

# THE SUPREME MASTER CHING HAI

NEWS NO. 176



- ◆ Beautiful People and Beautiful Events
  - A Rock Star Who Champions the less Fortunate
- ◆ Series of Shining World Leadership
  - A Country's Compassionate Commitment
- ◆ Positive Improvements on the Planet
  - Caring About Animal Welfare and Allowing All Beings to Coexist Harmoniously
  - Positive News for a Better World
- ◆ World-Compassion-Award
  - Heroine in the Land of a Thousand and One Nights



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# SUPREME MASTER TELEVISION LIVE ONLINE 24 HOURS / 7 DAYS

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Award-winning American television show on i: Independent Television (formerly PAX), *A Journey through Aesthetic Realms*, has expanded and moved across the continent to Europe to air on a new channel: SUPREME MASTER TELEVISION, to reach out to audiences 24 hours a day, 7 days a week.

## SUPREME MASTER CHING HAI

# WORLDWIDE

### Supreme Master Television Show Line-Up

**NOTEWORTHY NEWS:**

Up-to-date positive news from around the globe

**WORDS OF WISDOM:**

Insightful lectures by Supreme Master Ching Hai

**A JOURNEY THROUGH AESTHETIC REALMS:**

Entertainment program featuring lively and vibrant performances from around the world

**VEGETARIANISM - A NOBLE WAY OF LIVING:**

Cooking program that walks you through simple steps to make wholesome & delicious vegetarian dishes

**ANIMAL WORLD:**

This show will touch your heart and demonstrate a loving way to care for our animal friends

**BETWEEN MASTER & DISCIPLES:**

Get a glimpse into candid and heartwarming conversations between teacher and disciples on subjects ranging from daily life to the secrets of the universe, & much more!

**ENLIGHTENING ENTERTAINMENT:**

Covers interesting interviews, inspiring movies and documentaries that elevate the soul and nourish the spirit



WORDS OF WISDOM



ENTERTAINMENT



UNFORGETTABLE ARTISTS



VEGETARIAN COOKING



ANIMAL WORLD

Now, you don't have to move to Europe to catch this inspiring channel. Have your own TV on your laptop and watch SMTV online at [www.suprememastertv.com](http://www.suprememastertv.com), available live 24 hours a day.

Programs are in English, with French, German, Spanish and Italian subtitles, with more languages to be added in the future.

## WWW.SUPREMEMASTERTV.COM

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## Supreme Master Ching Hai's Latest Poem Publications

### An Ode to True Love -- *The Lost Memories*

Chinese Editions Released 

**T**he Lost Memories is a collection of romantic poems written by Supreme Master Ching Hai during Her stay in Europe in the 1970s. Each poem is filled with rich imagery and lyrical resonance, reflecting the pure innocent feelings of the poet. The message underlying the words and verses rekindles the intense longing in our heart for eternal love.

We thank Master for Her grace in permitting us to publish two different Chinese editions of this collection. The vernacular edition is a translation of the original English poems into simple and easily comprehensible language. The classic edition has been translated from Aulacese and edited personally by Master; it portrays the gracious lyrical beauty of ancient Chinese poetry while demonstrating the extraordinary talent of the creative artist through the art of poetry. Readers of both editions will enjoy the poems' unique beauty and the profound insights they convey.

### Joyful Emergence from a Cocoon - *Chinese Edition of The Dream of a Butterfly*

**T**he Dream of a Butterfly is a collection of exquisite poems written by Supreme Master Ching Hai from Her youth until after Her enlightenment. They record intimate traces of the love, sorrow and happiness in Her life, giving the reader a glimpse into the many ups and downs that a Saint has chosen to endure and experience in human life for the sake of delivering sentient beings. The book contains many touching poems that Master has adapted to music and personally sung, such as, "The Ocean of Love," "The Supreme Master," "I Will Forever Love You," "Love Me," "Go! Go! Go!" and "Remember Me When the Rain Falls." These poems, describing the refinement of a noble life and radiating spiritual fragrance, brighten our life on Earth while bringing us boundless inspiration and profound philosophical depth.



### Saintly Tears Light the Way -

### *Newly Designed Aulacese Edition of Silent Tears*

**T**he poetic collection comprising Silent Tears is representative of the early days of Supreme Master Ching Hai as a spiritual mentor. Poetic verses tinged with a sense of humor urge the spiritual practitioner to walk steadfastly on the path. Every teardrop of an enlightened Master is a star guiding the soul's journey away from the dark, up to the eternal light of Truth.





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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 Dears)

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

The Supreme Master Ching Hai News magazine is published on the Internet in the following languages: Aulacese, Chinese (in both traditional and simplified versions), English, French, German, Indonesian, Japanese, Korean, Mongolian, Portuguese, Spanish and Thai. Please refer to the Quan Yin WWW sites of The News magazine for related websites.

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# To Maintain Spiritual Purity, Check the Vegetarian Ingredients

Spoken by Supreme Master Ching Hai, Florida, USA,  
December 26, 2001 (Originally in English) Videotape #730



There is no such thing as, “I sit every day and get nothing,” or, “I keep the vegetarian diet and still have a problem.” No, there is no such thing. If we have a problem, we should check the diet. Sometimes even my attendants make mistakes. For example, they see pickles; pickles are vegetarian. So they just buy them to bring home. And I almost ate them! But when I read again, there’s some fish sauce in it. The Asian people, like the Aulacese and the Thai, put fish sauce in vegetable pickles to make them taste good, according to their tradition.

So you have to always be careful. Sometimes the cookie looks harmless, but there are a thousand things in it. By the time I get through the list, I don’t want to look at other cookies anymore. The ingredient list is so long! Sometimes they print such small words, and it’s still so long. I hope we don’t have to read such a long list about bean sprouts or tomatoes! (Master laughs) Now we have genetically modified food. Maybe we will have to read a long list after a while, if they continue that way. When



they pack a fresh tomato, you'll have to read carefully: "Ingredients - Eggs, chicken, beef, milk, soya, glutamate, Maggi." Everything's ready in one tomato! So, if you eat one tomato, you won't have to eat anything else. That's the economical idea about it. (Master jokes)

But my goodness, you have to read so long before you find out whether you can eat that harmless cookie or not! Sometimes the whole thing is all vegetarian: "Vegetables, soy beans," but then: "Eggs"! (Master and everyone laugh) Sometimes, I read the whole thing and don't see anything that says eggs. But when I read carefully again, there's "egg whites." It's just that sometimes they break the word, because the column is small, so instead of "egg," they put "e" and then "g-g whites," and it's at the bottom of everything. So if you are not careful, you might eat something that says "no eggs," or you don't see any egg in there, but it says "g-g whites."

Mostly they put in egg whites. I have that experience already, so now I look for the "whites." I read quickly, but I pay attention not only to the "egg" but to the "whites." And I have better experience now, so I look for two words instead, or many words, like "dried beef" and so on. Mostly in cookies, we're limited to the egg and the white. But then I'm surprised by "e-g-g yolk." (Master and everyone laugh)

### Read Before Eating

I'm sorry; I want to laugh, but I'm crying. What we all do in this world just to eat a cookie! We became vegetarian just to simplify our life: simple living, high thinking. We should think "high reading," or a high column of ingredients! My goodness, where do they find all these ingredients to put in a small, poor little cookie? In my mother's time, there was nothing

as complicated as that. If we ate a cookie, we ate a cookie. Now before you even eat it, make sure you stay alive until you finish the end of your reading! Sometimes you are so hungry, but you have to keep reading and reading, you might faint in the supermarket. So, I don't often go shopping, but if for some reason I have to go and I see cookies or cakes with no eggs - because the residents love cookies - I buy the whole "mountain." I take the whole shelf. The sales woman or the cashier always says, "You're gonna eat all that? Oh, man! You're going to get fat!" (Master and everyone laugh)

I know we talk nonsense so much. But one good thing about being vegetarian: At least we save a lot of money if we're too lazy in reading. (Laughter) It helps. One minute, more or less, makes a big difference. If the ingredients were not so complicated, you would buy much more and quicker. But you don't have time, so you just buy maybe one or two items, and then it's time to go. So at least you don't buy too much, and at least we can laugh about it. How can any meat-eater laugh like this? They don't have to read so much! So, only you can understand me. We have the same problem. (Laughter) And if I go to another state or go to another country, the problem begins all over again! Because I'm in a new place, I see new things, and we begin the hunt again, for the "e-g-g white." (Master and everyone laugh)

### Better Not Eat than to Eat Something Wrong

Many cakes and cookies are already better. But some don't list any ingredients. And sometimes my helper just presumes that it's OK; because the last time he bought an apple pie there was no egg, and this is an apple pie, so it must be the same. But it's a different brand name. I don't know why they put egg in the

apple pie; the recipe doesn't need any egg. So you have to be very careful, and rather not eat than to eat something wrong. You will know right away. If you eat something wrong, you feel your stomach is upset or you have a headache, or your meditation that day is very lousy. You feel empty; you don't feel relaxed. You feel the body is even a little different; it feels rigid and uncomfortable, not loose, easy and smooth. You feel that your feeling is not as sharp and not as deep. Something is wrong; it's just that you don't know what. That is "what." That's the "e-g" or maybe the "y-o-l-k."

These are the things. Because it's not only just the meat, the toxins, the egg or the poison in it, it's the feeling of the animal that produces these things: the way they kill them, or the way the chicken has been raised in such a small confinement to force it to lay eggs. It just eats and lays eggs, eats and lays eggs. So, there's nothing there for you. It's all negative bad feeling, sadness, sorrow, emptiness and meaningless. So, when you eat these things, you suddenly also feel so meaningless. Your body suddenly is not a fruitful body; it feels so dry or so hard or rigid. That is definitely the food. The body is very easy to tell. There's no need to sit in meditation to feel anything. 🌸



## An Amazing Likeness

Spoken by Supreme Master Ching Hai, February 3, 2003,  
Florida, USA (Originally in English) DVD #755

A young mother asked for the help of a friend in taking her identical twins to the doctor. But the waiting area was so crowded that they each had to sit on opposite sides of the waiting room with one twin in each of their arms. Then someone



else came into the waiting room and said, "Oh, look at how much both those kids look alike! It's amazing!" And the friend said, "Well, they should; they have the same father!" 🌸

Please visit the following websites to enjoy the original sound tracks of these jokes,  
and you may also share the joy of Master's humor with those around you:

<http://www.Godsdirectcontact.org.tw/eng/news/176/jk1.htm>

<http://www.Godsdirectcontact.us/sm21/enews/www/176/jk1.htm>

## USA

# *Immersed in the Beautiful Poetry and Light of God*

By Los Angeles News Group (Originally in English)

**[Los Angeles, California]** In late August and early September Golden Year 3 (2006), Los Angeles Center initiates held several expos to especially display Master's latest updated poetry anthology in three language versions of English, Chinese and Aulacese. Many positive comments were received, with one person saying, "These poems are so soft and sensitive. I can relate my feelings into these lyrics."

One sister was looking at "The Dream of a Butterfly," and upon seeing Master's handwritten revisions to these lyrics said that she felt Master's blessings and wanted to purchase that poetry book right away. As she happily embraced it to her heart, she shed tears, saying, "Thank You, Master."

Our booth also displayed balloons and flowers, along with cookies and vegetarian pate to serve the brothers and sisters while everyone enjoyed the Heavenly bliss of these poem lyrics that Master bestowed upon us.

## HOLISTIC LIVING EXPO

On September 16, fellow practitioners also had a booth at the Holistic Living Expo at the Goddess Temple of Orange County in Irvine, California, to share Master's teachings and love with the local community.

Many guests attentively admired Master's art, paintings and Her poems. One woman, who is also a resident of the Temple, commented: "I can see Master's big aura around Her picture. I'm sure She is a great soul." In fact, pictures we took from our camera also showed light around Master's poster!



During the expo, we distributed around 1,000 Alternative Living flyers and Alternative Living bags in English and Spanish versions. To introduce Master's teachings to the community, we also made available 1,000 cookies with Master's aphorisms. Everyone had good comments as they read Master's words before they ate the cookies.

Fellow initiates who attended this Holistic Living Expo rejoiced in their hearts, for many fortunate souls were silently touched by Master's love during the event. 🌸



## *Bringing Fruitful Spiritual Practice into Daily Life*

By Boston News Group (Originally in English)

**[Worcester, Massachusetts]** Since the beginning of Golden Year 3 (2006), Boston Center brothers and sisters have participated in several large local events in Worcester, the second largest city in the New England area of Massachusetts.

### WORCESTER HEART WALK

On April 29, Boston initiates joined the Worcester Annual Heart Walk 2006 held by the American Heart Association. Early on the morning of the event, we arrived at the venue carrying Alternative Living banners and flyers, and wearing Alternative Living T-shirts. The day turned out to be beautiful and sunny, perfect for a walk. There was live music performed by volunteer singers and bands. People were very excited, and our Alternative Living flyers and banner with the subtitles "Change Your Heart, Be Healthy" was a perfect match with the theme of the event.

In just three hours, we



distributed about 8,000 Alternative Living flyers. When we came back to the finish line and took a group picture, many people asked for permission to take our pictures, including a journalist attracted by our happy faces.

## ASIAN FESTIVAL

In the spirit of supporting a local community event that celebrates cultural diversity in Worcester, Boston initiates accepted the invitation to perform at the third annual Asian Festival on June 25. Originally, we were invited to participate again as a vendor because we had a beautiful display at the event last year. But when we registered for this year's event, we were told that they needed more performances. So we immediately took this opportunity to show the public that besides a spiritual focus, Quan Yin meditation practitioners could be healthy, talented and artistic.

We presented two performances. One was a traditional Aulacese dance. The other was a Kung Fu performance presented by a group of young brothers in Alternative Living T-shirts. Both were warmly applauded by the large audience. After the performance, our sisters in long beautiful Aulacese dresses and the young brothers in Alternative Living T-shirts distributed flyers in the venue. They attracted a great attention during the event. Along with the flyers, we handed out vegetarian recipes, sample booklets in English and Aulacese, and brochures with information about the Quan Yin Method. People were also drawn to our booth to enjoy and buy a wide range of Master's publications including poetry, stories, music CDs and videos, as well as Buddha Chanting CDs. Master's Longevity Lamps displayed in our booth lit up the whole event, creating an even greater sense of cultural harmony.



