soda producing problem. Otherwise, just concentrate on telling them to eat vegetarian. Because when they turn to vegetarian to save the planet, then their consciousness will change to more compassionate, more loving. And then the karma will change. And maybe the soda will eliminate itself. Once you be vegetarian, you're more clear and then you will choose a better, healthier drink even.
- Q. *Reducing meat consumption to alleviate the effect of global warming is possible among the students. Even though there is some vegetarian food available in school, it is still very little. If there were more vegetarian food choices available in school cafeterias or more vegetarian cooking demonstrations in schools and more informing of the students*

of the effect of meat consumption on global warming, I believe that the students won't deny this alternative lifestyle and would get involved in the global warming campaign. Master, what is Your opinion on this?

- M. Yes, it's very good, a very good idea. Many of your brothers and sisters are doing that. For example, they go to university or school – kindergarten or primary school – to demonstrate the vegetarian diet and give to students to sample. And the professors, the teachers and the students have pledged to become vegetarian. Many children know the cruel treatment of animals, they will stop eating meat. And also they know the benefits of vegetarian diet, and they will continue. But it's still not fast enough. I think we need more cooperation from many angles, like the government, the press and the people at large. Try your best anyway. Go back to school. [Laughter]
- Q. *In some countries there are a huge amount of vegetarian people, like Formosa or India. Is this because of the spiritual level of the country? For Thailand, is it possible to be like Formosa or India? Thank You, Master.*
- M. It's possible if all the monks and nuns there turn to a vegetarian diet. Because in India, all the monks, they eat vegetarian. They don't kill, they don't take meat. Even if they go out begging, the people know, they don't give meat to them. It is a tradition since long time. And in Formosa, all the Buddhist monks are vegetarian absolutely. Therefore, the people emulate their examples. So you try to give all the information to the monks first. See if it works. Good luck. Good luck to your country.
- Q. *Most Thai people are Buddhists under the Hinayana sect. There are many Buddhists who believe this prevents people from becoming vegetarian. For example, Hinayana monks believe that eating meat is not forbidden except for ten certain kinds of meat. Moreover, some Buddhists believe that indirect killing incurs no sin, or monks can't be selective and have to accept anything that people offer to them. So a lot of people seem to get stuck by their interpretation of what is supposed to be the teaching of the Buddha and continue to eat meat. What words of encouragement would You give to these people to help them open their hearts and minds?*
- M. I have told the Supreme Master Television staff to collect all the sayings of the Buddha concerning the vegetarian diet. He always said that we should not eat meat, 'Whoever eats meat are not my disciples.' In the beginning when they came to the Buddha, He allowed them to slowly change into vegetarian diet. Just like now I allow Convenient Method, that people have to be at least ten-day vegetarian, in order to slowly change into vegetarian diet. And we teach them a little bit of Convenient Method, so that they slowly get experience and then get acquainted with the vegetarian diet if they cannot be vegetarian immediately.

Similarly, the Buddha did allow in the beginning perhaps, but He told again, again and again in many, many sutras that you should not eat meat. Whoever eats meat destroys all the good merit, and all the dharma guards even stay away from them. And they will destroy this root of compassion and et cetera, et cetera. One of the monks asked, 'If we go out begging for alms and if people give us some meat together with the vegetable and rice, what would we do?' The Buddha said, 'Wash away the meat part and then you eat the rest.' Even that, even you have to wash it away.

So there is no way that the Buddha asked people to eat meat or to kill animals to eat. He was even one time carrying a little lamb because the lamb was too weak to walk. And He didn't want the herder to keep beating the lamb or force him to walk when he's

wounded or was weak. So the Buddha offered to carry the lamb to the hill for the herder. Buddha has never advocated meat eating. So you can collect all of these, we have it on our website. You print them in the leaflet and give it monks and the people, hoping that they will understand. And if they don't understand, they can always refer to those sutras where the Buddha has said it. Because we also state, where did the Buddha say this, in what sutra and what paragraph, in what chapter.

- Q. *I think one reason that some people don't want to become vegetarian is that they don't yet see the connection between the killing and the bad karma resulted from it. For most people, the world seems okay as it is, despite several warning signs such as many disasters or sicknesses that befall upon them. Dear Master, how can we make them see the connection between the killing, whether direct or indirect, and the resulting bad karma? How can we make them believe in karma before it's too late?*
- M. There is no need to make them believe in karma. It takes too long. Either you give them the Buddhist scriptures about what the Buddha's saying, that I've just mentioned, or you just print out all the scientific evidence between the meat eating and the global warming. It means if they continue to eat meat, they are going to die, to destroy the planet. There is no need karma involved even. It depends on who they ask.

If they are Buddhists and believe in karma then okay you give them the Buddha's sayings. If not, you give them scientific evidence about the harm of all the meat eating, even to their health. We have it all on the Supreme Master Television. Please ask somebody with good English to translate it all in Thai, print it out, even very small, so you don't have to print many papers. You print small, just the headline very big and they get curious, they will read it. If they cannot read, they'll ask somebody to read it. Even if it's small, they will read it. You just say something very eye-catching like, 'To eat meat is to kill yourself.' 'Do you want to die young?' Something like that. Or 'Do you want to live long?' And then underneath you list all the harms of meat eating and all the benefits of vegetarian diet. Make some eye-catching headline and then print all the facts out. Even karma or not karma, or scientific evidence and karma all together.

- Q. *In terms of reducing greenhouse gas emissions, would You be able to give us an idea of how much we would actually have to reduce to stop this global warming crisis?*
- M. We have to reduce 80% of the pollution from the gas and everything else. And stop eating the animals. That is the only way to stop immediately the 80% gas pollution. The rest, 20%, more or less, nature can absorb and take care of it and the Earth can repair herself. The Earth has a mechanism to repair herself. It's just that we overload the planet. We pollute too much and we create too much of murderous karma. Therefore, the Earth is not even allowed to repair herself because of the bad karma of the inhabitants. As soon as we erase this bad retribution from the killing effect, then the Earth will turn around, will be allowed to repair, reproduce, and sustain life again. It's all come around about the bad karma. We overload her capacity, the Earth, so we have to reverse our actions. That's all there is to it. Meat eating produces 80% of global warming from pollution. So if we just stop meat eating, stop killing animals for food, then that 80% gas pollution will disappear. And we will live in peace, health, happiness, and long life again.

Videoconference with New York Center, U.S.A., July 12, 2008 (Originally in English)

- Q. *Hi, Master. Happy to see You! This question is about the human civilization. I was wondering from time to time, why among all living beings on this planet Earth, only we*

human beings have to make so much adverse effect to the environment to survive? For example, we have to cut trees to build a house, but wild animals, they don't need all this. They don't need a house, they don't need clothes, they don't need cars, they don't need a hospital and medicine and things like that. So why do we have to make so many changes to the environment and to the ecological sphere to live a so-called civilized life? What was missing in the human society's civilization?

M. Yeah, yeah, why? Do not blame the humans so much. It is a physical world here and because the physical world has so much pressure, they have to do many things to survive. The physical world's pressures force them to forget the connection with the divine, the inner glory, and they become more and more greedy as fear for survival looms large in their life.

Though a human is so smart, he lets his head overrule his heart. But they could still change once they are determined to improve, as they all have that heavenly spark of love within themselves. What's missing here is a real spiritual practice and true divine value. As we helplessly drown in the whirlpool of existence, material things cloud themselves around us and blur our judgment and sway our better understanding. Survival pressure and the allure of temptation of this world challenge and confuse our mind, taking up all our strength and reason, while leaving us not much time at all to even remember our God's power within or to even know that it exists. That's why spiritual Masters, daughters and sons of God, have come to Earth again and again to help remind us of our splendor, so that we are awakened and start the journey back Home towards heaven where we truly belong while we are still living on this planet even. That's what you're doing.

Q. *Due to the grace of God, most of human's level has been raised to a high level. How many other species of the planet? Good animals like horses and primitive animals like tigers, will we continue to have vicious animals on the planet if the planet has been saved?*

M. The animals with good NQ (Noble Quality), or more developed NQ, are already on high levels anyway. And of course they would be also elevated to higher realms if they prove to be good while living in this world. If they're good of service to mankind or to their own kind in any way, even the tigers, if their behaviors are good according to their situation, yes, they can also be elevated to a higher level. And if the planet is saved, we will still have them, the so-called vicious animals, but they will also change with time. They will change in their characters for the better. If not, there will be a natural elimination.

Q. *How can we be a good resident of this planet while we are here? Thank You.*

M. Very easy. You know, be veg, go green, do good. Better still, seek enlightenment.

Q. *We are very grateful to see You here. [M: It's nice to see you.] My question is: While we're promoting vegetarianism, and people think that vegetarian food is healthy and tasty, but some people still think that vegetarian food is not that healthy and lack of nutrition. And at this point the government and the media still didn't do much to educate these people. So, in Your opinion, how should we improve this situation?*

M. Well, if you are not happy with the government or the press service, you can write to them. You write to the government, write to the press. Tell them what you think. I have done my best. I'm still doing it. So you do your part. The thing is, the press also must first know about it. The government also must first experience about it before they can

tell the people. Just like you are vegetarian first, and you practice a moral lifestyle and compassionate spiritual practice, then you can go out and tell people, 'Look here, I know it works. I know vegetarian is healthy. I'm still alive. I feel good. I know spiritual practice is good for you. I do it and I benefit from it.' So, first, we must try it ourselves. But you can write to your government and your press and tell them what you think. Maybe they will rethink their policy and help the planet. Good idea.

Interview by Katarina Trontell, writer for Ona and Aura magazines, Ljubljana, Slovenia, February 26, 2008 (Originally in English)

- Q. *What are the changes in a person before initiation and after initiation?*
- M. Of course, when you awaken your own wisdom, then you are more clever, and when you are really more clever, you can see things clearer and, of course, you will have love for all creation of God. Just automatic. Just like you suddenly realize, maybe you got sick and you lost your memory somehow, you don't realize this is your son, this is your daughter, suddenly you forgot them and you don't care about them, whoever takes care of them you don't care. But then one day you remember somehow, someone helps you, gives you medicine or the time has come that you remember, 'Oh, this is my son. Oh, my God, come back here! I will take care of you! I will make up to you, I will protect you.' No? The same. After you are awakened, you see that all people, all animals are your children, your family members. You love them so much, there is no word to express.
- Q. *What is that power that really awakens people?*
- M. God power. [Q: Directly?] Yes.
- Q. *Does it come through You, or You just wake up... You just help the person to get ready?*
- M. No, he has it, he has it, all the time. I told you the ten dollars in your pocket – he's just too busy, he forgot. Too busy running from one job to another, too busy doing this... Everything is so important in this world, 'What to wear?' Of course, you can have all that, but the main point is God's power is your great self. Everybody forgets. It's very easy to remember, you just have to commit, inside. You say, 'Okay, I really want to know myself again now. I really want to know God. Truly I want it.' Then it will happen. Of course, I show them how.
- Q. *The very important thing is actually, that people come to the point where they decide with their own will, their own decision, that... what are they going, that, 'Okay, it's enough. Now I want to be God's child and work like that.'*
- M. That's it, that's it, that's the time they say, 'Enough is enough. Now I want to go back Home, I want to know God, I want to know my real self.' Nothing can stop them then. No turning back. But if they are not ready, even if I give them the gift of awakening, if I help them to do it, to see themselves, they still don't care, and later they will forget it, and they go back to the same darkness as before; no more Light, no more improvement, same like before, or just a little bit more than before, but less. Just the inside decision, that's what I said. We have to decide. Just like for the environment, and the planet now, we all just have to decide that, 'That's it. Now I am going to do something. Whatever it takes.' Even if animal eating is not a sin, even if it is not, for the sake of compassion, we should stop eating them, and torturing them, for any reason at all. Even if eating animal doesn't harm our environment, or our health, we should stop it because... for love!

Protection of the weak and the helpless. We are so big and powerful, we can find anything to eat, why do we have to kill little things like that to eat? They are not our size even, some are so small and helpless, and they have children, they have feelings even.

That's the thing about awakening. Afterwards, you can feel what the chicken feels without losing your humanity. You will be more human, you will know everything, that's why you love everything. You will treat the Earth with respect. Even now, I'm telling you the truth, even cutting vegetables, for me, is very sensitive already. I have to do it sometimes to show some people how to cook easy, because at least the plants, they don't have pain, physical pain, like we do. And we ask them to give permission. That's okay. The plants can grow again. If you cut one branch, they grow three, four branches, sometimes they need it, like you trim the trees so they grow stronger. Then it's good; excusable. But even then, I cannot go out in the garden now, in this stage of my knowing, to cut anything, any plant, any grass without feeling a tingle in my heart. I cannot do it. Just plants and grass, and even vegetables already cut in the supermarket. Sometimes, I cut to show some cooking, I feel like I don't want to do it already – even plants, even already cut. You just feel you are one with everything, and everything you destroy you feel like you're destroying you. But, of course, there is a difference between cutting a piece of your hair and cutting a piece of your finger, you see? So killing animals is like cutting your fingers. Killing plants or cutting plants, for the sake... well, we have to eat something to survive, is just like cutting your hair, see what I mean? So this we can afford to sacrifice. Even then, I don't feel easy doing it now. It got more and more sensitive. So now, I can't even go out to take the plant or cut the flower. No, I can't, without feeling bad. I just won't do it anymore. I can't do it.

- Q. *Why do You think compassion is something so rare and hard for some people? Like, everybody's talking about compassion, a lot of people are talking about it, but actually a lot of people just can't really express it.*
- M. You see, we all have it. Just that some people choose, decide to develop it, to go with it, to express it all out. Some people, somehow, choose not to, for protecting themselves because they think that it's better for their survival, if they push somebody else down, and step on him to go up higher, that will be better for them. But whatever is better in this life is only ephemeral, temporary, anyway. So we always have to choose the way of heaven, the way of love. That's the only choice we should make, even if it costs our lives.

Everybody worships Jesus. We have to emulate Him. Everybody prays to Buddha, but we just have to emulate the Buddha. They are here for us to follow their example. Of course, we worship them, for sure, because they are worthy. But they are not coming here actually, really, for the sake of that we worship them, but to show us the way to be a true human, to be truly children of God, because we are all children of God. Everybody told us that. Jesus told us that, Muhammad told us that, Buddha told us that. Nobody tells us that, 'You are bad, you are evil,' or anything. They all say, 'You are just like me. You are children of God.' Or, 'I am the Buddha, you will be the Buddha. You are the Buddha, you forgot. Now, I'll show you how to remember your Buddha self.' Jesus said, 'What I can do, you can do. You are all my Father / Mother's children.' Yeah? Nobody looks down upon us and tells us we are something else. We are children of God, then we have to act like one, no? You think the children of God would go around killing another child of God, or another being that's made from God, like animals, the weak and the defenseless? That is not the children of God, destroying nature, killing others. It's not children of God's behavior. You say it. Some of us act less than human. That is not worthy. To be worthy is to have compassion and show it, and don't be afraid

of losing even your life, because Jesus had told us. I'm not just Christian, I am not advertising for Christian here, but since everybody knows the bible, I cite it: 'Whoever forsakes his life will gain eternal kingdom of God, will gain eternal life. Whoever clings to it, will lose it.' See?

So we should even honor the creation of God, even at the cost of our lives. But most of the time, we do the opposite. Heaven is always forgiving, but there is a law in the universe, that 'whatever you sow so shall you reap.' You plant an apple, you get an apple fruit. You plant an orange, you get an orange. You plant a thorny bush, it will have 'pickies' on the bush. Just the physical law. Just like the law in our country; even the president loves everybody, but if we don't act according to the law, then the police will get you, not the president. The president can say, 'No, no, I love him, that guy, he is okay,' but the police will just act out the law of the country.

You see, there are two laws in the universe, the law of love and the law of retribution. The law of love is all compassion, all forgiving, but we have to turn back to that law, you see, because if we continue to do the things that are violating the law of retribution, means 'as you sow so shall you reap,' then we have to reap the bad retribution of it. But if we follow the law of heaven, you see? Every Master told you already what to do: Do not kill. Do not steal. Do not covet neighbor's wife or property. Do not tell the untruth. Love thy neighbor. We have to do that. Otherwise, what kind of human are we? Even animals, they don't go out mass-killing for no reason.

Public lecture, Cape Town, South Africa, November 27, 1999 (Originally in English)

- Q. *The first question is: God is all merciful and compassionate. How do You explain earthquakes, tidal waves?*
- M. There are many ways of looking at things. If we think this physical body, this physical possession, this physical life is all there is about life and the universe, then of course we will think God is so careless, destroying things, taking lives from people. But if we see things in a spiritual way, if we trust in God's wisdom, then we know everything is all right, everything is perfect. That is another way to look at it. More practically speaking, we also are responsible for all the disasters in this planet. Not all, but many of them. We cut down trees, so we reduce rain, and we encourage more landslides, encourage more droughts, which in turn affect the harvest and make a lot of people hungry. And we test atom bombs here and there, everywhere. We interfere with the stability of this globe, of the way it vibrates and changes and turns. Yes. And we cause many of the unspeakable disasters to ourselves. But whatever God takes away, Hes gives another. Because Hes is the creator, Hes can create and Hes can destroy. We never know for what purpose unless we learn to be one with God, to ascend into a higher dimension, where intelligence is boundless, where the vision is limitless. Then we can see the order of work of the universe. Then we understand why some things have happened. We will know that everything is for the best. Then we will not blame God anymore.

International four-day retreat, Sydney, Australia, May 11, 1997 (Originally in Chinese)

- Q. *If we eat animal products, we will be influenced by animal quality. Does it mean that if animals are destined to be killed, the one who eats them will have the same consequence of being killed?*
- M. No. All animals fear death and strive for their lives. What we should concern about is our compassion. No need to discuss so much about the cause and consequence. Why

force them to die when they strive hard to survive? The free will is in our hands. Nobody's destiny is pre-destined or fixed. There is always an alternative choice. For example, when you catch a fish, you may choose to eat it or to release it. A simple choice. You will release it if you have compassion and good conscience. We choose the path of love. We say, 'No, I can kill but I don't.' That's all. Nobody's destiny is pre-destined or fixed. It will be 'fixed' when you decide to kill the fish: 'Fixed to die!' Is it not true?

Similarly, we have the free will to walk the path towards liberation or towards hell. If you choose to follow Master to learn noble ideals and meditation, to regain your own intelligence and wisdom, then of course you will walk our path. There are various paths to choose. Just like on the street, if you choose to walk on a certain path, then it will lead to a certain destination, and you will see such and such buildings, houses, et cetera. If you choose another path, you'll see other different objects. That's why people say, 'Our destiny is pre-destined.' Because whatever path we choose, it will lead us to a certain destination. It's impossible that same path leads to another different destination. That is all there is about fixed destiny – which path you choose to walk, your destiny will be fixed there. It depends on which direction you wish to fix your destiny. Never believe that our destiny has already been fixed. We can always make another choice. For example, supposed that you used to do bad things, such as killing animals, eating meat, drinking wine and taking intoxicants. Now, you may choose to walk on the right path. It is wrong to believe that once you have walked on the wrong path you can never return. You can just turn back to another direction. That's all. You can always make your choice at any time, no problem. [Applause]

Group meditation, Phnom Penh Center, Cambodia, May 11, 1996 (Originally in English)

Sadly, many of us have always tried to grasp everything for ourselves in every circumstance. Even in spiritual practice we still cannot stop being greedy and selfish to try to snatch spiritual blessings at the expense of others. It's even graver than trying to snatch property, or possessions from other beings in the mundane world because we are already on the spiritual path. Whatever we take, we must earn ourselves. And we can ask for blessing and guidance and help whenever we need, this is okay, when the need arises, when it's necessary, but never at the cost of other people's happiness and convenience. Try to remember this. In every situation in life, we must always be considerate and fair-minded. Not that I ask you to always sacrifice yourselves even for the other people's happiness or gain. But at least to play fair, you understand? Because if we are as practitioners and we cannot play fair, how can we expect the world outside to be fair to us or to be a fairer place for everyone to live in? Is that not so?

Your soul knows what is right and what is wrong. Your soul knows. That's why you came. We should never forget our dignity and our noble purposes everywhere for whatever price. If we practice well and if we love the Master and love God, God knows, the Master knows, don't they? Sure. And if they don't know, so what? The Master is inside. Even the deer is better than many human beings; and the golden goose, et cetera. So we should learn from all these golden animals. We don't care whether he was a Buddha's previous reincarnation or not, their action bespeaks their inner spiritual achievement. So don't be too proud that we are human beings if we are not up to it.

Actually, I don't know why we should be proud that we are human beings. I read in the newspaper, I heard on the radio, I saw on television, so many noble animals that rescue people. They rescue their own kin at the expense of their own life even. There was a picture of a cat. She was totally burned black and scarred all over because she came four times into the fire, burning house, to rescue four of her kittens. And she was burned blind and beyond recognition.

But she brought them all out to safety. A cat! A cat is very independent. After she is pregnant, I think she is not helped by any male or father. She raises her children alone. And I have seen many cats in our surroundings sometimes who do all these beautiful things to her children. I saw her bringing food for the children. And I am touched by her devotion. She has done her best to provide nourishment for her children while eating garbage for herself. I saw it with my own eyes. I am only very moved by her love. And this picture is still vivid in my mind every time I think about cats. So I don't know why we human beings treat animals so cruelly, most of us, and think of them as low level beings. I think many of them, the animals, are so noble, so noble and so loving to their own kind as well as to others. And sometimes you see a cat or dog swim into the very dangerous river to rescue his friends; be it a human friend or a dog friend, or a cat friend, they do that, at the risk of their own life! But not many of us human beings dare to do this. When we see the situation's dangerous, we don't risk our life. But the animals, they see danger, they still risk out of love.

So if we human beings cannot return to this basic compassion and love of the natural instinct which the animals still possess, then we should feel more sorry for ourselves than being proud of us. And that is the reason why we must be vegetarian. Because they are truly noble, they truly possess the human quality and a soul within them, just like ourselves. So I think it's also good when we learn from the animals. Some of the qualities, not that we learn to become an animal. But their good quality we should remember so that we don't feel ashamed to be lower than animal standard, at least. We should rise to the noble position of a saint. And to do that, we must possess compassion and love and understanding and unselfish sacrifice at all time, be it in retreat, at home, in a supermarket or anywhere else, even in the forest where nobody else can see us, and nobody else is there to record our good deeds or to praise our noble effort. We must always be noble alone because we alone know what we are, and God knows.

