

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:
Solutions For A Beautiful Planet:
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 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:
Solutions for a beautiful planet:
Be organic vegan and loving kindness**

SOLUTIONS FOR A BEAUTIFUL PLANET ¹

[Concerned about global warming and the urgent need to act now to protect human lives and the lives of all beings, members of the Supreme Master Ching Hai International Association in Thailand and Au Lac organized another climate change conference entitled 'Solutions for A Beautiful Planet.' During the conference, distinguished guests and dignitaries from different parts of the world expressed their support for the meat-free diet as the single most effective solution to stop methane emissions and curb global warming.

Held on August 15, 2009 at Sukhothai Thammathirat Open University in Nonthaburi, Thailand, over 5,000 guests attended the conference.

Invited as guest of honor, Supreme Master Ching Hai graciously attended via live videoconference to answer questions from the audience.

In light of the scientific evidence stressing the grave state of our planet caused by climate change and the urgent need for immediate action, Supreme Master Ching Hai affirms the important message She has been delivering for over the past two decades: We must be organic vegetarian or vegan, meaning an animal-free diet.]

MC1. *Hallo, everyone! We are the Supreme Master Ching Hai International Association. I am from Canada and this handsome brother is from Bangkok.*

MC2. *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.'

MC1. *And a heartfelt thank you for 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.*

MC2. *Our opening performance is a special traditional Thai dance from the central region of Thailand. Please enjoy. [Applause]*

1. [Videoconference with the Thai and Aulacese people at the 'Solutions for A Beautiful Planet' conference at Sukhothai Thammathirat Open University, Nonthaburi, Thailand, August 15, 2009 \(Originally in Thai, Aulacese and English\).](#)

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]

- MC1. *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.

- MC2. *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.

- MC1. *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 Guinsaugon.

- MC2. *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]

MC1. *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.

MC2. *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]

MC2. *Our sincere thanks for your welcoming words.*

MC1. *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.

MC2. *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..

MC1. *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]

MC2. *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.*

MC1. *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?

MC2. *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.

MC1. *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]

MC2. *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]

MC2. *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.

MC2. *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]

MC1. *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), MSc.,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]

MC1. *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]

MC1. *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]

MC2. 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]

MC1. *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 America 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]

MC1. *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]

MC1. 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 Vorratnchaiphan (CV), and he is Senior Director of Thailand Environment Institute. Let's put our hands together for Dr. Vorratnchaiphan. [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]

MC2. *Thank you, Dr. Vorrattchaiphan. 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]

MC1. *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 gases 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 gases 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]

MC2. *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.

MC1. *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? [MC2: Yes.] 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.

MC1. *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]

MC1. *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.]

MC1. *I think he's a pretty loving president.*

M. Yes.

MC1. *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]

MC2. *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]

MC2. *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.

MC2. *All right, thank You, Master. [Applause]*

MC1. *This first question for You, Master, is from Dr. Panmanas Sirisomboon (PS), Associate Professor of Department of Agriculture Engineering, Faculty of Engineering, King Mongkut's Institute of Technology.*

M. Welcome. Welcome, Dr. Panmanas.

PS. *Yes, good afternoon, Supreme Master.*

M. Hallo.

PS. *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]

MC1. *Next question, Master, is from Van Anh (VA), a monochord instrumentalist.*

VA. *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.

MC2. *Thank You, Master.*

M. Thank you.

MC2. *Our next question is from Nguyen Thi Ngoc An (NTNA), Ph.D., Head of Environment Department, Hong Bang University, and she is a vegetarian.*

M. Hallo.

NTNA. *Greetings, Supreme Master Ching Hai.*

M. Greetings, Madam Ngoc An.

NTNA. *I am very happy to see You again.*

M. I'm happy to see you again too, Professor.

NTNA. *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]

MC2. *Thank You, Master.*

NTNA. *Thank You very much.*

MC2. *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 evidences 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]

M. Thank you.

MC1. *The next question is for You, Master, and this one is from a composer and a vegetarian, Thai An (TA).*

M. Hey.

TA. *Hallo, Master.*

M. Hallo.

TA. *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?

TA. *Yes, good. Yes, I'm fine.*

M. 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.

TA. *Thank You, Master.*

MC1. *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.

MC1. *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.

MC1. *Thank You, Master. We will do that.*

So the next question for You is from Pham Van Toai (PVT), M.D., Surgeon, Trauma and Rehabilitation Hospital, and he is a vegetarian as well.

M. Good news.

PVT. *Hallo. Warmest greetings, Master Ching Hai.*

M. Greetings.

PVT. *I'm really happy to be here, and so excited.*

M. Me too.

PVT. *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?

PVT. *Thank You, Master.*

M. You are a surgeon, huh?

PVT. Yes.

M. 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.

PVT. *Thank You very much. [Applause]*

MC2. *Next question, Master, is from Nguyen Van Thinh (NVT), M.D., physician at the Center for Education Labor Society.*

NVT. *Dear Supreme Master Ching Hai.*

M. Hallo, Dr. Nguyen.

NVT. *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]

MC1. *What a wonderful world it would be!*

M. Yes.

MC1. *Next question for Master is from Phan Thi Ngoc Ha (PTNH), External Affairs Cadre, Museum of Vietnamese Women.*

M. Welcome.

PTNH. *Hallo, Supreme Master Ching Hai.*

M. Hallo, Ms. Phan.

PTNH. *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]

PTNH. *Thank You, Master, for the answer.*

M. Thank you for caring.

MC1. *The next question for Master is from Nguyen Minh Loc (NML), Head of Technical Project Department, Shareholding Project Department and High-Tech Solution Company.*

M. Hallo.

NML. *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]

NML. *Thank You, Master.*

MC2. *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]

MC2. *Thank You so much, Master.*

So the next question for our panel is for Dr. Nguyen Tho Nhan from Nguyen Dac Quy (NDQ).