## VIDEO SEMINAR

Plentifully blessed with Master's love, Boston initiates enthusiastically organized a video seminar in the Worcester Public Library on August 5. As this was our third seminar at this library, everything went very smoothly. One week before the event, a group of us gathered



to distribute and post the event flyers throughout Worcester. On the seminar day, guests were presented with Alternative Living bags, flyers, T-shirts, and recipes, etc. Participants were



extremely happy with the vegetarian information and positive reminders.

The seminar's touching quality created a friendly atmosphere for participants to approach initiate brothers and sisters after Master's video and to converse openly about many aspects of spirituality. Two ladies said that they came with questions, but all of them were answered by Master during Her lecture. Our initiates at the seminar also noticed that the Convenient Method session seemed elevated and light, as all participants sincerely sought spiritual development. 🌸

## *A Joyous Supreme Master Ching Hai Day Celebration*

By Indiana News Group (Originally in English)

**[Indiana]** On Sunday, October 22, Golden Year 3 (2006), initiates gathered for the monthly Indiana retreat. Following group meditation, we had a celebration for Supreme Master Ching Hai Day. Each person brought a dish representing their culture to honor the international aspect of our Quan Yin family. The lunch menu included Native American, African American and Asian cuisines. After lunch, initiates sat in a warm circle and shared lovingly the miracles they experienced due to the love and Grace of Supreme Master Ching Hai.

After a few more stories of appreciation of Master, three sister initiates sang the gospel hymn, "God Is," dedicating words from the lyrics to Master. To enhance the celebration with Master's musical presence, the next performance was a song from Master. We listened blissfully as She sang "Tings 2 Do" from "What the Hell" of Her recently released CD collection.

Our celebration ended with a toast of sparkling non-alcoholic champagne: "In loving gratitude and appreciation for all the love and compassion She gives to us and all beings, for the elevation of the universe, this planet Earth, for all healing, and all Her good, cheers to Supreme Master Ching Hai!" 🌸



## PANAMA

# *Celebrating our Master's Day by Sharing Her Love*

By Panama News Group (Originally in Spanish)

**[Panama City]** On October 31, Golden Year 3 (2006), we celebrated Supreme Master Ching Hai Day by dedicating Master's Love to the mothers and their newborn babies in St. Thomas Maternity Hospital in Panama City. We gave them gifts containing basic baby items such as blankets, shirts, etc., and introduced Master through our sample booklets and Alternative Living flyers, explaining to them that the vegetarian diet was the best for them and their babies and also the most noble, loving and healthiest way to live. They were very happy with this information and the gifts.

That night fellow practitioners joined together to celebrate our Master's Day; we were so delighted to see Master in the video of the retreat in Spain and then celebrate with a delicious dinner and cake. Afterward, we shared candies from a "piñata," a traditional way of celebrating occasions such as children's birthday parties. Everyone, young and old – all the children of God, went to catch and enjoy blessed candies!

We thank Master for Her Love and all the divine gifts She has given us and we wish the best health to Her. 🌸



## KOREA

# Happy Ching Hai Day

By Seoul News Group (Originally in Korean)



[Seoul] October 22, Sunday, Golden Year 3 (2006) after group meditation, the Seoul Center held the 13<sup>th</sup> Ching Hai Day celebration.



After watching the “Walk the Way of Love” DVD to remind ourselves of Master’s shining example of helping others, we celebrated the Supreme Master Ching Hai Day with performances. An initiated sister, who is a professional traditional vocal singer, sang a song depicting a mother who worked hard to take good care of her children; it touched everyone reminding us of all of Master’s efforts for Her disciples. There was a lot of applause for this beautiful song. A traditional dance group, which also performed, was very welcomed by initiates. The dance expressed the joyful journey into the inner light and sound and our appreciation to our beloved Master. 🌸



**\*Note:** In 1993, October 25 was declared to be “The Supreme Master Ching Hai Day” by the then Mayor of Honolulu, Frank Fasi. The Hawaiian government also awarded the International Peace Commendation, and the Honorary Citizenship award to the Supreme Master Ching Hai, in recognition of Her contribution to promoting world peace and Her loving concern for humankind.

The following year, on February 22, 1994, the governors of the States of Illinois, Iowa, Wisconsin, Kansas, Missouri and Minnesota, USA also proclaimed February 22 “The Supreme Master Ching Hai Day” and presented the “World Spiritual Leadership Award” to Supreme Master Ching Hai.

## SINGAPORE

# *Ching Hai Day Celebration with the Appreciation of Master's Love and Blessings to All*

By Singapore News Group (Originally in English)

## Pictures Tell Stories



Kids had the honor to do the cake cutting. Everyone enjoyed eating the delicious cake while basking in Master's great blessings.

Singapore fellow initiates, Convenient Method practitioners as well as their friends and family celebrate Supreme Master Ching Hai Day at Singapore Center. They watch the uplifting video on Ching Hai Day proclamation by the Mayor Fasi of Honolulu.

## FORMOSA

# *2006 Roots and Shoots Animal Parade*

By Taipei News Group, Formosa (Originally in Chinese)

**[Taipei]** On October 28, Golden Year 3 (2006), the Jane Goodall Institute - Taiwan, convened the 2006 Roots and Shoots Animal Parade in Taipei. Participants dressed up as animals, plants, and other elements of nature in costumes made of recyclable materials. With its joyful carnival-like atmosphere, the Roots and Shoots parade highlights the close relationship between humans and nature, to raise a sense of social awareness and concern for other beings on this planet. The Taipei Center of The Supreme Master Ching Hai International Association participated in the event to promote the vegetarian diet. Fellow initiates, young and old, dressed up as different

Dr. Jane Goodall in the procession leading the parade



kinds of lovely animals and attractive fruits. Sounding tambourines and blowing bird whistles, they marched through the streets shouting: “Be vegetarians and love animals!”

For the first time, the SM flag designed by Master appeared on the streets of Taipei, attracting the attention of many passersby. Fellow initiates also distributed Alternative Living leaflets and other items along the route. When children saw the shocking pictures in the Alternative Living materials of a row of hanging chickens and a cow hung upside down by its foot over a pool of blood, they stuck out their tongues and exclaimed: “This is cruel! I dare not eat meat anymore!” We also received thumbs-up encouragement from people passing by in cars and on motorcycles along the route.

In her closing speech to mark the successful end of the activity, Dr. Goodall said that humans bring suffering to animals because they lack understanding of the animal kingdom. Her goal in establishing the Roots and Shoots program was to provide opportunities for children to better understand and learn to love animals so that they will not abuse them when they grow up. Dr. Goodall has therefore dedicated her lifelong love and faith to inspiring public respect and care for animals. Dr. Goodall posed for



Holding high the flag designed by Master, brightly dressed fellow initiates promote vegetarianism and the ideal of love for animals.

photos with fellow initiates and gave us her autograph. We presented her in turn with Master's latest book, "The Realization of Health," along with a bouquet of flowers. The parade ended as it returned to its starting point, amidst loud cheering and applause. 🌸



Dr. Goodall with fellow initiates before the parade and after delivering her closing speech.



Taipei City Mayor Ma Ying-jeou greets Dr. Goodall.

## *Film Exhibition Inspires Love for Life*

Reported by College Group of Taipei Center (Originally in Chinese)

**[Taipei]** With the goal of introducing a healthy vegetarian diet and inspiring love for animals, the National Taiwan University (NTU) Light & Sound Society and the College Group of Taipei Center held a Love for Life film exhibition on September 18, Golden Year 3 (2006) at the Second Activity Center in NTU.

The event attracted about 100 students and guests. First in the program was the screening of "Farm Animals and Us." Produced by the UK-based organization, Compassion in World Farming, this film aims to strengthen an understanding of animal intelligence and sheds light on the true picture behind meat products. Following was the screening of "The Cow and the President," a cinematic work by renowned French director Philippe Muyl. This film tells the story of Lucas, a little boy living with his father Romain and pet calf, Maeva, in the countryside of southern France. As mad cow disease grows rampant, Maeva is in danger of being slaughtered. To save her life, Lucas convinces his dad to go with him to Paris and plead for presidential amnesty for Maeva. The trio—father, son and young cow—set out on an adventurous trip marked by many heartwarming incidents.

The movies captured the audience's full attention. Afterward, fellow initiates presented an analysis that showed the importance of a vegetarian diet from many perspectives, such as the love and intelligence of animals, ecological and



economic considerations, physical and mental health, as well as spiritual development. Excerpts from the DVD “The Real Heroes” were also played to give the audience a more comprehensive understanding of vegetarianism. Alternative Living document folders were distributed to all students. A survey conducted at the end of the event revealed that over half the audience members were willing to try the vegetarian diet, with two people deciding to become vegetarian immediately.

This exhibition marked the first time that a film screening, food tasting and seminar were incorporated into one event to promote vegetarianism among college freshmen. Moreover, the touching films shared uplifting information in an entertaining style. We believe that the idea of mercy and love for life is taking root in the hearts of the student youth. 

## *A Poetic Celebration of Supreme Master Ching Hai Day*



By Formosa News Group (Originally in Chinese)

**[Hsihu]** For the joyous anniversary of Supreme Master Ching Hai Day, about 4,000 Formosa initiates and guests gathered at Hsihu Center to celebrate this significant occasion.

At the entrance of the Rainbow Garden, a video presentation of Master’s poetry was arranged. Many people halted in their footsteps, touched by the melodious poems being sung by Master. During the celebration program, initiate members of the Divine Love Poetry Reciting Team performed recitations of several poems from the newly published Chinese version of Master’s poetry book “The Lost Memories.” The audience was intoxicated by the romantic atmosphere. Some initiates performed Master-awarded spiritual songs as the best dedication of all for this occasion. At last, everyone joined to sing “Little Lamb Wants to Go Home” and shared delicious vegetarian cakes.

May all share the joy and glory of the Supreme Master Ching Hai Day and follow the living Master to reach the ultimate bliss! 



# Ching Hai Day Wishes

By a fellow initiate from Mainland China (Originally in Chinese)

On Supreme Master Ching Hai Day,  
Oh, our dearest God (Master),  
We dedicate to You all our love,  
Wish You are forever young, beautiful and happy!

So much we miss You,  
So eagerly we long to see You,  
Yearn to look into Your eyes and whisper gently,  
“We love You forever and ever!”

Day and night, we are in deep gratitude  
For everything You have bestowed on us  
No matter how small our wishes are,  
You always generously grant them to us!

With Your divine love accompanying us all the time,  
Our hearts are filled with contentment and joy  
We wish to share Your love with all sentient beings,  
We wish to devote our lives to repay Your Grace!

## A Moment in Eternity - The Supreme Master Ching Hai Day Report Collection Online

The site provides a detailed story about the origin of The Supreme Master Ching Hai Day and displays beautiful greeting cards to Supreme Master Ching Hai from Her disciples worldwide. There are also highlights of the celebration pictures and programs from various Centers. You are welcome to visit online and experience the great love from a spiritual Master and the sincere gratitude of Her disciples.

<http://www.godsdirectcontact.org.tw/eng1/report/festival/index.php>





## Supreme Master Ching Hai's Latest DVDs

**CD-E747**

(Spoken in Aulacese and English)

**Children of the Dragon and Fairy**

Florida Center, USA

May 11-13, 2002

### Highlights:

Master suggests that we address Vietnam by its ancient name of Au Lac. What is the underlying beauty in this name? What should we do to quickly overcome major obstacles we face in life? During meditation, what is the correct response if numbness occurs in our body? What is the physical effect of positive expressions such as Buddhist incantations or verbal statements of blessing and appreciation?



**No. 736** (Spoken in English, with subtitles in 26 languages)

**The Illusionary Game of Life**

Florida Center, USA

May 11, 2002

### Highlights:

This world is like an illusion, seen in the reflection of a mirror. We want to know ourselves as God, by being not God. It is similar to looking into a mirror so we can see our face. But the mirror is so big, it reflects everything in it. And we get lost, chasing one thing after another, forgetting that it's an illusion...



**No. 728** (Spoken in English, with subtitles in 25 languages)

**The Blessing of a Loving Thought**

International Christmas Celebration at Florida Center, USA

December 26, 2001

### Highlights:

Master encourages fellow initiates to always think positive. Citing an experiment conducted on water by a Japanese scientist, which proved that the molecular structure of water changed in response to different vibrations of thought and word, Master said, "The person who has love can transmit love through food, through anything, through the air."

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October 2006, France

# Tele Satellite & Numerique

Originally in French

*Supreme Master TV: A new free to air satellite channel has just made its appearance on Hot Bird; it's Supreme Master Television, which is diffused from California.*

## THE VOICE OF THE MASTER

This new channel intends to turn the habits of the television viewing public upside down by offering “positive” programming. Dedicated to spirituality, art and love, this channel aims to bring to the forefront world news about courageous and compassionate charitable work, ecology programs, and animal rights. In order to ensure its diffusion in Europe, this American channel has reached an agreement with Media & Broadcast, a division of T-Systems. The latter furnishes satellite service to SMTV and places at its disposition a network of fibre optics, permitting the transmission of the signal to Hot Bird. The channel’s studios, located in Arcadia, California, diffuse signals towards the tele diffuser network of T-Systems.

## TRAJECTORY OF THE SIGNAL

The signals are next retransmitted to Germany by fibre optics, and then sent by satellite from its earth station in Frankfurt to Hot Bird. “We are happy that SMTV has decided to place their trust in T-Systems, and are proud to be able to contribute to the emergence of a new type of television programming in Europe” stated Jennifer Racine, the Director of the Sells Department of Video/Satellite/Multimedia.

The goal of the channel is “to inspire the television viewers to live virtuously and to share refreshing local and world news while, at the same time, inciting the human spirit to soar above

Master TV. Une nouvelle chaîne de télévision... son apparition sur Hot Bird, il s'agit de Supreme Master Television, dont les programmes sont émis depuis la Californie.

La voix de son maître...

Master TV. Une nouvelle chaîne de télévision... son apparition sur Hot Bird, il s'agit de Supreme Master Television, dont les programmes sont émis depuis la Californie.

La voix de son maître...