Group meditation, September 17, 1995, Hsihu Center, Miaoli, Formosa (Originally in Chinese)

If we keep burning forests there will be nothing to hold the water and to keep it flowing slowly. Instead, it will flow down all at once. It will cause many big floods on Earth. It's all because we've destroyed too many forests. Since there are no trees, nothing else can hold the water there. If trees preserve water, so it flows down slowly and forms a river, stream, or lake, it would be fine. However, if the water rushes down all at once, any river would overflow. That's why we've had more and more floods recently. Although our country and our planet become more civilized, there still are too many disasters such as floods, droughts and fires. Because we've carelessly destroyed too much of nature. For example, at this time of the year, it's supposed to be cold. But this year it's been very hot for a long time. It still feels like summer. Farmers need rain. If there's no typhoons, there's no rain here. That's the problem. Sometimes a typhoon comes with a lot of clouds and then it rains a lot. However, we also need to protect our forests. Otherwise we'll have heavy floods. So protecting nature is protecting ourselves. Now you know. You see, here when we cut down one tree, we plant two. In case one dies, the other one can gradually grow up and will retain the water. Since the younger trees are smaller, we need two of them to replace a bigger one. You see, there were no trees here before. We've planted them all. So this place is becoming better and better.

Public lecture, Portland, Oregon, U.S.A., March 3, 1991 (Originally in English)

- Q. *Dear Master, besides tofu as a source of protein, what else can a vegetarian eat to stay healthy?*
- M. Besides tofu we have gluten, and many other cereals contain a lot of protein, too. Just eat normally, eat normally, eat any kinds of vegetables, nuts. There's a lot of variety in

the vegetable kingdom. For example, corn has 13% protein, and oatmeal 13%, even brown rice has about 8 or 10%, and the bran and the wheat that you eat in the morning, these are very nutritious. You eat anything that is offered to you in the vegetable market and eat different food every day. And also remember, God's blessing in the food is even as important as the quantity that you take. Because some people eat a lot that they also don't feel well, and they eat a lot of protein, and they also don't feel any better than those who eat simple and just eat anything that appears on the table. We eat in faith.

The bible says, 'All things are pure. But those who eat with faith are eating the pure things. Those who eat without faith are eating impure things.' So, before we eat, we should pray to God, or whomever is the Master that we follow or we believe, to bless our food, and then it will be nutritious, it will be vibrant with spirit and blessing. And that will be healthy to our speech, our mind, our body. We eat not only to sustain the body, to sustain the spirit as well. Don't worry about what you eat. The bible says, 'Worry not about what you wear, what you eat because the lilies of the valley, God also takes care of them.' So why should not God take care of us if we eat in His love? Eat with love and thanks, then everything is enough. Just enough to eat what you feel like on the table and different menu every day, then you will be having enough. We worry too much. You see the buffalo and the elephant, what do they eat? Do they consider protein in their diet so much? They don't, but they're so healthy, strong. And we're eating so complicated food menu, how much protein per day, how much iron, how much vitamin B, how much vitamin C, and we're all sick! The hospital's full of us! So what to do? Just relax and let God run the universe, including our digestive system.

THE POWERFUL ROLE OF LEADERS AND MEDIAS IN CURBING CLIMATE CHANGE ³⁹

Videoconference with the German people at the book premiere of the German and French editions of Supreme Master Ching Hai's 'The Noble Wilds' and the Polish edition of 'The Dogs in My Life' at the 61st Frankfurt Book Fair, Frankfurt, Germany, October 18, 2009 (Originally in English, German and French)

- Q. *Supreme Master, as we conclude this session on animals, would You like to comment on what has been covered including the work of the guests, their organizations in protecting our animal co-inhabitants?*
- M. It's horrible. It's absolutely horrible how we behave as humans. It's unimaginable. The more we do research into all this animal treatment, the more we cannot imagine how we, as a human race, are behaving in such a way. My God! Oh, my God! We must change, we must change fast. We can't live like this, we can't. We just can't go on like this. [Master is crying.] It's just killing our heart.

I thank all people for coming and joining us today to widen our knowledge and that of the public, about how we should treat our beautiful, innocent, beneficial animals, and how we should stop all this beyond imagination cruelty to our beautiful friends, the co-inhabitants. [Master is crying.] I can't really speak much. I'm just so choked with emotion. Even though I know some of the cruel treatment to animals, but it seems to be no end to the suffering and agony that we, the strong and intelligent and capable humans, are inflicting upon the defenseless, weak and very pure creatures of God. I just beg all the people, please don't do it anymore. Please find some other thing to do, some

39. A compilation of discussions concerning the detrimental impacts of the meat diet on human health, the environment and, ultimately, the health of our planet.

other job to earn your food, to earn your living. Please wash the blood from your hands, please. No matter how much money we have, we can't live with this conscience, we can't sleep with this, we can't eat the blood of all the beings knowing that they suffer so much. How can we do this? Please, just stop all this; there are many jobs to do. Even if we have to die, don't inflict suffering upon others just to earn your few meals a day. That's really not worth your dignity and your status as the crown of the creation of God.

It is a very joyful occasion today, and I'm supposed to be very happy and I'm supposed to tell you happy things, but I just am sorry I can't... Anyway, thank you all of you, the speakers for widening our knowledge about how we should uphold our dignity as a human and protect our compassionate nature. Because no matter how you torture the animals, they will die only once. Just like us. We will die only once no matter how we die. It's just how we live our life, how we live our life, and how we will answer in the kingdom of God when we face the creator of all these beautiful beings that we are blessed to live with. You don't have to believe that animals can communicate, you don't have to believe that animals have feeling, you don't have to believe that they bless us, you don't have to believe that they are beneficial, but just look into their eyes. Just see how weak they are, how meek they are, just see how innocent they are, just see how defenseless they are, then you can tell yourself that this is not right to torture them in any way at all, with any excuse at all. We have to protect them even at the cost of our lives. But we didn't have to even sacrifice any life to protect them. We have to protect them because, otherwise, we cannot face ourselves. We cannot do this. We have conscience, we have heart. We cannot just kill something just because it looks different. I don't know how to express it, but we just can't do it, we just cannot do this and expect blessing, happiness, longevity and all the blessing from heaven in return. We have to create heaven, otherwise we don't have it. That's all I can say. We have to protect others, otherwise we cannot expect protection. We must live as an honorable, dignified, worthy being that's called human, the crown of the creation. We cannot do this. Even animals – we call them animals – they don't do this to each other except one or two wild beasts – we call them. If we call them 'wild beasts,' what do we call ourselves? Even the wild beast, they don't torture their victims like this. They only have to kill when they are hungry; they have no choice. We have a lot of choices, we have a lot of choices to survive. Please, just stop this. Just stop doing this. You will be sorry the day you die if you don't stop this. I promise you. You will be very, very sorry, I promise you. I'm telling you with all the honor that I have in my life, that if you don't stop killing or torturing the animals, you will be very sorry, you will be in a place that you wish you have never been born. Please stop it.

- Q. *All kinds of pollution and environmental problems have been created by humans. I think this is because humans do not live as stewards of all living creatures; instead, we live according to the law of the jungle. Could You please tell us how we can restore our original peaceful nature and live in harmony with all living creatures?*
- M. Your question shows your deep kindness and I appreciate it very much. All the Masters in the past have already mentioned how we should live our lives. So, as I have already mentioned before, we should return to our religious teaching. Look deep into the meaning of the scriptures of our own religions. Even if we do not think that all religions are the same, nevertheless, just look into our scriptures and see what our religious leader has told us to do. It's all in there. It's all compassion, it's all loving, it's all caring. You see, the thing is, we have to live up to it. So I would summarize in brief what is noble and good, we do it as soon as possible. What is bad and base, stop it immediately. What's good, do it; what's bad, stop. So, right now, what's good for our planet – vegetarian diet, new technology, new energy – we do it. We try as best as we

can. What is bad for our planet – violence, war, killing and all the immoral issues – we stop it. That's it, very easy. But you see, it's an individual choice. They need strength; they need courage to do it. Just change the habit, how difficult can it be? Just change it. It will not hurt you; it will only do good to you. So what's good, we should do it; what's bad, we should stop. If anyone is not aware of the urgency of the global warming then they should study it. They should research on the internet. They should look into www.SupremeMasterTV.com. We have gathered all the latest up-to-date information and evidence of global warming and how, from an individual point of view, to stop the majority of it, like 80% plus of it. I say 80% because I want to be more objective. I would say a 100% if you believe my words. Nevertheless, even if we do not develop technology quickly enough, we could keep all the cars and even the CO2. It's still not as bad as eating meat, as killing people and animals, because these cause the worst of all pollution, and that is the bad retribution of what we do. That is a taboo, killing anyone or killing any animals, our co-inhabitants; that brings very bad retribution back to us. That's what it is. Because the CO2 is not only from the cars; it's in the ocean. And once the ocean is warm, it will be released. And also methane gas, all this is scientific evidence. I am speaking as a citizen who is well informed of what's going on in the world and I, in turn, am informing you. Please do look into all the sources of information. If you cannot find it, then the www.SupremeMasterTV.com will have it for you. The evidence is enough on there.

Besides, sir, it's good that you're concerned because it's not only global warming that will be facing us. There will be other things like the gentleman advisor of the United States Democratic Party for Asia has mentioned, that we also have sunspots exploding and it's going to be bigger this time, and we also have comets that might hit the Earth, and we might have even explosive – like volcanoes from the middle of the Earth's oceans that will blow everything up. So it's not the technical problem or the technical reparation we have to concentrate on. It's the cause and retribution that we have to pay attention to. The cost of killing or violence is far worse than any sun's explosion or any ocean explosion combined together because we have to be responsible for our actions. Every action provokes a counter reaction. So we just have to stop killing. We just have to stop killing animals and man. We have to stop it. And then everything else will suddenly come clear. We will find better technical means to tackle the climate problem, and the sun might even stop exploding. The ocean explosions might just stop. The typhoons might just stop. The cyclones will be silent. The earthquakes will just be gone. Everything else will turn to a peaceful way of life because we create peace and then we will have peace, not only among humans but among all co-inhabitants. That's why I keep emphasizing the vegetarian diet. It's the moral code of being a human. It is the mark of a great human. It's very easy to do, especially nowadays. There are all kinds of means to do it. The meat diet not only causes the greatest emission of poisonous gas into the planet's atmosphere, there are many other costs. It's not only the animals who emit the methane gas because we keep multiplying the animals and they keep multiplying, spraying gas into the air. But that's not only the damage. It's not only methane gas from the animals' waste. There is the transportation energy cost; there's electricity energy cost; there's water wasting cost; there's a land resource occupation cost; there's a deforestation cost, there's a related illness medical cost; and there's the grievance and sorrow of the people who lost loved ones due to diseases related to the meat diet's cost. And because we use food to feed livestock for human consumption instead of feeding directly to humans, there is thus the cost of war and famine due to shortage of food and resources. Add them together, then we will see the real answer. There are many causes that breed negative energy into the atmosphere of our planet, and you know what I'm talking about.

Q. *I've got just two questions here for You. One is: Do You think the Copenhagen climate change conference that is coming up will make it a priority to stop the destruction of the world's tropical forests which in turn can help climate change? And secondly, in terms of the world being vegan or vegetarian and the importance of such what do You think will most inspire or encourage people across the countries to adopt this important diet in order to avert global crisis?*

M. I also wish the leaders of the world at Copenhagen will really make it clear this time what is the priority and what is the most urgent decision to make and what is really not. So I really pray to all the divine power to enlighten them, to wake them up because we need them to make good decisions to save the planet. Truly, the planet also is in their hands. They are that powerful. I hope they do realize the power they possess, and I hope they realize the consequences of not using that power for a noble cause, because that will be a disaster for them in thousands or millions of years to come. Because of the law of 'as you sow so shall you reap,' because of the law of cause and retribution, because of the law of karma.

You are right, sir, saving the world's tropical forests, the lungs of the Earth, is one of the very important priorities. Because when the tropical rainforests are destroyed, there are many frightening side effects. It's not just the permanent changes to the world's temperature, rainfall, and weather pattern which the forests regulate. It's not just about the millions of people who might lose their livelihoods that depend on the forests. There is more to it than that. There is the extinction of plant and animal species that is 100 times faster than what is natural, and it ruins our ecosystems. And there's also the rainforests themselves; this is important. The rainforests themselves normally are our protectors, but as the climate gets warmer, instead of absorbing CO₂ to protect our planet's climate, they will be emitting back CO₂ as well, and that will be harmful to us. By harming the rainforest, by destroying the planet by raising animals, we are turning our protector, which is the rainforest, into a harmful agent. They will not be helping us. They will not be helping us, the rainforests, if the climate gets warmer. But instead, they will be worsening the global warming problem, because they cannot absorb the CO₂, but they will release all the CO₂ that is already contained in their kingdom.

Now, we need to look at the main reason why there is deforestation. Yes, we all know. There is a whole industry behind it in most of the cases, namely the livestock industry. For example, 91% of the Amazon deforested since 1970 was used for what? For grazing pasture, meaning that the number one reason for deforestation of the Amazon, which is the greatest lung of our planet, is to raise cattle. And the second biggest reason, also for cattle. They grow the soy to feed the cattle and of course, other animals as well, by the way, yes. NASA reported that once the forest is cleared for pasture or feed crops, the soil itself becomes a large source of emitting carbon – the soil itself even. So not only that, the fires that burn down the trees also release a lot of carbon dioxide. The Amazon rainforest alone contains more carbon dioxide than ten years worth of all human-produced greenhouse gases. Plus, when we burn the forests, we release black carbon, which are particles of soot that trap 680 times the heat of the same amount of CO₂. Now, blame whom? Don't bother blaming CO₂. [Q: Yes.] Especially because they are black, these soot from the burnt-black rainforest, they hold a lot of heat. According to researchers in Brazil, 60% of the black carbon measured at the Antarctic Peninsula came from burning the rainforest in Brazil for livestock raising. So we have to put the blame, the finger on the right spot.

I hope the Copenhagen leaders understand where to put their fingers – not just talking around the subject and trying to avoid the burning spot, which is livestock raising, which

is animal production. Animal industries are the number one killer of all killers on this planet. Forget about the war, forget terrorism, they are just small numbers compared to the meat industry. Meat industry is the number one killer, is the number one murderer, and a legal murderer and we endorse it! We accept it! This is all our wrongdoing, it's all our fault. If the planet is to be gone forever, we cannot blame anything else, anyone else, except ourselves if we don't do anything at all to change this.

Furthermore, it's not only the Amazon. NASA states that the single biggest direct cause of tropical deforestation is livestock grazing land. The livestock sector is the single largest human use of land. We have only 30% of land that covers the Earth. The rest is 70% – it's water, yes? It's ocean. We have only 30% of land, and of that precious 30%, one-third of it is used, not for our true survival, but for livestock pasture or growing tons of grains for animal feed – all to produce a few pieces of meat. And you swallow it in two seconds. And that few seconds will bring you tons of sickness, disease, and suffering, sorrow, for yourself also. Even if we don't have compassion for the animals, please do have compassion for ourselves. Do not eat poison and continue to suffer more in the hospital with all kinds of treatments related to it. In fact, we are losing 55 square meters of rainforest for every beef hamburger patty. Every little beef hamburger patty, that costs 55 square meters. This is a pity, because we have better, more delicious, more nutritious, more healthy, and safer alternatives to hamburgers to nourish ourselves anyway.

How can we, as very intelligent human beings, do this to ourselves? Not to talk about the cruelty that we committed to animals which degrades us to this level. I'm so sorry to have offended you, but I also take responsibility as a human being here on this planet for this – for all the things that I have not known before, for all the things that I'm doing with you, I have been doing with you, in this respect. So please, do forgive me for being straight, honest, and 'just the facts.' This is not to mention that besides destroying our precious forests, livestock farms also contaminate or even completely kill our water systems. They degrade once-fertile soil, they destroy our biodiversity, and they release vast amounts of extremely dangerous methane and nitrous oxide, and what you call hydrogen sulfide as well, which are heating up the planet now 100 times, 300 times more than carbon dioxide. So please, keep your airplane, keep your car, keep your train, keep your ship, leave them alone for the time being – just take out the meat from our diet. And stop blaming the CO2 for every problem of global warming on our planet. We are to be blamed. The meat industry is to be blamed. The meat industry is the one we have to focus on to stop, to abolish. To stop the climate change and to stop the waste of the forests and lands, stop talking around the subject. Talk to the point: Meat industry must stop. Apart from destroying our planet, it is destroying our human quality. It is destroying our compassionate nature. It is destroying the spark of God, the part of God that we belong to. We must stop the livestock industry.

I hope the leaders of the Copenhagen conference will do this, otherwise I don't know what else to say anymore. If they won't do this, I don't know what else to say anymore. I really will be speechless. Stop the livestock industry – that would be the most effective way to halt global warming and restore our planet. It will save our precious forests, which takes decades to grow, and create more natural forests that we need to reduce global warming. Without our lungs, we cannot survive. So Prince Charles has lately been highly active about climate change, and particularly about protecting the tropical rainforest. He said to the European Parliament, 'The lives of billions of people depend on your response and none of us will be forgiven by our children and grandchildren if we falter and fail.' I'm sorry to say, but I cannot even guarantee that our grandchildren will have a chance to be born to say that, if the Copenhagen climate change conference

leaders don't agree together to stop the meat industry. Talk direct to the subject, not talk around it. It's really that urgent. I pray the world leaders will awaken to this reality, immediately, and act properly, now (October 18, 2009), even before the Copenhagen meeting in December. [Applause] I could talk forever, but only the main point is that we must stop the meat industry. That's all there is.

Your second question that you asked: What will most inspire or encourage people to adopt the vegetarian or vegan diet to avert global crisis? How about that we still have our planet? How about that we still can live here? How about that we don't have sickness again? How about that our children will be healthy, beautiful, intelligent, loving and kind? We all wish our children to grow up intelligent, loving and kind, but what do we teach them from the beginning of their very fragile life? What do we teach them? We push the symbol of violence into their mouth. Even if they spit it out, we force them to put it back in again until they get used to it. Violence is a part of our life, up to now. Violence is what we teach our children, and we expect them to be loving and kind. Not only violence, that piece of meat or fish or animals, stuff that we try to stuff into our children's unaware stomachs, that also decreases their intelligence, decreases their loving quality, humanity. So we expect our children to be the best, and we give them the worst. The worst of all the worst is the meat diet. So how about the promise that our children will be what we expect them to be without a meat diet? Intelligent, loving and kind, and noble beings. And how about the promise of a repaired planet, with lush green forests thriving from horizon to horizon, clear rivers, clean streams, healthy living ocean, pure water to drink, without having to put chlorine or any chemical into it, to even destroy our health further. How about all that picture of paradise? If we just put down that piece of meat and fish and dairy, whatever the animal piece that we want to put in our mouth. How about cleaning our system – make it healthy, alive and not as a graveyard? You know sometimes if we go through a graveyard, we feel so scared, right? As a kid, I was scared. How about you? Any of you are scared when we walk through the cemetery, the graveyard at night or even day time? [Audience: Yes.] Yes, okay, okay. Imagine you yourself are a graveyard. Isn't that scary? [Audience: Very scary.] Yeah. And day in and day out, 24 hours a day, a graveyard you carry with you. Okay, we picture, we show them, we invoke their imagination of such a revitalized and calm environment, healthy world. All the inhabitants will live together in peace and harmony. I know we're all reciting that since time immemorial, but we have to do it now, we have to realize the harmony and peace, not just talk about it. We will live in peace and harmony as we never did before.

Because in a vegan world, we think differently, we act differently, we live differently, we treat each other differently, our mind functions differently, our heart feels differently, our intelligence activates differently. There is no more reason that we can see for animals to fear humans, there is no more reason to make anyone suffer, for animals and humans alike. We will see no reason; we will see only reason to love, to protect, and help each other, and no more grounds for humans to fear one another, because everyone will honor life and protect both theirs and others' life, simply by being vegan. Your life will change, your thinking will change, your whole being will change. Believe me, I know it because I've done it. You will change, completely. You will love yourself more, you will have more self respect and you'll be glad that you walk the noble way of the compassionate vegan diet. Without this deep-seated fear for one another or from the animals, there will only be love, peace, both with animals and humans. The wise sages and thinkers like Pythagoras said, 'For as long as men massacre animals, they will kill each other.' And Leo Tolstoy, the famous Russian author that every one of us knows, also said, 'As long as there are slaughterhouses, there will be battlefields.' It is like that, truly like that. In the United States, for example, the Federal Bureau of Intelligence, the

famous FBI of America, they officially consider animal cruelty as part of how much a criminal is a threat to society. Many serial killers in their childhood tortured and abused animals. They practiced this first on the animals, and later on humans. And so, the opposite will be true. If we are kind and loving to animals, we will also be even more kind, more loving to our human companions or human co-inhabitants. Without slaughterhouses, we won't participate in the habit of killing, or even have the subconscious participation of the habit of killing, the habit of oppressing the weak and the defenseless and innocent just for our palate. It is really below our dignity. Our minds won't be in conflict so much between our wish to be compassionate, to be loving and peaceful, and our behavior that speaks louder than our words – the opposite. And further, with no weapons, no armies for battles, only time and energy and financial power remaining for constructive works to better our society – imagine what a society that will be. Of course, it's a heaven on Earth. We will have the means and the fearless heart to solve poverty and hunger, which themselves are in many ways a product of meat-eating. We will live in beauty and health and so much joy, the whole atmosphere will be brimming with happiness, like a real paradise. If we become vegan, such a simple, easy step, we don't just win our beautiful planet back, we stand to gain an even more beautiful, wonderful, elevated world.

Because the vegan lifestyle carries such a powerful energy – all positive, all loving, all constructive, all blessing, all intelligence – that could melt all the negative energy away, destroy it forever, and neutralize the destructive forces in our environment and in our lives in the shortest time that you could imagine; and then replace them with constructive energy and peaceful vibrations. It will be just like the difference between walking into a slaughterhouse and into a vegan café, which you could try yourself to compare the atmosphere and the feeling – you will see what I mean. Actually, there is also very strong motivation for people to be vegan when they see the animal cruelty that occurs with their own eyes. The horrors that take place behind the factory farm, behind the walls of the massacre house door – I don't call it 'slaughter house,' I call it 'massacre house.' Behind the door of those massacre houses, there are horrifying actions going on. Or if they go on the massacring fishing boat or the bloody whaling boat to witness it for themselves, I wonder how anybody could ever do this for a living? But, of course, they have been cheated into doing that. We have all been cheated into doing the things that we should have never done, should have never even imagined. Because our hearts are originally full of compassion and love, but we just ignore our feeling. If you ever wondered if hell exists, just go into those massacre houses or the boats that kill the whales and go to the seal-massacring areas. Go there to find hell, then you'll believe that hell will exist.