NDQ. *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.

NTN. *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.

NTN. *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.

MC1. *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.

MC1. *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.]

MC1. *We'll have to tell him that.*

M. Yes, please tell him.

MC1. *Thank You, Master.*

The next question for Master is from Rewadi Ukkawattanakrawi (RU).

RU. *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]

RU. *Thank You, Master.*

M. How are you, madam?

RU. *Thank You, Master, I am fine.*

M. 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]

RU. *Thank You, Master.*

M. Thank you for being veg.

RU. *Thank You.*

MC2. *Next question for Master is from Rungnapha Thirajaroensakun (RT) who is a gift shop owner and vegetarian.*

RT. *Hi, Master.*

M. Also vegetarian, wow! [Applause]

RT. *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]

MC2. *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.

MC1. *The next question for Master is from Hoang Kim Thanh (HKT).*

M. Yes.

HKT. *Hallo, Master.*

M. Hallo, Mr. Hoang Kim Thanh.

HKT. *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]

HKT. *Yes, bye, Master.*

M. Thank you. Thank you.

MC1. *The next question for Master is from Bui Quang Huan (BQH), an IT staff.*

BQH. *My respectful greetings, Master.*

M. Hallo, Mr. Bui.

BQH. *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.

BQH. *Thank You, Master. [Applause]*

MC2. *Next question for Master is from Tassanee Tantumaroj (TT), employee of an electronic company.*

TT. *Hallo, Master.*

M. Hallo. Welcome.

TT. *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]

TT. *Thank You, Master.*

MC2. *The next question is for the panelist, Dr. Minh Kieu, from Tieng Thi Minh Chau (TTMC), a public servant for the government.*

TTMC. *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.*

TTMC. *Thank you. [Applause]*

M. Very good, Doctor. Very good.

MC1. *The next question for Master is from Nguyen Van Tien (NVT), chef of a vegetarian restaurant.*

M. Hi there, Mr. Tien.

NVT. *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]

MC1. *We turn now to our expert panel for a question.*

Dr. Chamniern Vorratnchaiphan will answer a question from Stephanie Adam (SA), a community development advocacy worker.

SA. *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.

CV. *Thank You so much. You are considered for us one of the prominent spiritual leaders in the world.*

M. Thank you. Thank you.

CV. *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]

MC2. *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 evidences all these years, all these decades, have told us clearly that we are in danger. And luckily, all the evidences 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]

MC2. *Thank You, Master.*

M. It's okay. Thank you.

MC2. *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]

MC2. *Thank You so much, Master.*

M. I thank you.

MC1. *Thank You.*

M. Good job. [Applause]

MC2. *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]

PC. *We would also like to thank our lovely performers for their devoted contribution.*

M. Yes.

MC2. *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.

MC1. *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.

MC2. *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.*

MC1. *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]

WE HAVE TO SAVE THE PLANET AT ALL COST ²

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.*

M. Good job.

Q. *Thank You, Master.*

M. And you're doing that all the time?

Q. *Yes, we do that very often.*

M. Wonderful. Wonderful, very, very good. Anybody else have good news?

Q. *Yeah.*

M. Australia?

Q. Yes.

M. Tell me.

Q. *Basically it's in relation to how the meat industry in Australia is reacting to our ads.*

2. International gathering, August 8, 2009 (Originally in English).

- M. Yeah, how? How did they react?
- Q. *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?
- Q. *Now they went and...*
- M. It's all from scientists' evidence. Okay, and then?
- Q. *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.
- Q. *And then a Sydney journalist wrote a column saying that their information was misleading and false.*
- M. Which information? The meat industry information?
- Q. *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!
- Q. *And this has happened basically because....*
- M. God bless her. God bless her.
- Q. *Yes. And also in Australia as well, the pork industry is trying to tell people to buy meat.*
- M. Not to stop eating pork.
- Q. *Yeah. Because a farm over there has been affected by human-to-pig transmission.*
- M. Yes.
- Q. *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.*
- M. 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.

Q. *So basically, that's it in a nutshell.*

M. Good job. Good job, brother. Good job. They are doing well.

Q. *That's our Sydney Center. It's not just me.*

M. Yeah, I understand.

Q. *It's Sydney, Melbourne, and Brisbane, altogether.*

M. It's a big impact now, good impact. Good. Sydney, is it?

Q. *Sydney, yeah.*

M. Sydney is the capital of commerce and all the important culture and everything, even sport.

Q. *Yeah, that's right.*

M. 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.*

M. Yes, too late, they don't want to change, that's what. Yeah, I know.

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]

Q. *Thank You.*

M. Tell me.

Q. *During the period of swine flu in Mexico, people radically reduced the consumption of our pig friends.*

M. Of meat?

Q. Yes.

M. Wonderful.

Q. *However, after a short time...*

- M. They forget.
- Q. *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?
- Q. *Again, yes, encouraging the people to eat again.*
- M. I know, I know, I know. So what's your question?
- Q. *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 Comissioner, 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 medias 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.

DO WHATEVER WE CAN TO SAVE THE PLANET³

- 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?
- Q. *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?
- Q. *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!
- Q. *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.
- Q. *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!
- Q. *The way we are doing now...*
- M. Individual vendor.

3. International gathering, July 18, 2009 (Originally in English and Chinese).

- Q. *We try our best to sell on a small scale. All retired sisters can do it in small communities.*
- M. Yeah.
- Q. *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.
- Q. *We just cook in our home upstairs and sell them downstairs.*
- M. That's also okay.
- Q. *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 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!
- Q. *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.
- Q. *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.
- M. No? It's not required in Mainland China, right?
- Q. *Right!*
- M. 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.
- Q. *Yes, but it's kind of different.*
- M. That's Korea's favorite?

- Q. Yes.
- M. 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.*
- M. '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.

VEGAN EARTH DAY FOR A VEGAN WORLD ⁴

[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

4. 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).