Une nouvelle chaîne propose... les habitudes des téléspectateurs en proposant une programmation d'inspiration « positive »... à la spiritualité, l'art, la compassion et l'amour.

Un contenu « positif »... se concentrent uniquement sur un contenu positif... de qualité de vie, de spiritualité, d'écologie, d'art et d'amour.

Objet du signal... Les données sont émise... par fibre optique, puis, les signaux sont retransmis par satellite.



daily reoccurring problems via the wings of intriguing spiritual truths and out of the ordinary programs.”

## “POSITIVE” CONTENTS...

By concentrating uniquely on contents which it labels as positive, Supreme Master Television presents programs that are “heart-warming, which include inspiring news bulletins; reports dedicated to important charity work that exemplifies courage and compassion; programs on the environment; and animal companions....” The programs are in English with German and French subtitles. Among the programs that will be presented under the antenna of Supreme Master Television, let us mention, amongst others, Noteworthy News, Words of Wisdom, A Journey through Aesthetic Realms (a highly praised and long-running program, which is broadcast in the United States), as well as Animal World. Noteworthy News presents uplifting local and world news, bringing positive activities to the forefront and making the public more aware of important social issues. Words of Wisdom contains lectures as well as conferences of the Supreme Master Ching Hai.

A Journey through Aesthetic Realms is an entertainment program which presents lively shows originating from different locations throughout the world. Vegetarianism, a way of life full of virtue, is the cooking program in which SMTV will demonstrate, through the medium of a cuisine class, why and how to lead a vegetarian life. 🌸

Where to watch the program of the Supreme Master Television? The channel is a free air satellite on Hot Bird, frequency 10.853 GHZ, Horizontal Polarization, Fec 3/4, Sr, 27500.

## Events Datebook

**To keep pace with the planet’s ongoing spiritual elevation, the local centers of The Supreme Master Ching Hai International Association are holding more and more video seminars and other Truth-sharing events.**

**You are welcome to join in these activities with your friends and relatives. For the latest schedule of our activities, please visit the following URL:**

**[http://www.Godsdirectcontact.org.tw/eng/latest\\_news/events-datebook.htm](http://www.Godsdirectcontact.org.tw/eng/latest_news/events-datebook.htm)**

# The Selfless Offering and Power of Positive Thinking

By sister initiate Nga Huynh, Duisburg, Germany

I have read many books before, yet I retained very little from them. The book that revealed the tale of Shakyamuni Buddha's past life incarnation as a little parrot, however, I still recall:

One day, there was a forest fire. The birds and other animals were crying and hysterically running away to escape. Their crying in pain deeply touched the heart of a little parrot. So, he ran quickly to the nearby riverbank and took a few gulps of water to help douse the blazing fire. Back and forth he flew without being aware of his own pain and fatigue. The violent blaze tarnished his feathers and stained his body with smoke. Moved by the parrot's action, heavenly fairies created a heavy rain to pour over the forest. The fires were stopped and the forest animals were saved.

Most of all, the story reminds me how Master would like us to serve others selflessly and unconditionally. If we can serve others, like the little parrot did, we will receive God's assistance in our endeavors of service.

A similar incident took place that involved me. Every time I went to group meditation, by train or by car, I would usually see eye-catching billboards, some with very negative messages on them, i.e., cigarette advertising, etc. I wished that I could replace them with noble spiritual advertising. Since these billboards easily catch people's eyes, I thought it would be nice if they were showing more lofty messages.

About three weeks before the premiere of the Supreme Master Television in Europe, we were thinking how to give our support to promote the television program. The first thought in my mind was to use the giant billboards along the city streets. I searched for advertising companies to inquire about display ads.

The staff in many of these companies quickly recognized me as one without any experience. After several trials, perhaps one company felt a sense of pity for my naïveté because they later extended their help to me wholeheartedly. Or perhaps, the innocence and sincerity awoke the Godly nature within them..

After collecting all the information and details, I told the company representative honestly that the price was quite high and that it was beyond our financial capability. He thought about it and several minutes later called me back and dropped the price to 1/3 of the original offer. Since I could hardly believe it, I made sure with him several times before I quickly grasped this opportunity. And then everything proceeded accordingly.

We placed 40 big billboards in Hamburg and 60 in Berlin for one week. Large posters with Master’s image were displayed in bus stations along the streets, in train stations and in the large public transportation concourses. Everything was so arranged by Master that our billboards stayed up for three additional weeks, free of extra charges. I was happy and remembered the story of the little parrot.

This is the outcome of our eagerness in sharing Gods’ message to the people. It is the longing for people to know God for their quick escape from the suffering and ignorance in this ephemeral world. It is this positive thinking that leads us to the accomplishment of every task.

Sometimes we tend to think of our work as tiny, as “a piece of sand in the ocean” that is of no use to anyone. But we should just have a powerful thought that everyone will benefit from it, like the little parrot with each gulp of water to help put out the forest fires.

Sometimes, I go to distribute flyers for Master’s television program and for the Alternate Living as well. Since I have small children, I cannot plan to go with other initiates. So I just go out when I have available time. On a sunshiny day, I walked the streets alone to drop a flyer into the mailbox of each house I found. Looking at the thick stack of flyers in my hand, I felt a little discouraged for I had not distributed a whole lot. Upon recalling the little parrot story, I continued walking to each and every house and felt blissful again to go on with the rest of the distributing. I long for people to know God and the lofty noble way of living and I strongly believed that it will become a reality. I would like to share this thinking with everyone in the working teams, because this has helped me a lot and kept me moving ahead without giving up.

Each gulp of water from the little parrot did not put out the forest fires, yet his devotion and God’s heartfelt help did! 



# Series of Shining World Leadership

## Enlightened Government Creating a Bright Future

Reports according to Master's order and rating



CUBA



## *A Country's Compassionate Commitment*

By United Kingdom News Group (Originally in English)

Cuba is long-known for its exotic flora and tropical beauty. But more recently, the country's ongoing commitment to delivering social services has become the story behind its success.

In 1998, Cuba welcomed its first visit from a reigning pontiff, Pope John Paul II. This showed the country's openness toward religious beliefs. One month following the Pope's visit, President Fidel Castro spoke out against the use of abortion as a form of birth control. In December 1998, Castro also formally re-instated Christmas Day as an official holiday, meaning that, for the first time since 1969 Cubans, could once again celebrate Christmas and openly hold religious processions.

In 1989, the World Health Organization recognized the Cuban health care system as a "model for the world." Cuba was also reported by the United Nations Children's Fund (UNICEF) to have the world's third-lowest rate of infant mortality and some of the world's highest rates for child immunization (96 percent) as well as school enrollment (94 percent). It has the most complete infant immunization coverage in the developing world.

Good public health is a priority for the government, as reflected in one of its most recent initiatives. Despite the fact that the cigar culture goes back five centuries, the Cuban government banned smoking from restaurants in February 2005. This is additionally impressive because the tobacco and cigar industries generate huge income for the country. The new law also bans the sale



Cuban President Fidel Castro and Pope John Paul II

# Series of Shining World Leadership Enlightened Government Creating a Bright Future

Reports according to Master's order and rating

of cigarettes at stores less than 100 yards from schools and to children under the age of 16.

Cuba's world-class education system is free to all Cubans up to the highest university level. From elementary age, students are schooled in all disciplines to equip them with the skills to become productive citizens so that they can contribute to helping the nation improve. This emphasis on education has resulted an almost zero level of illiteracy.

Cuba has also implemented progressive and often innovative initiatives that are now being modelled by other countries. Besides its world-class health care and education, Cuba's agricultural system features the development and use of local,

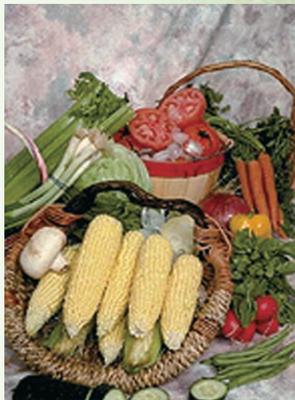
organically grown produce. As a result, Cubans can purchase nutritious food at affordable prices, or receive it free of charge in schools, hospitals and homes for the elderly. The Cuban government has also made large commitments to scientific research, which in turn benefits the people.

Furthermore, the government buys a set quota of food from the local farmers and they can sell any surplus for profit, thus guaranteeing their ability to earn a living. Figures produced by the UN Food and Agriculture Organization (UNFAO) indicate that hunger in Cuba fell from 8% in 1990 to 3% in 2004. Cuba's agricultural system is a working model for countries that want to adopt organic, non-intensive farming practices rather than follow a large-scale, industrial agriculture system.

Cuba has become increasingly involved with providing foreign aid, particularly in health. The country is famous for educating doctors and sending them to where they are most needed. The Latin American School of Medical Sciences (LASMS), established in 1999, provides free medical scholarships to young people from Latin America and the Caribbean with a commitment to educate a



Cuban schoolchildren in free education system



Cuba's organic agriculture

# Series of Shining World Leadership

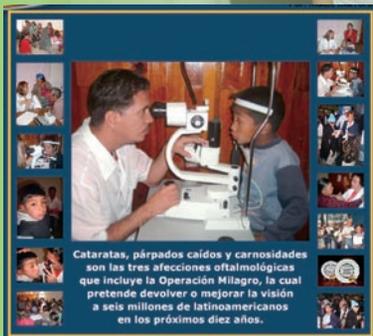
## Enlightened Government Creating a Bright Future

Reports according to Master's order and rating

minimum of 500 doctors each year. In 2001, President Castro offered an additional 500 medical school scholarships annually to help solve the health crisis in many impoverished African-American communities in the US. The only requirement is that the students return to the US after medical school to serve African-American communities in need. Today, more than 12,000 students from around the world are studying medicine in Cuba completely free of charge, and their numbers continue to grow rapidly.

In 2004, Cuba brought its free eye surgery program, Operation Miracle, to Africa and Asia. The enormous task of training 200,000 healthcare professionals over a ten-year period, then sending them to preserve and restore sight to no less than six million people from Latin America and the Caribbean, is unprecedented in the world. More recently in December 2005, Castro sent 100 medical aid workers to Botswana, where they have played an important role in Botswana's fight against HIV/AIDS.

Through its quietly effective example, Cuba is showing the world that serving the public is the best and most important priority for a government. 🌸



Cuba's free eye surgery program, Operation Miracle, restores sight to millions of people.

# World-Compassion-Award



## HEROINE IN THE LAND OF A THOUSAND AND ONE NIGHTS

By brother initiate Philippe, Paris, France (Originally in French)

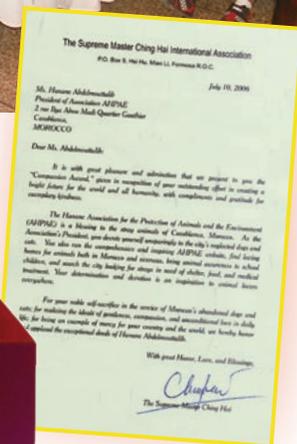
On September 13, Golden Year 3 (2006), representatives of The Supreme Master Ching Hai International Association delivered to Ms. Hanane Abdelmouttalib of Casablanca, Morocco, the Compassion Award, in honor of her work to aid stray animals. Further, we went there to produce a brief film journal of her life's work.

The Abdelmouttalib family demonstrated the brotherly love of Muslim communities, where a stranger is welcomed with extreme deference. We had come to honor a queen of compassion, yet

we found ourselves treated like kings.

Hanane's parents were open to the teachings of Master. In fact, after our arrival, Mr. Abdelmouttalib immediately had a technician establish a satellite connection to receive the SMTV channel.

Friday night, the holy day for Muslims, Mr. Abdelmouttalib went to his room to pray. Several hours later he returned full of enthusiasm and exclaimed, "I was with Allah. I have seen your Master on the television set in my room. The teachings of Supreme Master Ching Hai are the same as those of the Koran. Yes, they are the same! Plus, in the Koran it is said, several times, that it is necessary to respect animals." Mr. Abdelmouttalib proceeded to ask questions about Master's teachings. He finished by declaring, "Me too: I would like to be a vegetarian!"



Hanane's family gathers for the award ceremony



# World-Compassion-Award

Throughout our stay we had the privilege of following Hanane and observing how she helped the stray animals with a compassion that was without limit or condition. We learned much from Hanane as her love for animals went far beyond anything we could have imagined. She treated our four-footed friends as though they were her children and has been known to sell her own clothing in order to have money to buy food for them.

The objective of our film was to show the daily accomplishments of this humanitarian awardee, who traverses the streets of her neighbourhood each morning with a sack of food for the animals in one hand and a container of water in the other. Later, after making certain that all of the animals known to her have been fed and given water, she travels to the veterinarian to assist in other urgent projects.

Casablanca is overflowing with stray cats and dogs badly in need of vaccinations because rabies is still widespread in this region. Aided by vaccines furnished by the authorities and a representative from the Ministry of Health, Hanane scurries through the streets and the neighborhoods where she knows that she will find animals that need to be vaccinated.

Raising awareness about the magnitude of these problems is also her obligation. She teaches the inhabitants of various neighborhoods how to react to wounded or sick animals in a nearby school that allows her to use their facility to pass on her knowledge. Her work is without end, as is her lifelong commitment.

For these noble actions, Master Ching Hai has presented the “Compassion Award” to Ms. Hanane Abdelmouttalib. It is a magnificent, engraved circular plaque of cut crystal, set up on a golden pedestal and decorated with seven red hearts. This prize is an aesthetic marvel and is symbolic of God’s compassion. Our Master also offered the sum of US\$10,000 to help Hanane with her tasks so that she can more comfortably nourish and care for the animals.



Hanane feeding street animals



Caring for a cat hit by a car

# World-Compassion-Award



The award ceremony took place on September 17. It was a particularly moving moment. During the course of the ceremony, we presented two books to Hanane's parents: the Arabic translation of "I Have Come to Take You Home," as well as Master Ching Hai's illustrated book in French, "God Takes Care of Everything." Mr. and Mrs. Abdelmoutalib accepted these gifts joyously and thanked our Master.