Our original God nature is compassion and love. I repeat again and again and again: You are not that. You are compassion, you are love incarnate. Please return to it. So when we force ourselves to watch the videos of animal cruelty, which by the way are purposefully hidden from us for a reason so that we don't know, we flinch when we watch this cruelty even on video, or even when we heard reports about it. Just like before, we heard one of our brothers report about the cruelty everywhere – we flinch, we cringe, we look away, we cry, or we scream. We have nightmares. We cannot bear to see the cow, the pig, the chicken's throat punctured or slit so they bleed to death. And other more gruesome, unimaginable ways of torturing animals. Or the force-feeding of a foie gras goose, or purposeful underfeeding of a baby veal calf, of confining him so that he has to keep his tender meat, that he could not even move his body for the rest of his tender short life. Or the gruesome fate of baby chickens where the females have their tender beaks cut off while hanging upside down and males are grinded alive or suffocated to death, or the non-stop misery or panic of the pigs, who are so intelligent

and loving and clean, yet forced to stand knee-deep in their own filth and choking on their own toxic fumes of their own waste and screaming out of madness. Or the sheep with the broken bones from being transported thousands of miles to the massacre house. We look away because it's not our nature to want to be hurt, nor is it our nature to inflict pain and agony or sheer terror on others.

Health is also another very strong motivator that we can show other people to encourage them and inspire them. In a vegan world, there would be no more sad news about someone's child dying of brain damage or paralysis due to E. coli, the deadly bacteria which originally almost always comes from farmed animals. There would be no more heartache due to deadly swine flu pandemic, or mad cow disease, cancers, diabetes, strokes, and heart attacks, salmonella, Ebola, et cetera, et cetera. Even AIDS that we fear so much is originally also from hunting animals to eat. Animal diseases from the horrid, filthy livestock raising environment are responsible for 75% of all the emerging, infectious human diseases, and they are often contracted by us hunting after the animals, or forcing them to stay in a crowded, filthy place to be massacred for us to eat. This is not the way God intended for us to live with our co-inhabitants. This is not the way we should behave as children of God. We have been really deluded into doing all this, and degrading ourselves thus into this level.

The animals are our helpers, our friends, and heaven's beloved. I hope whatever most motivates us, we change, and quick. We are running out of time anyway. If we wait too long, I'm afraid we won't be left with a choice, if we want ourselves and our children to survive. Now we still have a choice. But if we wait too long, I'm sorry, maybe no more choice. I know I talk a lot but I can never talk enough.

Videoconference with the Chinese people at the 'Act Now! For A More Peaceful and Safer World' Conference, Taipei Center, Formosa, February 21, 2009 (Originally in English)

MC. *Now, among many of the outstanding world leaders, Mr. Ramos is one of the presidents who is honored with the Shining World Leadership Award from Supreme Master Ching Hai. Now, I'd like to invite you to watch the following DVD to appreciate a great moment of this great man. [Applause]*

DVD. *'Caring, sharing, daring' is the motto of former Philippine President Fidel V. Ramos and his organization, the Ramos Peace and Development Foundation. The Foundation's works extend throughout the Philippines and the larger Asia-Pacific region to empower youth, support sustainable development and poverty alleviation, and develop democratic governance. Recently, Supreme Master Ching Hai made a USD30,000 donation to the organization. In the Philippines, this amount is equivalent to USD418,000 in the United States, based on the local cost of living. Even a decade after the conclusion of his presidency, Mr. Fidel Ramos continues with active contributions to the constructive development of his fellow Philippine citizens through the numerous organizations he leads, advises and participates in.*

During his time as President of the Philippines, Supreme Master Ching Hai went to the presidential palace Malacanang to ask for his assistance on behalf of the Aulacese refugees who were at that time refused refugee status by other countries, thus would face repatriation. In response, the President issued an order granting permanent residency to some 5,000 Aulacese refugees. For this great act of compassion and courage, in February 2007 Supreme Master Ching Hai presented the Shining World Leadership Award to Fidel Ramos, and often spoke of him with respect and tears of

gratitude. She said: 'He is a great man, kind and loving leader to his people and strangers. On his birthday, he'd spent his wealth and time with the poor.'

The former President has always expressed his appreciation for Supreme Master Ching Hai, as well as his admiration for Her own work for peace. Upon receiving the donation, Mr. Ramos, now Chairman of the Ramos Peace and Development Foundation wrote the following message of gratitude: 'Dear Supreme Master Ching Hai: On behalf of the Board of Trustees and Members of the Ramos Peace and Development Foundation (RPDEV), allow me to extend our appreciation for your donation of USD30,000. Your support to the Foundation truly reflects Your commitment to empowering the Filipino people, especially the youth, as we aspire towards a 'world class' Philippines. Your caring, sharing, and daring inspires us to work harder as RPDEV continues to contribute its modest efforts to enduring peace and sustainable development for the Asia-Pacific region. Mabuhay (Best Wishes)! Fidel Ramos.'

Our respectful accolades, Your Excellency, for your dedication to the interests and empowerment of citizens in the Philippines and beyond. We thank Supreme Master Ching Hai for Her many thoughtful contributions to promote greater peace and well-being among the world's people. Wishing the best for all noble endeavors that benefit fellow humans, we pray for the realization of a more heaven-like-Earth. [Applause]

MC. President Ramos, you are a very dear and much respected friend of our beloved Master. You led the Philippines into prosperity and economic development during your illustrious term as president. In addition, you gave 5,000 Aulacese or Vietnamese refugees a new life. In 2007, although you were not able to attend our gathering here in Formosa, our beloved Master, during a sincere and touching ceremony, brought flowers to the President's photo on the main stage and praised Your Excellency for all your noble deeds for humanity. Now, we'd like to review this heart-warming moment. Please. [Applause] Today, we also wish to humbly show our deepest appreciation and respects starting with the flower offering. [Applause]

For almost two decades, the Supreme Master Ching Hai International Association members often went to the Philippines for relief work. There are more and more typhoons and flood disasters due to the global warming effect. Master has always instructed us to perform relief work at the start of disasters, when the help is most needed. Last year during 2008, the relief team went to the Philippines four times to provide urgent assistance. Climate change is the most important global issue facing the planet at this moment. Scientist have proven in many ways that climate change is causing natural disasters more frequently and more severely. The scientific solution proposed by Supreme Master Ching Hai: 'Be Veg, Go Green, and Save the Planet.'

President, as one of the most renowned leaders of the world, and an environmentalist, we know that we have to act now for a more peaceful and safer world. But how? Although our beloved Master cannot come back to Formosa to welcome you due to Her tight schedule, She has instructed us to welcome you the best we can, for She has much respect for you. Thankfully She can talk to you during the videoconference. Through this videoconference we can discuss most of the important issues that we're facing today.

Greetings, His Excellency President Ramos (P) and distinguished guests. Welcome to the Supreme Master Ching Hai International Association's Taipei Center. I've just been informed; we'd like to invite Supreme Master Ching Hai. Master, are You there?

- M. Yes. Hallo. Hallo, sir. [P: Hallo, Master.] Hallo, sir and everybody. [Applause] Thanks for coming.
- MC. *Master, You look stunning. [M: Thank you. Thank you.] Thank You so much for taking the time, Master. We know You have a very busy schedule and You work so hard for us.*
- M. No, I love to see the President, even personally, just I can't. First of all, I would like to take this opportunity to thank the Formosan government and officials for facilitating this event. And I also thank the Association members for your full support in organizing this special conference to greet the great President Ramos and making him feel a little comfortable, welcome at least, after all this long voyage of travel, and enduring all this inconvenience of a long flight. I hope you're okay, sir. Are you all right, sir?
- P. *I am better than the others, thank You. [Laughter and applause.]*
- M. You are so good. You're always good. My humble greetings and well wishes to all of your distinguished entourage, as well as the honored guests present in our assembly today. I wish you all the best and may the divine grace be with you always. And now if you give permission, I would like to address His Excellency former President Ramos of the Philippines because I feel so sorry that I could not be there to greet him personally, and to bow to him personally again. Welcome, benevolent sir, Mr. Ramos. For me, you are Mr. Ramos, my hero. Not the President even; you're more than President. You have come from far away, from beyond the great sea and high mountains of another nation to grace Formosa and our Meditation Center with your gracious presence. I feel so privileged, like all of us there, but I feel so regretful not to be there with you in person to show my respect. I just hope that you can forgive me. It's just that there has been arrangement long ahead, many months ahead, even a year ahead, for me to meet my students. And particularly these, many of which are from overseas, if they cannot see me now, like if I cancel the meeting, they might never be able to see me again in the future due to some restriction of their countries' visa policy. I'm sure you are aware of that. Not every country is the Philippines, and not every country has such a freedom that the Philippines' government offer to their co-citizens.

Now, but there are also other reasons for me as well that I cannot mention. You know there are prices to pay for whatever we do. You know that. So please, I tell you all this so that you will find it in your heart to forgive me for not being there and so that you know that I'd very much like to be there physically. We are so honored, and I am personally very grateful for your esteemed visit in Formosa. Right now, all the Aulacese in Formosa, as well as all over the world, are rejoicing through the Supreme Master Television live broadcast of your visit. Moreover, billions of global viewers who watch the Supreme Master Television would have also the chance to see your compassionate countenance.

Sir, every time I think of your grand gesture of magnanimity many years back, heroically saving thousands of homeless, helpless Aulacese refugees' lives, I still feel a surge of gratitude, grateful sentiment that fills my heart, and often tears well in my eyes still. And I'm sure, sir, that numerous Aulacese people would have the same feeling as I have. We are forever indebted to your fatherly kindness. As the bible stated, 'I will make you the father of many nations.' You are the beacon of that godly promise, which goes beyond any border and human's limit. I have not enough words to express my emotions and gratefulness to you. I pray God to protect you. May your stay in Formosa be pleasant and successful in your noble endeavor to bridge nations and people in building

a sustainable, better, loving, and peaceful world. And may heaven watch over you, sir, and light your way for more goodwill missions to come, and may the relation between Formosa and the Philippines flourish in mutual respect and lasting friendship. Thank you again for your visit. We love you! Welcome! [Applause]

- P. *Thank You very much, Supreme Master Ching Hai, for Your kind words personally. But we acknowledge that Your message of goodwill and friendship and harmony is for all peoples, regardless of where they are, regardless of in what condition they may be, and regardless of what they hope for the future. If we all work together hard enough, I'm sure their aspirations and their hopes can be fulfilled. Thank You. [Applause]*
- M. That's right, sir. That's right. And please convey my greetings and best wishes to Mrs. Ramos because, as they say, 'Behind a great man, there's always a great woman!' [Master laughs.] And I wish your family all the best and happiness. Thank you. Thank you. [Applause] Thank you, sir.
- MC. *President Ramos and honored guests have come to Formosa to grace Taipei Center. We have just shown our distinguished guests some of Your Celestial Art creations. Master, in the past, people have strived to help political refugees, but now the focus turns on climate refugees. Master, in this critical time, how can we have a more peaceful and safer world? Could You and President Ramos give us some suggestions on how we can act now to mitigate climate change and to save our planet? Here we have two questions for President Ramos and Master. First question: Global climate anomalies show the influence from climate change in our world. According to the latest research, there are 2,000 islands at risk of being submerged. There were 25 million people uprooted in 2007 alone, as climate refugees. What's Your solution to the international crisis facing climate refugees?*
- M. Please, President.
- MC. *Master. Sir.*
- P. *Beauty before age first. [Laughter and applause.]*
- M. Well, I'm not sure who is older than whom. [Laughter] I have never asked your age, sir, so I'm not sure. But as a statesman, I think you might have more experience in governing than I am. That's why, could you please answer this question? And any leftover that you have forgotten, maybe I can chip in. [Laughter]
- P. *Okay, I started earlier by citing a very simple example of what an individual and his family or her family can do. And that begins with wise and a sharing mind of consumption. Let us not waste anything in our households. Let us save for those that do not have as much as we have. And let us also spread the word about our common responsibility to our respective communities, our respective nations, and to the world at large. But let us accept that the fight against global warming which leads to climate change begins with the individual person and his or her family. Having said that, let me add that communities, whether a small village or a big province, must likewise cooperate in order that the national policy that will govern, taking care of Mother Nature and, thus preventing global warming and climate change, becomes a generational continuous national policy instead of being limited just to the one term of a president or a prime minister. And then after that, there is a new successor, and the policy is reversed or overturned. That will not solve our global problem of climate change. The entire community of nations beyond that must learn to cooperate more closely because*

it is a threat to everyone's better future. Even if right now they may be very affluent, they may be very advanced, they may be even very self-sufficient, but in the end, Mother Nature will punish everyone, unless now, today, we take responsibility for performing our duty to the world and to ourselves by protecting the environment. Overall, we need to network more and more at the level of governments and nations. But likewise, because this is still a very loose, or uneven, or unorganized kind of collaboration, the non-government organizations around the world, including the Supreme Master Ching Hai Foundation, and our own Ramos Peace and Development Foundation, plus thousands of others around the world, must close ranks and really apply pressure on those governments, big or small, that do not yet fully cooperate with the global protocol or convention or agreement on the prevention of global warming and, therefore, the prevention of climate change. The NGOs like us must collaborate even more closely than we have done before. And maybe we can be the example for the governments themselves if they cannot, on their own because of so many political considerations, come to one agreement and that is the protection of our Mother Planet Earth. Thank you. [Applause]

M. Wow! Wow! Well said, sir. Well said.

MC. *Master, could You be kind enough to share with us some of Your ideas please?*

M. The President has said it all, and he is right that we have to work together with the governments, provided the governments accept our suggesting ideas and even support. We also support the governments, if they let us. And I think all the governments should let us, yes? Some powerful NGOs would have had more say in the government's policy more than the small group like us, but we are behind all of these powerful NGOs, in any case at all, in any way we can, we help to support or doing anything possible to strengthen their power and to encourage their endeavor so that the government will work with all the people in order to protect this only home that we have. The President is right. We must unite together, all the people who care for the planet, and to let the governments know that it's time to act. They have to be also awakened. The governments should not be too busy submerging themselves in some of the issues which might not be so urgent as saving the planet right now. [MC: Thank You, Master.] [Applause] And I think I have one more wish that all the nations who have a more favorable situation like more land, more economically sound situation, must accept the so-called climate refugees because they are truly refugees. Without any excuse, without any delay, all the big countries, the able countries should help to settle them in their country, to support, to protect, and to afford them any possible means to make their new home or their nation within that nation. Only by doing that will we truly show the spirit of brotherhood, we truly can proclaim that we are the Light bearer of God. Any nation who has faith in God at all must help the weaker brothers and sisters. Especially we are all responsible for global warming, including myself. Especially we are all responsible for global warming which caused their present predicament in any case, in the first place, which caused them to lose their home. So any able countries, please, we must help them and quick. We must give them land, must give them economical support and all the moral support and anything at all to make them feel safe and at home again in the new territory. Thank you so much in advance. And thank you, sir. [Applause]

MC. *Thank You, Master. Sir, if you could please, regarding political refugees to climate refugees, this is a very important worldwide issue. Could you give us some of your suggestions on the refugee situation?*

P. *The original Vietnamese boat people, after 1975, for a long period, were the examples of political refugees. In today's world, while many of these original political refugees have already been resettled and now become stabilized in their family and community lives, a new kind of refugee is being created because of global warming. First of all, those that are out there in the Pacific and Indian Oceans, are subjected to the ravages of global warming, which is manifested by the rise of the mean ocean level every day, by small increments, but in their totality, you see, they create floods, and damage and death, of course, to so many of those living on small islands, those out there in the Pacific Ocean, those in the coastal areas of the Indian Ocean. I mentioned that in the case of the Philippines, this is our misfortune, because we are an archipelago of 7,107 islands, during high tide [M: That's right.] and then more islands appear during low tide. We are the second largest archipelagic nation in the world next to Indonesia. And so we are not only concerned but more concerned than others in regard to climate change because of global warming. We can visualize our large cities like Manila or Cebu or Davao, which are coastal communities, to slowly disappear as the level of the Pacific Ocean, and we're in the middle of that, as well as the level of the China Sea, and we're also in the middle of that, because the Philippines happens to be at the junction of these two great oceans, the Pacific Ocean and the South China Sea. And so unless we ourselves provide and implement the protective as well as the preventive measures at this time now, it is foreseeable that maybe within one generation much of our coastal communities will disappear under just one meter of the rise of the Pacific Ocean and the South China Sea.*

Fortunately for us in the Philippines, unlike the small Pacific nations out there, like Fiji, Vanuatu, Micronesia, Nauru, Kiribati, they have no more other areas to run to in case that ocean becomes higher and higher. They can only climb the coconut trees in order to survive. [M: Oh God!] But in our case here in Formosa, Japan, Indonesia, and the Philippines there are still some high mountains to which to seek refuge. But again, that will just be only temporary survival. [M: That's right.] In the end, if that water level keeps rising and rising, even the highest mountain will be submerged. But we don't have to wait for that condition to be reached [M: That's right.] because, as I've said, as the space becomes smaller and smaller, the food becomes less and less, and very soon there's only one glass of water remaining near the top of the mountain, between my brother, this guy here on my right, who is always smiling, and myself. But we do not want that to happen, we don't want to reach that point because right now we can still do something about it. If we collaborate more closely as governments, and more closely as non-government organizations, or NGOs, and for governments and NGOs within nations to collaborate even more closely than they're doing now.

MC. *Thank you. [Applause] Dear Master, would You like to contribute as well?*

M. *Thank you, sir. I think the President has told you everything. He is very right. The situation is really urgent. And honestly, every day I'm worried as much as the President is about the fate of many people, such as the ones in those small islands where there's nowhere to go. It's truly so desperate and it must have been very scary for these people, and I don't know how to comfort them. I just don't know what else to do for them. I wish and pray all the able governments and great nations, please help them. Please take them in your country and make them a nation there. After all, they're also human like us and they suffer the way we do. Just put ourselves in their situation, then we will know how they feel. Suppose it's us, suppose it's me, suppose it's you, who are in that situation. How would you feel? So please, great nations, able nations, please give them some piece of land. It won't be much. They are able people, they are dignified people, and suddenly they have become hopeless and beggars. But they will rise again,*

given that they have enough time and comfort and a place to settle down, then they will begin their life again, and I'm sure they will be a great contribution to your nations as well. Please, for God's sake, help these people before it's too late. We cannot just sit here and watch them drown. [MC: Thank You, Master.] Thank you, sir, for reminding us of that. [MC: Thank You very much, Master.] We do hope we do something so that we can stop the rising sea level the way it is right now and not getting worse so that other nations can still help the already sinking nations. Otherwise, if we're all sunk, then, oh God help us!

MC. *Our following question: The whole world is now in economic recession with higher unemployment. Is it the right time to encourage the use of self-sustainable, simple organic farming techniques? Should we return to a more simple way of agriculture and encourage a loving plant-based diet? Sir.*

P. *Yes. In fact, we hosted in Cebu, in the Central Philippines last September, the Asia Pacific Conference on Sustainable Production and Sustainable Consumption. We were not talking about long-term development, as we pursue under the umbrella of the United Nations pursuant to the United Nations' Earth Agenda 21, Agenda for the 21st century. But we discussed very short-term measures, in Cebu, that have to do with producing with total efficiency; a certain item needed by human beings must be the result of maximum efficiency so that nothing is wasted. At the same time, we must also change our patterns of consumption. Again I go back to my simple model in our own home of eating everything on your plate and drinking every bit of water in your glass. Because we must think all the time about the 51% of the world's people who do not have enough to eat, they do not get three meals a day as you and I do, or eight glasses of water. Maybe the food they may eat is coming from garbage because they have to scavenge from the garbage can, the food that they must eat. They have nothing else. And maybe the water they're drinking is dirty water, just, you know, drawn or picked up from the nearby river which is already so polluted. So this is the condition of the majority of the world today. The United Nations says that more than half of the world's people are earning the equivalent of USD1 a day. That's what? 47 Philippine pesos or 35, 34 New Taiwan dollars; it's so small as an average. And, therefore, it's our responsibility who are more comfortable – and this is said in the bible and also in the Qu'ran and in the holy book of the Jewish nations – that it is our responsibility to prosper our neighbors if they are needy, [M: Right.] if they are in want, if they are poor, if they are suffering, if they are deprived, if they are disadvantaged. We must look around us and see how the rest of the community are doing, are living, are existing. And surely, we all have neighbors who are very much more in need than we are right now where we are. So let's have a thought next time we sit down for a meal for those people out there who are not getting much on a daily basis. There are many countries where the average food intake is 3,500 calories, when what is needed is maybe for that age group 2,500 calories. The rest of it is thrown away as garbage. And then maybe some people from the same country, from the same community, look through the garbage where that food was thrown to get their daily meal. This is, to me, inhumane already. So the practical means of making sure that we consume wisely and produce wisely, is to be simpler, to be more efficient and to be totally cooperative.*

What happens to those that eat at the rate of 3,500 calories a day? They become overweight. They overwork their hearts, their cardiovascular system does not flow efficiently because of high cholesterol blockage. [M: Right.] And they cannot exercise very much anymore because they become lazy. They feel sleepy instead of being fit [M: Right.] and energetic like Supreme Master Ching Hai. She's all over, and She shows it, and the results of Her advocacies. [M: Thank you.] And Her humanitarian activities are

evident everywhere. [M: Thank you.] 17 Centers here in Formosa alone and so many more outside. And so, each of us has a responsibility to last as long as possible on Earth so that we continue to be able to help our neighbors. In other words, we must also exist, survive, work not for ourselves or for our immediate families, but also for others. This is why our Foundation has adopted a very simple motto, three words: 'Caring, Sharing and Daring.' Caring and sharing, every easy to do, but daring is so much more difficult because that means daring to give more than to take. Meaning daring also to enhance the environment instead of abusing it. Daring also means to take united action, as people, as families, as nations for the common good. And maybe just as important, daring in order to make a difference. So it all adds up to what this Center is all about. And it also, in equal manner, is what our own Foundation is trying to do. Thank you!

MC. *Thank you, sir! [Applause]*

M. Thank you, sir! You are very daring, sir, also. You are really doing what you preach. Back many years ago, when the whole world said that the Aulacese refugees must go home, nobody wanted to accept them anymore, you are the only one that go against that trend, that you could have offended other nations, you could have offended other leaders, but you did it. You just let them stay in the Philippines because you are daring and you are the man of your word, and that's why we respect you so much. It's easy to say, not easy to do. You are the doer. And we are so honored to know you in this lifetime. You are a very good example of a true man. Thank you for being with us on this planet. [Applause]

MC. *Dear Master, could You share with us also some insight on the same topic?*

M. I will just chip in. [MC: Thank You.] I will just pick up what the leftover, maybe, or emphasize what the President has already said. You see, maybe some of you don't know, in 1995 even, long time ago, President Ramos has already talked about environmental protection. I'm sure he has done way before that, but as he wasn't the President, maybe his voice wasn't all that publicized. But in 1995, I remember there was a conference on Population, Environment and Peace, and the President has emphasized that there is a need, a real need for a sustainable balance, if I quote it right, a sustainable balance between man and nature, between development and the environment. You see, so President Ramos was very protective of the environment long before it became even a trend nowadays. His foresight, wisdom has exceeded far beyond our present vision of the world climate change. He knew it before that. He saw it before that.