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.

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 I.Q.;
- 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 abstinence 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]

CDR. *Thank You.*

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.

CE. *Thank You. [Applause]*

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!

CG. *Thank You. [Applause]*

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]

M. *[Playing the video presentation entitled 'Solutions for the Planet' by Supreme Master Ching Hai.]*

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 medias 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 ⁵

['Let's Make the Change – Protect the Environment' seminar was held on June 4, 2009 as part of the Environment Expo 2009 at the World Trade Center Veracruz in Veracruz, Mexico.

The seminar was broadcast live by top radio station 'Los 40 Principales' at 101.7 FM, reaching nearly five million listeners, as well as via Supreme Master Television. Mr. Alonso Domínguez Ferráez, Veracruz State's General Coordinator of Environment Social Development and Environment Bureau was the featured guest speaker at the seminar.

Supreme Master Ching Hai was formally invited by the government of Veracruz State to attend as the guest of honor. Unfortunately, due to Her busy schedule, She was unable to participate in person. However, Supreme Master Ching Hai graciously shared Her insights on climate change through a video message in which She emphasized the urgency of the situation while offering the most effective solution, the plant-based diet.]

[Playing a video presentation by Supreme Master Ching Hai.]

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

5. Videoconference with the Mexican people at the 'Let's Make Change – Protect the Environment' seminar at the Environment Expo 2009, World Trade Center, Veracruz, Mexico, June 4, 2009 (Originally in English).

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 me to share just some of the latest evidences 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 evidences. 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 your attention. Thank you for everything you do for the planet.

BE VEG TO SAVE THE PLANET AND OURSELVES ⁶

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, 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

6. International gathering, February 21, 2009 (Originally in English).

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 evidences 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.
- Q. *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.

EARTH WILL BECOME HEAVEN IF ALL HUMANS BECOME VEGAN ⁷

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

7. International gathering, February 13, 2009 (Originally in Chinese).

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. 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.

ANIMALS CONTRIBUTE TO THE HEALTH OF OUR PLANET ⁸

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. *Greetings, Master Ching Hai.*

M. Hallo, Mr Thuong.

8. A compilation of discussions concerning the detrimental impacts of the meat diet on human health, the environment, and, ultimately, the health of our planet.

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.

Q. *Today we are very honored to ask a question.*

M. The honor is mine.

Q. *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.

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. *Greestings, Master.*

M. Hallo, sir. Hallo, Professor.

Q. *First of all, thank You, Master, for allowing me to ask a question.*

M. You're welcome.

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. *Thank You, Master.*

M. Thank you, Professor. [Applause]

Q. *Greetings, Master.*

M. Hallo.

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.

MC. *Thank You, Master.*

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.

Videointerview by Bob Lebensold of Environmentally Sound Radio, New York, U.S.A., September 11, 2008 (Originally in English)

Q. *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 those 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.

Q. *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.

Q. *I'd like for You to make the connection between...*

M. Global warming, yeah?

Q. *Yes, please.*

M. You look at all that and you see already because the methane gas and hydrogen sulfide result 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.

Videoconference with the Japanese people at the 'SOS Stop Global Warming' seminar, Tokyo, Japan, July 27, 2008 (Originally in English)

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.

MC. *Thank You so much.*

M. 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. *Thank You very much.*

M. You're very welcome. [Applause]

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 communite 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 ⁹

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.

Okay, but the critical mass may be coming soon, and it might work by itself! And we can celebrate one day that we saved the planet. 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 would 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

9. A compilation of discussions concerning the detrimental impacts of the meat diet on human health, the environment, and, ultimately, the health of our planet.

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.

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.

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 ¹⁰

Videoconference with the Mongolian people at the 'Global Warming SOS International Conference on Urgent Problems of Climate Change,' Mongolia, January 27, 2009 (Originally in Mongolian and English)

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

10. A compilation of discussions concerning the detrimental impacts of the meat diet on human health, the environment, and, ultimately, the health of our planet.

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 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. *Thank You, Master.*

M. You are welcome.

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.*

M. 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.*

M. 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.*

M. 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.

Q. *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.*

M. You stay away from the blood. Keep your hands free of blood.

Q. *Okay, so all my guests I'll offer only vegetarian?*

M. You offer vegetarian and if anybody wants to eat meat, tell them they can bring their own meat.

Q. *Thank You, Master.*

M. 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.

Q. *Okay.*

M. 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.*

M. 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.*

M. 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. *Hi, Master.*

M. Hi.

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. *Thank You very much.*

- M. You're welcome.

- 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. *Hallo, Master.*

M. Hallo.

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. *Thank You, Master.*

M. You're welcome.

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. *Hi, Master.*

M. Hi.

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. *Thank You, Master.*

M. You're welcome.

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 N.Q. (Noble Quality), or more developed N.Q., 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. *Hi, Master.*

M. Hi.

Q. *We are very grateful to see You here.*

M. It's nice to see you.

Q. *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?*
- M. 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 you 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.

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.

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 Hiers 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 ¹¹

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?

11. 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 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.*

M. 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.*

M. 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.

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

M. You're welcome.

Q. *Dear Master, how are You?*

M. Fine. How are you?

Q. *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.

Q. *Yes, thank You. [Applause]*

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.*

M. 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]

MC. *Thank You, Master.*

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. *Thank You, Master. [Applause]*

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 N.Q. (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.

- Q. *Thank You, thank You, Master. [Applause]*

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. *Hallo, Master.*
- M. Hallo to you.
- 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. *Thank You, Master. [Applause]*

M. You're welcome.

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. *Thank You, Master. [Applause]*

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.

Q. *Thank You, Master. [Applause]*

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. *Thank You, Master.*

Q. *Good day, Master.*

M. Good day! How are you?

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. *Thank You, Master.*

M. Good question.

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. *Thank You.*

Q. *There's one guy in the Netherlands who is some important manager of the WWF.*

M. World Wildlife Fund.

Q. *I happen to know this guy.*

M. Yeah?

Q. *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?

Q. *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.

Q. *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.*

M. 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. *Thank You, Master.*

M. You're welcome.

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.