Upon our departure, we left our friends and our heroine knowing that something extraordinary had happened in this land of "A Thousand and One Nights." God demonstrated to us that everything in the world is a part of Hirm. Even for the humblest amongst us, God is ever-present. 🌸

**Master's comment: I thank her, her family and other golden hearts for their love for the helpless animals. ❤️**

A family who loves animals dearly



Hanane and her father



Hanane's mother



Mother, when younger



Hanane's sister

## Quan Yin WWW Sites

God's direct contact—

The Supreme Master Ching Hai International Association's global Internet site:

<http://www.Godsdirectcontact.org.tw/eng/links/links.htm>

This portal provides a directory of links to Quan Yin Web sites in a variety of languages, as well as 24-hour access to the TV program *A Journey through Aesthetic Realms*. You may also download multilingual editions of *The Key of Immediate Enlightenment* sample booklet, download or subscribe to *The Supreme Master Ching Hai News* available in eBook or printable format or browse the sites' contents online.

## Warm and Heartfelt Appreciation from Hanane

(Originally in French)

Madam and Dear Friends,

In these joyous and unforgettable days, please accept my warmest greetings. I send my regards also to Alex and Philippe whose participation contributed greatly to the success of the ceremony in which the World-Compassion-Award was given.

We became vegetarians during the five days we spent in the house with Alex and Philippe, and hence, we have a permanent memory of them. As for the house, it is thanks to the gift from the Supreme Master that we have been able to give the Moroccan government the sum necessary for its acquisition. A section of this newly acquired lodging has been transformed into a place for the Hanane Association.

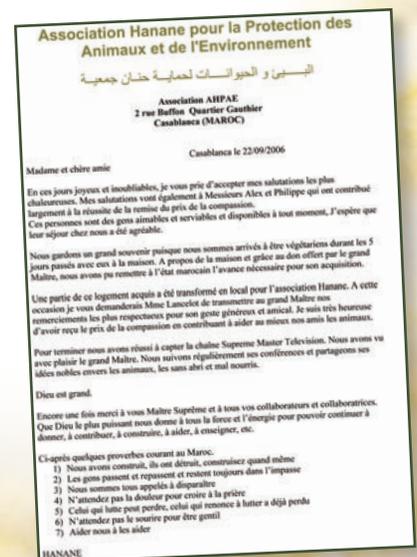
Please convey to the Supreme Master our profoundest gratitude and respect for Her generous and friendly gesture. I am extremely happy to have received the World-Compassion-Award, granted for our contribution to making things better for our friends, the animals.

I conclude this letter by saying that we have succeeded in being able to watch the channel for Supreme Master Television. It is with pleasure that we can now see the Supreme Master. We often watch Her lectures, and we share Her noble ideas concerning animals and homeless people as well as those who are malnourished.

God is great.

Once again, we thank You, Supreme Master and we also thank all of those who aid You in Your work. May almighty God give all of us the strength and the energy to be able to continue to give, to contribute, to build and to teach.

Hanane



# Master Helps Us Weather the Storm

By brother-initiate Doan V. K., Da Nang, Aulac (Originally in Aulacese)

On October 1, 2006, Typhoon Xangsane came to the central Danang with its accompanying tornados. The tornados reached top wind speeds of up to 185 kilometers (115 miles) an hour, placing the city under the storm and heavy rains. The howling sounds of the wind outside made me shiver. Perhaps, I had not had this experience before in my life. So, honestly, my whole body was paralyzed despite the fact that I concentrated on the wisdom eye and recited the Holy Names.

At that moment I was kneeling. Later, sitting up on the floor I tried to nervously look through the window. I saw everything circling and twisting in the middle of the storm. The roof tiles and sheets flew away like flying kites. High voltage wires and electric poles collapsed, and telephone lines totally cut off the outside world. At that time, my house was shaking completely due to the neighbors' corrugated sheets that landed on the rooftop. The metal sheets were being tangled in piles of broken cable wires and constantly moved up and down. Although I thought that I would have nothing to lose or to fear, I was still anxious and worried. Watching the destruction of the storm, I felt so vulnerable and small. There was a billboard near my house, and despite its height of 20 meters and tens of tons in weight, it was knocked down to the Han River. According to reports, the typhoon destroyed thousands of homes.

There was a Convenient Method brother who meditated during the storm. When he recited Master's name, he saw in his inner vision that Dharma guards were standing guard around his house. He is extremely grateful to Master.

Without Master's protection, the fate of my family would not be known at this time. I can not hold back my tears while writing to You, dearest Master. Thanks to You, everything remained safe and sound, and despite the damaged roof top the house is still intact. Thanks to You, the disaster's impact was greatly lessened for the people. I don't know where to find more precious words than "thank You" to express our gratitude. You have taken such great care of us. 🌸



# A Rock Star Who Champions the less Fortunate

By United Kingdom News Group (Originally in English)

**P**aul David Hewson was born on May 10, 1960, in Dublin, Ireland. Later known as Bono Vox (meaning “good voice”), he might be one of the most influential icons in musical rock-and-roll history.

The band that later became U2 was formed in October 1976 with Bono as its front man. In 1987, U2 rose to super-stardom and Bono was quickly placed at the center of international media attention. From the beginning he has always had a great stage presence with a natural flair for interacting with the audience, a gift Bono has also drawn on for humanitarian callings. From a high-profile meeting with US President George Bush, to his open support of an increase in Canada’s foreign aid, to backing the need for famine relief in Ethiopia, to his outspoken comments about nuclear testing in France, Bono has consistently used his celebrity status to draw attention to human rights issues. People around the world admire, criticize or pray for him, but his passion in speaking up on behalf of the less fortunate seems to be ever-growing.

Bono’s first move as a social activist came in 1984, when he joined other musicians in the project Band Aid and helped raise millions to relieve famine in Africa. The following year, he performed at Live Aid, and in 2005, he organized the Live 8 tour. In fact, since 1999 he has become increasingly involved in global campaigns on behalf of developing countries and to relieve the plight of Africa. Perhaps





## BEAUTIFUL PEOPLE *and* BEAUTIFUL EVENTS

Bono's most extensive social campaign was Jubilee 2000, another project organized to cancel third world debts. During the Jubilee 2000 campaign, Bono as group ambassador met with Pope John Paul II, UN Secretary-General Kofi Annan and US Presidents Bill Clinton and George W. Bush.

In May 2002, Bono took US Treasury Secretary Paul O'Neill on a four-country tour of Africa. Later that year, Bono and a few others co-founded DATA (Debts, AIDS, and Trade for Africa), an organization that aims to raise awareness about Africa's debts, uncontrolled spread of AIDS and unfair trade rules that hurt the continent's already disadvantaged citizens. In 2005, instead of being just a performing guest, Bono played a primary role in organizing and publicizing Live 8. This was a series of 10 concerts around the globe aimed at raising awareness for an upcoming G-8 Summit meeting that would encourage the representatives of the world's eight leading industrialized countries to write off Africa's enormous debt, reform trade policy, and grant a great deal more aid for crises such as the AIDS epidemic.

However, possibly the most special move has been the launch of EDUN, a socially conscious fashion line set up by Bono Vox and wife Ali Hewson. By using factories based in Africa, South America and India that provide fair wages to the workers and practice good business ethics, EDUN hopes to create a business model that encourages others to invest in developing countries, thereby helping those countries and their people to prosper for themselves.

Perhaps because of his humanitarian compassion, Bono Vox was nominated for the Nobel Peace Prize in 2003, 2005 and 2006. And his work in promoting a balanced global economy may be the reason his name is one of "Time's 100 Most Influential People," alongside Bill and Melinda Gates. But, as he has said, all his efforts are to spread just one simple message: to stop asking God to bless what we want to do, but to get involved in what God is doing—because it's already blessed. 🌸

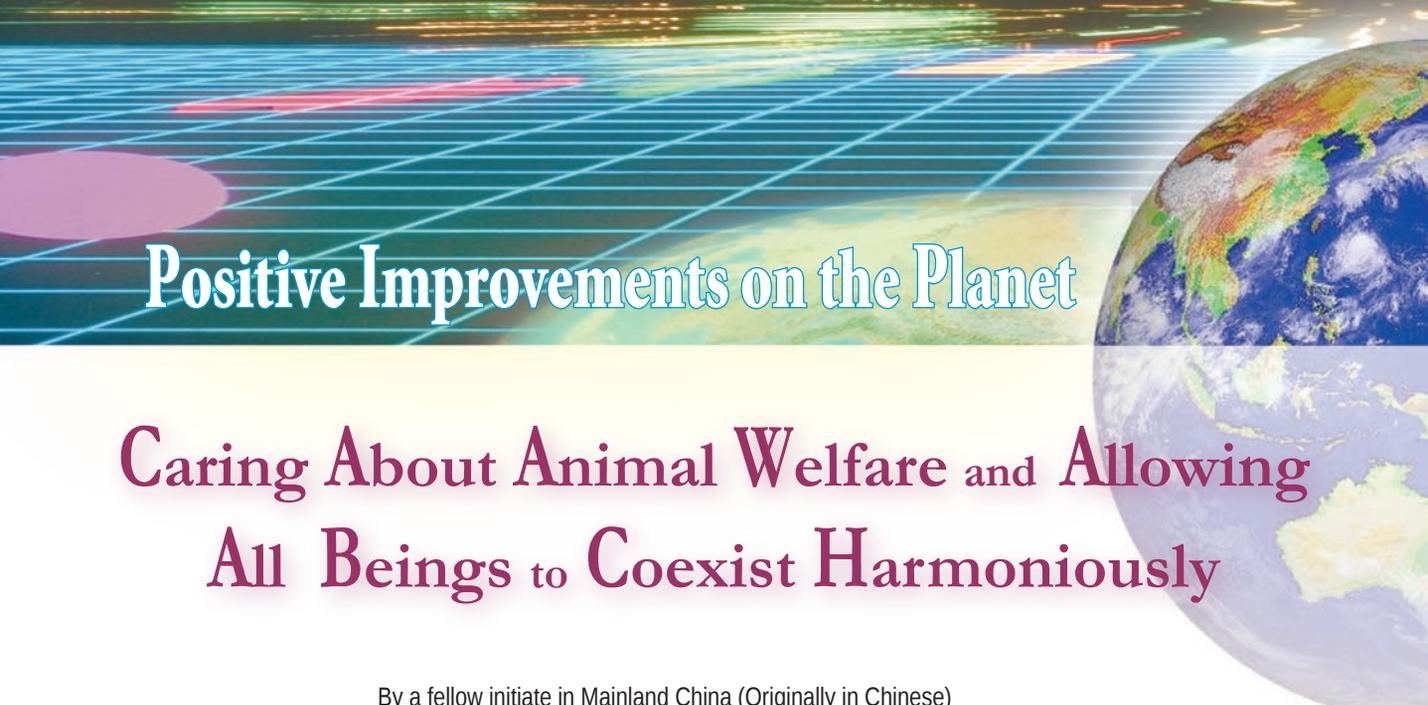
### TIPS FROM MASTER

## *Keeping Warm While Traveling*

In hotels, if the sheet and covers do not give enough warmth, use two big bath towels to:

1. Layer on the bed, and
2. Cover under the blankets.

Otherwise, wear a bathrobe to sleep if provided.



# Positive Improvements on the Planet

## Caring About Animal Welfare and Allowing All Beings to Coexist Harmoniously

By a fellow initiate in Mainland China (Originally in Chinese)

A few years ago in Japan, I and other fellow initiates from the local Center went to visit Master in Her small cabin, upon unexpectedly receiving Her permission. It was the first time that I had a chance to stay so close to Master and felt extremely happy. However, what Master talked about for a long time was a dog in a Center who was abandoned because of complaints from a neighbor. She was very sad and shed tears, saying that She was very concerned about the dog's situation, and told us what true love was. That was shortly after my initiation. I wondered that it was not easy for us to see Master, that we came from far away, but all Master spoke about was concerning a dog. Of course, now I feel sorry for my thoughts at the time. I have realized that human beings and animals are totally equal and especially that our merciful Master is one with all beings and feels their sufferings as Her own.

Entering the Golden Age, more and more people have started to care about animal welfare and living conditions, taking actions to try to have an environment in which all beings harmoniously coexist. This is a very encouraging phenomenon.

In Singapore, people are very concerned about the treatment of circus animals. When circus animals travel for tour performance, they are encaged for a long time during transportation and don't receive enough basic care. They may even be mistreated by their trainers. Therefore, for the public safety and the health of the animals, the Singapore government has banned wild animal entertainment and also decided not to allow circus troupes to enter the country. Some other countries, including Finland, Sweden and Israel, have also enacted similar laws or legislation.

In mainland China, the government and the public have paid more and more attention to animal welfare. In May of Golden Year 1 (2004), the City of Beijing released a draft of the Beijing Animal Hygiene Regulation on its official website. This is the first attempt by the city to make a regulation for animal welfare protection. Although most of the content about animal welfare did not pass the final legislation, many people praised the government for its concern about animal welfare, and the calls from the public to establish animal protection laws have never stopped.

In March Golden Year 2 (2005), a conference was held by the China Wildlife Conservation Association and the Chinese Wild Animal Zoo Association under the State Forestry Administration.



# Positive Improvements on the Planet

More than twenty wild animal zoos passed and signed the National Undertaking on Ensuring Animal Welfare in Wild Animal Zoos. Although the undertaking still needs to be fully carried out, many zoos have already taken measures for the well-being of their animals.

This year, the Shanghai Zoo committed to a complete ban of commercial animal shows and claimed that they would expand their free scientific exhibitions about animal protection and knowledge about animals. Meanwhile, the Zoo has been actively improving its animals' living environment and providing ecological animal cages which imitate the wild environment. The goal is to make the Zoo a garden for the animals to feel like they are living in their natural "home." Currently, sixty percent of the cages in the Shanghai Zoo have been remodeled into an ecological style, which have water, wild grass, trees and stones.