So I think organic farming would satisfy this need that the President has mentioned back in even 1995, before we even made this global warming into a so-called 'fashionable trend.' So I think – the President has said that there is a need for a sustainable balance between man and nature, between development and the environment – I think the need will be satisfied with all the farmers changing to organic farming method. In that case, we will be able to balance the need between our development and the environment, our need and a sustainable planet. The benefit of organic farming is immense, including great advantage to both human health and the environment. Organic farming actually restores the topsoil and cleans the air and water supplies even. It is so much more beneficial that we could not list them all in a few minutes. It is even good for animals, all beings on this planet, including even trees and lands, in part because it does not use chemical fertilizers or pesticides, many of which are considered by the United States Environment Protection Agency and the European

Union to be potentially cancer-causing. And also depleting of our bees' colonies and killing many other animals that we cannot even all name here.

One of the United States studies indicate that if the United States' eight million acres of produce farms went organic, then the risk of consuming dietary pesticides would be reduced by 97%. Can you imagine? Chemical fertilizer and pesticide runoffs are also known to contribute to the ocean dead zones. We are killing our planet by pesticides and chemical fertilizers. Now, scientific studies have found that organic farming not only reduces energy usage and produces less CO₂, which helps lower greenhouse gases, but it actually allows the soil to absorb even 40% of presently in the air CO₂ emission. Before we even invent any technology to reduce CO₂, or before we even reduce all the cars and transportations, if we go organic we reduce 40% of the current CO₂ in the air already, and the daily emission. And furthermore, organic produce is free of genetically modified organisms, and its nutrient content is actually higher than that of conventional grown fruits and vegetables. It is for these reasons that we in our group use as much organic produce as much as possible. First, to encourage the organic farming to develop and progress and prosper more into a better trend for everyone to enjoy. Second, of course, is for our planet. And third, for our health and all that on this planet.

I wish that all the governments in the world would encourage organic farming to save our world. Give them subsidies, give them all the facilitated means in order for the farmers to continue their organic farming method because it's not only helping them, it's helping the planet and all the people. I am sure if the governments support organic farming, it will be a trend in no time. If the governments lead the way with the message that this is how to be green and how to protect the planet, then the farmers would be happy to grow more vegan food. To spread the practice of organic farming would help in so many ways. The benefit of organic farming for human livelihood, for human health, and for animals' health, natural resources and protection of our planet, all these benefits we cannot even underestimate, we cannot even estimate all in here. Organic farming not only helps to protect the planet, it will even help to eliminate hunger. So I just suggest vegan organic, or organic vegan, if you don't like. Thank you very much, sir, for your good answer and for inspiring me for the further ideas of your answer of the question. [MC: Thank You, Master.] [Applause] You have to thank the President. He inspired me all that.

- MC. *Yes. Thank you, sir. Thank you, Mr. President. Now, Master, regarding the organic farming in combination with the simple life, could You tell us more of that? A natural way of living? A more simple way of living?*
- M. As the President has stated, we have to be frugal, starting from the table already. We should not eat too much. We should just eat enough, or even a little bit less, so that, number one, physically and practically speaking, we can last longer. The more we eat the less we will have, and other people will be hungry. And spiritually speaking, we should not eat too full, even with vegetarian food. 80% full is enough so that God's Light and wisdom can be also filling our being with a better understanding about what to do with ourselves and how to help others and how to live a true humane life while we are on this planet. Without God's Light and wisdom, we are reduced to merely mortal: Working, eating, sleeping, producing children, and die. There's not much we can contribute to our great self and other people, meaning they are also great beings on this planet. So being frugal is the key. Being frugal meaning also we go organic and vegan because this method will help to eliminate the excessive use of natural resources for producing meat and dairy products. And in that case, we will have enough to feed everybody. And also reduce the CO₂, reduce the methane, reduce all the toxic gas,

even hydrogen sulfide, the one that if you inhale it when it's too condensed, you will die immediately. That is produced also by animal raising livestock and methane also. If we reduce the livestock raising, then we can reduce all the toxic gas that is lingering in our air right now. And if we go organic vegan, then everything will be back to normal as before and even better. The weather will become better. Not only will the ice stop melting, the toxic gas will be reduced, hunger will be eliminated, war will be done with, but also our planet will revive itself, and will become even better than now, more lushful, more plentiful, more abundant for all to enjoy in clean air, peace, love, good health, and long life. Thank you so much.

Hydrogen sulfide, that is one of the toxic gases, deadly gases which is emitted from livestock. Another is methane. Another is, of course, CO2. And the methane can even trigger more CO2 if it warms the climate. Thank you so much. We can talk forever about this, but as the President said, we have to be frugal, in all means. Frugal. Saving everything we can. And the best way, the quickest, is to be organic vegan. So encourage organic farming. Be vegan. My humble opinion, and after all the research. Thank you so much.

MC. *Thank You, Master. Thank You for this inspiring speech. [Applause]*

M. Thank you, sir. He inspires me, the President.

MC. *I think he inspires us all.*

M. Yes, I'm so happy he came to Formosa. My God, he honors me so much! And even come to our humble Meditation Center. I am sorry I haven't got even a better place for you, sir. This is all we got. I mean, in some other cities, we have also Meditation Centers. And in Europe, we have some, one or two Meditation Centers with about 20 rooms or something like that. And I could even afford a couple rooms or all the rooms for you and your entourage, but in Taipei, I didn't even really have a very good center yet. I'm sorry that we have not treated you like God the way you deserve. Thank you and forgive us. [Applause]

You inspire us all with your heroic spirit. Please do live long with us. Please do live among us long, to inspire us further and to help the world. We need you now. We need your example. Daring, you know? Sharing is easier, as you say, sharing. Caring, you can show caring when you feel touched by some special situation now and again, individually. Sharing, okay, we have enough money, why not? We give a little bit. It's okay. It's easy. But daring, not everybody has it. Not everybody has it. It's very difficult to be daring. And please, be a shining example continuously. Be daring. Show everybody how to be daring. Thank you very much, sir. [Applause]

MC. *Due to the President's tight schedule, we only had these two questions for the videoconference. So we do apologize for that. Thank you, President Ramos. You often said, caring, sharing, daring. Today, they should discuss this absolutely with a caring and sharing heart. You've said in the past, 'If more people were daring enough, maybe the world would be a better world.' [M: Yes.] At the end, allow us to quote your speech ending 'Mabuhay,' long life, as you gave us a perfect example and definition. Earth 2000, 3000, 4000, infinity. [M: Forever!] [Applause] Let us please give a big round of applause to thank His Excellency and all the distinguished guests. [Applause]*

M. Thank you, sir. Thank you all the honorable guests. May you be well, live long. May you be well, may you be very well and lucky. [Extended applause.] Thank you for coming to

Formosa. Thank you for visiting our humble Center. God bless you, sir. God bless you. God bless you, sir. God bless you. God bless the Philippines.

Videoconference with Sydney Center, Australia, August 17, 2008 (Originally in English)

MC. *There ought to be a way to wake up the whole population. Maybe the catastrophes are the only messages to shake up the people's mind set and habit and for the world to change?*

M. We are doing that we can already, sweetheart. It's up to the people now. It's up to the people now. Especially it's up to the government and the media to help to alleviate the situation. If they don't turn into the compassionate way of life, then I don't know what else to do. The law of cause and retribution has to take place, no matter we like it or not. Just the same like in the law in your country. If you kill, you will be in prison or even dead.

Well, the law of the universe is similar: Killing will beget killing and suffering. There is no escape from that. And we are trying to let people know this, to remind them the law of universe, to remind them of their true great compassionate, loving self. And now, it's up to people. We continue to do that and we wait. Just doing what we are doing and be patient. Okay, love? I wish I have a magic wand and wave it around and – hoop la – everybody becomes vegetarian, planet is saved. But it's not like that. They have to awaken themselves. They have to practice compassion. Then the compassion will beget compassion; love will beget love. If I force them to become vegetarian, that's not the same. You get it? [MC: Understand. Understand.] Yes, very good. I know you understand but I explain a little bit more in case somebody else doesn't understand. The thing is they have to do it themselves. So that their compassion, their love in their heart will beget the compassion from heaven, beget the love of heaven, and that's how it works. Suppose I save all the people on this planet right now, suppose I could do that, would you like me to do it? [Audience: Yes.] You would, of course. Fine, I would also. But the thing is, what will happen to our planet? Think about it. They will continue warring with each other. They will continue to massacre en masse the animals. They will continue to be living in not a noble way. What is the good of this planet to exist like that? It's like hell. For the mass of animals and other people in the war conflict zone, it's like hell. So, for people to be awakened to be compassionate and noble, that's more important and then the planet will be saved by itself. I know you are concerned. Me, too. But this is the only way, it's the correct way. [MC: Thank You, Master.] You're welcome. Because I love humans, but I love animals as well. And I love the humans to be more elevated, now and hereafter. Because if they're just thinking, 'Oh, nothing's happening. Even if we continue to live our wicked way, continue to kill and do anything that is no good and we still live, and happily and so why not?' You understand me, honey? And that's no good for them. Because life continues. After their life finishes here, their life will continue elsewhere. And if their merit is not good, if they have bad karma, after they die, they will get even worse retribution. So I don't want that to happen to them also. So rescuing their physical life is not as important as saving their souls.

Q. *Dear Master, how are You? [M: Fine. How are you?] Yes, I am good. Thank You. I have two questions. The first one is: As we have got more and more time to save our planet, and we continue to do our job, does that mean the final disaster will not happen? If the final disasters do happen, is the deadline still 2012?*

M. Well, it depends on human's behavior. If the majority of the population do not change their way of life, and do not change the bad karma of the planet, then the retribution has

to take place then. But if they do become vegetarian and stop warring with each other and be compassionate and kind, then of course we will stop where it is and the final disaster will not occur. And the final disaster deadline will not be 2012. It will not be at all.

Videoconference with Seoul Center, Korea, August 9, 2008 (Originally in English)

M. We have discussed this before. It's not just about saving the planet. It's saving the souls of your brothers and sisters on Earth. The people, if they understand the urgency of global warming and they have the heart wanting to save lives on this planet, then that person who has such a heart will be saved, their soul will be elevated into a higher level. They try vegetarian because they want to save lives on the planet, they hope to save lives on the planet; at least they join in the effort of saving other people, saving other animals, saving life on Earth. Moreover, the Earth is also a being in herself. So it's not about saving you, your lives. It's not about just saving lives, it's saving the souls of the people, elevating their nobility, awaken their higher consciousness. So I'm just saying even if we do not save the planet, we will save many souls so that they can go up to a higher level of consciousness in heaven. Or at least they will be born in a more favorable planet so that they can continue their spiritual journey from a higher level already. So now, do away with your pessimism. Whatever you do, it will save lives. Not life at the physical maybe, but life eternal, and that is a very noble purpose. There's no need to worry whether the Earth will be destroyed or not. We live eternally, and if we can save any of the souls to live eternally in happiness and blessing, we should do that. [Extended applause.] [MC: Thank You, Master.] You're very welcome. But be positive, maybe we can make it.

MC. *Thank You, Master. Master, You said that if we all understood the language of animals, nobody would eat meat. I wonder what we need to do help humans understand the animals' language?*

M. They have to help themselves. In my three books, either in 'The Birds in My Life,' 'The Dogs in My Life,' or 'The Noble Wilds,' I have mentioned also a little bit how to telepathically communicate with the animals. You have to sit with your animals quietly whenever you have time to sit with them, just touch them, caress them, or just sit together quietly, and try to listen inwardly what the animal tries to convey to you. Ask them if they want to tell you something. They don't always tell you something because maybe nothing to tell. They don't always chatter a lot the way we do. But you keep doing that, and then maybe one day you'll have the connection.

The thing is, all humans can telepathically communicate with animals. It's just that they could not even communicate with themselves yet. They cannot even know what they want. They cannot even listen to their own heart. They're too busy, too buried alive in this material, humdrum existence so it's more difficult to listen to themselves. But with practice, they can. Just like now, you have learned the practice of meditation I taught you. You can listen to yourself more clearly, if you pay attention, then you know really what you want and you really know what advice you take and what direction you go. And many things in life become clearer to you because you listen to your self, which is the great spirit within you, which is God.

So the same if people try to calm down and live a more virtuous life and truly love their animals, then there will be a connection. They will be able to listen to their animals. It's just that, do they listen? Do most people ever listen? We talk a lot, but we don't listen, not even to our partners, to our wives, husbands, or friends. We hear, but we don't

listen. We don't try to understand what the person says. So often we do the wrong things, not to talk about listening to the God within you. God is always there, always ready to communicate with us whenever we ask something. But do we listen? Animal sometimes want to talk to us, but do we listen? That's the thing. They telepathically communicate to us some things when they need to and when they want to warn us of something or to tell us something that we should do or should not do, or warn of coming danger. But do we listen? That is the thing. We don't listen. Not that we cannot telepathically talk to animals, it's just we don't listen to what they're saying. So if the people learn to listen, then there is a telepathic communication always available. This, you cannot really teach you. They have it within themselves. Only if they want to exercise it or not. [Applause]

Q. *Hallo, Master. What I feel while living with animals is that they accompany us humans to help us find true love and to make us realize something. Is it true? And what would be the difference between having animal companions and not having them?*

M. According to medical and scientific reports, the people who have an animal friend in their house experience better health, better outlook on life, more cheerful, and more loving, and live even longer, healthier. So they are good for you. Scientifically speaking even, medically speaking. But not everybody needs animal companions because you have your husband, wife, human companions. As long as they're good for you, they are also fine.

Animals are there to help you if you need their help. It's always good to have animals anyway. They will teach you unconditional love. They will make your life cheerful, happier, more giving, more understanding. It is even advised to have a pet animal for children at a young age, like a dog, for example, and that will help the children to grow up more loving, more tolerant, more understanding, and more responsible. But, it's up to you. No one should say what is good for you. You have animals if you love that animal, if you feel the connection between you and that dog, cat, bird. You have to love them, otherwise you cannot treat them as a friend. You have to love first, and then in turn, you will have love and all the benefits that come from that love. When we love, we have a lot of good things going on.

Q. *Beloved Master, I am the president of an animal protection organization. In addition, since the 'SOS International Seminar on Global Warming' held in Seoul, I've formed a new vegetarian organization called 'Green People,' and I'm actively working for it because I think the fastest way to end the suffering of animals is by recommending the vegetarian diet to people. Thanks to Master, I've learned that many animals come from higher worlds and have higher NQ (Noble Quality) than humans. However, animals are still undergoing a lot of suffering on Earth. Is this because of the bad karma of the animals or is there any other reason for their suffering?*

M. Some animals are also undergoing their own bad karma, that is correct, especially those so-called vicious animals. But some of the animals, they suffer at the hands of humans because some of the humans have not learned to be themselves, have not remembered their greatness, have not remembered their real nature, which is loving, compassionate, and helpful to all beings. Some people have not realized their great self, their loving self. So some animals, they suffer because of that, because of the human's incomplete knowledge about their real self, which is loving and kindness. And so some animals suffer to awaken human beings; they sacrifice themselves to awaken human beings. Some animals sacrifice for some human beings that they love. For example, your pet, like a dog or a cat or bird, if their life is worthy enough, they can

exchange their life for your life so that instead of you dying, they will die for you. Instead of you having accident and suffering, they will have accident and suffer for you. Sometimes they are going near some people who are too heavy karma, they also bear or be infected by the burden of that person's bad karma. The bad retribution of that person will somehow infect the animal who is nearby to that person. So you cannot just say, 'Okay, it's all the animals' bad karma,' or it's all this and that. There are various cases why the animals suffer.

Videoconference with Central Center, Au Lac, July 20, 2008 (Originally in Aulacese)

- Q. *Hallo, Master. The world's religions since ancient times have had an influential voice in the global community. What should they do now to contribute to improving the condition of global warming? Thank You, Master.*
- M. Of course, the religious leaders must set an example for their followers. First, of course, they must encourage their adherents to eat vegetarian, to do good and avoid evil, to encourage them to protect the environment. If religious leaders can announce to their followers to do these things, then our Earth will be guaranteed safety and will be saved. Because peace begins with our plate of food. Peace begins from our dining table.
- Q. *Love has a great power to change people and elevate their lives. What role will love have in saving this planet?*
- M. Love, of course, is very great. Love is the greatest thing in life and the greatest thing in the entire universe. But most people nowadays are lacking that love. Humanity must show more love than before. We must love even our enemies, our neighbors, animals and the environment around us, then we can overcome the crisis and have a peaceful life. Love must be manifested outwardly. Love can't be talked about but must be shown through action. That is, to eat vegetarian, do good and protect the environment.
- Q. *Master, with the goal of 80% of the world population to be vegetarian and other objectives such as praying, going green, modern technology to save the world, this is very difficult, if not impossible to achieve. Why doesn't God arrange other planets for people to live depending on their spiritual levels so that each being has a chance to develop spiritually rather than try to save this planet? Thank You, Master.*
- M. So we just let the Earth be destroyed? No need to save it? Of course, as I already said, there are many planets in the universe. People with different spiritual levels, after leaving this world, will go to other planets depending on their spiritual level. Of course, it's like that. We're not saving this Earth per se, as I already said, but just to have a reason for the people on this Earth to transform spiritually, to become more noble, to become good, that is, they want to save the Earth, to save humanity. That purpose makes them noble. When they have a purpose, that is, they want to save the Earth, they want to be vegetarian and do good to save the Earth, then their goal is very noble. That noble goal of theirs will raise their spiritual level from very lowly level to very noble level so that they can go back to heaven later and can join the realms of the saints.

It's not that we're attached to this planet Earth, whether or not it should be saved. It's not like that. That is only a reason for people to raise their level of consciousness. If this world is destroyed, there are other worlds. We are not afraid. Spiritual practitioners, of course, after leaving this world, will go to high or low heavens depending on their levels. Not 80%, as I already said, but it must be 100%. But our people who are vegetarian add

in the extra percent. 60-something percent is fine. And the vegetarians who practice Quan Yin method, one of us becomes like 1,000 other vegetarians. [Applause]

- Q. *Revered Master, what can we do to influence the younger generation to help raise their consciousness about global warming in the future?*
- M. You must teach them, and talk to them about whatever you know, whatever is related to the global warming issue. And you need to explain to them what you know, about how to reduce the warming, how to protect the Earth, how to stop the increase of global warming to protect the Earth, to protect themselves, others, and all the animals in the world.
- Q. *Respected Master, what role do fellow initiates around the world have in contributing to the awakening and vegetarianism of humankind? Thank You, Master.*
- M. We must communicate the news about global warming so that everyone knows about it. The more people who know, the better. Explain to them how to protect the whole planet, that is, to be vegetarian, to do good, and protect the environment, but they must also pray to heaven for protection.

Videoconference with Hamburg Center, Germany, July 18, 2008 (Originally in English)

- Q. *Master, John Robbins wrote the book 'Diet for A New America' in 1987. Are the facts still up to date?*
- M. It's a very good book, and he wrote all about vegetarian diet or vegan diet and there should be nothing wrong about it, nothing wrong, never. Never anything wrong about vegetarian or vegan diet; it's timeless. There's no need to ask. Suppose even if his book is outdated, maybe you eat vegetarian, you drink this vegan shake that he recommended and then you die, then I would recommend you drink it. Eat it. Die in honor. Die not killing anybody. Die for a good cause.
- Q. *Yeah, Master. I would just say thank You very much for Your lovely books about the animal friends. Regarding global warming, I can imagine that the animals can also feel the rapid climate change. I can feel they also worry about the urgent situation. I'm just wondering if animals are also trying to send us any messages in this regard?*
- M. They've been sending all these centuries and nobody listens. Not just now. They don't worry about climate change or they don't worry about their own safety or anything like that. They're more worried about how humans are degrading themselves, and mirror in the climate tragedy and the damage of the environment and maybe the destruction of the whole planet. Together with it, it is the status of humans, of their heart. The animals worry about that – the degradation, the destruction of human's noble quality. They do not worry about life and death for them; they do not worry so much about life and death the way we do because most of them, mostly they are in connection with their inner self – with the God self inside – and for them dying is just like changing rooms. They try to tell us over centuries that we should live a noble life, the life according to Jesus' teaching and Buddha's doctrine, but very few listen. They still say the same, they say the same stuff, they say what I say: Be veg, go green, save your souls.
- Q. *People find it very difficult to make the connection between eating meat and global warming. I wonder why it is like that?*

- M. Why? Because they are not well informed. They are not well informed. That's why I say if the government and the media joining hands together and informing people day after day – because information are a lot and people's brains take some time to ingest it. And now that we have not been informed for all this time – only very little channels do it now and again, only the newspapers printed an article here and there – it's not strong enough, it's not informative enough, and it's not enough of an ongoing effort enough so that people are not familiar with all these things. Cannot blame people. They are busy. They want to enjoy their life. So if the government that they elected don't inform them and don't find the good solution for them, then they think that it's not their job to do it. They rely on the government to inform them everything that is good for them. They rely on the newspaper to give them all the news that is necessary and important to their life. That's why they read the newspaper. That's why they spend money to buy it, or to pay for television channels. For an average person, how do they get all the information, that the media has it more available or the government has more access to? It's not people's job even to inform themselves, just some people who do it. But, normally they read newspaper and whatever is printed in there, they believe it. So if it's not printed in there, they don't know or they don't believe it. That's the power of media and the government. I hope they use it for the best cause right now and the noble cause right now. I hope they do use it.
- Q. *Master, I know from conversations that people are familiar with the subject of global warming, because everybody has something to say about it. Yet how it all fits together, the cause and effect seem not to be obvious. Is it really a matter of people lacking information or are there other factors that must be considered?*
- M. It's many things. Lack of information is one of it. Another thing is people's habits are hard to wipe out. Another thing is that they do not know anything about the bad retribution of animal killing. They do not know the benefit of saving lives and being compassionate to other beings other than just humans. That is the problem. They do not know even that meat eating or animal diet has anything to do with global warming. That's why we are here. That's why we do as much as we can to spread the news. That's why we have Supreme Master Television every day, informing people. And even if they don't look at it, the information is in the air. It will spread to all corners of the world. How much people can receive, it depends on how we can overwhelm the negative waves of destructive media, if you will, and destructive energy of the world. But we'll try our best. It's better than nothing, okay?
- Q. *There's one guy in the Netherlands who is some important manager of the WWF. [M: World Wildlife Fund.] I happen to know this guy. [M: Yeah?] He's in the position in the organization that they can analyze satellite data and they put it into the computer and they can foresee kind of in the future, You know, what is going to happen with the natural resources. They can measure the carbon emissions and all that and it's very scientific. [M: Yes, so what now? What did he say that our future holds?] He was very worried and we talked like for two, three hours and at the end I asked him, 'Then, what is the solution?' And he told me, 'I don't know!'*
- M. Nobody knows. Nobody wants to do anything. We have a solution but they don't do it. There is a solution. Only three steps, no? Vegetarian, sustainable energy, plant trees. How more simple can it be? We try our best. Apart from working very hard already, we spread the news, we go out with flyers and everything. We advertise on newspapers from our own pocket. We air it on televisions from our own money. We tell everybody we know. Some do care, they say, 'Oh, yeah,' they're interested, they want to know, they really care, but maybe they forget afterward because there is television to watch,

theater to enjoy, husband and wife relationship, and children, and they don't seem to know what is the priority. Or more still, money, business. Everybody knows by now, from the United Nations report that meat eating, animal raising, it's one of the worst factors, or even the worst factor of climate change, of global warming. And nobody talks about it. Everybody – new energy, hybrid car, compressed air car, carbon sucking machine, dig a hole and store the carbon, as if will not burst one day. And before that you have to breathe in already, as if will not affect you.