Q. *Thank You, Master.*

M. 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.

Q. *Great. Hi, there.*

M. I like that.

Q. *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!

Q. *They've got really, really busy recently. It's great.*

M. Cool. So congratulations!

Q. *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?

Q. *Yeah, more choice.*

M. Congratulations! Good for you.

Q. *Thank You.*

M. 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. *Thank You.*

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?

Q. *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?

Q. *From heaven, from heaven.*

M. Okay, I understand. Well, don't you see to some degree it is now applying?

Q. *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 pitted 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 believed 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!*

M. 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!*

M. 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)

Q. *Hallo, Master.*

M. How are you?

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.
- Q. *Thank You, Master. [Applause]*
- M. 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.*
- M. 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. *Thank You, Master.*
- M. You're welcome.
- Q. *Recently, there is a professor, Ajit Varki at the University 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.

Q. *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.*

M. 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. 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.*

- M. 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!*
- M. All the newspapers and on televisions, but we will see what we can do.

SPREAD THE VEG MESSAGE TO PROTECT LIVES ¹²

Videoconference with Auckland Center, New Zealand, August 19, 2008 (Originally in English)

- Q. *Hi, Master.*
- M. Hi.
- 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

12. 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 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.*

M. 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.

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 spoilt.*

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.

Q. *Thank You very much, Master. [Applause]*

M. You're welcome.

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. *Hallo, Master.*

M. Hallo.

Q. *Master, this is a nice one. You know that yawning is contagious, yes?*

M. Yeah, I know.

Q. *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]

Q. *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.*

M. 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 I.Q. 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.*

M. Very good. Is that logical enough for you?

Q. *I love it. I love the answer. It's correct.*

M. Okay, good.

Q. *Thank You. [Applause]*

Q. *Hi, Master, how are You?*

M. Hi, I am okay. How are you?

Q. *Fine, thank You. 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?*

M. 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]*

M. 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. *Thank You, Master. [Applause]*

Q. *Hallo, Master.*

M. Hallo.

- 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. *Hi, Master.*
- M. Hi.
- 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.*
- M. 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. *Thank You, Master.*
- M. You're welcome.

- 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. *Thank You, Master.*
- 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. *Thank You, Master.*
- M. You're welcome.
- 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. *Okay, thank You.*
- 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.

Q. *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. *Thank You.*

M. You're welcome, love.

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 evaporate. 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 medias 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.*

M. 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.

Q. *... 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?

Q. *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...*

M. 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.*

M. 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.

Q. *Thank You very much.*

M. You are very welcome.

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.

THE SECRETS OF VENUS ¹³

M. Thank you. Please, please be comfortable. Please be seated. Love you guys! You're good, good. [Audience: We love You, Master!]

13. Videoconference with Supreme Master Television staff, Los Angeles Center, California, U.S.A., August 29, 2009 (Originally in English).

MC. *You look very beautiful, Master.*

M. Hallo!

MC. *Hallo, Master.*

M. 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.

MC. *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 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.*

M. Yes. Tell me, what else?

MC. *Mars is known today as the red planet and Venus is boiling hot.*

M. Yes.

MC. *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. *Hi, Master.*

M. Hi.

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.*
- M. 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.*
- M. You are welcome. It's sad.
- Q. *Hi, Master.*
- M. Hi.
- 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.*
- M. 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.*

M. 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.*

M. Yeah. 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.*

M. Exploded, completely disappeared – the whole planet, not just people.

Q. *Thank You, Master.*

M. You're welcome.

Q. *Hi, Master.*

M. Hi.

Q. *How are You?*

M. Oh, I'm fine, how are you?

Q. *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!*

M. 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.*

M. 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.

M. 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.

Q. *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. *Thank You, Master.*

Q. *Hallo, Master.*

M. Hallo.

Q. *How are You?*

M. Hey, how are you?

Q. *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.

Q. *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.*

M. None.

Q. *So sad.*

- M. 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.*
- M. 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.*
- M. 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.
- Q. *... 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.*
- M. 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.*
- M. And we can have interplanetary connection. That will be very nice. [Applause]
- Q. *Hallo, Master. I have two questions.*
- M. How are you?
- Q. *I'm very fine. Thank You very much. How are You?*
- M. Ah, good, good. What is your question, love?
- Q. *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.*
- M. Good, good. And then we can come to see the other two remaining Venuses. Yeah. [Applause]
- Q. *That would be great.*
- M. 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.*

M. 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. *Hi, Master.*

M. Hi.

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 travelling 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!*

M. Yes, very cool! [Laughter and applause.] Push a button then you just fly.

Q. *Thank You so much.*

M. 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.

Q. *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. *Hallo, Master.*

M. Hallo.

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. *Thank You, Master.*

M. You're welcome.

Q. *I have another question.*

M. Please do.

Q. *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.*

M. Ah, merci. [Applause] Because you are French! [Master laughs.] French people, they love fashion.

Q. *Hi, Master.*

M. Hi.

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?

Q. *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...*

M. 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.*

M. 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.*

M. 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.*

M. 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.*

M. 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. *Thank You, Master.*

M. You're welcome.

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.*

M. 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.*

M. 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.*

M. 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.*

M. 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.*

M. And remind us of the glories of heaven. Glorious heaven, shining, beautiful heaven.

Q. *Thank You, Master.*

Q. *Hi, Master.*

M. Hi.

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.*
- M. So kind beings, yes, so kind. Good, huh? I have proof now.
- Q. *I have some questions about UFOs.*
- M. Tell me.
- Q. *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.
- M. 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.*
- M. 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.*
- M. 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. *Thank You, Master.*
- M. You're welcome.
- Q. *Hi, Master.*
- M. Hi.
- Q. *I'm happy to see You again.*
- M. Beautiful 'Arabian night' princess!
- Q. *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.*
- M. 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.*

M. 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.

Q. *My second question is: Why is this region constantly in turmoil?*

M. Yes, Middle East, yes.

Q. *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.*

M. 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.*

M. 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]
- Q. *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.
- Q. *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. *Yes, yes, Master.*
- 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.*
- M. 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.*
- M. 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 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 stateman 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.
- Q. *... 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.