We can see from the changes in the recent years that due to the spiritual elevation of human beings, our compassion has expanded and become more identical to the ideal of love and protection of all sentient beings. 🌸

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<http://www.cwca.org.cn/Article/ShowArticle.asp?ArticleID=50>

<http://news.sina.com.cn/c/2005-12-29/20027852384s.shtml>

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[http://www.sh.xinhuanet.com/2006-09/30/content\\_8174169.htm](http://www.sh.xinhuanet.com/2006-09/30/content_8174169.htm)

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## Positive News for a Better World

By Entertainment Team, Los Angeles, California, USA (Originally in English)

**RUSSIA**

### President Vladimir Putin Proposes Ban on Gambling Throughout Russia

On October 5, Golden Year 3 (2006), Russian President Vladimir Putin introduced a ban on gambling throughout Russia by drafting a revolutionary law that proposes to close down the gaming industry throughout the country. In addition, he'd like to limit gambling to only being

# Positive Improvements on the Planet



Russian President Vladimir Putin

legal in four major districts now referred to as “Russian Las Vegases” and a few approved regional locations. According to this remarkable proposal, bookmaking, electronic casinos and Internet gambling will only be allowed in the four approved remote areas – two in central Russia, one in Siberia and one in the Russian Far East. Such legislation would perhaps help make the habit of gambling less widespread in society. A big bravo to Russia! 🌸

Reference: <http://www.kommersant.com/page.asp?id=710326>



## New Initiatives to Improve Global Pollution



**is to improve the quality of life of all inhabitants by restoring the environment through energy efficient goals and positive city planning.** Implementing these initiatives will positively impact conservation of the environment locally as well as globally. Things are looking up in Europe each and every day! 🌸

As a solution to global pollution in European cities, European Parliament recently recommended a series of initiatives which will directly impact town planning improvements. Areas of key interest such as public transportation, restoration of old water mains, reducing air and noise pollution, adding green spaces and providing for bicycle zones will now be supported directly through economic planning at the local level of towns throughout Europe. **The hope**



## CZECH REPUBLIC AND SLOVAKIA

## Skanska, an Environmentally Friendly Company

Skanska is one of the world’s leading construction companies, with branches in many countries. Skanska, Czech Republic, has been awarded the prestigious Via Bona award for working



# Positive Improvements on the Planet

together well with the environment organization, Partnerstvi Foundation, whose program “Tree of life” has been supported by Skanska. The goal of this program is to continue to plant new trees. An environmental educational program that is tailored to meet the needs of Skanska employees in the Czech Republic and Slovakia is another positive project that Skanska has supported. 🌸



Reference: [http://www.infrasite.nl/news/news\\_article.php?ID\\_nieuwsberichten=5331&language=en](http://www.infrasite.nl/news/news_article.php?ID_nieuwsberichten=5331&language=en)

## SCOTLAND

### Scottish Animal Welfare Law Update

**N**ew legislation in Scotland has already had a great impact on improving and regulating animal welfare there. One of the key policies already showing positive improvements is that enforcement agencies no longer have to wait for evidence of an animal’s suffering before they can actively step in and take care of the animal. The new legislation also provides duty of care for anyone responsible for animals, penalties up to 12 months in prison and a fine of 20,000 pounds for people found guilty of animal abuse. **Extending compassion toward animals through legislation is becoming more and more evident worldwide.** 🌸

Reference: <http://www.advocatesforanimals.org/>

## USA

### Real Spark of Hope Brought to Nepal through US Resettlement Offer



Bhutanese children born in refugee camps in Nepal are deprived of their nationality.

**I**n efforts to relieve the refugee situation in Eastern Nepal, the US government recently offered to resettle up to 60,000 Bhutanese refugees who have been living in refugee camps for over 16 years. Canada and Australia are lending their support as well in the hopes of providing a real solution to aid the refugees in rebuilding their lives and giving them an opportunity to realize their hopes and dreams. Throughout Asia and the Near East, USAID ❤️❤️❤️❤️❤️ is an American organization that strives

# Positive Improvements on the Planet



Bhutanese refugees

to provide humanitarian assistance by facilitating programs which encourage long-term international peace. In Nepal, USAID is working jointly with the government on five key areas: Health and Family Planning, Democracy and Governance, Promoting Peace, Improving Agriculture & Natural Resources, and Maximizing the Use of Hydropower. 🌸

#### References:

[http://www.usaid.gov/locations/asia\\_near\\_east/about.html](http://www.usaid.gov/locations/asia_near_east/about.html)

<http://www.unhcr.org/cgi-bin/texis/vtx/news/opendoc.htm?tbl=NEWS&id=45262b462>

<http://www.irinnews.org/report.asp?ReportID=55880&SelectRegion=Asia>

[http://pdmin.coe-dmha.org/apdr/index.cfm?action=process3&Sub\\_ID=149&news=20823](http://pdmin.coe-dmha.org/apdr/index.cfm?action=process3&Sub_ID=149&news=20823)

## BANGLADESH

♥♥♥♥♥♥♥♥

### Bangladesh Noble Peace Winner Will Use Prize to Help the Poor



Mr. Muhammad Yunus

**M**r. Muhammad Yunus, the 2006 Nobel Peace Award winner from Bangladesh, will use proceeds from the award, 10 million Swedish kronor (1.4 million US dollars) to further humanitarian efforts. Greatly inspired, he told reporters: “I am so, so happy, it’s really a great news for the whole nation.” In his hopes to spread peace by ending poverty he announced that he plans to establish a company that will make inexpensive, high nutritional food for the poor and the rest of the award monies will be used to create an eye hospital for the poor in Bangladesh.

We would like to extend our sincere “Congratulations” to Mr. Yunus and express our appreciation for his continual commitment to peace and for inspiring others to follow his noble example. 🌸

Reference: <http://edition.cnn.com/2006/WORLD/europe/10/13/nobel.peace.winner.ap/index.html>

## WORLDWIDE

### Banning the Use of Plastic Bags and Encouraging Environmentally Friendly Bags

**A**ctively encouraging recycling and in some countries a tax on plastic bags continues to help beautify the environment worldwide and save the lives of our ocean friends such as whales, seals,

# Positive Improvements on the Planet

turtles and other marine animals. Reusable, environmentally friendly bags are a wonderful alternative. Some of the countries that have banned the use of plastic bags or introduced programs to greatly reduce their use while raising funds to promote environmental solutions include: Australia, Bangladesh, Ireland, Italy, India, South Africa and Formosa. 🌸



Degradable bags



Reference:

[http://seattlepi.nwsourc.com/national/182949\\_bags21.html](http://seattlepi.nwsourc.com/national/182949_bags21.html)

<http://news.bbc.co.uk/2/hi/europe/2205419.stm>



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# The Sentient World of Animals

Conversations between Master and Fellow Practitioners  
Who Could Communicate with Animals

Spoken by Supreme Master Ching Hai, Florida, USA, December 25, 2001 (Originally in English) [Videotape #730](#)

After we'd been camping on the river for so long, we got one rented room. But it was full of those black and white snakes. They were all over my room and would come and sing to me and so on. Sometimes my staff were not careful and even injured them, and the snakes came complaining to me. So I told the staff not to use the brush to get them out, because that might hurt their eyes or something. They thought I was so compassionate in thinking of these animals, but I just knew. The staff thought that if they didn't kill them, it was good enough; it was already compassionate. But you have to just use a bag and put it nearby so they crawl inside, then put them out in the bush together.

So, the snakes kept coming in, but they never bit us. They are poisonous cobras, with the patches of black and white. They had a whole family there: big and small, they all came singing with open mouths. They couldn't sing aloud, but they sang loud inside. I could hear. (Master gestures to the wisdom eye.) They opened their mouth next to my sitting cushion and talked and sang, and danced. Especially the babies, they loved to hang around me. So I had to tell the staff to be extra careful where they were walking because they could walk on them. It just so happened that in our rented place at that time, the floor was a kind of marble that was also black and white and looked very much like the snakes. So they both blended together perfectly. I guess that's why they loved to go there: They felt safe, like it was one big cobra, as big as the whole house.

So they ran all over there, singing and laughing. They were so funny! And once one of the residents was not careful, she slept on top of them. But they didn't bite her, either. Poor things, they didn't dare. So the next time I said, "If you're not careful, I'll make you stand forever: not lying down, and not sitting!" She was a little fat and newly joined as a resident. She would just sleep and sleep, right on top of the snakes. Poor snakes! They didn't dare to break any precept, but the resident did. She didn't do it intentionally, but still, the snake also died unintentionally. Poor thing! So we had to apologize and walk carefully and all that.

Practitioner 1: In a convent where I lived, we had five acres of fenced land, and the cows would help eat the grass and so on. Whenever I climbed over the fence, they would chase me and I was so scared. But one day I just decided not to be scared anymore. And one cow that became a friend, she came to me one morning and told me that the family that had raised her was going to slaughter her for meat.

**M:** Can you believe that? They even know in advance, and yet people think they don't know anything and eat all that meat, poor thing.

**P1:** When they butchered her, her whole body was contaminated with something so that the family couldn't eat it. She didn't want to be eaten. So they had to bring everything back and then bury the remains in the ground, and not one part of her was eaten.

**M:** Why didn't she want to be eaten?

**P1:** She didn't want to be eaten by human beings; that's all. I can't explain it.

**M:** None of them are really willing to be eaten that way. They don't mind giving you milk, and when they die you can use their carcass in whatever way, but they don't like to be forced, butchered and eaten like that. You ask any of them, and they'll say, "No." It's not the natural way that they should be born to be doing that. Of course if you're hungry, if you have nothing else and you ask their permission, they would lay down their lives for you. All of them would do that. But if you eat just for gluttony, that's very bad. Even plants also complain if you just eat for the sake of it.

So respect all life when you eat; pray and offer to God. That's the right thing to do. And thank them. Thank God for making them, and thank them for sacrificing their life for you. But, plants are the



least harmed. It's because they're not moving too much, and mostly they're not as conscious. They are still evolving. But still, if you eat them with disrespect, they grumble.

So, it's a good idea that you come and talk like this; then people will be more aware of the animal's feelings. They are great beings; you can learn a lot from them. For example, if you ask a Maltese, he will tell you that love is the best thing. The Maltese is very loving. They call it the "million kisses dog." He always loves you and kisses you all over, all the time. They used to be very beloved in Europe, coming from Malta Island, which belongs to Spain. That's why they're called Maltese.

They will tell you that love is the best thing, and that fear is the next best thing. When you're fearful, you try to learn things and you have more knowledge. But, when you have love, you just know. You don't need to learn. If you have love, you just know, and everything is easy. So, the Maltese has said that if you have fear, you learn, and if you have love, you know. It's very good. So I feel sorry for a lot of people who are just munching, eating and harassing or mutilating these great beings.

**P2:** The first time I realized that I could talk to animals, at least to ants, I was just initiated. I was living in an apartment and there were a whole bunch of ants that were visiting in my kitchen. So I reported it immediately to my manager, who said, "OK, I'll take care of it." But in the meantime, something came to me and I thought, "I think I should just figure out if I can talk to these ants, so that they won't need to be eradicated with poison."

So, I started talking to them psychically and said, "It's time for you now to go back; thank you for visiting, but you can go back the same way you came through." And that was it. Two hours later, I turned around and looked into the kitchen, and only about half of them were left. And about six hours later, they were gone.

So, the next day, when the manager knocked on the door with this big, huge spray gun, he said, "OK, I'm ready to get rid of your ants," I said, "That's OK, I've already taken care of them." He said, "What did you do?" I said, "I talked to them." He said, "You vegetarian!" He had found out that I was vegetarian a few days before that. (Master: So he knew that.)

The last story I have was with my mom. One afternoon she had those flying ants in the family room. So I saw her coming with this big fly swatter and spray gun, and I said, "Wait, Mom! Let me take care of them." She said, "What are you going to do?" I kind of didn't want to tell her.

**M:** Yes, it's difficult.

**P2:** I told her, "I'll talk to them." She looked at me very funny, and she went upstairs. So, I talked to the ants in the same way. I said, "Please go back to your home, and thanks for coming. You've already spent enough time with us; bye bye."

After I did this, I went to bed. When I came back downstairs at midnight, they were all gone. I didn't know what happened to them. I was worried, because my mom might have gotten rid of them. So the next morning, I asked her, "What did you do with the ants, Mom?" She



said, “I don’t know. I didn’t do anything to them.” I said, “Oh, my God! They did listen to me.”

**M:** That’s good.

**P2:** So from then on I knew that I could talk to them.

**M:** You can talk all right, but the thing is whether they answer back. You see what I mean? It’s whether you can hear them; because we all can talk to them, but we cannot hear them. That’s a special gift.

**P2:** I was able to hear a parrot that was visiting the vegetarian restaurant in San Jose. (Master: Oh?) We have one that visits there every day. And everyone stops to see this parrot, because he’s beautiful and he talks a lot. He says all kinds of words. One day when no one was paying attention and everyone was so noisy, he started screaming like he was talking to someone, but no one paid attention. So, I started talking to him from a distance. We were talking back and forth. I didn’t realize that I was understanding what he was saying because his voice was inaudible to other people, but I could hear the words exactly.

**M:** In English? (**P2:** In English.)

**M:** Oh, not inside, but outside.

**P2:** Outside too, at the same time.

**M:** (Addressing another initiate) So, you talked to your dog?  
What did he say to you?

**P3:** Mostly he can read my mind exactly. Also, I can receive his messages too. He’s 13 years old. One day I talked to my husband and said, “He is too old. Maybe I don’t want him anymore; maybe we’ll give him to someone else.” After that, he said inside, “Please, please don’t give me away.” He would always speak like that to my mind, always saying, “Please, please, please.” So, one day I said, “OK, OK: I will take care for your whole life.” After that he was so happy.

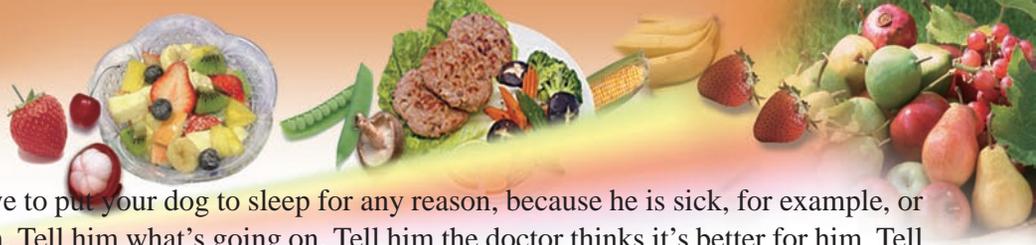
He also takes cares of me. One time, when my leg was broken, he just stayed sitting by my bedroom, watching me all day. Yes, this dog is very, very smart. (Master: Yes, yes.) He’s very sensitive, with eyes just like human eyes.