I don't understand this. I mean, what is so difficult to put down one piece of meat, and replace it with one piece of tofu, which is exactly the same, better nutrition? Better for your health. More economized. How can anybody not just sacrifice a little palate taste? Even if the meat tastes that great, even if they so love the meat, how can they not sacrifice it, just for the sake of everybody's survival and their own children? How can you not? Just replace one piece of meat with another piece of tofu, that's all there was. Especially even nowadays we have all kinds of vegetarian meat, it tastes so delicious. Like even soya. It looks the same. I don't know if it tastes the same or not, it tastes good to me. It tastes delicious, even better. Still cannot put down that piece of meat. And no matter if they die tomorrow, or their children suffer or not. It's not just about dying, it's the suffering – mental and physical, psychological, emotional – before dying. Because of all this gas. It's already in the air. It affects people a lot. But they don't admit it, they don't even claim on it.

Suppose nobody does anything and the planet kaput. What will you do? Any idea? You see how many 'Time to Act' before? Before, they don't have. Now, if you look everywhere, they're doing something for the environment. Yes, I hope they do it all, and quick enough. I hope the government really puts their thumb into it. That's all I hope for, and the media – every day. And just ban this, ban that, and just no meat anymore and then we're saved. Truly! Very simple. Just use meatless diet. Animal-less diet. Sustainable energy, limitless sun or wave power. And plant trees. Everybody plant a couple of trees only. Not a lot. And the government, instead of putting money into war, they just use the money to pay people to plant trees, where the desert, where the dry climate, where it's already damaged, to revive the atmosphere. Very simple.

We'd be happy to also go out and plant trees free of charge, and our labor and anytime we can if the government is really behind every part of this program. We will also be happy to go out and cook vegetarian, show everybody. In all of our houses, we invite people to come into our house and show them how to cook vegetarian. After a few weeks, they know how. You can do that first. But what I mean is, if the government is really behind it and the media is behind it, they just have to put down that piece of meat even if that is a sacrifice, it's really worth it. It's really the most noble thing they could do in their whole life. Just put down that piece of meat and replace it with the veggie meat. We have so much food to eat, not that we don't have a choice. Why don't they just try it? From now, each of you should be a teacher. Anywhere you go, anybody you meet, you talk about it. You invite them to your house, show them vegetarian cooking. Show it on hand, otherwise if they just see it on television, it may be different. Use your personal energy, love, to show them. We just spread out, we do what we can. Use your time for saving the planet. Show them how to cook vegetarian food. Capish?

Every house, I want it to turn into a restaurant, a veggie restaurant. Show them what you eat. If they don't know what vegetarian is, they don't know how to do it. Truly, they don't know. Even if some people know how, know that vegetarian is good, they don't know how. They even ask on the internet, 'How did you do it?' You see? Truly some people never heard of it before. They never think about it. So we do that. All of you in

the world, teach them how every day, every time you can. Invite them at random, show them how. Invite them as a guest, unconditional. Show them how. Anybody who smiles at you, you talk to them. And invite them for coffee and then invite them to your home, 'I live nearby! I didn't know such a lovely neighbor exists. Wow, what an honor! Let's go to my house, have a cup of coffee.' And then from then on. Start it. I'm not joking. Do something. Because you're out there. I do it on Supreme Master Television and cook for my dogs. I talk to whomever I can also. Learn to cook well and learn to show it. With your smile, stone will melt. And with your food, the heart will melt. It won't lose anything. Vegetarian is very cheap, you can always afford to invite some. And it's a good investment. It saves the planet. It's worth it. You try what you can, through Supreme Master Television, through flyers, through books, through internet. Influence a lot, a lot.

But still, habit dies hard. Just tell them change the habit, that's it. Invite whoever you can, show the vegetarian diet, make them feel welcome. It's like everything else. Put candles and all that. How much does it cost? Not so much. It doesn't have to be a lot. Make it festive and welcome and homey. Make the food taste good and then they'll come back for more and then show them how to do it. Because truly, they don't know. I'm telling you the truth. Not many people know how to cook vegetarian. Just to think vegetarian, they think just to eat beans, green beans, the string beans, and then they worry they become like a string. Surely, many would advise you, 'Oh, vegetarian! Can you live on that? Is it nutritious enough that way?' They ask you like that because they don't know, truly. Because they don't research into that, they're not used to it.

I hope I live to see the day that the government really bans meat because it's also poisonous to people. Not to talk about methane gas, or waste gas, or depleting energy, or water or medicine – nothing yet. Yeah, it's poisonous. Meat makes everybody sick. Meat is poisonous. Everybody knows that. Leader of the people, supposed to be leader, you have to help to protect people. Suppose you know something is poisonous to your children, will you deliberately give it to them? To harm them? No! No, right?

So now, all the evidence points out that meat is also poisonous, alcohol is bad. Just ban them outright. There's no more discussion. Poisonous things, you don't give it to your people. You don't allow it to be near your people. And even children have access to alcohol, not to talk about meat. Okay, that's it. We have to ban meat. We're banning it now by showing people how to eat, to cook vegetarian. We go all outright. This is really for survival. Make it your mission in life to inform people about the danger of eating meat and show them the solution. Meat is really not good for our planet. Meat is bad. Because meat is the reason, not the people! Not the people, right? They don't know! Truly they don't know. They influence each other, and they're really the poor victims of the situation. Really, truly like that. You have to do it with love. You have to have big compassion, to sacrifice your time, your energy.

- Q. *There's an organization called Animal Aid – it's an organization – and I got an email from them the other day, and they've got a system where they train you to, or you can train yourself, you can go and speak at schools and they get the schools for you and you can pick the age group of people you talk to. And Tim is thinking of going and doing it to younger children. [M: Yeah, we can do that.] You can speak about vegetarianism or climate change or anything.*
- M. Yes, you can volunteer to go to any school, to cook a free meal that day, or sample. Or ask whoever wants to come learn with you about vegetarian food. Everybody brings a few carrots. [Q: Because the children love the animals and then they start to nag the

parents saying, 'We can't eat these, they're beautiful beings.' Yeah, children are great.] Yes, if we can.

Videoconference with London Center, United Kingdom, June 13, 2008 (Originally in English)

- M. You know how I really want to embrace the leaders and the non-leader people of this world, 'Wake up, wake up now. Wake up, my love; wake up my friend, save yourself. Wake up and save yourself and save all of us.' How I really love to give them all the knowledge that I have, because that is the best present that anyone could give to anyone.
- Q. *Master, how could the government give incentive to animal farmers including growing crops for animal feed to switch to the production of plant-based food for human consumption?*
- M. The governments, first they have to be willing to want to do it. First, they have to wake up themselves. They have to go over the boundary of protocol and habitual routine work because this is a special situation. And it needs special measurement, even desperate measurement. So they could encourage the farmers to grow crops and give them subsidies to grow vegetables replacing the loss of meat. Just give them subsidies for growing vegetables. The more they grow, the more subsidies they get, you see? And the farmers also have to be explained that they would be doing the world a great service. They would be a great hero, the world savers, if they grow vegetables to feed humans instead of raising animals, and let the animals be.

You have to tell them. The government has to tell them that they have to treat the animals with all kindness – the ones that exist – until they have gone back to heaven naturally. Not breeding them anymore, not to talk about killing them. We have to stop all that. To save the planet, they can do it by stopping raising livestock – stop breeding animals and stop butchering them for a living. They will understand if the government really uses their power to explain to them and giving them some other alternatives to live on. Give them explanation, the subsidies they need, the alternative jobs, or the alternative choice. We have choices. We have jobs. We create green energy – sustainable energy – and even growing vegetables now is on demand. We are short of food; everywhere is food shortage. Everywhere the food price is rising so high that even middle class people are having difficulty to make ends meet.

So growing vegetables now should be profitable, should be a very good incentive already. If the government encourages them, explains to them, they will know it. And the best is if the government can do it. But you, individual citizens of the world, can also do it. Try to go to the farmers, one by one. Whenever you can, make the time to go. Even though we are not in a power position, like the government. But we can try, one by one, to persuade the farmers to change their lives, to grow vegetables to feed humans instead of raising animals. Tell them the picture. Tell them the situation. Tell them again and again until they understand. Write to them. Talk to them. We can only try our best. Because the rest is up to the karma of the world, up to the people to understand and to change to a more compassionate life. But they are in need of great help because they have been poisoned for so long. Don't be surprised if it would be a difficult task to even make them understand.

But the government can do it, by subsidies, by incentives, by making it all open and like a trend everywhere. And the government and the media... again and again, I've said

these are the people in a position of power who can make change faster than we, ordinary people. But still, if they don't do it, we have to do it. Whoever wants to do it, whoever can, do it. Go to the farmers, talk to them. Change from the grassroots. That's all I can say for now. And some of the farmers will change, or all of them will change in time, and I hope it's on time.

The government can let the public know about the beneficial effect that we can have by having vegetarian diet. They have to publicize it everywhere. They have to give leaflets to people to read, make it a public job to do it. And then make classes of vegetarian cooking available to people, free of charge, in the school, night school, or something. I used to teach vegetarian in a night school in Germany, free. There are people who would like to go there and teach free. The governments just have to encourage it and make it available, make it publicly known to everybody, then everybody will follow. After all, they are so-called leaders, no? They're presidents. They're leaders of the countries. So if they lead, people will follow. That's why they vote for them, to lead them. So I'm sure people will follow what the government proposes, especially when they know it's good for them, and good for the planet, and good for the future of their children. Because they don't want to harm their children. If the planet is damaged, ruined or bad, or uninhabitable in any way, their children will be affected. And I think everybody loves their children, including the leaders, and the government officials, the ones in power. They all love their children. So they have to do it now. There's no other choice.

You see, they have to give an official endorsement and let everybody know about the benefits of the vegetarian diet. They have to create websites for vegetarian menus, all free of charge, class for vegetarian cooking, vegetarian club. Make it official, then everybody would follow like a happy trend, some new change in the world. And they have to explain more to people the seriousness of the change that we're facing right now, the danger that we're facing and the worst consequences if we don't do something, if we don't follow the vegetarian diet, and we don't cut out emissions. They could also put high tax on meat or ban it altogether or ban the killing of the animals, and educate people into a brand new, exciting way of life. Tell them to do some other job, give them some other new job to do, and explain to them the benefits of a new life, which is full of health, full of vigor, and peace, love, and happiness. Everyone would look forward to that. At least they would try. And then once they try, they know it works. And if everybody else is trying it, their neighbors are trying it, their friends are trying it, then there is a supporting energy, and the whole world will change. I can't wait to see that day when we all enjoy love, contentment, and enlightenment. And live in peace.

And as you know, according to the United Nations report and scientific evidence, CO₂ is not even the most lethal. It's not even the most deadly of all the pollution. I'll give you some example. For example, methane is like 23 times more potent than CO₂. And nitrous oxide is approximately 300 times more potent than CO₂. And livestock is the number one cause of methane. And by-products, also nitrous oxide is also from livestock. You see what I mean? Meat, egg, dairy are responsible for 65% of worldwide human cause of nitrous oxide emission. So now, you see the picture. We all know that already from United Nations and scientific reports. So now, even we know that methane gas and nitrous oxide are more deadly, more poisonous than CO₂. And we have a lot of them. We have less CO₂ in the atmosphere now than what is even in store for us in the ocean bed. Because the ocean, the river also absorb CO₂ and they store it there. And when it's cold then it's just compressed there and lay there, harmless. But now, as the weather is getting warmer and these gases are going to be released. It's already releasing into the atmosphere, as you know it from scientific reports. So now, the permafrost layer is melting each day. And the methane gas, or other gas even, are

releasing into the atmosphere. I really hope and pray that someone is listening. Methane and nitrous oxide are made by livestock raising, animal keeping. So they are far more poisonous, far more dangerous than CO2. Because the atmosphere is getting warmer and so the methane is bubbling out.

If we stop the worst cause of global warming, meaning livestock raising, animal breeding, then we will be able to save the planet. We have to stop the killing of men or animals. We have to stop producing animal products. And we have to stop using it. Three stops: Stop killing, stop producing, stop using. And stop eating it of course, stop eating the meat. And then the rest can follow as soon as technology is possible. Because technology takes some time. The best thing is stop eating meat, stop killing animals, stop raising animals. Then the methane gas and the nitrous oxide gas will stop. And then we cut already a big chunk of pollution of our air and we cut off the global warming process. And I said already 80% of it will be cut almost immediately, and we can see the results in a few weeks. Because if you don't keep breeding more animals, and then there is less methane, and if we don't eat meat, then there is no transportation necessary for it and much less fuel needed. And all these people can be trained to do something else. And there will be less hunger because we will use the agriculture products, cereals, to feed humans instead of feeding more bred animals in the future. So we don't have hunger anymore and there will be no more war because of hunger. So the effect is immense. Keep multiplying it, and then you know what I mean.

Because the methane gas, it has been trapped all these centuries, because of stockbreeding, into the lakes, into the permafrost, into the ocean, and now if it's melting then the gas will be released also. On top of that, we have daily more animal breeding, more methane gas, then we will never stop. We will just be in more and more trouble, deeper and deeper into trouble. So just stop killing animals, stop raising animals anymore. And the animals will die out in their own time, in the natural course. If we don't produce anymore methane gas, then it is the perfect picture, no? Even five years old kid understands that.

So if the governments really ban the meat, I think the people will support it. Because if people have to kill a living, breathing, loving, gentle, innocent animal to put in their mouth, I think they will stop. Just that most people they don't know what a cruel, gruesome thing in the slaughterhouse, for the animals to be killed. They don't know it. It's out of their mind. They make the piece of meat look good. They even decorate it and pamper it with all kinds of spice, and the people just eat it. They don't even associate that piece of meat with the living, breathing, loving, gentle, kind, innocent, loving, living being. They don't associate. But if they have to go out and kill it for themselves, then I think they will stop. So this is a good idea, the governments can ban the meat indoor, or outdoor, or in the restaurant, and then we go from there. I think it will help to drive home the serious, detrimental effect of the animal eating habit. I think the people will realize it more and they will stop and they will support the governments.

- Q. *Master, we are aware that we need to get everyone to be vegetarian to reverse climate change quickly and immediately. However, as it is a slow process to change people's attitude, is it enough to save the planet by just recycling, using the car less?*
- M. I hope! I wish that it is, but it isn't, honey. It helps to some extent but it's not enough, it's never enough. Of course, from all the scientific facts, from all the reports, we know the cars, recycling the garbage, they are not the main cause of global warming. They are not the main polluters of the planet. They are not the main cause of killer. So we know that. It helps some very small degree. So if you really don't believe me, you sit down,

make a calculation, then you'll see. Just a little mathematic calculation. All the cost of deforestation, all the cost of transportation, all the cost of water, all the cost of medicine, all the cost of sickness, all the cost of building hospitals, training more doctors and making more medicines, and then making people even cannot think because they're sick, and all the heartache of being sick and causing trouble for the loved ones by being sick, and then all the trouble or the cost of war because of hunger, because of food insecurity. You add them altogether. And all the preservation. The Chief of United Nations Intergovernmental Panel on Climate Change said that all the refrigeration also. And all the sickness that goes into the body of the animals and then goes into you. I'm not talking about karmic retribution yet. I'm just talking scientifically and the evidence physically.

Now, vegetarianism is the only solution. It's the best, the fastest solution. Surprisingly, everybody goes around it, doesn't mention it. Just some few people mention it. The rest just try to around it, 'Okay, we will recycle. Okay, we use less car. Okay, we go bicycle.' Everybody knows by now, the people who has the power to know, who has enough communication ability. Nowadays, there are televisions, radios, newspapers, and even mouthpieces, everyone knows already that vegetarianism is the solution to save the world. But it seems that vegetarianism escapes from the minds of many leaders and the people of the world. So I don't know what to say anymore. I keep telling everyone and you also keep telling everyone that you know and you try your best to spread the news. Some people do turn into vegetarianism, that's for sure.

- Q. *Master, could we share some positive news with You? [M: Yes.] Great. Hi, there. [M: I like that.] I've got some feedback from one of our Association members in London who owns a vegan restaurant. Recently, they've noted a rapid increase in the numbers of non-vegetarians seeking an alternative diet. After the delicious and nutritious food that they've been trying, many have been convinced of the lifestyle and environmental benefits of a meat-free diet. [M: Yes, I'm happy. Very good. Very good. I'm happy!] They've got really, really busy recently. It's great. [M: Cool. So congratulations!] And I've got another one for You as well. The author of the Vegetarian London Guide who visited this restaurant, the same restaurant, has reported that 40 vegetarian outlets have opened in London since the last edition, the last publication of the Guide. [M: So we have more choice now, in London?] Yeah, more choice.*
- M. Congratulations! Good for you. [Q: Thank You.] I'm so happy. It could be also due to the fact that you are meditating and you are going out distributing leaflets and all that and then people get more used to the idea, you see? So thank you very much, for what you have done and what you are doing.
- Q. *I have read a book along time ago. It was a spiritual book. It was talking about the history of our planet, and other planets, told by the Pleiadians, the 'Carrier of Light.' They mentioned that there were periods when instant karma was necessary, imposed on the human race at the time to restore order on Earth. My question is: Is this not the time now for this law to be applied to help the humankind to stop destroying ourselves and the planet? [M: How did the law apply at that time?] The law applied instantly for any bad deeds. Anyone who behaved badly would get the bad result straight away. [M: You mean from heaven or from the government?] From heaven, from heaven. [M: Okay, I understand. Well, don't you see to some degree it is now applying?] Yes, but it's not instant enough, I think.*
- M. Oh, baby, we have to be merciful. We have to be merciful and patient and give people chance to change. I would not like this instant karma stuff. But to some degree, we have

some karmic law apply already, like we have war, terrible plagues, we have famine, we have disaster, climate heat up now, et cetera, et cetera. Well, it does happen already, over the period of time of human history, and it's happening worse now. To some, they would know that instantly, to some it's later or even after this life. You see? But just people don't realize it, that it is bad karma retribution. They don't realize that it's the bad effect of their action. You see? They are not in direct communication with the law of divine so they do not understand it. So if they have a sickness, if they have disaster befalling them, they would just take it as natural, and they're just lamenting their bad luck. But they do not understand that this is the bad karmic retribution of what they have been doing, maybe in a past life or even in this lifetime. The more they're entangled in this poisonous way of life in this world, the less the message of heaven can get through to them.

The soul is perfectly pure, but the soul cannot get through the mind, to tell the mind, 'Stop this, this is no good for you!' Sometimes, the people have a flash of intuition that this is no good. But then, the busy humdrum of this world makes them forget again next minute. They're too busy. The king of illusion makes them busy, makes them slaves to the senses, to the immediate survival needs. So they have lost the divine contact. You see, this is to be more pitied than to punish. You don't understand. They have been poisoned. Just like when you're sick, you take some certain medicine, it makes you drowsy, groggy, you can't even think, you don't even want to wake up, you can't even want to talk on the phone with your friend, you don't even want to do anything. You can't even think of doing anything.

This is almost the same situation with the people of the world. They are very, very pitiful. They came here with the best intentions, but they get entangled and poisoned by the atmosphere, by the way of living in this world. When the baby was born, he was just taking milk. But later on, the parents, or anyone, forced meat upon them. Most of the children they don't eat meat; they spit out the meat but then the parents keep forcing them until they get used to it. And then they grow up eating meat like everyone else. Do you understand me? That's why most women, when they are pregnant, the first or second month, they keep vomiting. They can't eat fish. They can't even smell fish! Anything animal goes into their mouth, they vomit for one or two months long. You know that? Because the baby inside tells them, 'Don't eat this! I can't bear it! It's not for me! You're polluting me! You're degrading me! You're making bad karma for both of us!' Do you understand that? That's what the baby's telling the mother. But she just doesn't listen! And she keeps forcing her way, and then later on, of course the baby gives up. Otherwise, both of them would die of starvation. Do you understand? And after they are born, the baby is still in contact with heaven for a while. But how long can the baby's mind withstand the poison of the meat and all that that they give to them? Then so later on, after some years, they succumb to the same situation, like everyone else on this planet. They are very pitiful, the people of this planet!

That's why Jesus came to rescue them. That's why Buddha has patience for 80 years. That's why Muhammad endured all the persecution and all the dangers, it was to rescue His disciples or whoever belived in Him. That's why Mahavira came down, and many other Masters, like Guru Nanak, and you know, I can't mention it all. Of course, you know. You know I respect all of them. That's why, despite the denseness, the coarseness, the suffering of this world, much more suffering for the sensitive soul of the saint, they still come down. Because they feel sorry for the people here, who have been blindfolded under the influence of illusion, been poisoned, and still have to continue on living and pay the penalty for what they don't even know what they're doing. That's why Jesus forgave them and said, 'Please Father / Mother, forgive them, because they don't

know what they're doing.' It's truly like that. He knows they don't know what they're doing.

So the karma is very strict law, of course, but I would like him (the king of illusion) to be more lenient to the people, of course. Of course, sometimes I talk to the lord of karma, I say, 'Please, they don't really know, all this is too much.' So we try to prolong it as much as we can, until the people wake up and whoever can wake up, you see? But still, to some people, they have been too deeply indebted which they have not even borrowed, but they did not know that the lord of illusion of this world has already made them indebted, that they have to account for their actions. Therefore, for some people, they cannot escape. Therefore, for those people, it's quicker, the bad karmic reaction, the bad karmic retribution. For some people, it's prolonged, because for some people, they have a better karma in their previous lives or even this life, due to some good merit that we don't even know what they do. Sometimes they do some good things that nobody knows. They may give to charity or they may be good to some Master which they don't know. They might serve some saints that they don't even know they are saints. Maybe they help some holy person, who doesn't appear to be a holy person, but when they help them, they help with all their heart, in their previous lives or in this life. So they still have the stored good merit, the storage of good merit has not run out. So some of these people are still waiting. And I hope I can wake them up or they awaken up by some reason before their merit bank runs out.