Q. *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. *Okay, thank You, Master. Thank You very much. [Applause]*

M. Welcome.

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.*

M. Good, good, good. You look better also.

Q. *Thank You. You look much better.*

M. Thank you. Thank you.

Q. *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]*

M. If you ask, I have to tell you.

Q. *Hi, Master.*

M. Hi.

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. *Hallo, Master.*

M. Hallo. Hallo, beauty.

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. *Thank You, Master.*

[To be continued...]

BENEVOLENT MESSAGES FROM MARS: BE VIRTUOUS AND SAVE THE EARTH¹⁴

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

14. Videoconference with Supreme Master Television staff, Los Angeles Center, California, U.S.A., January 18, 2009 (Originally in English).

improve a lot, and I'm very proud of you guys, and thank you. [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.*

M. 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.*

M. 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.*

M. 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?

Q. *I'm fine. Thank You. How are You?*

M. Very good, very good.

Q. *I have some question, Master.*

M. Please.

Q. *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 begun 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.*

M. You're welcome. [Applause] If you are not satisfied, you can ask for more explanation, okay? [Audience: Yes, Master.]

Q. *Hi, Master.*

M. Hi.

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.*

M. Let me see if I have any more, just make sure. Be patient, please.

Q. *Yes, Master.*

M. 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.*

M. 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.*

M. 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.*

M. 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.*

M. 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!*

M. 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.*

M. You're welcome. [Applause]

Q. *I have a question, Master.*

M. Yeah.

Q. *What do the Martians look like?*

M. Oh, they look like you. [Laughter]

Q. *Really?*

M. 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]*
- M. 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?
- Q. *I am fine. Thank You. Thank You. You look so beautiful, Master!*
- M. Thank you, love. Thank you.
- Q. *Master, You're really beautiful!*
- M. I'm trying to look good for you guys.
- Q. *Thank You, Master!*
- M. 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.*
- M. 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]*
- M. You're welcome! Welcome. [Laughter and applause.]
- Q. *We love You, Master, we love You so much.*
- M. Thank you, love.
- Q. *I have a question.*
- M. Tell me.

Q. *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.*

M. 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. *Thank You, Master.*

M. You're welcome.

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.*

M. 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.*

M. 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.*

M. 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?

Q. *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?*

M. 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?*
- M. 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.*
- M. 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. *Hallo, Master!*

M. Hallo!

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.*

M. Veggie fur, huh?

- Q. *That's right. You designed it.*
- M. Oh, I'm proud that you like it.
- Q. *It's very warm. I was surprised at how warm it was.*
- M. Yes, yes, I tell you, no need for fur. It's even warmer than fur and light.
- Q. *It's very comfortable.*
- M. Yeah.
- Q. *I borrowed it from someone and I want to get one myself. [Laughter]*
- M. 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!*
- M. 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.*
- M. 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.*
- M. 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. *Hallo, Master.*
- M. Hallo.
- Q. *You look like a queen!*
- M. Merci.
- Q. *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. *Thank You, Master!*

- M. You're welcome, love. [Applause]
- Q. *Hi, Master!*
- M. Hi! Hallo, how are you doing?
- Q. *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.
- Q. *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. *Okay, thank You.*
- M. You're welcome.
- 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. *Thank You very much, Master!*
- M. You're welcome. [Applause]
- Q. *Hi, Master.*
- M. Hi.
- 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.*

M. 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?*
- M. 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.*
- M. 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.*
- M. 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. *I understand. Thank You.*

- M. Welcome.
- 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.

Q. *Thank You very much, Master.*

M. You're welcome. [Applause]

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. *Hi, Master.*

- M. Hi.
- 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. *Hi, Master.*
- M. Hi.
- 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.*

M. 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.*

M. 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?

Q. *Thank You, Master. [Applause]*

MC. *We have something we'd like to share with You.*

M. Oh, wonderful! My turn to enjoy. Thanks 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.

MC. *May Your elegant radiance continue to bless the Earth for eons to come.*

M. Thank you. Thank you.

MC. *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 CHARLES NORTON OF THE HOUSE MAGAZINE ¹⁵

[On August 8, 2009, Supreme Master Ching Hai accepted the invitation to an interview by journalist Charles Norton for an article that appeared in The House Magazine on September 18, 2009.]

The House Magazine is a prestigious and impartial political publication that is most read weekly by Members of Parliaments of both Houses and within the Palace of Westminster in the United Kingdom.

The interview with Supreme Master Ching Hai, which took place via videoconference, covered a broad range of topics, from the current critical state of global warming, the harmful impact of methane, organic farming to the melting of the Arctic permafrost to the detrimental planetary impact of raising livestock for human consumption. It also delved into the immense benefits of the organic vegan solution to immediately curb global warming.]