**M:** You take care of him, OK! Don’t give him away.

**P3:** Yes, I will keep him.

**M:** You promised already. Dogs like to be with their owner all the time until they die, but many dogs don’t have that chance. They say that every four seconds, one dog is killed in America, put to death because of being unwanted by the ex-owner. Every four seconds, one dog dies in America alone. It’s terrible!

This is not talking about disaster or accidents. They’ve been put to death in the shelter. Every four seconds, as I’m talking to you now, hundreds of them already die a very miserable death.



So, if you have to put your dog to sleep for any reason, because he is sick, for example, or too old, you talk to him. Tell him what's going on. Tell him the doctor thinks it's better for him. Tell him it's time to go. Hold him; hug him. Be with him all the way through. Don't just throw him in the clinic and let them do it. He understands that he has to go, but he needs love to go. He doesn't mind going, but he needs you to love him and tell him that you still love him; it's just that he has to go. And then bury him, be nice to him.

**P3:** Even though he doesn't like to take showers, right now because he's been sick, I give him showers, and he just listens. He lets me give him showers all the time, and he understands. M: Yes, if you explain.

**P3:** Yes, just like my kids, he understands. He's very smart, the dog.

**M:** All dogs are smart, believe me. When you love them, there is a response, always. Sometimes you can talk to the animals. You cannot always tell them what to do, of course. But at least he knows that you care. Even if you cannot communicate psychically, even if you cannot hear his response, you try your best and talk to him in English. And while you are talking, he understands, because you form a picture in your mind of what you are talking about. There is a relationship between what you're saying and what you're thinking inside, you see.

For example, if I want to ask a brother to "Please bring me a cup of water," then in my mind there is a cup of water, and that's what he understands. It's just that if we don't have the gift, we cannot understand back what he says to us, at least not so obviously. We could have the feeling and the intuition. But that's a different thing than the sister here; she really can talk to animals if she wants. 🌸



# Animals Are Our Friends

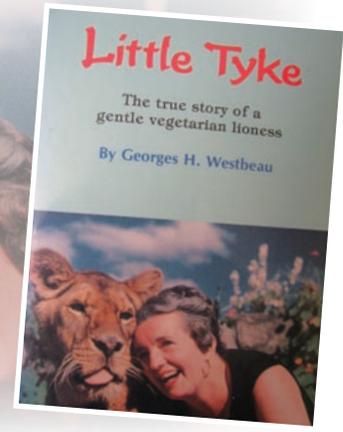
Spoken by Supreme Master Ching Hai, Harvard University, USA,  
February 24, 1991 (Originally in English) Videotape #155

**If** we want to truly lead a life of "Love thy neighbor," our neighbors should include our animal friends, especially since they harm us in no way. They only beautify our lives; they are loving, and they make our lives more lively, colorful and interesting. We should preserve them, watch them, love them and enjoy their presence. God has made it clear; Hes says, "I made all the animals to befriend you and help you." 🌸





*Earth can be a wonderful world;  
it depends on whether we are following God's plan.*



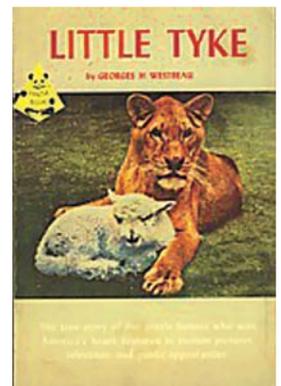
# Vegetarian Lion –

## 'Little Tyke' Leads Us to the Peaceful Kingdom

By San Jose News Group (Originally in English)

Little Tyke is a lion who was rescued as a cub from a mother who was taken from her natural habitat and placed in a zoo; perhaps out of her fury at being caged and taken away from the beauty of nature, the mother destroyed each of her cubs as they were born. Luckily, when Little Tyke was born, she was saved by George and Margaret Westbeau, an animal loving couple, and taken to their farm, Hidden Valley Ranch. There Little Tyke joined the other animals including horses, cattle, chickens, peacocks, kittens and dogs. Hidden Valley Ranch, near Green River in Washington State, was run by George and Margaret Westbeau and was founded in around 1957. The inhabitants of Hidden Valley – the lion cub, lambs, dogs, cats, chickens, and deer – lived in close contact with each another. Little Tyke's favorite and closest friend was Becky, a lamb. A photograph, depicting Little Tyke and Becky lying close together, is inspiring people to see the world in a new way.

Little Tyke refused all animal flesh since she was born. This vegetarian lion's typical meal consisted of various grains - chosen for their protein - calcium, fats, and roughage. Margaret always cooked a few days' supply ahead of time. At feeding time, a double handful of cooked grains along with a one-half gallon of milk supplied Little Tyke with a delicious meal. Her favorite rubber doll always had to be right next to her! Little Tyke refused to chew any bones; therefore, to strengthen her teeth and gums the caretakers would sprinkle rubber boots with perfume to attract her to chew them.



Little Tyke and Becky are closest friends



According to Mr. Westbeau's observation of the lioness, "To condition her stomach she would spend an hour at a time eating the succulent tall grass in the fields". He accepted and fed Little Tyke as a vegetarian after he read in Genesis 1:30: "And to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so." Other passages in Isaiah 11:7 and 65:25 also proved this prophecy, "The cow will feed with the bear, their young will lie down together, and the lion will eat straw like the ox." Unfortunately, while spending three weeks in Hollywood for a show, Little Tyke contracted viral pneumonia, a disease that took her life a few weeks later at age 9. Her life is over, but her spirit lives on. Little Tyke reflected the love and care she was given from the very first moments of her life.



Little Tyke turns away her head to refuse meat.

The following quote from bible is about the peaceable kingdom and the harmony among beings: The wolf also shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and the fatling together; and a little child shall lead them. (Isaiah 11:6)

This indicates that humans are in charge of nature and have a special role to play in God's plan for the world.

Jews, Christians, and Muslims—all Abrahamic religions-- are left with the biblical ideal of the Garden of Eden diet, which is based on the love and respect for all living creatures. (see Genesis 1:29, 9:2-4; Isaiah 11:6-9). God creates animals to accompany human beings. The story of Little Tyke can help humankind to realize peaceful kingdoms do exist. Our relation with animals should be noble and preserve the integrity, stability, and beauty of the natural biotic community. "Alternative Living" from Master can lead the world to embrace all living beings, and evolve toward our original state of compassion, peace, justice, and loving kindness. 🌸

Reference: <http://www.vegetarismus.ch/vegepet/tyke.htm>





# The Positive Evolution of Vegetarianism in America:

## An Interview with the President of the San Francisco Vegetarian Society

By Sister Veggie Love, San Francisco, USA (Originally in English)



The first recorded event of the vegetarian movement in the United States took place in May 1850 at a conference held in New York City, which launched the existence of the American Vegetarian Society. <sup>1</sup> Today, many cities in the United States have their own vegetarian societies. San Francisco is no exception. Dixie Mahy, a colorful, energetic, 72 years young retired teacher, is celebrating her 37th year as President of the San Francisco Vegetarian Society (SFVS), and she graciously shared some time with us in the following interview.

**Interviewer:** Is the SFVS close to achieving its goal of promoting education about the vegetarian diet?

**Dixie:** We have a long, long way to go, but we have made incredible progress, possibly more than I would have ever expected. My vision, of course, is for the entire world to become vegetarian. Anything short of that is not quite what I would like. But we have made progress. The word “vegan” is now known by many.

**Interviewer:** That’s a grand goal, for the world to become vegetarian.

**Dixie:** The SFVS was started in 1968. I was already a vegetarian but didn’t know that a vegetarian group had formed. When I joined in 1969, there were only 30 of us.

**Interviewer:** Was there a defining moment on your road to becoming a vegetarian?

**Dixie:** I was born in Utah and was five years old when my father took the whole family fishing. My family was much like other pioneer families that still hunted and fished. My father had no sons and I was the oldest daughter. So my father put the bait on the hook and gave me the fishing rod. We put it in the water, and he helped me pull out the fish that I had caught. I could see the fish swimming around in the lake. But when we unhooked the fish and put it in the basket, it was flopping around.

I don’t know what I was thinking, but all I wanted to do was put the fish back into the water. The fish slowly died. We then went home, cleaned the fish and fried it. When everyone was sitting around eating the fish, I did not want to eat it.



It was very intrinsic for me. Maybe my reaction was from another incarnation or because I was just tuned into the universe. But no one in my family understood why I did not want to eat any animals. My mother was very angry; she thought that I was just a very picky eater. Many people told me that I could not live if I did not eat animals. So as I grew up, I had a hard time eating. I was told that I needed protein and the only sources were meat, fish, chicken, dairy and eggs. Doctors said the same thing: I was going to die if I didn't eat meat.

I did not understand how it could be that in order for me to live and to have proper nourishment, I had to have animals killed. According to what I was taught, animals being killed to feed humans was in God's plan; they were only put on Earth to be disposed of. But this kind of programming did not work for me. For the next 60 years I was an agnostic, although I did during this time explore Buddhism, Zen Buddhism and Yoga. I never learned that there was such a thing as a vegetarian diet or the name "vegetarian."

**Interviewer:** So you never heard of a vegetarian until decades later?

**Dixie:** Even when I went off to college and studied history, I didn't know. It wasn't in my history books that Leonardo da Vinci was a vegetarian! And Pythagoras is well known for his mathematics, but he wasn't well known for his vegetarian diet and healing with herbs in 500 B.C. So, I knew about Pythagoras but didn't learn anything about him being vegetarian.

**Interviewer:** Coretta Scott King was a vegan.

**Dixie:** Yes, but vegetarians were considered nut cases (crazy) when I first became a one after graduating from the University of Utah in 1956. I was living at home, and it was very difficult being vegetarian.

Even when I came to San Francisco in 1956, I was kind of a closet vegetarian. When I was out in public, I would eat the vegetables but I would not make a fuss; I'd just eat what everyone was eating, not wanting to be noticed. I could get away with just eating the vegetables and not hurt anyone's feelings or look suspicious. I did this because I could not defend myself. I had boyfriends who would make fun of me when I told them that I did not want to eat meat.

**Interviewer:** Really?

**Dixie:** Yes. It was not until I met my husband in 1957 that my life changed. One day, while we were dating, he prepared a meal containing meat for me and I ate it. Eventually I told him my feelings. Sometime later, I mentioned to him that I really did not like eating meat. And he said, "Why did you not tell me?!" He was very upset. He said, "If that's the way you feel, then that's the way you should be!" I eventually married him.

I actually became a vegetarian thinking that I was shortening my life. I thought that I would not live as long as the rest of the population. But if I could be true to my own belief system, I would be happier for as long as I was alive. I might die sooner, but that would be alright.

When I found out about the San Francisco Vegetarian Society in 1969 and got in touch

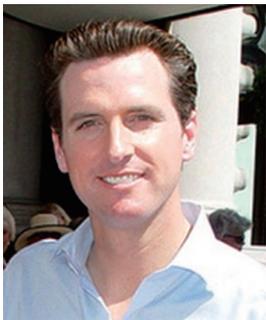


with other vegetarians/vegans, that was so wonderful. I became SFVS’ Vice President in 1970 and started writing the SFVS Newsletter called “VegNews.”<sup>2</sup> Then I became President of SFVS in 1975. In 1996, I retired as president but remained a member of the Board of Directors. Then in 2000 there was a need, so I became President of SFVS again. I just want to be helpful and promote the vegetarian/vegan movement as much as I can.

This year, SFVS held the 7th annual World Vegetarian Day on October 1st and 2nd. John Robins, Howard Lyman (aka The Mad Cowboy) and many others participated. It was a wonderful feeling to put this on; it was like a celebration. Although San Francisco’s Mayor Gavin Newsome is not a vegetarian, he is supportive of the vegetarian movement in San Francisco and has proclaimed October 1st World Vegetarian Day in San Francisco for the second time.<sup>3</sup>

**Interviewer:** One last thing, Dixie. Is there a message that you would like to give to Supreme Master Ching Hai?

**Dixie:** I would like to extend an invitation for Her to come and make a presentation at next year’s World Vegetarian Day in San Francisco. I would also like to request that the SFVS be allowed to distribute Alternative Living bags, some printed in English with the famous vegetarians, and a few with English on one side and Spanish or Chinese on the other.



San Francisco’s Mayor Gavin Newsome

**Interviewer’s note:**

San Francisco’s Mayor Gavin Newsome took an Alternative Living flyer at the San Francisco Center’s booth at the San Francisco Asian Fair on Irving Street on June 23, Golden Year 3 (2006) and said that he would take it home and read it. 

Footnotes: 1.<http://www.ivu.org/congress/1850/convention.html>  
2.<http://www.sfvs.org>  
3.[http://www.sfvs.org/wvd/forms/WVD\\_Proclamation.pdf](http://www.sfvs.org/wvd/forms/WVD_Proclamation.pdf)

## School’s Enlightened Policy Improves Well-being and Performance

Reported by Formosa News Group (Originally in Chinese)

For the past two years beginning in Golden Year 1 (2004), an elementary school in southern Formosa has been serving vegetarian lunch twice a month to its 3,000 teachers and students. The arrangement has been highly praised, attracting schools from other cities and counties to





observe and emulate the practice.

## Recruit Nutritionist to Provide Healthy Diet

Four years ago, Chen Tai-xiang was appointed principal of Tainan County Kunshan Elementary School after three decades of previous educational service. His motto is to ensure students health, happiness and hope. In the belief that a healthy diet brings good health, he recruited the school's first-ever nutritionist despite the limited budget allocated for school lunch. He incidentally discovered that the nutritionist, Mr. Lien Jun-qin, had been a student of his 20 years earlier. Thus, they worked closely together to create a healthy diet at the school.



Principal Chen Tai-xiang

Mr. Lien, whose major had been food science, said that nutrition studies today focus primarily on western science-based food analysis and pay little attention to the eastern philosophy that vegetables are medicines. The westernized diet has resulted in excessive meat intake and caused many chronic diseases. He referred to a book he once read, "Hope's Edge: The Next Diet for a Small

Planet" by Frances Moore Lappé and Anna Lappé. It jolted him into an awareness of the importance of vegetarianism and the relationship between ecology, global famine and meat diet.