Q. *As I know, many people in Germany have stopped meat-eating. I mean, they don't eat beef, pork, et cetera. But they still eat fish. My question is: If more and more people give up meat eating, but keep on eating fish only one or two times a week, with this, how much can it help to save our planet? And could You also tell us how we can more effectively advise people to stop fish eating? Thank You.*

M. It's already very good that they stop eating red meat and big animals' meat. It's already very good. You tell them that, 'Bravo! Bravo! Thank you very much. You are very brave. And I thank you and the planet thanks you! And many animals thank you!' And after that, you give them a flyer. You gather all the information about the harm of fish eating and you give it to them. You say, 'Now, if you go one step further, and no more fish eating, then you'll be perfect! You'll be my hero.' [Q: Okay. Good!] Because fish eating is also very depleting to the planetary ecosystem. They have proven that overfishing of sardines has resulted in many dead zones. Because they are there for some reason. They are there for maybe oxidizing the ocean, or give life to some other kind of species or cleaning the environment. Whatever the species that God has left on the planet, they have work to do. The species has work to do. Just like humans, we have work to do. Animals, they have work to do. Even little fish like sardines, they have work to do. It's just many humans are ignorant. They think it's just a little fish, they're helpless anyway; they're useless. No, they're not useless. They think they're useless so they fish them up and eat them. But they're very, very useful to our ecosystem and to the health of the planet and, consequently, to the health of humans and all beings on it. So you gather all these facts from Supreme Master Television or the internet, or information you can find in the library or anywhere, and then you print it all on the flyer, and you give it to the fish eaters. [Q: Okay, okay, we will do that. Thank You, Master!] Of course, they do not know. Maybe they don't know. Not everybody knows about everything. My God, how can they know everything? Some people know this, some people know that. So if they don't know something and you know it, you give them the information.

Videoconference with Supreme Master Television staff, Los Angeles Center, California, U.S.A., January 20, 2008 (Originally in English)

M. The climate change doesn't mean only hot. It means that the change of climate around the world. And a lot of frequent disasters, hot places become cold and cold places become hot and then it becomes all kind of chaotic later on. And it's very, very suffering for the people later on. And many countries, many cities will be under the water and all that! Yes and more storm, more typhoon. And a lot before it really ends. It doesn't just end like, 'Okay, now it's going to end,' and then finito. It's not like that. Yeah, it will be agonizing for a while, you understand me? And a lot of people will suffer and they would not even understand why. So you contact as many, just like we talk before, we contact as many people, politicians, newspapers, just write them letters, send them flyers, whatever, just do whatever we can. Okay. Each one of us is responsible. We do something we can, all right? Okay, love. [Q: Thank You so much.] You're welcome. Good luck to your endeavors. [Q: Thanks, thanks a lot.] Everybody does something and it helps.

Q. *Hi, Master, I want to ask You why all of these things are happening to us, why in our generation?*

M. Why now, right? [Q: Yeah.] Because bad karma accumulates, it takes time to accumulate until the peak of it. Like Rome is not built in one day, and with all the teachings of the Masters from ancient times, people don't listen and that's why it happens. It happens now and again; this is not the first time.

You see, you remember the Atlanteans and all that? They also had similar. And Noah's time? That's why he had to build a boat and so on and so forth; it's not the first time. And recently, they even found a new city under the lake somewhere. This is just a thing that happens. And now and again the world happens to be under like that, because people don't listen to all the teachings of the Masters. So the Master comes down again, again and again, different Masters come down and tell people: 'Please! Be vegetarian, be moral, be good, be compassionate,' but not many people listen and they even persecute them, the ones who listen, or the Master. Therefore, it just has to happen now and again when it accumulates enough bad karma, enough destructive power.

But we have the shield. We have the power, that's the thing. Everyone dies one day or another anyway. The question is where they go, do you understand me? Where you go! You are under the protective shield of the Master if you listen to everything that is moral and good, and kind and compassionate, then you will be safe in high heaven. And most of the people who are unaware of the consequence, because they have been misled by some so-called religious leaders, they will also be helped by the Master power of the present time, and they will be also elevated in some kind of heaven, do you understand? That's it.

But it's not a question about dying or not, it's a question of whether they can be liberated, so the people of the world have been helped spiritually, so their souls will be liberated, are liberated, because it's not all their fault. It's not all their fault that they eat meat. It's not their fault that they don't understand the bible or the teaching of the Buddha, because nobody really expound to them really correctly. Do you understand? [Audience: Yes.] So the ones who have been initiated, they are protected for sure, if they follow, of course. If they break-up, then also they have to bear the consequences. And the other people, the people who have not done anything wrong, who just follow the masses and are really ignorant, also have been helped. Their soul will be helped.

- Q. *Master, another question is: If You had a message for the world, what would it be?*
- M. That I love them very much. [Applause] Because I know it's not their fault, whatever they do. It's just the veil of ignorance that has been cast upon them and make them oblivious to the truth. And also, they have been misled by circumstances, by people, by doctrines, by people who do not understand the doctrines of the Masters. So that's all I can say to them. I love them very much. I feel more sorry for them than blaming.
- Q. *Happy to be here! I wanted to ask if You had a message for the leaders of the world, what would You say to them?*
- M. I would say to them to use their mighty power to change the diet of the planet. And adopt immediately new technology, sustainable energy. And set an example by themselves by becoming a vegetarian or vegan. Change their diet, use their mighty power, use their example to set a new diet for the planet, the vegetarian diet. They first have to be vegetarian and then they use their power truly. Like the way they forbid smoking, they could do that by forbidding meat as well. By citing all the harm that meat would do to humans and the planet. They can do that. Just like forbidding smoking. Forbid meat eating, just like forbid smoking cigarettes and drugs, because that's also another kind of harmful drug. [Applause]
- Q. *I wonder what human beings will look like in the new era. Do we still have this physical body if we survive this time?*
- M. If we survive this catastrophic climate change, we will look the same. Healthier, if they're vegetarian, more spiritual, more moral, more happy, happier and, more worthwhile of a human life. [Q: Thank You, Master.] Yeah, but physically they don't look any different. If they are vegetarian they will be more intelligent, more spiritual, healthier, and happier, better people, more virtuous.
- Q. *Recently, there is a professor, Ajit Varki at the Univeristy of California, in San Diego, and he discovered that a certain chemical in different animal meat is causing people to have an immune response or allergic reaction because our body treats this chemical as a foreign invader. This chemical is called Neu5GC and the researchers found that with long-term meat consumption, it can be causing heart disease, cancer, and other diseases. So it seems that meat eating is not only the major cause of the world's physical collapse and it's spiritual downfall, but it's literally poisoning us one by one, and without us even knowing it. Master, could You please comment on this?*
- M. Yes, yes, yes. In red meat, there are up to 11,600 micrograms, could be even present in the people's daily serving of beef. And 5,010 from the pork and 4,900 from lamb, for example. Even in goat cheese, they have it also. In salmon, in milk even, in cod, in tuna, turkey and duck, they all have this element, which is very harmful to us. The more researches conducted, the more harmful sides of meat will be found and revealed. That's why all the wise people don't eat meat since time immemorial. Like begets like. If we kill for our life, that life cannot be long, cannot be peaceful and healthy. If the source of nourishment comes from death and suffering, our life can not be healthy, long, and peaceful. This is not all the harm that meat causes to human health. There will be more if they continue research. But this up to date finding is enough to scare everybody off meat. I don't understand why people are still putting poison in their body. I guess habit is hard to change. But they will have to change. Either meat or our lives. We have to put down that meat in order to save the planet and the lives on the planet.

Q. *It seems the situation was already announced in many scriptures, such as the Gospels of Peace from Essenes, the Holy Qur'an, the Bible and many others mention the critical period. In similar cases in our universe, what determined the ones that were successful?*

M. In any planet at all, if people are well-informed on time, they can always take measures against similar calamity by heeding a wise counsel and reacting according to correct advices. All the inhabitants of those planets can still reverse the situation and bring back to life the favorable result that they wish to achieve. Things can always change overnight if people turn and walk in the right direction. If we know that we are in the wrong lane and the opposite is correct, you just turn as soon as possible, right? You make a U-turn or you turn wherever you can.

It's the same with our planet situation right now. We know meat-eating, scientifically, physically speaking, is the major cause of our planet's destructive direction. Then we must turn around and walk in the opposite direction. The opposite of meat diet is a vegetarian, compassionate diet. All the animal products, all the killing of men or animals must be stopped if we want to stop the climate change. Stop killing and global warming will stop, immediately, because we turn in the other direction. If you're driving north, now you realize you're wrong, and the moment you turn back to southward, that is the moment you stop going north, is that not so? Well, the same with planetary danger right now. We are endangering it because we are living in the opposite direction, opposite lifestyle of what is good for us. So if we want to have good things happening to our planet and our life, we have to turn to the opposite direction. That's it, very simple.

Q. *So global climate destabilization threatens the very existence and continuation of our civilization, so shouldn't it occupy 100% of our attention? Doesn't this issue kind of trump every other issue and shouldn't we focus 100% on this question because, You know, life on planet Earth depends upon it? [M: Of course, of course, that's why you guys ask questions about it. So you're worried.] Very worried, yes. Thank You for having this conference so that we can share ideas. I do. That's why it seems important for me to reach out to other people. I think they're ready to hear and accept the message that vegetarianism is necessary to save our planet.*

M. Yes, and also technical reverse, like wind power, sun power and all that stuff. [Q: Yes, absolutely.] Sustainable energy. Well, it also depends on the karmic burden of the world and we try our best. We will let them know on the television and also individually wherever we can. All right? [Q: All right. Thank You.] It's just sometimes I'm just thinking, I don't know if people even listen. Do you understand? [Q: Yes, I understand, Master.] Yes, the other day I went out in a restaurant just to see somebody and then I talked to him about the climate change and I just like half jokingly, I said, 'Well, we have only four, five years, you know that?' And he said, 'No, no, no, we have 50 years.' And I said, '... couple of years. Scientists...' 'No, we have 50 years.' And even then, 50 years, how long is that? You see what I mean? But just the way they say 50 years like, no problem, it's like another five million years, something like that. 50 years to them is like five million years. Something like it doesn't concern them right now and they just don't seem too concerned. And my place, I went to a new place and my place is right near the highway, not too near but because I live on a high mountain and the sound just comes up. Like day and night, thousands of cars passing by. All this is really telling me something. [Q: Understand. Yes, Master.] But nevertheless, we don't give up yet, we're doing things. We're still airing our television and we're still doing our job. But on the other hand I'm telling you the reality. Do you understand? [Q: Yes! Yes, Master.] Now, 53% of the American say, 'Okay, vegetarian is good for the planet and for the individual help.' But I don't know if 53% of them are doing it. [Q: Not yet. But the more the

message gets out there, the more people will change their life.] We do it. We do it. We do it. I was thinking even to advertise the whole NASA message on newspapers and pay for it! [Q: Yeah, I think that's great!] All the newspapers and on televisions, but we will see what we can do. Given the situation and the time frame, we do what we can. Don't forget that it's not just vegetarianism. They have to reverse the technique, the technology and everything else, as well. [Q: Yes, of course.] Yeah. Vegetarianism is for the long-term benefit, to lessen the bad karma, to touch the mercy of heaven. But everybody else has to also contribute, like sustainable energy, et cetera, et cetera. It takes the whole planet to do it together.

- Q. *I was thinking we could boycott major polluters, companies that are not helping at all in the global need to address climate change, things like this. Many things... We can write down all the suggestions and send them to You. Thank You, Master.*
- Q. *Just following up on what You said about You going to the restaurant, I showed one of my friends the NASA climate ad and he seemed to be convinced with it, and then I said, 'Well, are you going to go veggie?' And then he said, 'Maybe in a few years time.' So how do You convince them more, how do You make them take actions?*
- M. I don't convince anybody. Even if I go around from door to door and stick the NASA sticker on everybody's house, I don't know how convinced they will be because human habits are very difficult to change and also reverse psychology. You understand me? Sometimes you tell them to do it, they don't. Just because they want to do against what you say. It's the human, reverse psychology. Also it's difficult for people to know how to eat vegetarian. They don't know how to cook a vegetarian meal. For the Chinese, Aulacese it's more easy because we cook tofu, we cook tasty meals and all that, or chop suey. It's difficult, and even if they want to, they just don't know how. That's why we have to teach them how to cook vegetarian on television.
- Q. *The data from the NASA climate reports indicate that the polar ice cap will be gone by 2012, this coincides with the end of the Mayan calendar so is this like a coincidence or something else? [M: What Mayan calendar?] The Mayan calendar is from a group of people from South America and they said that 2012 is when their actual calendar will finish and there is no new calendar coming from that.*
- M. Maybe it's not coincidence. Some people do see things. Some people do see things in the future but people still can change! The thing is would they like to change? Would they be strong enough to change? I try everywhere I go of course. Our programs and leaflets and the lectures, they change many people, millions of people, but that is not enough.
- Q. *The question is here: Has humankind evolved sufficiently in the last years to be able to address the challenges adequately?*
- M. They have evolved somewhat, honey. But not quick enough. They have evolved because of the grace of heaven. Therefore, they listen better than they would have done long ago, like years ago or decades ago. They listen better now, but still, they're still too busy with their material existence to even think deeply about it.
- Q. *Another question is that a lot of people are aware of the climate change and the consequences. But about the toxic gases, many people are not aware – from the ocean. So Supreme Master Television has made some research about this and found some supporting studies from the university. They say that 250 million years back, already*

90% of Earth's species were already destroyed. So, is this climate change comparable to anything else in the history of the Earth?

- M. Do you mean because of the gas? 90% because of the gas? [Q: Yes.] Well, it will be similar. Gas is gas.
- Q. *And also, did other civilizations in the universe have the same problem?*
- M. They did. Wherever there are people and planets, these things can always happen. Once the technology is developed to a certain height, the side effect will follow. If people are not spiritually stable or developed, then the technology development will outweigh the spiritual balance and, therefore, they will destroy their planet.
- Q. *I want to ask, almost all agree that climate change is happening but some people still don't believe that it's caused by humans. And they believe that, they say that it's happened before with the dinosaurs and we can't really know if it's from humans. And I want to know is it caused by humans and can we stop it?*
- M. Well, it's caused by humans most of the time. Everybody knows it by now. [Q: Some people still say that we're not sure that it's caused by humans.] What else that causes the carbon dioxide from the cars? You think the alien is driving our cars and the alien eats meat? [Laughter] Not everybody is knowledgeable about even the climate change.
- Q. *Right. And then the other thing I wanted to say, it's not really a question but more of a comment. It seems like there are experts who are talking about their own field. Like some scientists talk about the melting ice because they are the experts and they study glaciers. And then some are experts on oceans, and they tell us the ocean is warming up. But, so far the changes in human behavior are still not fast enough. And so I just want to say thanks for putting things into perspective, with such clarity, so that all of us on the planet know that now is the time to act.*
- M. Right. Okay. We can try our best. I have been thinking of what to do lately. By talking you have more ideas and it's very good.
- Q. *We're so grateful for Your leadership, Master. Thank You. [Applause]*
- M. Thank the whole team.
- Q. *Dear Master, we want to take this opportunity to thank You for graciously accepting to have this brainstorming session on the environment, and all of the discussions and ideas on how to save our planet. We want to wish You well in Your work, in Your health, physically, emotionally also. For all the work and encouragement You've given us, we want to thank You. We love You very much. Thank You.*
- M. I love you too, guys. [Applause] [Q: Thank You.] Heaven loves you, all the animals love you and I love you. [Applause]

SPREAD THE VEG MESSAGE TO PROTECT LIVES ⁴⁰**Videoconference with Auckland Center, New Zealand, August 19, 2008 (Originally in English)**

- Q. *Master, with the serious environmental health of our precious planet, every day there is some new catastrophe happening somewhere in the world. Is there more to the big picture than just environmental imbalance? Is there maybe a preparation of sorts occurring with regards to an ascending process for our beautiful planet? Is she going to be safe? Also, is there any assistance available and allowable from our brothers and sisters from other planets in case we need it? Thank You, Master.*
- M. You are very welcome. Regarding your last question, they are helping quietly already. But this is a very easy problem. We can solve it ourselves, just by being veg. How more simple can it be? Only if the humans listen, all they do is just be veg, and everything else will take care of itself. How simple! But only if anybody is listening, alright? Now, concerning the ascending of our planet, that is the universal plan for our planet that we should catch up, that we should ascend with other higher spiritually developed planets. That is the plan. But the humans are given free will, and for that free will, they have not been using it wisely. That is the problem.

And now, I'm calling everyone to use their free will in a better way to free themselves, to free themselves from bad karmic retribution, to free themselves from guilt, free themselves from blood on their hands, free themselves from blood debt, free themselves from hell retribution hereafter, free themselves from destroying the only home that they love – which is our planet – free themselves from the murderous status that they are in by eating meat, freeing themselves from all the crimes, past and present.

So if they will be vegetarian, everything will be forgiven, everything will be well and good. The planet will be restored, the animals will be thankful, the humans will be healthy, and all will be happy and blessed. That's all there is to do. Be veg. Nothing else heaven asks from us. Nothing else we really have to do. Nothing else other planets even need to help us. Very simple. Be veg. So we cannot be demanding heaven to help us any more than this, it's just to be veg. So if we have more urgent and justified cause of desperation or urgency, of course other planets will help or heaven will help, but it's just to be vegetarian and if we cannot do that, then I'm sorry, we don't deserve any help. [Q: Yes, I can understand that.] I am sorry, I truly am. But the thing is, people are not too much aware of this, being indoctrinated too long in the meat diet, believing that it is healthy and good for them and necessary for them. Therefore, we have to try to reverse this concept and it's not easy for all of us, but I beg you all to do it. Continue, save as many as you can, and then, if most people are good, then, of course, our planet will ascend to a better level of consciousness, equal with other planets in the hierarchy of the galaxy. And then, of course, everything will be good. What else can I tell you? I cannot tell you if the planet is going to be saved or not. I can only tell you that I have positive feeling and that if we are working hard, and with the help of all the vegetarians, fruitarians, breatharians, waterians, all the non-meat eaters out there, if they're all helping us, and even the meat eaters, if they are helping us also, then the planet will be saved.

40. A compilation of discussions concerning the detrimental impacts of the meat diet on human health, the environment and, ultimately, the health of our planet.

I love everyone. I want them to be safe and sound. But for their own good only, not just to keep them alive and they continue to make others suffer. Because, in that way, they will suffer themselves now or later on. So that's not the kind of love that I want to give to people on this planet. My kind of love is to awaken their own love. Then they will be well, here and hereafter. That is the true love that we can give to others. And that's the true love that I can give to you and everyone out there.

- Q. *Yes, I can understand. It would be like if I was to tidy my daughter's bedroom all the time, she would never learn to keep her own bedroom clean and she would be spoiled.*
- M. We have to love with wisdom. We have to love wisely. I want to wake them up and save themselves, that's the best for them now and later on after they die. Otherwise, physical body is not much to talk about. Okay? Thank you.

Videoconference with Supreme Master Television staff, Los Angeles Center, California, U.S.A., July 31, 2008 (Originally in English)

- Q. *Hallo, Master. My question is: In Monaco recently, You have spoken about the need for the media to promote the message of vegetarianism. We've been seeing more press from print, broadcast to radio, such as the vegetarian segment covered in one of France's largest news programs. It's been discussed several times in the United States TIME and other major publications. So Master, how much more do we still need to see in the major media to truly be making a big difference in the public's awareness of being vegetarian to save the planet? Thank You.*
- M. This should be done on a more frequent basis, like daily reminder as I mentioned in Monaco. They have to print a line every time they print out a newspaper or a magazine. They should print it on every page on the newspapers and magazines. Even one or two headlines daily, even on films, or movies, advertising boards, televisions, computer boards, everywhere – this should be the topmost concern topic.

My God, we are short of time already. Please, everyone wake up. The wealthy ones should spend money to advertise these headlines if the media don't do it. All the vegetarians and vegans should go all out to inform people and tell them the grave situation of our time due to meat diet and convince others to switch to vegetarianism. I would call on all the vegetarians and vegans, don't just be a quiet vegetarian, least of all, a closet vegetarian. You are the pioneers, the heroes, the world saviors. Come out and showcase your most needed shining example. Help in any way you can. Be an active vegetarian; the world needs you.

We have all the information on www.SupremeMasterTV.com for you to convince people that meat diet is bad and vegetarianism will save the world. Please do it. Print them all out, give it to people. How much time does it take you? You carry some in your pocket; just print it out on www.SupremeMasterTV.com. All the information about harmful meat diet and beneficial vegetarian lifestyle, just print them out, put it in your pocket, and wherever you go, just give it to people. It doesn't take time, not much money. Even if it does, please do sacrifice to save the planet, if you still want to live here, and also to save the animals that you so much love. And to save our people who are not aware of the bad consequences of a meat diet. It's our duty to do that. All the vegetarians, all the vegans, all the fruitarians, breatharians, solarrians, waterians out there, please do this. We cannot do it all alone. We can also save some people, but we cannot save all if we don't have your help. Please do help us to help everyone. Thank you so much. [Applause] And by the way, I also want to take this opportunity to

congratulate and thank the new vegetarian club members. You do make a big difference, and that's why we gained many more months. [Applause]

Q. *Master, this is a nice one. You know that yawning is contagious, yes? [M: Yeah, I know.] For example, when someone is tired which causes them to yawn, and there's another person around it, usually it automatically triggers them to yawn, too. [M: I'm yawning now.] [Laughter] So there must be some invisible physical trigger or maybe some mental or spiritual connection. So why can't I just say, 'Be Veg. Go Green,' to someone and they will automatically adopt it for their way of life?*

M. Would be nice. Would be nice when it does that. Yeah, it does happen. It depends on the degree of the karmic background of that person. So, to some person, when you just say, 'Be Veg. Go Green,' and explain a couple of sentences and then he be veg, and he goes green. That also happens. I know that for a fact, I know that. Some people have been converted that way. But that depends on how filled he is in connection with others because a person who goes veg, that encompasses a whole lot of network of karmic connections. It's connected with his parents, with grandparents, with the great, great grandparents and connects with all the animals or all the things that cause him to eat meat or the animals to be killed, et cetera, et cetera. And the karmic pattern from many past lives. That's why. Because it's connected to so many beings. And also it's in his DNA, and it's been habitual for a long time. That's why it's difficult to change. But a person who is not so filled with this karmic hindrance or feel very little bit, like 0.9 and 0.5, then when you talk to him once and your spiritual power is enough to cleanse the little karmic hindrance that he has or she has, therefore, you convince her or him on the spot. Many Masters can do that. That's why they convert people en mass and initiate them immediately.

You, for example, you just listened to my lecture once and get initiation and you stay vegetarian, how many years now? [Q: Almost 20.] 20 years! See that? Because you have very little bad karma, not too much connected with many other heavily dragging power of karmic killing retribution. Therefore, I just talked to you once, and you're smart, you understand and I'm able to help you right away. That happens, you see? It happens also. But it doesn't happen all the time because of the karmic hindrance and the DNA and the background and the habitual and the unsmartness sometimes. Maybe you have higher IQ than other people. Yes, that helps also. You see, smart people do choose vegetarian diet and quicker and simpler.