M. Hi, handsome!

Q. *Hallo, hallo.*

15. Videointerview by Charles Norton of The House Magazine, August 8, 2009 (Originally in English).

- M. 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?
- Q. *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. [Master and Charlie laugh.]*
- 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.*
- M. Important. Very important. And she is also a journalist, by the way?
- Q. *No, she is a farmer.*
- M. Farmer? Wow!
- Q. *She's a farmer, yes.*
- M. Ah, that's good for you.
- Q. *Yeah, she grows her own vegetables.*

M. Wow, that's good for you! Then you're always safe. [Master and Charlie laugh.]

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.*

M. 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?*

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 medias, 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.*

M. 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 I.Q. found that vegetarian children were more likely to have higher I.Q.s. 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.*

M. 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.

Q. *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?

Q. *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.*

M. 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.*

M. 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?

Q. *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?

Q. *Yes, I mean to start.*

M. Okay, but they still produce methane, Charlie, yes?

Q. Yes.

M. 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 Him. 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.

Q. *No, no, it's not a subject to be diplomatic about.*

M. Yes.

Q. *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.*

M. 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.*

M. 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.*

M. 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.*

M. 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.*

M. God bless you. God bless the United Kingdom. Ciao!

Q. *Bye.*

AN INTERVIEW BY JAMES BEAN OF SPIRITUAL AWAKENING RADIO ¹⁶

[On July 16, 2009, Supreme Master Ching Hai accepted an invitation by radio talk show host and producer of Spiritual Awakening Radio, James Bean, for a discussion about the connection of vegetarianism to global warming and spirituality.]

On his blog, Gaia at www.santmat.gaia.com, Mr. Bean who is also a comparative religion scholar and book reviewer, shared the seven things which he believes: 'God is real; God is love; all the world scriptures teach about the same manifestation of God as an inner mystical Light and Sound; our true identity is soul, the self; we can experience God's love during meditation and can rise above the body-consciousness to explore the kingdom of the heavens within; and finally, our purpose of life is fulfilled when we are initiated into the mysteries of the spirit by a living Teacher or Sant Sat Guru.'

16. Videointerview by James Bean of Spiritual Awakening Radio, July 16, 2009 (Originally in English).

To share the wisdom of the Masters, the richness of the world scriptures, and the diverse spiritual paths and world religions, Mr. Bean started to produce his own programs on Spiritual Awakening Radio, which is a weekly program broadcast on HealthyLife.net radio network.

Founded by Linda Mackenzie in 2002, HealthyLife.net was one of the first live all good news radio stations on the internet. It initially broadcasts five days a week, and two years later, HealthyLife.net has over two million listeners worldwide in 49 countries, broadcasting 24/7.

Today, it has millions of loyal listeners in over 100 countries, reaching over 1,200 cities throughout the United States. HealthyLife.net radio is also syndicated on many internet radio streams, private radio networks, and is available on Wifi, PDAs, and Smartphones.]

Q. *My favourite one is this cave, 'Entryway to Cave.' [Mr James Bean is referring to Master's newest book 'Celestial Art.']*

M. The cave.

Q. *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.*

M. 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...*

M. 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.*

- M. 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!*
- M. 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!*
- M. Take a week or two weeks instead of going somewhere, just go there and sit in a cave. [Master laughs.] And become a caveman.
- Q. *That gives a whole new meaning to the term 'caveman.' [Laughter]*
- M. 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.*
- M. 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.
- Q. *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.*
- M. 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?*
- M. 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.*
- M. *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.*
- Q. *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 medias, 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.*

M. Sorry for my blunt language.

Q. *Well, meat is murder as that film says, yes, meat is murder.*

M. Yeah? There is a film?

Q. *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.*

M. To take a life is murder.

Q. *The first step is always to identify the problem.*

M. Yes.

Q. *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.

M. 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.

Q. *We're all God, parts of God.*

M. 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?

- Q. *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.*
- M. 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.*
- M. 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.*
- M. So we can only talk up to the fifth level. All right?
- Q. *Yes, indeed.*
- M. 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.*
- M. 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.*

M. 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.*

M. 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.*

M. 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.

Q. *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.*
- M. 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.*
- M. 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.*
- M. 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.*
- M. 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 fulfilment, more fulfilment, 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.]
- Q. *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.
- Q. *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.
- M. 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.*
- M. 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.
- Q. *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.
- Q. *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.*
- M. 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.
- M. 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.*
- M. 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

[On July 7, 2009, Supreme Master Ching Hai accepted an invitation to an interview by journalist Ben Murnane for an article that appeared in the Sunday edition of The Irish Independent newspaper on July 12, 2009.

The Irish Independent newspaper is the most widely read daily newspaper in Ireland and is available in all shops, newspaper stands and airports nationwide in Ireland, as well as in the United Kingdom.

The interview with Supreme Master Ching Hai, which took place via videoconference, covered a broad range of topics, from the current critical state of global warming, the swine flu pandemic, organic farming to rising sea levels to the detrimental planetary impact of raising livestock for human consumption. It also delved into issues related to implementing the organic vegetarian solution to global warming.]

M. *Hallo.*

Q. *Hallo, this is Ben from The Sunday Independent.*

M. *Hi, Ben.*

Q. *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.*

Q. *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*

17. [Videointerview by Ben Murnane of The Irish Independent, July 7, 2009 \(Originally in English\).](#)

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 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!*

- M. 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.

M. 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.*

M. 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.*

M. 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.*

M. 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 Bhola 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.*
- M. 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.*
- M. 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!*
- M. 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.*
- M. 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.*
- M. 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.*
- M. 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.*

- M. 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.
- M. 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!*
- M. 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.*
- M. Yeah. All this research cannot be wrong.
- Q. *That's very true.*
- M. 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!*

M. 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?*

M. Disappeared, yes! Almost sometimes overnight! So I can tell you by my own personal knowledge, experience.

Q. Yes.

M. 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.

M. 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.*

M. 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!*

M. We have only six billion.

Q. *Yeah. That's incredible!*

M. 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?*

- M. 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.

- Q. *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.

M. 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.*

M. 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?*

M. 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.*

M. 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.

M. 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.*

- M. 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.
- M. 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.*
- M. ... 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.

M. 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.

Q. *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.

AN INTERVIEW BY ANDREA BONNI OF THE IRISH INDEPENDENT ¹⁸

- Q. *Hallo, Supreme Master!*
- M. Hallo.
- Q. *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?
- 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.

18. Videointerview by Andrea Bonni of The Irish Independent, December 21, 2008 (Originally in English).

- 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.