## Eating Less Meat Is Healthy and Costs Less

The first step to better health is to increase vegetables and fruit in the diet while reducing deep-fried food. Expenses are less when using vegetables and fruit instead of the more expensive meat, as well as using less oil. The simplicity of preparation also improves working conditions and makes the kitchen easier to clean.

In the third year of nutritionist Lien's tenure at the school, Principal Chen found that 60 of the students were long-term vegetarians. Therefore, he decided to provide vegetarian meals to all students on the 1st and the 15th day of the lunar month. Since all the teachers and students had in the previous two years become accustomed to lunches containing abundant vegetables and fruits, they adjusted well to the vegetarian food formulated professionally by the nutritionist. The school now even has surplus funds from its limited lunch budget to buy some supplementary health foods.

## Students' Well-being and Performance Improves

Nutritionist Lien said that vegetarian meals not only lower costs, they also prevent bird flu



and food poisoning caused by pork made from ailing pigs. Humans can acquire protein from beans, he added. Nowadays, livestock is given growth hormones to meet a speedily increasing market demand. The intake of these meats results in premature puberty, making children easily agitated as well as less capable in school. Lien observed that students who have been long-term vegetarians do not have these problems.

Principal Chen also discovered that after four years of serving lunch with more vegetables and fruit and less meat, the school has seen a decline in obesity and irritability among students. Children have shown an all-around improvement in language, science and physical education. For example, the school has won two national badminton championships and achieved distinctive performances in language-related contests. Chen is hoping to serve vegetarian meals more days in the future.

Former teachers who now serve at other schools often visit Kunshan to learn more about serving vegetarian lunches. For Mr. Lien, his greatest achievement in the last four years has been to offer a beneficial service with a supportive principal determined to implement the right policy.

Offering a vegetarian meal twice a month to 3,000 people means that many animals are saved from the slaughterhouse. Hopefully more schools will follow this excellent example and join in the effort to reduce global famine, protect the ecology and elevate the spiritual level of the Earth. 🌸



Children on a vegetarian diet have beautiful complexions and enjoy a natural maturation process.



Nutritionist Lien Jun-qin (left) with vegetarian students.

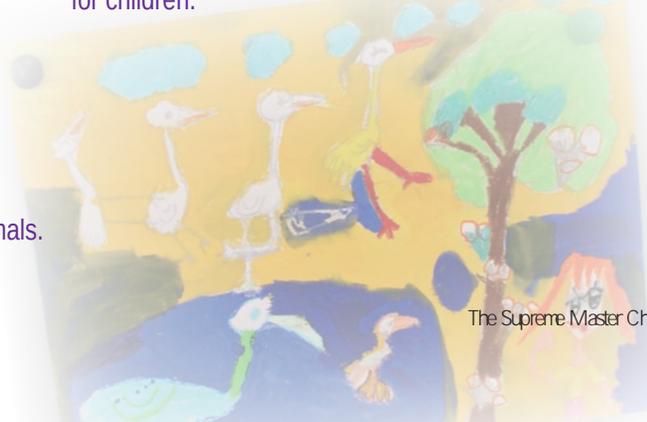


Nutritionist Lien Jun-qin with kitchen staff who prepare vegetarian meals for children.



Vegetarianism has enabled students to make all-round improvements and win awards in inter-school contests.

Children's painting depicts a harmonious world with animals.





# Vegetarianism *Is in Accordance with Buddhist Principles*

By brother-initiate S.S. Aik, Yangon, Myanmar (Originally in Burmese)

I was a traditional Buddhist, like many others in Southeast Asia. From Myanmar, I went to Malaysia in 1992 and came across the Key to Immediate Enlightenment sample booklet. I read it many, many times and liked it so much that I wanted to share it with my friends at home. I got permission to translate it to Burmese. In 1993 I came back to Yangon; in 1996 I had our sample booklet printed in Burmese. I got my initiation in 1997. My life at the present time is much more at peace than 10 years ago. I am very grateful to Master.

As Master's disciples, we have no problem with vegetarianism. My concern now is how to convince traditional Buddhists here, because many of them believe that Buddha ate pork and did not forbid meat eating. They say that in the monks' precepts, the Buddha only forbade eating meat of the ten beings (man, dog, horse, elephant, leopard, tiger, lion, bear, long hair cattle, and snake), but allowed his followers to eat the three kinds of purified meat.

Regarding this subject, Master explained very clearly in Her lecture on June 12, 1993, in Bangkok, Thailand (videotape #378): "In many sutras, the Buddha explained that you should not eat the meat of sentient beings. But in the beginning of His teaching, He did allow people to eat three kinds of purified meat. That means you don't kill it yourself; you don't hear the animal crying for being killed; and animals that die of sickness or die a natural death in old age, you can eat. But later in the Surangama sutra, He said to the monks, 'Now that you have progressed and grown up, don't eat meat anymore.' And in the Nirvana sutra, another scripture, a monk asked Buddha, 'If someone offers us food and inside there's meat, what should we do?' So the Buddha said, 'Wash the meat part away, and eat.' So if He tells the disciple not to eat meat, He would not eat meat Himself. And in another scripture, the Lankavatara sutra, the Buddha said, 'Eating meat will produce a very bad effect in the world; it will make war and make many kinds of meat-eating and blood-sucking ghosts.'"

In Her sample booklet, Master also explained what the Buddha ate was not pork, but a kind of mushroom called the "pig's foot," or "pig's joy." This mushroom cannot be found above the ground; it grows under the ground. If people want to find it they must search with the help of an old pig, which likes very much to eat this kind of mushroom. Pigs detect it by their smell, and when they discover it, they use their feet to dig in the mud to find and eat it. That was why this kind of mushroom is called the "pig's joy" or "pig's foot." But because it was translated carelessly and because people did not truly understand the derivation, the following generations have been caused to misunderstand and mistake Buddha for a flesh devouring man. This is really a regrettable thing.

Some people also think that since they did not kill the meats in markets by themselves,



it is alright to eat them. However, the killing actually was indirectly done for them so the correct principle is “no buying, no killing.”

Some even think that it is spiritually unnecessary to be a vegetarian. However, it has been stated very clearly in the Avatamsaka Sutra: “All Buddhas and Bodhisattvas essentially practice the principle of great compassion. The suffering of living beings brings forth Their great compassion. From this great compassion emerges the great wisdom, and with this great wisdom They attain the ultimate enlightenment.” Master elaborated further: “In the Surangama Sutra, Sakyamuni Buddha said, ‘Spiritual practitioners who consume the meat of sentient beings can at the most only reach the status of the king of Maya.’ That does not mean that we can become the king of Maya by eating meat! It means that our level is so low and so merciless that we only deserve to be the king of Maya. The vegetarian diet does not turn humans into Buddhas, nor does the meat diet turn humans into demons. It just shows that the people who still can eat meat or who still enjoy consuming the meat of sentient beings have very little mercy in their hearts. Although they can still enjoy life while eating meat, it is simply impossible for their Buddha Nature to manifest fully in them! If their Buddha Nature became fully developed, they would feel agitated at the sight of meat; they would feel the pain of sentient beings, and they would not dare or wish to eat meat. It would be extremely painful for them to swallow any meat; they just could not eat it. Their body and their mind could not accept it. Their eyes would refuse to see it and their mouth would refuse to taste it; it would be an automatic reaction.” (Spoken by Supreme Master Ching Hai at a group meditation in Taipei, Formosa, April 14, 1989)

Some say that when they eat meat, it is without meat attachment and without taste desire, so they argue that the vegetarians who eat imitation fish, chicken and pork, etc., show a kind of craving for meat. My understanding is that the meat substitutes are designed to attract and satisfy those who are used to the meat taste and help them to switch to a vegetarian diet more easily; most importantly, this has nothing to do with real killing and it helps our compassionate nature to grow.

There is no doubt that vegetarianism is in accordance with the Buddhist principles. Why did the Buddha put “No killing” as the first of the Five Precepts if He were not vegetarian and if He had not requested his disciples to keep a vegetarian diet?

The following are several more of Sakyamuni Buddha’s instructions regarding the vegetarian diet:

### **Brahmajala Sutra**

“People who eat meat are destroying the great merciful seed of their own Buddha nature, and any sentient beings seeing them would leave them. Therefore, all Bodhisattvas must refrain from eating the flesh of any sentient beings, as this will incur boundless sin.”

### **Surangama Sutra**

“People who eat meat will fall into the horrible paths of transmigration and suffer boundless pain.”



“People who eat meat will never succeed in getting any blessing or merit that they pray for.”

“Meat-eaters cause the celestial beings to avoid them and other sentient beings to be afraid of them.”

### Lankavatara Sutra

“All the saints abhorred eating blood or flesh.... Celestial beings never go near people who eat meat as their mouth always has a foul smell.... Meat is not good, meat is unclean; meat eating generates evils and destroys merits and blessings. All the saints denounce eating meat!”

“At some places, I forbade people to eat ten kinds of meat and allowed them to eat three kinds of pure meat, so as to help them quit meat eating gradually and subsequently embark on spiritual practice. Now I say: I forbid all meat eating, regardless of whether the animal dies naturally or is killed. I have never allowed my disciples to eat meat, and I will not allow in the present or future.”

“All sentient beings came from the same origin. Through myriad reincarnations, all sentient beings have been relatives of each other. How can we eat the meat of our relatives?”

### Nirvana Sutra

Kasyapa asked the Buddha: “Why did the Lord previously allow Bhiksus to eat the ‘three pure meats’ or even ‘nine pure meats’?” The Buddha said, “It was so instituted following the need of the occasion, and as gradual steps in the actual segregation from eating meat.” 🌸



# The Reasons for Becoming a Vegetarian – Compassion

Spoken by Supreme Master Ching Hai, Malaysia, Oct. 1, 1989 (Originally in English) Videotape #99

**W**e must see the suffering of other creatures as our own. Therefore, we should not rejoice in the killing of animals, and then eat them. That’s the reason why we should be vegetarians. That’s what I mean by leaning more and more towards compassion and extending love to all creatures. Every religion, not one doesn’t mention that we should extend our love to all beings, not only human beings. So, whether we believe in any religion or not, we all can believe in the goodness, in the compassion of our hearts. So we try to save as many lives as possible. That doesn’t mean that if you eat one piece of meat less, many things will change. But it is the principle of training our hearts towards compassion. Let our compassion grow; don’t kill our compassion. The intention is important. 🌸



# Creating a Compassionate and Vegetarian Global Village

The Worldwide Effort to Share Master's Merciful Message

## Alternative Living

With deep compassion for animals and concerned about repeated outbreaks of epidemic diseases among animals and humans, Master has offered the world a fundamental solution to the problem by personally designing a friendly but convincing leaflet entitled "Alternative Living" to remind people to choose the vegetarian diet and stop killing in order to overcome global medical crises and save our fellow beings. Master has also instructed all initiates to share this message with their brothers and sisters in every corner of the world. In response, the practitioners have initiated an all-out effort to share Her words of love. Below are reports on activities related to this project conducted in various countries.

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### CANADA

#### 🌿 VANCOUVER 🌿

### *Taste of Health ... Taste of Love*

By Vancouver News Group (Originally in English)



Earthsave Canada organizes Western Canada's largest Event focused on vegetarian food & lifestyle. The two-day festival, titled "Taste of Health", took place on September 30 and October 1, Golden Year 3 (2006) at the Croatian Cultural Center, in Vancouver, BC.

This year's Taste of Health achieved the highest attendance levels ever reported by Earthsave. "There seems to be a growing interest in meatless alternatives. And more people have a friend or a family member that have adapted



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components of a vegan or vegetarian lifestyle.” Cited from <http://www.earthsave.bc.ca/tasteofhealth/latestnews.html>.



It was Master’s true love and greatness that made it possible for us to participate in Taste of Health for the first time. We found the atmosphere, the setting, and the structure of this event particularly well suited to our local Alternative Living campaign efforts. Also, we were very happy to see so many people having a very positive attitude towards the compassionate lifestyle. 🌸

🌿 TORONTO 🌿

## *Covering Canada with God’s Love*

Compiled by the Toronto News Group (Originally in English)

**D**istributing the Alternative Living flyers is an on-going project in the Toronto Center. By coordinating work with the other Centers in the country, and through the efforts of many enthusiastic, sincere and loving sisters and brothers, we are happy and encouraged to learn that the flyers have reached almost all of the provinces in Canada.

In September, Golden Year 3 (2006), the Toronto center printed 106,000 more flyers. Through Open & Save Company, 6,495 flyers were mailed to the households of North West Territories, 13,840 to the households of Yukon Territory and 17,320 to the households of Nunavut Territory. Disciples also organized in teams and distributed 4,500 flyers in Waterloo, 3,500 in Barrie, 3,000 in Cambridge, 2,500 in Guelph, 1,700 in Port Hope and 1,000 in Cobourg.

The flyers were generally very well received. A sister, while giving out the flyers to a household in Barrie, was welcomed in the front yard by the dog of that household. The dog kept running around her in circles with its wagging tail, and it was not until its keeper received a flyer from the sister, that she contentedly followed her keeper back to the house.



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The sister, who was normally a bit afraid of dogs, was very touched by this incidence.

When the sister continued delivering the flyers, she met a woman walking to a bus stop with her child to meet her husband coming home from work. After reading the message on the flyer, the woman praised the sister for doing a noble job. She immediately volunteered to help us to deliver the flyers after meeting her husband. She then got some flyers from the sister and asked that the sister leave the street she specified for her to distribute afterwards. A little

later, when the sister walked pass that street, she was deeply touched by the sight of the woman delivering flyers to each household on the street and every person she met, letting her husband and child follow behind her.

Initiates also took the opportunity to deliver the flyers at the Annual Vegetarian Food Fair in Toronto. A large number of the flyers were put together with Master's pamphlets for the then upcoming seminar on September 24 and were given out. The seminar was very successful. A high percentage of the attendees stayed behind to learn the Convenient Method. When an attendee approached the registration desk and was asked whether she would like to learn the Convenient Method, she said: "I would like to learn the full method."