And now, at least it shows that we can influence each other. When you yawn, somebody else yawns, at least it proves something, that we are all connected, that we could really influence each other in some scale right now. Yawning is an automatic, mechanical system in our body. So if somebody yawns, we look and then the cells of the body copy and yawn also, because the yawning action doesn't have to connect with your great grandfather's karma or killing of anybody. So it's so light and easy, so it's easy to influence people. I wish we could influence everybody by just yawning like, 'Veg' or 'Green' and then they go automatically. [Laughter] But it will do. That just proves to you that we could influence people. We just continue yawning our conviction – 'Be Veg. Go Green.' – and then maybe people will all yawn with us. [Q: Thank You, Master.] Very good. Is that logical enough for you? [Q: I love it. I love the answer. It's correct.] Okay, good.

Q. *Some exciting new data has been sent back by NASA spacecraft currently circling around Mars, the Mars Reconnaissance Orbiter. Pictures reveal that Mars once had diverse forms of water, such as lakes and rivers, wet environments that might have*

supported life for thousands or millions of years. Geologists have identified similar land forms between Mars and Alaska, such as evidence of ice avalanches which are now occurring more frequently in Alaska, most likely due to global warming. Yet another analysis shows that Mars' northern hemisphere had been impacted by a huge crater billions of years ago. Master, You've spoken on several occasions about the parallels between the histories of Mars and Earth. Is it true that Mars experienced climate change at the hands of its inhabitants like our planet? Did the Martians have a chance to save their planet?

M. They did have, sweetheart, they did have. The warning came like 20 or so years Earth time to them, and the last urgent sign they had was about five years before the destruction. They had five years in advance, but they did not change quick enough. They did not change, so they didn't have a chance to save the planet. They did have a chance, but they did not do it. [Q: Why is that, Master?] The reason they did not change fast enough because they did not know about the vegetarian diet that could change. At those times, there were not enough people to stand up and communicate the urgency of the planet, as well as the solution like vegetarian diet, the way we are doing now.

Q. *And Master, how about our planet, do people know the chance?*

M. There are some people who don't know what to do. And of course, some people who know what to do because we inform them or the United Nations inform them or the scientists inform them, but they still did not change their habit. So if we continue not changing our habit, then the planet will be destroyed, just the way Mars has been destroyed. [Q: Thank You, Master.] [Applause] Right now, we are doing a lot of things; we inform people and we are distributing leaflets and all that, but we will have to rely on heaven's grace if we are to survive because many people still don't listen. Even if they know, they don't listen. Just like people who know smoke is very harmful to them, as long as they still can puff it, they puff it. That's the problem. So the people, whoever can listen to us, they will survive. So at least, if we cannot save the whole planet, we save these people. And if these people cannot help to save the planet, at least they save themselves. It's still helpful. That's how we gain time.

Q. *Master, the animals must feel sad because many of their species are being forced to leave their corners of the biosphere as they cannot adapt quickly enough to the changes. We hope that we can ask for their forgiveness. From their perspectives, what are their hopes and wishes for the Earth at this time?*

M. They just feel sorry for human beings as they know where they are going, but most humans don't. They do love life like we do, but they are not that attached to it the way humans are. They are not very afraid of death. It's just the natural reaction that they want to live, but if they have to die, they die, because they know they are going back to where they came from, which is heaven. That's why they are always satisfied in any circumstances. They know life here and hereafter and they know their maker (almighty God). They wish the human race can see what they see, know what they know and stop all this madness centering around temporary time on Earth and focus more on life eternal. They wish the Earth be saved. But it's not about saving the planet, but about humans returning to a virtuous life and compassionate heart. And all things will be all right. They know that. Then the Earth will be saved if people are compassionate as a by-product. If we live according to the law of love, all things will be all right. The animals know that, and they would really wish humans understand this concept, the only concept that matters, the concept of love.

Videoconference with San Jose Center, California, U.S.A., July 10, 2008 (Originally in English)

- Q. *I was wondering, what will happen to planet Earth by the end of 2009? Because I have heard You saying in several occasions that we have only two more years at most. Thank You, Master.*
- M. I told you we have gained more time now as more people join in the vegetarian circle and cut off much bad karma recently. And also people have tried to be more green. Recycle, plant trees, frugal in all their using, et cetera, et cetera, and helping each other more, and more tolerant, more peace talk. And the more people join in the vegetarian diet – that is more important – means the less bad karma we will have and the more time we will gain. So be positive. Even the governments and many groups go green and be vegetarian. Maybe we will have longer time. And now, I want you to focus more also on what you want the world to be. Like veg, green, good. Veg. Green. Good. [Q: Yes, Master. Thank You very much.] You're welcome. But still continue to do your job, like distributing flyers, meditation, praying, helping each other, helping others. Meanwhile, having a very positive vision and attitude. Things might change overnight, who knows? Yeah, it could happen all the time. [Applause]
- Q. *Dear beloved Master, I have two questions. I know the future will depend on the change made by the people on this planet. They are changing now but they're doing it slowly. I got some feedback from my relatives, friends, and the people I talked to, I gave out the global warming SOS DVDs and flyers, that they did change their diet by reducing meat consumption. But is it enough if they're still not 100% vegetarian?*
- M. It is better than nothing, at least better for their life, for their health, better for many animals and better for our planet. If they cannot save the world, at least they can save their souls, and that is very important for them. And try to somehow convince them to be completely vegetarian, that would be even better for them. It's good, you see. It is effective that you're going out and give them the flyers, and some people would reconsider and then do understand the importance of it, and then they did change. That's very good. Well done. Bravo and thank you.
- Q. *My question is: I have recently heard of some elementary school students who were speaking about what they wanted to be when they grew up and one of the answers was, 'We won't be alive then because of global warming so what's the point of answering?' And I was just wondering what kind of inspiration You can give these children who are feeling hopeless about global warming?*
- M. Well, you tell them to be positive. Tell them to keep up hope and be veg if they can. And please go green and do good, then heaven will protect them, and we will have a future still. Tell them everything can always change. So, it depends on their attitude, depends on everybody else's attitude and their contribution. If they all veg and encourage everyone else, then things will look bright.
- Q. *Yes, Master. This question is from my lovely baby. Thanh Linh is 11 now. Her question is: How can we restore the ice back to its natural order, if we're able to stop global warming, and how long will it take if it's possible? Thank You.*
- M. If all humans are vegetarian, then the bad karmic retribution will change, and nature will restore its balance – automatically. It will be slow or quick; it's up to us. Suppose if the people are slow to become vegetarian, and we take too slow action, then maybe two

years, that means 104 weeks. And the quicker one would be two months, that means eight weeks. We will see the change almost immediately.

- Q. *You have suggested that, in addition to promoting vegetarianism, that we open vegetarian restaurants, be frugal, and plant trees. Beyond these, could You give us a list of maybe the top seven to ten most important things that we can go out to do to help save the planet? Thank You, Master.*
- M. Meditate. Positive vision. Spread SOS flyers. Promote vegetarian diet. Be frugal. Planting trees. Use hybrid cars or less fuel consumptive means of transportation, like carpool, bus, train, walk, bicycling. They are all important actually. There are many more than that. And try to be organic. Buy organic food to support organic farmers, et cetera. Do anything you can to support this organic vegetarian farming. Thank you.

Videoconference with Seattle Center, Washington, D.C., U.S.A., July 6, 2008 (Originally in English)

- Q. *Master, I know more people are becoming vegetarian and more media are talking about changing into a vegan diet is the best solution to halt global warming. Do You think that has something to do with the UFOs or us, like Supreme Master Television? I'm thinking UFOs from a different planet, they might try to educate us, to help us, to give us the information.*
- M. No, they did not give any information. Has nothing to do with UFOs, as I told you already. It is us. It's you who go out of your way to distribute the Alternative Vegetarian Living flyers and the SOS Stop Global Warming flyers and all this information about the solution, how to stop the global warming. And it's the Supreme Master Television that's broadcasting all the urgency messages, and promote vegetarianism, as well as many other organizations, green, vegetarian organizations who are helping in spreading this message.
- Q. *My question, dear Master, what is the best way to motivate meat eaters to go veg? It seems to be getting easier for them to add than to give up meat, because most of the advertising things, grocery stores or restaurants, only focus on meat products for sale.*
- M. That's right. That's right. That's right. I ask myself the same question, my love. I haven't got the answer yet. [Master laughs.] Just give them, whoever you encounter, the SOS flyers, and the Alternative Living flyers, introduce them to Supreme Master Television so that maybe they can get more information and that they might decide to be veg. Everybody talks about, 'Okay, change the light bulbs, turn off the heater, open the window instead of air con,' but they don't talk about vegetarian diet. They don't talk about ending the meat habit. Because meat habit is the number one cause of global warming. And everybody talks around it, just like to try to avoid the issue. So that's why the vegetarian diet is not widely spread. And the urgency information of the global warming has not really been widely informed to the public at large. So you see, I have always asked the leaders to help to do this. I am waiting. I hope they will respond and on time to save the planet. Meanwhile, we try the best we can.
- Q. *Master, what will happen to us? Will our bodies be vaporized and our spirit be lifted? Is it the same for everybody or is it different between disciples and non-disciples?*
- M. Your bodies might avaporate. There are two cases. If it is a total destruction then it is not different between disciples and non-disciples. Because if we don't have enough

vegetarian people or virtuous people to balance out, to over weight the negative power of the non-vegetarian people, and the killing, meat-eating people, killing for food, and killing for war and all that, if we don't have enough virtuous people and positive people and vegetarian people to over weight that, then maybe it's a total destruction. In that case, your body or any body will be... whatever accordingly. And of course, our spirit will be lifted. Your spirit is already lifted, after initiation. So it will be the same for everybody, but the difference is that our soul, the spirit of the virtuous people, will be lifted.

Group meditation, Monaco Center, Monaco, May 4, 2008 (Originally in English)

M. That's really beautiful. [Master is referring to Her birthday cake.] This is a birthday for all of us, that every day we renew our strength to be a good person on Earth and to help whoever we can and to improve ourselves. Something I want to tell you about protecting the planet. Even if the whole population of the planet, everybody eats only half vegetarian, we can save the planet already. [Applause] That's the best, the quickest way. Because meat is not only about the land, it's about water, medicine, energy, transportation, pollution from transportation, everything... and conscience – makes people sick.

So if you can tell people to be vegetarian, that's the best thing that you can do for them and for the planet. Even we can keep all the airplanes, we can keep all the cars, we can keep all the things now, because CO2 is not as bad as the conscience sickness, and not as bad as spending so much water on animal raising and wasting land and deforestation, and transportation. Even if we eat vegetarian, we still can keep all the airplanes, cars, trains, everything as usual even. Don't even need to rely on the government, because the government cannot always do everything. The government cannot forbid people to eat meat, for example. Maybe they can, but they don't want to do it.

So the best to save the planet is the individual. Just be vegetarian and we save a lot of methane gas and a lot of transportation pollution, a lot of waste on water and land, and those land we can cultivate. There is enough food for everybody. And the food that we feed the animals we can feed the hungry. We can never go hungry. The whole planet can be fed if people go vegetarian. And then we can even still keep all the styles that we have now. Like the airplane. Yeah, we can. Of course, it's the best if we don't. But still, even if we still have car, airplane and train and all that, but the planet people are vegetarian, then we can save the planet still. But not everybody knows that. Tell whoever you can to save the planet. But even if we cannot, then we cannot.

Q. *I would just like to say one remark about the planet, because we are all talking about that. The nature is not changing. No, we are changing the nature. And we have to bring that out to everybody, because you are all on a good way, to be vegetarian. I am so happy to see that and to hear that. I am afraid about that because most of the people all over the world are very nervous and yearning for money. But it's not the money in our life. It's the personality and to be together with nice people and to live in peace all together.*

M. One more thing about the climate that everyone worries about that you keep asking me. You know, if we have the blessing of the government, it would be good. But otherwise, everybody can do it. Just be vegetarian and we can save it. Save a lot. Because of the bad karma: 'As you sow so shall you reap.' If we do bad things then we get bad things. It's not just about the physical energy or the waste of water and all that, even. The bad

karma will come back on us and nobody can save us, not even God. Because God told us to do this and we don't do it so Hes lets us free. If you want to make mistake, it's your freedom. God is not somebody who controls you all the time. It would be good if Hes does some controlling, but Hes doesn't do it. So we have to control ourselves, we have to know what's good, what's bad. Read the bible. Read the scripture of your religion. Really study well to see what the scripture tells you to do. All the tips in any scripture of any religion tell you how to survive here, how you save the planet, and how to live well, and how to go to heaven afterwards. It's all in the scriptures. It's not me saying anything.

But now, physically speaking, if all the governments give us the blessing and encourage more, and I'm happy that many governments now are encouraging children to eat vegetarian, more vegetables, less meat and more vegetables. And I'm so happy. Maybe we can still save the planet. And one more thing is if we have the blessing also of the media, every newspaper, every day when they print out the newspaper, they could just print one sentence, 'Be Veg. Go Green. Be Vegetarian. Go Green.' That's it. So easy. All the newspapers can do that. They don't have to say anything more. Every day, when they print the newspaper, just one headline somewhere, 'Be Veg. Go Green. Save the Planet.' And all entertainment programs, whenever they do some entertainment, they could say it before or after, 'Please Save the Planet. Be Veg. Go Green.' Everybody helps. And the governments put billboards everywhere, 'Be Veg. Go Green. Save the Planet.' And then, all the billboards, every advertisements should add one sentence, 'Save the Planet. Be Veg. Go Green.' Then we'll be fine. We'll be smiling. Even if people eat only half vegetarian, like if you're a meat eater, like you eat every day meat, now if you eat only half a week meat and half a week vegetarian, we already can be singing, can be happy.

So that's what I think. That's the solution for the planet. If you know some newspaper man, you can suggest this. Just one little headline, or any headline anywhere. Every day, when they print the newspaper, 'Please Save the Planet. Be Veg. Go Green.' And if you want to know more, they can ask everybody else or you can watch our television or they can ask our website. It's easy. We're already advertising a lot on newspapers but it's not enough. I think all the media should help to save the planet. Because if the planet's gone, they're also gone. Everybody should realize that. Money – useless, house – useless, power – useless, everybody will be gone.

So we do what we can to make people realize that. We have to save the only planet that we have and the most beautiful one that we know. It's the only one we know. Of course, you know some other better planets, but they don't know that. They don't know that. For the most people they don't know that. They don't know that we can see other planets. So we do this for the people who don't see other planets. But they think we do it for us. Well, also for us. The longer we live here, the better. We can meditate more, eat more pizza. Come here and have more fun. We enjoy this planet also, even if we know other planets. Even if we know heaven, we still enjoy this planet very much. And we wish that all the inhabitants can have a safe, beautiful and contented life here. And all they do is just sacrifice the piece of meat and put in place a piece of tofu. How difficult can it be? My God! If you call that a sacrifice. It's worth it, for your children, right? For the next generations to have the planet. And at least until we find a better solution for the planet. Right now we have to stop it. Stop the global warming because millions of people already hungry and displaced because of the global warming every day. And if we don't stop it, we even have war. Because when people are too hungry and have nothing to eat for their children, they will make some trouble. And you can't

just kill everybody, you can't just go out and kill millions of people if they rob your house, you can't just do that. See what I mean?

So the solution is just be vegetarian. Don't even have to be green yet. Just be vegetarian, then we can save the planet. Because the consequence of the ecosystem, because it takes so much to raise animals than to plant vegetables, it takes so much to feed animals than to feed the hungry people. We use all the resources to feed the animals so that we can eat the steak. Two minutes, not even, maybe one minute, finished. So much work, so much transportation, so much energy, so much money, so much water. Too much goes into one piece of steak. And a lot of people hungry for it, too. And we create bad karma for ourselves as well. So we suffer some liver problem, heart problem, and we don't even know why we're sick. So much money, so much food and how come still sick? The hospitals are full of meat eaters. They don't find a vegetarian in there. The more rich, the more meat. The more meat, the more hospitals, right? All the time, that's the circle. And the more meat, the more poor people, and the hotter the planet. Last week the Formosan people, they go all out. They pledge to be vegetarian. They have the slogan, 'No meat. No heat.' It means if no meat then no global warming. That's cute. I think that's very good. Okay, well, I thank you for being vegan or vegetarian, whatever you can. But cheese also contributes to animal raising. But if we eat cheese the way the ancient people do, then it's still okay. Like in India, the cows they roam all over, they are free and they give milk, whatever they give. But today, many people eat because of greed, eat because they want to, not because they are hungry. And they raise much more animals. That's why we have problem.

- Q. *As far as I know, many people in Europe are vegetarians, in order to protect the animals. And for the environment, people try not to drive cars and not to fly by airplanes. And You are saying that we need to be vegetarians for the environment. Can this have an influence, and in order to save the Earth, how many people need to become vegetarians?*
- M. A few months ago, when the Supreme Master Television asked my opinion about a similar question, I said to them that at least half of the population of the planet should be vegetarian, then we can stop or halt the global warming where it is. But right now, at least two-thirds of the population, if we just rely on that alone. If we rely on vegetarian alone, two-thirds of the population should be vegetarian, and then we can halt the global warming where it is right now. And then the Earth, the planet, will recover. Slowly or quickly, depends also on some other factors, like heaven's blessing, humans' effort, the coordination between nations and people. Yes. The more we delay, the more the number of vegetarians we need. But right now, if anybody listens at all, we must stop all the killing. Be it killing humans or killing animals. We must stop at once. Then we can stop the climate change where it is, and then we can buy some time to help the planet to recover, and we can develop some newer technology to help to cope, to help to adapt with the new environment, new climate change.

Meeting with the Principal of Waldorf School and Member of Parliament of Slovenia, Ljubljana, Slovenia, February 27, 2008 (Originally in English)

- M. They told me they have vegetarian food in the Waldorf School, is that so? [Q: Also, yes.] I think Waldorf School, I thought, is a very idealistic school, it should be for environment. Meat eating is damaging to the environment a lot. I'm not speaking as a priest or a nun or moral, or a puritan, or anything like that. I am speaking about the life and death of our planet. We have only several years to change our life, otherwise we don't have a planet, not to talk about meat or not meat. So we must, I think Waldorf School should change

their policy to make an example for other schools. I'm just suggesting. But because of the survival of our planet. I always look upon Waldorf School in my heart, I always thought it's a very natural inclined school; it's teaching the children in a higher method and higher ideology. I always have admiration for Waldorf School. So if, for this reputation, if you start all-vegetarian diet, that would have been a very big influence for the world's schools. The ice is melting and that affects everything. It's not just the ice. The scientists already confirmed that even if the permafrost melts, that will release the gas. And gas is poisonous for everybody. If it's typhoon we can run somewhere else. If it's gas it will go everywhere. So we have to contribute whatever we can to save the planet. There is not a question about morals even anymore. I have been talking all these years about our moral obligation to our co-inhabitants, like, we have to treat animals the way we be treated because they are all creations of God. Now, it's a question of our own survival, for the children even, that you are taking care of. If the children are not taught how to preserve the planet individually, by protecting the species of the planet, by not eating animals. Because eating animals means raising animals. Raising animals costs a lot of water, electricity, medicine, everything and also releases a lot of gas from the waste of animals into the atmosphere. That's the most dangerous, the most poisonous gas came from animals.

Q. *Especially I heard, I read I think... [M: Yes, from United Nations report.] for the cow, raising the cow... it's most dangerous for the environment.*

M. Supreme Master Television compiles all these facts for you, from United Nations, from scientists, from everywhere, all over the world. We compile the whole list of what is the cause. And the United Nations already reported that raising animals is the most damaging to our planet. Even the Climate Change Chief tells everybody we should not eat meat anymore; one of the causes, the biggest cause. We should, at least for the planet, at least we have to stop eating meat so that we don't raise anymore poisonous gas for the planet. And then we can maybe able to keep it the way it is now, that it won't get worse. Because if it gets worse everybody dies from different causes. From gas also, not just to talk about the hot... or the disasters, frequent disasters nowadays. You can see on television every day some disaster because of the climate change.

Q. *Yes, definitely. So what we are trying is to raise the awareness. But maybe You are right, it's no time.*

M. The choice that we made all these centuries is bringing us to where we are right now, that we're losing the planet if we don't change. The planet is going! And everybody just still sits there like nothing is happening. Some people told me, 'Oh, we have 50 years.' Okay, maybe we have 50 years, then, how long is it, 50 years? 50 years is just 50 times of 365 days. 50 times of 365 days, that's all we have. 50 times of that. And we don't! We have only 2, 3, 4 times of 365 days. I am not the one who speaks. The scientists, the United Nations have confirmed all that. So now, we are talking about choice. We don't need to choose anymore. If the way is going like this, there's no need to choose anything. There's only one choice. Well, there's enough evidence to know which is the right way to go for saving the planet. We have television, we have internet, we have newspaper, we can inform ourselves how dangerous the situation is, how serious this is. I ask you only one thing. Change to a vegetarian diet. That's it!

Q. *I don't have to change myself in this case, because I am not eating meat, so... [M: You are a vegetarian already?] I understand Your message.*

M. I know you understand. So why not? Work on that. And you will be the most powerful principal of all the Waldorf Schools. Would you do that? Would you be strong enough to be the first one ever change the whole system to save the planet? Even if you alone cannot save the planet, who knows? Maybe you start it and everybody will begin. [Q: Yeah, just follow then...] If you don't have enough or you don't remember all the details of the information about climate change, how it damages our environment, the evidence is already here. Many places are already damaged. You can look into Supreme Master Television and look about climate change. You will have all the evidence you need to talk to your people, in case you forgot. You read newspapers here and there, but newspapers don't always report every day, then you forget. And everybody reads one time, headline and finished, and tomorrow goes back to do the same thing. If you are a vegetarian, more so you must do it. For your own belief even. I mean how much longer will we live anyway? Even if you die, you do it. [Q: That's true.] So if you tell everybody to be vegetarian, to save animals, to save the planet, even if they criticize you, take it. It is for the noble cause, but one day they'll worship you. Yeah, look at how they follow you. They follow your idea in the beginning because you change into the choice. That's step one, and now we make plan B. Just like you started vegetarian choice in the school, people criticize you a lot, but you didn't care. The only one choice in this world is one choice, the right choice. Because Waldorf is a very prestigious school and if you did that, everybody will follow. I hope they follow on time, that we have enough time. Not until 15 years or 50 years later waiting and still thinking that we still have time. We don't. Maybe the world doesn't end immediately at four years but suffering gradually and die in agony, with sickness, disease, disaster everywhere before it ends. And we don't want that to our fellow human beings or animals. You have to save them, in your world. You have the world to save; you save it in your world, and each one saves it in his little own world, maybe we can save the whole world then. What else can we do? So we have to do it in our capacity, yes? You convince people first, of course. You tell them the desperation of it. Do something. You, too – both of you. The world and its survival is even more important, more urgent. After the world has survived, we can still help each other. But if we don't help the world, then I can't even help anymore.