- M. 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 evidences 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.*

M. 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.*

M. 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.*

M. 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.*

M. 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.

M. 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?*

M. 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.*

M. 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.

M. 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.

- M. 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.
- M. Meet new vegetarian, vegan friends in the neighborhood or online. Yes, just try something new in life.
- Q. *Just give it a try.*
- M. 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.
- Q. *Being a bit more open-minded.*
- M. True, open-minded and try new exciting stuff.
- Q. *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.*

M. 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.*

M. 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.

M. That's their preferred holidays for many people. You see, important.

Q. Yes.

- M. 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.*
- M. No, we can't, right? We cannot live without animals, right?
- Q. *No, absolutely not.*
- M. 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.
- M. 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.
- M. 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.*

M. 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!

Q. *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.*

M. 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.*

M. 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.*

M. *Yes, good for us.*

Q. *Good for us.*

M. 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.*

M. 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.*
- M. 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.*
- M. 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.
- M. God bless.

AN INTERVIEW BY BOB LINDEN OF 'GO VEGAN WITH BOB LINDEN' RADIO ¹⁹

[After over 20 years of sharing Her knowledge on how to live a balanced life while pursuing a spiritual path, Supreme Master Ching Hai continues to dedicate Her time and effort to uplift and enhance the life of all beings. 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 insights and wisdom on the topic of global warming and climate change, such as at gathering with our Association members, symposiums, or via videoconferences and the like: 'We have to respect all lives, including that of our so-called enemies even. Directly or indirectly, we have to stop the killing. We have to be all vegetarian and abstain from all animal products. And that's how the killing will stop. Everything else is secondary.'

Recently, She accepts an interview from Bob Linden, producer and radio show host of 'Go Vegan with Bob Linden.' Because of his love for animals, for the past eight years, vegan radio host Bob Linden has been working diligently to help the public understand the benefits of animal-free living. His weekly radio program on www.GoVeganRadio.com based in the United States, covers a wide range of topics including animal welfare, health, environment, world hunger, morality and peace.

Supreme Master Ching Hai's interview with Bob Linden addressed the importance of the vegan diet in helping our planet.]

- 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.

19. Videointerview by Bob Linden of 'Go Vegan with Bob Linden' Radio, September 3, 2008 (Originally in English).

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.

Q. *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!

Q. *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.

Q. *You look terrific.*

M. Thank you. Thank you, love.

Q. *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!*

M. 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!

Q. *... 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!

Q. *It is. It's the green lifestyle.*

M. Right!

Q. *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.]

Q. *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.*

M. 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!

Q. *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!
- Q. *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.

Q. *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.

Q. *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 vegetable.

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.

Q. *And I visited Loving Hut and now You're going to have vegan restaurants all around the world.*

M. Yes.

Q. *They've opened in Asia, Hong Kong, Au Lac, opening in Palo Alto and San Francisco.*

M. Yes.

Q. *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.*
- M. 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.
- Q. *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.
- Q. *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!
- Q. *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.
- Q. *... 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.

Q. *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.*
- M. 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.*
- M. 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.*
- M. Bless you.
- Q. *Love You.*
- M. I love you, too.

AN INTERVIEW BY LOUISE KINGS AND THE SANDMAN OF EAST COAST FM RADIO OF IRELAND²⁰

[On August 31, 2008, Supreme Master Ching Hai accepted an invitation as guest from East Coast FM Radio to share with listeners Her thoughts on vegetarianism versus the meat diet. East Coast FM Radio is one of the most popular radio stations in Ireland, broadcasting from Bray, County Wicklow since 1989. Its program on Sunday night is co-hosted by Louise Kings (MC1) and The Sandman (MC2) and cover topics that are holistic, spiritual and informative for a nationwide and international audience. East Coast FM Radio's co-host Louise Kings became vegetarian over seven months ago. When her dog was diagnosed with cancer, after

20. Videointerview by Louise Kings and The Sandman of East Coast FM Radio of Ireland, August 31, 2008 (Originally in English).

researching on the internet, Ms. Kings changed her dog's diet to vegetarian. As a result, the cancer stopped spreading completely, and her dog lived two more years. Ms. Kings' decision to be vegetarian was further motivated by her reading of Supreme Master Ching Hai's Alternative Living flyer at an exhibition booth in Dublin. The program's co-host, Mike the Sandman, became a vegan after the interview with Supreme Master Ching Hai and from recently watching Supreme Master Television.

The interview, which was broadcast nationwide in Ireland and worldwide on live internet radio, drew appreciative responses from listeners who sent emails and text messages during and afterward. A listener named Moira from Wicklow wrote in a text message: 'Having come from an agriculture background where eating meat was not only considered normal by vital to our existence, how wrong have I been? Thanks Louise and the amazing woman you spoke to. Great interview and if you don't mind the pun, your interview gave me 'food for thought'! Well done!'

From a listener in the United States: 'Dear East Coast FM, you guys rock! I just heard the interview via internet with Supreme Master Ching Hai. And I was really impressed with the questions – they were well-rounded, covered everything, and unbiased, and informative. And the way you presented the facts was just great. It's so encouraging that media personnel such as yourselves are helping to inform the public on ways to better our planet. Awesome interview, thank you!'

An email from Sonia stated: 'Please have Her for another show. Then people would know more about the situation that our planet is in.' Another text message read: 'Oh, my God, so it takes more land to feed cattle, sheep than to feed people? I never thought of that, thought I was doing good by not using aerosols.' From Vicki from Arklow: 'Guys, I've always been vegetarian, and tonight not only did you make you feel normal but fantastic for doing my bit! More shows like this please...']

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 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.
- MC1. *Hallo, good evening.*
- M. Good evening.
- MC1. *It is Louise, how are You?*
- M. How are you, madam? I'm fine.
- MC1. *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.*
- M. 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.
- MC1. *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.

