

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:**
**Loving Kindness And Being Organic Vegan Is
The Only Solution To Save Our Planet**
**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 the whole world will become peaceful. I dream that all the killing will stop. I dream that all the children will walk in peace and harmony. I dream that all the nations will shake hands with each other, protect each other and help each other. I dream that our beautiful planet will not be destroyed. It took billions of years to produce this planet and it's so beautiful, so wonderful. I dream it will continue, but in peace, beauty, and love. Yes, that is my dream.

**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 multicultural 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 has not ever sought acknowledgement of any kind, Master Ching Hai has been recognized and honored for Her humanitarian work by government officials throughout the world. For example, October 25, 1993 was proclaimed 'The Supreme Master Ching Hai Day' by the Mayor Fasi of Honolulu Hawaii, and February 22, 1994 was likewise proclaimed by the six Governors of the States of Illinois, Iowa, Wisconsin, Kansas, Missouri and Minnesota. She also received the 'World Peace Award' in Honolulu, and the 'World Spiritual Leadership Award' at a ceremony in Chicago on February 22, 1994. Congratulatory messages were sent to Her at the Chicago ceremony by many government officials worldwide, including Presidents Clinton, Bush, and Reagan.

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:
Loving kindness and being organic vegan is
the only solution to save our planet**

LET'S MAKE THE CHANGE – PROTECT THE ENVIRONMENT ¹

Welcome, respected dignitaries, media members, notable speakers, and all noble conference participants, halo.

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 scenario, though perhaps some of you or many of you have already known.

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.

1. Videoconference with Mexican people at Environment Expo 2009, World Trade Center, Veracruz, Mexico, June 4, 2009 (Originally in English and Spanish).

This is why it is necessary to focus on short-lived gases, namely methane. Methane traps at least seventy-two times more heat than CO₂, averaged over a twenty 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 me to share just some of the latest evidence of the impacts of climate change on humans' and animals' lives.

Arctic melt

Here we have first, Arctic melt. The Arctic, or North Pole, may be ice-free by 2012, seventy years ahead of IPCC estimations. Without the protective ice to reflect sunlight, ninety percent 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 ten percent now is older and thick ice, while over ninety percent 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 two hundred 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 seventy 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 eighteen islands have completely submerged around the world, with more than forty other island nations at risk from rising sea levels. A report from the International Organization for Migration stated that there may be two hundred 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 eighteen thousand 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 four hundreds. 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 a hundred percent over the past thirty years, which scientists at the Massachusetts Institute of Technology (MIT) 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 sixteen thousand endangered species may become extinct a hundred 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 one hundred 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 twelve 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 three hundred thousand and fifteen deaths a year, with another

three hundred and twenty-five million people who are severely affected. This comes in addition to an economic loss of US\$125 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 seventy-two 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 eighteen percent 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 fifty percent of total global emissions.

I repeat: Livestock has been recalculated as to generate possibly more than fifty percent of total global emissions – more than fifty percent 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 sixty-five percent of global nitrous oxide, a greenhouse gas with approximately three hundred times the warming potential of CO₂; it emits also sixty-four percent 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 ecosystems, 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 ecosystems 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 forty-seven percent of your country has already taken the toil of desertification, has become desert, due to damage from the cattle industry.

You see. And another fifty to seventy percent 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 fifty percent 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 one thousand and two hundred gallons of fresh and good clean water to produce just one serving of beef.

In contrast, a full vegan meal costs only ninety-eight gallons of water. That is like ninety 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 twenty percent of all greenhouse gas emissions, nearly all deforestation itself is related to meat production.

Eighty percent 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 eighty percent of the cost, or approximately US\$32 trillion.

Minimized 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 environments 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 eighty percent 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 nonviolence 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 your attention. Thank you for everything you do for the planet.

SOLUTIONS FOR OUR PLANET – BE VEG, GO GREEN ²

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, etcetera. 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 vegan 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

2. A collection of videoconferences with fellow practitioners and people around the world from 2006 to 2009 (Originally in English).

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 vegan 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 turn 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 farmer 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 forty percent of CO2 if all the tillable lands are organically cultivated. Organic farming preserves top soil.

Organic farming reduces toxic farming run-off 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 plant a couple of trees. And the government 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 car.

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, etcetera, 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, etcetera.

Hold grassroots seminars

We must make grassroots seminar 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 vegetarian 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.

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 government 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 effect, the harmful effect to the planet. Thank you, sir.

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 airplane. 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 human 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.

Q. *Hallo, Supreme Master Ching Hai. I am teaching in a university and I have discussions in my classes about the environmental issues. And this year, I provided the students with more information about the current global warming.*

Most students were truly shocked and surprised, but this emotion did not develop students into being active. And the general public seems to show the same reaction. It looked as if they are trapped in a house that was caught in a fire without recognizing it. It's just painful watching them being so indifferent like that. They are busy earning their daily bread. Master, how and with what can we help these people to get out of the fire-caught house and try to extinguish the fire of global warming? Please lead us in the right direction so that we can make wise moves. Thank You.

M. Thank you, Dr. Cho.

The feeling that you have, I understand very well. Because that's what I experience also and that's what keeps me awake at night. You see, life itself here is made with problems, it's made with pressure, so that we are all very busy with mundane anxieties daily. So, it's not easy for everyone to even take some time to think of the bigger picture, like the survival of the planet, the existence of the whole world concerning climate change.

You see, the deep-rooted habits that humanity acquired life after life, as well as in this lifetime, and society at large most often encourages people in the opposite direction of what we should be going. But still, don't give up on your students. Keep telling them.

That's why the Supreme Master Television broadcasts all this information. We can only give people information and the solution to the problem but they are the ones who have to choose. You see, I would have very much liked that everyone changed immediately overnight to a vegetarian diet, leading a more virtuous, peaceful co-existence with all beings, so that we don't have to worry anymore about climate change or future disasters.

And whatever we have left we would pick up from here. But it is not an easy task. I understand you very well, but please continue trying. And suppose if they don't listen, then that is that. There is not much more we can do, we can only try our best.

And whatever affects humanity, will affect all of us, we just have to bear it with each other. We just have to bear it together no matter what happens. We will just have to stand by with them, with the whole humanity, we do what we can until the last minute of our life. Thank you, Dr. Cho. Thank you for your love. We need more like you.



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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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 three hundred 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.



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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Supreme Master Television

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Africa	Intelsat 10 (68.5°E) KU Band & Intelsat 10 (68.5°E) C Band
Australia & New Zealand	Optus D2 (152°E)
Europe	Eurobird (28.5°E); Hotbird (13°E) & Astra 1 (19.2°E)
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 907 (27.5°W)
United Kingdom and Ireland	Sky Channel 835