Group meditation, Kuala Lumpur Center, Malaysia, February 23, 1992 (Originally in English)

Our motive is actually not to run away from our duties or from our Earth. It's just that if we could not stay here, and if we could not change it, then we have to go. So if you love our world, if you are a down-to-earth person, if you think the Earth's people are still worthwhile, trustworthy, then save them. Save them with your wisdom, with what you know about the practice, about compassion, about love, about the Quan Yin method. That is our duty. And even after all, if everyone changes into Quan Yin and vegetarian eaters, you still don't like this planet, well, other planets are ready. Other places are waiting for you. The best glory you'll find in meditation, in bettering yourself, in making yourself become a very beautiful citizen of this world. Our world can become as beautiful as nirvana. It is that the world's people don't work toward it; otherwise it can be as beautiful as any nirvana can be. All the money we waste in arms, in wars, in killing each other, in capturing each other, in chasing each other around the world, we can use to pave all the streets in the whole planet. And plant all the beautiful trees, all the exotic flowers, and the most nutritious fruits and food, even just to look at.



Initiation into the Quan Yin method of meditation

Supreme 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 experiences have been repeatedly described in the spiritual literature of all the world's religions since ancient times.

For example, the Christian bible says, 'In the beginning was the Word, and the Word was with God, and the Word was God.' This Word is the inner Sound. It has also been called the Logos, Shabd, Tao, Sound stream, 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, and 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 us. The transmission is an essential part of the method. The techniques themselves will bring little benefit without the grace of the Master.

Because we 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. We do not have to change our present religion or system of beliefs. We will not be asked to join any organization, or participate in any way that does not suit our current life style.

However, we will be asked to become a vegetarian. A lifetime commitment to the vegetarian 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 precepts are our only requirements after initiation. The precepts are guidelines that help us to neither harm ourselves nor any other living being. These practices will deepen and strengthen our initial enlightenment experience, and allow us to eventually attain the highest levels of awakening or Godhood for ourselves. Without daily practice, we will almost certainly forget our enlightenment and return to a normal level of consciousness.

Master Ching Hai's goal is to teach us to be self-sufficient. Therefore, 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 us, so we do not need to offer these to Her.

She will accept our sincerity in daily life and meditational practice to progress ourselves to sainthood.

The five precepts

1. Refrain from taking the life of sentient beings. *
2. Refrain from speaking what is not true.
3. Refrain from taking what is not ours.
4. Refrain from sexual misconduct.
5. Refrain from using intoxicants. **

* This precept requires strict adherence to a vegan or lacto-vegetarian diet. No meat, 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.



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Living in the Golden Age Series – The Realization of Health – Returning to the Natural and Righteous Way of Living

* Collected excerpts from the lectures of Supreme Master Ching Hai.

* Available in Chinese and English.

The Dogs in My Life (Vols. 1-2)

* Stories by Supreme Master Ching Hai.

* Available in Chinese and English.

The Birds in My Life

* Stories by Supreme Master Ching Hai.

* Available in Chinese and English.

The Noble Wilds

* Stories by Supreme Master Ching Hai.

* Available in English.

Supreme Kitchen – International Vegetarian Cuisine

* A collection of culinary delicacies recommended by Master and fellow practitioners from all parts of the world.

* Available in Aulacese, Chinese/English, and Japanese.

Supreme Kitchen – Home Taste Selections

* Available in Chinese/English.

DVD, VCD, Video, Audio & MP3

* Almost all of Supreme Master Ching Hai's lectures, interviews and talks with groups of practitioners during the past decades have been recorded and are available on audio or videotapes, as well as VCD and DVD, subtitled in multiple languages. Detailed catalogs of Master's videotapes, audiotapes and books are available from www.smchbook.com. All publications are offered at near-cost prices. Direct inquires are welcome; please contact your local Center or the Formosa headquarters smchbooks@Godsdirectcontact.org with any questions or requests.

Supreme Master Ching Hai's Art World:**Poetry**

* Wu Tzu poems (in Aulacese, Chinese, and English).

* Silent tears (in Aulacese/Chinese/English, Filipino, French/German, Korean, Portuguese, and Spanish).

* Traces of previous lives (in Aulacese, Chinese, and English).

* Pebbles and gold (in Aulacese, Chinese, and English).

* The lost memories (in Aulacese, Chinese, and English).

* The dream of a butterfly (in Aulacese, Chinese, and English).

* The old times (in Aulacese and English).

The Collection of the Art Creations

* Series of paintings by Supreme Master Ching Hai.

Celestial Art

* A collection of Supreme Master Ching Hai's creative works.

* Available in Chinese and English.

Musical Creations

* Collections of music and songs composed by Master.

* Poetry recited by Master Herself.

* Available on CD, audiotape, videotape & DVD.

Benefit Concerts

* Long Beach, CA (1996), Washington, D.C. (1997), and Hollywood, CA (1998). These benefit concerts held in honor of Supreme Master Ching Hai, feature Her poetry set to music by world-famous composers and performed by renowned singers and musicians.

Specially Recommended: 'One World... of Peace through Music'

* Benefit concert held at the Shrine Auditorium in 1998.

* Available on video, CD and one exquisite book (in Aulacese, Chinese, and English).

An Evening with the Stars – With Hollywood Celebrities

* Available on DVD.

Paintings, Lamps, Clothing and Jewelry Design...

SM Celestial Fashion Album

* Appreciate Master's art work online www.Godsdirectcontact.org.tw



Beautiful gifts for yourselves and your loved ones

Animals are celestial beings, just like humans. We can talk to each other from deep within. Love is our common language, the celestial language.

The books entitled *The Dogs in My Life*, *The Birds in My Life* and *The Noble Wilds* share the loving feeling between any pet and their Master. The deeply personal relationship between a human and an animal companion is intimate, touching and full of unconditional love. Reading these books helps us to build an interactive intimacy with our own loving pets.

We invite the readers to experience the beautiful and blissful love between a humanitarian and spiritual Teacher and Her noble, loving pets. Supreme Master Ching Hai has millions of adoring fans around the world, but none so close as Her own loving pets.

Book descriptions

The Dogs in My Life

In the newly released *The Dogs in My Life* (Volume 1 & 2), the first publication lovingly written and personally designed by Supreme Master Ching Hai, readers will rediscover the simplicity of the love and rejoice in the sincerity of friendship, as exhibited by the 10 canine friends, with names like Benny, Lucky, Happy, Goody, and Hermit. Learn about the Scholar, Fruity, Princissa, Chip Ahoy, the Shadow Hunter, and others; listen to their engaging tales. They all have diverse life stories and distinctive personalities, yet their devotion for their 'human pet' is unequivocal, and their humor, intelligence and many other noble qualities are truly from the same source.

The Birds in My Life

Following *The Dogs in My Life*, Supreme Master Ching Hai wrote another book entitled, *The Birds in My Life*, for the twenty-three beloved winged members of Her household. In this beautifully illustrated book, each feathered creature is described in a biography lovingly composed by Master, together with pictures from the bird's daily life and captions with 'bird talk.'

Each of these beautiful birds comes from a different background and has an interesting and unique personality. Some of their stories will move us into tears, while others may make us smile. Their cute mannerisms have brought much joy and laughter to Master. Hidden inside these tiny creatures are highly developed and loving souls. Master said that She has often been touched by the expressions and actions of the birds, and even inspired by them. She hopes that all of us will understand other living beings such as birds, and love and respect them as equals.

The Noble Wilds

With a rhythmic, meditative tone, the words of *The Noble Wilds* flow gracefully along the pages, complemented by the luminous photos of God's creations in nature. Turning the pages, one is transported to Amoura, the place where the lady lives and is visited by cherished beings of the wild. The lady is none other than Supreme Master Ching Hai, and *The Noble Wilds* is yet another of Her simple but deeply touching gifts. Written, photographed and compiled personally by Master, this precious gem opens the door to a world of unique beauty. Here, the reader can witness firsthand the noble spirit and dedication of our co-inhabitants whose homes are under the open sky the swan, the goose, the squirrel, the beaver and even a tiny garden snail. Although generally shy of humans, these animals allow themselves to be photographed, and indeed can even be seen eagerly approaching the lady's gentle offering of favorite foods. The love conveyed is unlike any other full of dignity and grace, yet as deep and enduring as the eternal. All books are printed by soy ink for environmental protection. Such ink is not only nontoxic but also very helpful for environment of the Mother Earth, which is a good example of 'time to act.'

Through these books, we will understand how deeply our animal friends can feel and how intelligent they can be. They are absolutely loyal to partners, friends and human caretakers. They can be very sensitive and tender in expressing their love, and when they lose a loved one, they suffer the same sadness as humans do. That's why Master Ching Hai says, 'If humans could love each other that much, peace and happiness would be ours forever.' These 300 pages of wonderful pictures and stories will lead us to a world populated by beautiful birds and help us understand their lives, their deep emotions and thoughts.

Read *The Dogs in My Life*, *The Birds in My Life* and *The Noble Wilds*, and fall in love with some of the most special beings on Earth. *The Dogs in My Life*, *The Birds in My Life* and *The Noble Wilds* are also available online at: www.amazon.com/dp/9866895084/ ; www.amazon.com/dp/9866895149/ and www.amazon.com/Noble-Wilds-Supreme-Master-Ching/dp/9868415233.

These books are beautiful gifts for yourselves and your loved ones. Have them delivered as soon as possible to our doors and begin experiencing God's love and blessing flowing on every page!

Celestial Art

Celestial Art is a distinguished volume in which the author interprets artistic creation from a spiritual perspective to reflect Truth, virtue, and the beauty of heaven. As readers are invited into the boundless world of Supreme Master Ching Hai's celestial art and uplifted through its resonance with the divine, they will be profoundly touched by the deep emotions of a poet, the subtle touches of a painter, the unique ideas of a designer, and the romantic heart of a musician. Above all, one is blessedly introduced to the wisdom and compassion of a great spiritual Teacher.

Supreme Master Ching Hai personally named this book *Celestial Art*, to bring the beauty of heaven to this world. The works of art collected in this book symbolize a noble way of living in real practice.

As a collection of Supreme Master Ching Hai's creative works of art throughout the years, this book is presented in exquisite color photographs and simple yet profound comments by the author Herself. She speaks of the natural process behind Her creativity and Her source of inspiration, revealing for readers an appreciation of the true meaning of Her works. She also

shares ways to help us develop our own creative talents. Although Supreme Master Ching Hai never received formal training in the arts, She is gifted with refined creative ability. Many of Her works, inspired by spontaneous intuition, are natural, expressive, and tenderly graced with divine love: 'If we can find our Truth, virtue, and beauty again, then the material world will become more meaningful to us and the world will be more beautiful. We can find the Truth in this illusionary world because we can always track down the real thing by following its shadow.' says Supreme Master Ching Hai.

About the author Supreme Master Ching Hai

Supreme Master Ching Hai is a world-renowned spiritual Teacher, artist, and humanitarian, whose loving assistance extends beyond all cultural boundaries. Born in central Au Lac (Vietnam), Supreme Master Ching Hai studied in Europe and worked there 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 was happily married at the time to a German physician, and although it was a difficult decision for both of them, Her husband agreed to a separation. She then embarked on a journey in search of spiritual enlightenment. Eventually, in the Himalayas in India, She received from a true Master the divine transmission of the inner Light and Sound, which She later called the Quan Yin method. After a period of diligent practice, She attained the great enlightenment.

Soon after Her return from the Himalayas, at the earnest request of those around Her, Supreme Master Ching Hai shared the Quan Yin method with others, encouraging them to look within to find their own divine greatness. Before long, invitations arrived from the Americas, Europe, Asia, Australia, and Africa for Supreme Master Ching Hai to give lectures.

Supreme Master Ching Hai's compassionate heart has also been reflected in Her meticulous care for the less fortunate in different circumstances. The funding generated from Her artistic creations has enabled the support of Her mission of comforting God's children in times of need. More recently, Supreme Master Ching Hai has authored books that have become number one international best-sellers, namely '*The Dogs in My Life*,' '*The Birds in My Life*,' and '*The Noble Wilds*.' These volumes reveal many insights into the deep emotions and thoughts of our treasured animal co-inhabitants, highlighting their gracious spirit and unconditional love.

Wishing to acknowledge others for their actions and influence toward developments of goodness in the world, Supreme Master Ching Hai founded the Shining World Leadership Award in March 2006. Since then, She has also established other prestigious awards, such as Shining World Compassion Award, Shining World Hero and Heroine Awards, Shining World Honesty Award, Shining World Protection Award, Shining World Intelligence Award, and Shining World Invention Award. This honor is bestowed on individuals, nations, and organizations – such as the second President of the Republic of Slovenia, Dr. Janez Drnovšek, Dr. Jane Goodall, and Save the Children – whose exemplary works have significantly contributed to the harmony, beauty, and sustainability of our earth. Supreme Master Ching Hai is among notable pioneers in our society today who wisely and courageously express concern about climate change. In fact, for more than twenty years, She has talked about preserving the environment. She catapulted the Alternative Living and SOS Global Warming campaigns to promote a benevolent lifestyle without animal products. 'Be Veg, Go Green, Save the Planet' is now a well-known motto that originated from Supreme Master Ching Hai. In our era, Supreme Master Ching Hai is truly a selflessly dedicated individual, tirelessly helping world citizens create a bright future for our beloved planet.



Veganism in religions

<p style="text-align: center;">THE BAHAI FAITH</p> <p>'Regarding the eating of animal flesh and abstinence therefrom, know thou of a certainty that, in the beginning of creation, God determined the food of every living being, and to eat contrary to that determination is not approved.'</p> <p style="text-align: center;">(Selections from the Bahai's writings on some aspects of health)</p>	<p style="text-align: center;">BUDDHISM</p> <p>'... All meats eaten by living beings are of their own relatives.'</p> <p style="text-align: center;">(Lankavatara Sutra (Tripitaka No. 671))</p>
<p style="text-align: center;">CAO ĐÀI</p> <p>'... The most important thing is to stop killing... because animals also have souls and understand like humans... If we kill and eat them, then we owe them a blood debt.'</p> <p style="text-align: center;">(Teachings of the saints about keeping the ten precepts – Abstaining from killing, Section 2)</p>	<p style="text-align: center;">CHRISTIANITY</p> <p>'Meats for the belly, and the belly for meats: But God shall destroy both it and them.'</p> <p style="text-align: center;">(1st Corinthians 6:13, Holy Bible)</p> <p>'And while the flesh was yet between their teeth, ere it was chewed, the wrath of the Lord was kindled against the people, and the Lord smote the people with a very great plague.'</p> <p style="text-align: center;">(Numbers 11:33, Holy Bible)</p>
<p style="text-align: center;">CONFUCIANISM</p> <p>'All men have a mind which cannot bear to see the sufferings of others. The superior man, having seen the animals alive, cannot bear to see them die; having heard their dying cries, he cannot bear to eat their flesh.'</p> <p style="text-align: center;">(Mencius, King Hui of Liang, Chapter 4)</p>	<p style="text-align: center;">ESSENES</p> <p>'I am come to end the sacrifices and feasts of blood, and if ye cease not offering and eating of flesh and blood, the wrath of God shall not cease from you.'</p> <p style="text-align: center;">(Gospel of the Holy Twelve)</p>
<p style="text-align: center;">HINDUISM</p> <p>'Since you... cannot bring killed animals back to life, you are responsible for killing them. Therefore you are going to hell; there is no way for your deliverance.'</p> <p style="text-align: center;">(Adi-lila, Chapter 17, Verses 159-165)</p> <p>'He who desires to augment his own flesh by eating the flesh of other creatures lives in misery in whatever species he may take his birth.'</p> <p style="text-align: center;">(Mahabharata, Anu. 115.47. FS, page 90)</p>	<p style="text-align: center;">ISLAM</p> <p>'Allah will not give mercy to anyone, except those who give mercy to other creatures. Do not allow your stomachs to become graveyards of animals!'</p> <p style="text-align: center;">(Prophet Muhammad, Hadith)</p>
<p style="text-align: center;">JUDAISM</p> <p>'And whatsoever man there be of the house of Israel, or of the strangers that sojourn among you, that eateth any manner of blood (flesh); I will even set my face against that soul that eateth blood, and will cut him off from among his people.'</p> <p style="text-align: center;">(Leviticus 17:10, Holy Bible)</p>	<p style="text-align: center;">JAINISM</p> <p>'A true monk should not accept such food and drink as has been especially prepared for him involving the slaughter of living beings.'</p> <p style="text-align: center;">(Sutrakritanga)</p>
<p style="text-align: center;">TAOISM</p> <p>'Do not go into the mountain to catch birds in nets, nor to the water to poison fishes and minnows. Do not butcher the ox that plows your field.'</p> <p style="text-align: center;">(Tract of the Quiet Way)</p>	<p style="text-align: center;">SIKHISM</p> <p>'Those mortals who consume marijuana, flesh and wine – no matter what pilgrimages, fasts and rituals they follow, they will all go to hell.'</p> <p style="text-align: center;">(Guru Granth Sahib, page 1377)</p>
<p style="text-align: center;">ZOROASTRIANISM</p> <p>'Those plants, I, Ahura Mazda (God), rain down upon the earth, to bring food to the faithful, and fodder to the beneficent cow.'</p> <p style="text-align: center;">(Avesta, Venidad Fargard 5-20)</p>	<p style="text-align: center;">TIBETAN BUDDHISM</p> <p>'The offering to the deities of meat obtained by killing animate beings is like offering a mother the flesh of her own child; and this is a grievous failure.'</p> <p style="text-align: center;">(The Supreme Path of Discipleship: The Precepts of the Gurus, the Thirteen Grievous Failures, Great Guru Gampopa)</p>
<p>'Everybody knows that vegetarian diet is good for health and to save the planet. They will be awakening their own great, compassionate, loving, self-nature. And then their level of consciousness will rise up automatically. And they will understand more than they ever did. And they will be closer to heaven than what they are right now.'</p> <p style="text-align: center;">(Supreme Master Ching Hai, Videoconference with Sydney Center, Australia, August 17, 2008)</p>	



Benefits of a vegan diet and harms of meat consumption

Benefits of a vegan diet	Harms of meat consumption
<ul style="list-style-type: none"> • Lower blood pressure. • Lower cholesterol levels. • Reduce Type 2 diabetes. • Prevent stroke conditions. • Reverse atherosclerosis. • Reduce heart disease risk by 50%. • Reduce heart surgery risk by 80%. • Prevent many forms of cancer. • Stronger immune system. • Increase life expectancy up to fifteen years. • Higher IQ. • Conserves up to 70% clean water. • Saves 80% of the cleared Amazonian rainforest from animal grazing. • Free up 3,433 billion hectares of land. • Free up 760 million tons of grain every year (half the world's grain supply). • Consumes 1/3 less fossil fuels of those used for meat production. • Reduces pollution from untreated animal waste. • Maintains cleaner air. • Saves 4.5 tons of emissions per United States household per year. • Stop 80% of global warming. <p>Plus more...</p>	<p><i>Some diseases related to meat consumption production</i></p> <ul style="list-style-type: none"> • Swine flu • Blue tongue disease • E.coli • Salmonella • Bird flu • Mad cow disease and pig's disease (PMWS) • Listeriosis • Shellfish poisoning • Pre-eclampsia <p><i>Some of the costs of meat eating</i></p> <p><i>Heart disease</i></p> <ul style="list-style-type: none"> • Over 17 million lives lost globally each year. • Cost of cardiovascular disease is at least USD1 trillion a year. <p><i>Cancer</i></p> <ul style="list-style-type: none"> • Over 1 million new colon cancer patients diagnosed each year. • More than 600,000 colon cancer-related mortalities annually. • In the United States alone, colon cancer treatment costs about USD6.5 billion. • Millions of people are newly diagnosed with other meat-related cancers every year. <p><i>Diabetes</i></p> <ul style="list-style-type: none"> • 246 million people are affected worldwide. • An estimated USD174 billion spent each year on treatment. <p><i>Obesity</i></p> <ul style="list-style-type: none"> • Worldwide 1.6 billion adults are overweight with 400 million more who are obese. • Costs USD93 billion each year for medical expenses in the United States alone. • At least 2.6 million people die annually from problems related to being overweight or obese. <p><i>Environmental</i></p> <ul style="list-style-type: none"> • Use up to 70% of clean water. • Pollute most of the water bodies. • Deforest the lungs of the earth. • Uses up to 43% of the world's cereal. • Uses up to 85% of the world's soy. • Cause world hunger and wars. • 80% cause of global warming. <p><i>Some of the costs of milk consumption</i></p> <ul style="list-style-type: none"> • Breast, prostate and testicular cancer from hormones present in milk. • Listeria and Crohn's disease. • Hormones and saturated fat leads to osteoporosis, obesity, diabetes and heart disease. • Linked to higher incidences of multiple sclerosis. • Classified as a major allergen. • Lactose intolerance.



Alternative living

Change our life
Change our heart
Change our diet



No more killing
Be healthy and loving

Examples of nutritious, life saving food:

Foods	Protein concentration (% by weight)
Tofu (from soya).	16%
Gluten (from flour).	70%
Corn.	13%
Rice.	8.6%
Soy beans, kidney beans, chick peas, lentils, et cetera.	10 – 35%
Almonds, walnuts, cashews, hazel nuts, pine nuts, et cetera.	14 – 30%
Pumpkin seeds, sesame seeds, sunflower seeds, et cetera.	18 – 24%
<ul style="list-style-type: none"> • Concentrated multi-vitamin tables / capsules are also a good source of vitamins, minerals and anti-oxidants. • Fruits and vegetables are full of vitamins, minerals and anti-oxidants and contain high-quality fiber for maintaining good health and a long life. • The recommended daily allowance: 50 grams of protein (average adult). • Calcium from vegetables is more absorbable than from cow's milk. 	

- To diminish the real threat of a worldwide pandemic from bird flu;
- To avoid the danger of mad cow disease (BSE) and pig disease (PMWS), et cetera; and
- To stop the continuing gruesome sacrifice of billions of our sweet domestic animals, marine life and feathered friends daily.

It's wise to change to a vegetarian diet for good:

- It's health;
- It's economy;
- It's ecology;
- It's compassion;
- It's peace; and
- It's noble.

For more information, visit our websites: www.Godsdirectcontact.org / www.SupremeMasterTV.com.



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Australia & New Zealand	Optus D2 (152°E)
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Middle East & North Africa	Eurobird 2 (25.5°E) & Hotbird 6 (13°E)
North America	Galaxy 19 (97°W)
South America	Hispasat (30°W) & Intelsat 805 (55.5°W)
United Kingdom and Ireland	Sky Channel 835