MC1. *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 evidences 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 seeming 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.*

- M. 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 I.Q.. 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 I.Q. 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 I.Q. 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 evidences 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.*

- M. 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.*
- M. ... 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.
- MC1. *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.
- MC1. *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.*
- M. 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.*
- M. 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!*
- M. 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?*

M. 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.*

M. Bless her, bless her. And you have how many other dogs now?

MC1. *I have two.*

M. Two?

MC1. *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.*

[The hosts of East Coast FM Radio are reading messages from their audience.]

MC1. *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.'*

MC1. *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.



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.



The Supreme Master Ching Hai's teachings on line

Real Video / Multi Languages

www.Godsmediatecontact.org/video/

(in U.S.A. with Windows Media Video & Real Video; Available in multiple languages).

Sample Booklet of Master's Teachings

For a free download of Master's sample booklet, The key of immediate enlightenment and eternal liberation (available in 60 languages), please visit:

www.Godsdirectcontact.org.tw/eng/publication/sample/sample.htm

www.Direkter-kontakt-mit-gott.org/download/index.htm

www.Godsdirectcontact.org/sample

E-news Magazine

Found in April 1990, the E-news magazine provides up-to-date, detailed reports of Master's work and life during these years.

www.Godsdirectcontact.org

E-Book

Free download of The key of immediate enlightenment – Questions and answers 2. Just go to one of the following Internet sites then double-click the file from your desktop to open the book. (Total file size is approximately 14MB for one executable file and 5.5MB each for 3 zip files; no special software is needed to open or run it.)

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(U.S.A.) (download 3 zip files)

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(U.S.A.) (download 1 executable)

Quan Yin WWW Sites

For more information about publications, as well as information about the Quan Yin method of meditation, please visit the following websites:

www.SupremeMasterTV.com/

www.Godsdirectcontact.org/

www.Godsmediatecontact.net/

www.Godsdirectcontact.com/

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www.Remembergod.org/

www.Askmorenow.com.au/

www.Edenrules.com/

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www.Loveoceancreative.com/

www.Lovinghut.com/



How to contact us

If you wish to learn and meet with Supreme Master Ching Hai for immediate enlightenment and eternal liberation, please contact our local Meditation Centers. For the latest information on our liaison practitioners worldwide, please visit the following URL:
www.Godsdirectcontact.org.tw/eng/cp/index.htm

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(You are welcome to join us in translating Master's books into other languages.)

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Introduction to our publications

The Key of Immediate Enlightenment

- * A collection of Supreme Master Ching Hai's lectures.
- * Available in Aulacese (Vols. 1-16), Bulgarian (Vol. 1), Chinese (Vols. 1-10), English (Vols. 1-5), French (Vol. 1), German (Vols. 1-2), Hungarian (Vol. 1), Indonesian (Vols. 1-5), Japanese (Vol. 1-4), Korean (Vols. 1-11), Mongolian (Vols. 4 & 6), Polish (Vols. 1-2), Portuguese (Vols. 1-2), Spanish (Vols. 1-3), Swedish (Vol. 1), Thai (Vols. 1-6), and Tibetan (Vol. 1).

The Key of Immediate Enlightenment – Questions and Answers

- * Question and answer sessions between Master and spiritual practitioners.
- * Available in Aulacese (Vols. 1-4), Bulgarian (Vol. 1), Chinese (Vols. 1-3), Czech (Vol. 1), English (Vols. 1-2), French (Vol. 1), German (Vol. 1), Hungarian (Vol. 1), Indonesian (Vols. 1-3), Japanese (Vol. 1), Korean (Vols. 1-2), Polish (Vol. 1), and Portuguese (Vol. 1).

The Key of Immediate Enlightenment – Special Edition

- * A collection of Master's lectures during the 1993 world lecture tour.
- * Available in Chinese and English (Vols. 1-6).

The Key of Immediate Enlightenment – My Wondrous Experiences with Master

- * Available in Aulacese and Chinese (Vols. 1-2).

The Key of Immediate Enlightenment – Special Edition / 7-day Retreat

- * A collection of Master's lectures during a 7-day retreat in Formosa, 1992.
- * Available in Aulacese and English.

Letters between Master and Spiritual Practitioners

- * Available in Aulacese (Vols. 1-2), Chinese (Vols. 1-3), English (Vol. 1), and Spanish (Vol. 1).

Master Tells Stories

- * Available in Aulacese, Chinese, English, Japanese, Korean, Spanish, and Thai.

Aphorisms

- * Gems of eternal wisdom from Supreme Master Ching Hai.
- * Available in combined language editions of Chinese/English, English/Japanese, English/Korean, French/German, and Portuguese/Spanish.

I Have Come to Take You Home

- * A collection of quotes and spiritual teachings by Supreme Master Ching Hai.
- * Available in Arabic, Aulacese, Bulgarian, Chinese, Czech, English, French, German, Greek, Hungarian, Indonesian, Italian, Korean, Romanian, Russian, Polish, Spanish, and Turkish.

God's Direct Contact – The Way to Reach Peace

- * A collection of quotes and spiritual teachings by Supreme Master Ching Hai.
- * Available in Chinese and English.

Coloring Our Lives

- * A collection of quotes and spiritual teachings by Supreme Master Ching Hai.
- * Available in Chinese and English.

Of God and Humans – Insights from Bible Stories

- * A collection of quotes and spiritual teachings by Supreme Master Ching Hai.
- * Available in Chinese and English.

God Takes Care of Everything

- * Illustrated tales of wisdom by Supreme Master Ching Hai.
- * Available in Aulacese, Chinese, English, French, Japanese, and Korean.

The Supreme Master Ching Hai's Enlightenment Humor – Your Halo is Too Tight!

- * Available in Chinese and English.

Secrets to Effortless Spiritual Practice

- * Available in Chinese and English.

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).
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- * 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).

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* 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.

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