The Alternative Living flyer distribution project will continue, to fulfill our aim that one day every one in Canada will receive a copy of the flyer, as well as our wish that the message within will be conveyed. 🌸



## KOREA

### YOUNGDONG

## *Musical Festival Embraces Alternative Living*

By Youngdong News Group (Originally in Korean)

Youngdong initiates participated in the Nangye Traditional Korean Music Festival from August 25 to 28, Golden Year 3 (2006) to share the message of Alternative Living.



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Many local people and visitors from other areas came in to the festival, much more than previous years, thus keeping initiates very busy and happy. Alternative Living fans were all given out in just a half-day. Foods prepared for free sampling were also quickly consumed, getting a lot of attention and positive responses from visitors.

A brother came up with a good idea: making balloons with Alternative Living messages printed on to give free to people. Indeed, visitors liked it so much. Many of the local people do animal farming, so their positive response was very good and encouraging to notice.

Children especially paid great attention to us. About 90% of the children passing by came to us and tried vegetarian food, and even coaxed their parents to come and try it also. Volunteer workers for the festival also were very interested in our booth. Everyone was so happy about the taste and very valuable information.

The president of Youngdong Culture Center who hosted the festival, expressed his deep gratitude to our activities and strongly invited us to join next year's event. After the festival, brothers and sisters visited Youngdong Culture Center again and were delighted to be told that we could use the Culture Center for our upcoming seminar. 🌸



🌿 🌿 DAEJEON 🌿 🌿

## *A Mobile Alternative Living Promotion*

By Daejeon News Group (Originally in Korean)

An initiate married couple from Daejeon Center made a special Alternative Living vehicle to be used for mobile promotion for every corner of the nation. It features a large TV and audio system, and also information on vegetarianism. The vehicle can go anywhere any time, and play videos and recorded narration about the benefits of vegetarianism. Even while the vehicle is moving, it continues to play the videos, thus attracting attention from passengers and other car drivers.

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Currently, every Tuesday and Thursday, in front of Daejeon Government Complex, the couple play the video for about 2 hours during lunch time while distributing Alternative Living flyers. Many public officers come out and while waiting for the signal light to change, naturally see the Alternative Living vehicle. As this activity is done regularly, the officers have become familiar with the Alternative Living vehicle, and say hello or exchange nice conversations and pay attention to the promotion with growing interest. After lunch time, the initiate couple move around Daejeon City for about one or two hours with the same activities. 🌸



Specially made Alternative Living vehicle

## 🌿 SEOUL 🌿

### *Pictures Tell Stories*



Korean brothers and sisters are putting Alternative Living stickers on their cars for daily promotions with messages of "Vegetarianism saves me and the earth" "I love vegetarianism" etc.



# Creating a Compassionate and Vegetarian Global Village



A very large electronic bulletin board is continuously showing a video about Alternative Living in a very crowded street of Namyoung-dong, Seoul City. The advertisement has been on since August. For about 15 seconds, about 1,000 times a day, it shows Master's pictures and Alternative Living messages day and night, along with about 7 other short commercials. More amazingly, the Alternative Living video has been shown there free of charge.



Master Tells Jokes

## Big Sissy!

Spoken by Supreme Master Ching Hai, February 3, 2003, Florida, USA (Originally in English) DVD #755

One thunderous evening, there was a violent storm. The mother was tucking her small boy into bed. Just as she was about to leave the room, the boy said, "Mother, can you sleep with me here tonight? I'm so scared!" The mother said, "I'm sorry, honey," as she gave him a hug and smiled. "I can't. I have to sleep in Daddy's room." The boy sulked for a while and then said, "He's such a big sissy! Bigger than me!" 🌸



# *God's Love Sustains the Planet and Elevates Its Vibration*

Spoken by Supreme Master Ching Hai, Florida, USA, December 26, 2001  
(Originally in English) DVD #730

**Q:** I thought there might be a contradiction in what You said about God's will being done here, since You also said that the Lord of the Three Worlds will have to be destroyed because nothing is permanent down here, so this planet will last only a certain amount of time. And when it becomes so terrible that no one can live here anymore, then it will have to be destroyed.

**M:** Yes, but if someone lives here, it's not so terrible. That's the thing. It doesn't even have to be forever, forever and forever. Just live here and sustain the world until everyone becomes all enlightened. Then, even if the world is destroyed... It's not the physical destruction that I'm talking about. Besides, if everyone is enlightened, there's no more war; and the vibration of the planet will change. Then it's not the Earth planet anymore; it's a Heaven planet. It's a higher frequency, and such a high frequency is hard to destroy.

Its coarse frequency is easy to destroy now, because it's like this: People don't practice; they're not awakened. But in a few thousand years, like 3000 years, people will be different. If someone like Babaji, for example, continues through His presence to sustain the planet, the planet's vibration won't be so bad and will influence people slowly. Then they'll be awakened and all will want to be a yogi and practice; then the whole planet will be different.



It's for that purpose - not to keep this physical planet forever or anything - to live to bless the people of the planet, not to bless the planet. Just so to speak, to bless them and bless the planet for everything, not just the people. And then if a lot of people are more awakened, they're influenced. But this is slower, of course, than if you do it by yourself. If someone else influences you, it is slower, because it has to deal with your own will. You have to want enlightenment. So, a Master can continue sustaining the planet until everyone wants enlightenment. And then they do it by themselves. 🌸

## *God's Kindness Is Ever-Present, Even in Physical Disaster*

Spoken by Supreme Master Ching Hai, Tel Aviv, Israel, November 21, 1999 (Originally in English) DVD #671

**Q:** If God is kind and good, how can you explain the Holocaust?

**M:** How can I even explain everything else? God is kind, absolutely, even with the Holocaust. It's just that we do not see the kindness the way it is; we expect kindness in a different way. We expect God to do things the way our brain thinks. But God has His own wisdom and His own purpose and plan for every single blade of grass on this planet and anywhere else in the universe.

If you have the opportunity to ascend to Heaven and meet the souls of the so-called victims of the Holocaust, you will hear from them what bliss, joy, beauty, blessing and happiness that they received after they left this physical prison, the so-called body. They will not have any regret at all. It's just that we have seen it with the physical eyes; we hear with the physical ears; we think with our physical brain; we feel with our physical heart. So we cannot understand. But if we go to Heaven and meet the ones who have gone there, nothing ever happened to them.

The victims are not the Jewish people in the Holocaust. The victims are the ones who inflicted suffering on them. Because they are so ignorant and far from God, they suffer a lot for what they do. But the so-called victims enjoy: They leave the prison; they leave the limitations of this physical world. They have everything, absolutely! And they're very happy. I want to tell you that.

Whoever inflicts suffering upon another being is the one who will suffer, and for a longer time. It's because of their own conscience, not that God punishes them. God never ever punishes anyone or any being. It's just that we have our free will; whatever we choose to do, there's a consequence. If we choose to inflict suffering upon others, that suffering will return to us a thousand-fold. And that's the way we have to learn all the time. So whoever victimizes us, whoever treats us badly, bless them, because they will be in trouble. (Applause)

That's why in the Holy Scripture, it is said, "Love your enemies," because they really, really need love. They really need it so much! They lack it; they don't have it. They are so short of it. That's why they can do all these terrible things to other brothers and sisters. The ones who are victimized will be loved by God, will be welcomed by God, will be comforted and will be

compensated a thousand, million-fold to make up for their suffering. So they will be the ones who gain much, much, much. I hope I make myself clear. (Applause) Thank you. 🌸

## Knowing God, We Understand Hiers Ways

Spoken by Supreme Master Ching Hai, Tel Aviv, Israel, November 21, 1999 (Originally in English)

DVD #671



**Q:** I know God is there, but why doesn't God help us when we are in trouble or when we are asking Hirm so much to help us? I know that Hes listens, but I pray so much to Hirm, and so often I don't have answers.

**M:** Hes answers all the time. Hes always helps us. It's just that we do not know Hiers way. I have explained before, we must go inside the Kingdom of God to see Hiers workings, to see Hiers plan for the universe. Then we will understand why such-and-such things happen. Things happen always for our best, best, best, best benefit! But we expect differently. We think, OK, now if God loves me, Hes must give me money, a beautiful wife, a good husband, a good job, obedient children, never sickness, never poorness and never trouble.

It is not always in that way that Hes helps us. Hes does help in many, many different ways, and it's always for the best. But only when we go inside can we see how Hes works. Then we will be only grateful every day, every day!

So you see, when Jesus died, He didn't blame the Father. He did not! Otherwise, He could have escaped. He knew already before that, but He didn't go away. He knew; the Father told Him already His time had come and that He would go back to the higher dimension, a better place. So a little suffering physically meant nothing to Him. It's the same with us: Physical suffering or hardship will mean nothing to us. In the face of death, we will laugh and say good-bye to life. That's the way of the enlightened



person. So, you must be enlightened. Then you know “why” everything is. You’ll never, ever have to ask me or anyone else, whoever that may be, because you have the knowledge. (Applause) 🌸

## *Rediscovering Our True Unity with God*

Spoken by Supreme Master Ching Hai, Tel Aviv, Israel, November 21, 1999 (Originally in English) DVD #671

**Q:** We love You. But how can we love ourselves when we have so much guilt?

**M:** Guilt is our worst enemy. God loves us. If we want to love ourselves, there is only one way: Learn to know who we really are first. The one we cannot love now is not the real one. The one who makes mistakes, the one who likes to drink coffee, the one who likes to drive fast and the one whose eye on the neighbor’s wife is not our real Self! Our real Self is splendid, is glorious, is powerful, is loving, is compassionate, is “all-One” with the universe and with God. So, it’s only when we learn to know this real Self that we can love ourselves. You love me because God is in me, and you can feel that. You can feel Hirm through this physical body. That’s why you love me. You don’t love me because of this physical, small frame. So, in order to love yourself like that, you must learn to know who you really are. And I will show you. (Applause)

The only thing that separates us from God is our own thinking that God is separated from us. So there is a way to banish this thinking and go directly through, to see God. Then you know God is you, you are Hiers children. You are a part of Hirm and you are one with Hirm, just like the drop of water in the ocean. The drop of water in the ocean is also the ocean. 🌸

## *Our Inner Happiness: The Best Gift to the Lord*

Spoken by Supreme Master Ching Hai, Tel Aviv, Israel, November 21, 1999 (Originally in English) DVD #671

**Q:** What must we do for the Lord in the year 2000?

**M:** Wow! Whoever asked that question is a very, very devoted disciple of God. That is a very good question; I like that. Most of us always ask “how we can tell God to do this or do that for us.” This is the first time I’ve heard: “What can we do for the Lord?” And this is really nice.

Actually, we don’t have to do anything for God in the year 2000, but we could do everything or anything for ourselves, any year of any thousands, because we need to know God. Then we can ask Hirm directly, “Father, what do You want? Can I do something for You?” And Hes will say, “No,

my child; just enjoy. Because when you enjoy, I enjoy. When you are happy, I am happy.” That’s what Hes told me. That’s why Hes tries in every way to please us, to give us whatever we want. Even if it’s something material or something also not very favorable to us, Hes will still give it if we want it, because Hes wants us to be happy. Because when we are happy, our Father is happy. Every father is like that! 

 Spiritual Interludes

## *A Question Answered*

By brother initiate Alistair Dark, Brisbane, Australia (Originally in English)

I want to relate an interesting experience I had at about the age of ten. I was a quiet kid, and though not really trusting the priest in the church, I was interested in knowing what God was and who Jesus was. The idea of two thousand years of spiritual loneliness since Jesus was a little too hard for me to take.

One day a thunderstorm covered our town. Lightning cracked and rumbled here and there. I remember that I leaned on the window sill, quietly enjoying the wind and the rain all to myself. An idea struck me: to ask a question.

“God, if Jesus is alive on Earth, send me a lightning strike right in front of me,” I childishly demanded.

The gamble didn’t immediately pay off. I waited for about two or three seconds and then sighed. Life was boring after all. I decided to go and do something in my room to help kill the time. But immediately after I had turned from the window, facing the wall, I saw the reflection of a lightning strike directly behind me, cracking right on my silhouette’s head! That was interesting.

Thanks God, for the reflective paint in that old house. But like many magical things which happen to kids, I soon forgot the whole thing... though years later it all came back... and made perfect sense. 



# Canine Friends Receive Recognition for Their Noble Deeds

By Auckland News Group

This year, the New Zealand Kennel Club (NZKC) presented three awards to intelligent and compassionate dogs who set outstanding examples of bringing love to humans. In addition to awarding a medallion to each dog, the Kennel Club also presented a year's supply of food.

## CANINE HERO AWARD

Jess, a one-year-old female fox terrier, embodies the noble quality of courage and self-sacrifice. In July, when fierce flames engulfed the home of her keeper, Robert Buckley, Jess did not run away. Instead, she rushed up the stairs and barked furiously until Buckley awoke from his deep sleep. Buckley was then able to escape to safety with his three daughters.

The New Zealand Kennel Club awarded Jess its highest recognition, the Canine Hero Award, for her heroic act in saving the lives of the Buckley family.

## SERVICE DOG OF THE YEAR AWARD

Trude, a 7-year old German shepherd, is the only dog in New Zealand that has been able to help children to read. When school is in session, Trude visits the Birkdale Primary School library every Friday as a volunteer, where she allows students who have difficulties in reading and communication to read articles aloud to her. Each time a child reads, Trude listens quietly and attentively, never showing any sign of impatience. Her loving presence for the last four years has helped many children improve their reading ability and gain self-confidence. Before Trude's retirement this year, the New Zealand Kennel Club presented her with the Service Dog of the Year Award.

## PET OF THE YEAR AWARD

Judy is a 16-year-old female mixed Border collie. When Judy was first born, she and her 11 siblings were deliberately thrown into a stream and shot with a gun by a farm owner. Luckily Judy was saved from the stream by a good-hearted person, and she was brought home as a pet. Sixteen years later, Judy's keeper praises her exceptional compassion, saying that she is also very smart, loyal and forgiving. Therefore, the New Zealand Kennel Club presented Judy with the Pet of the Year Award. 🌸



# Respect and Care for Every Sentient Being

By initiate Lucky, Formosa (Originally in Chinese)

One day when taking a walk with a fellow initiate on a neighborhood street, a small stray dog suddenly ran out from the grass, wagging her tail and licking our feet in a friendly way. We noticed that the dog seemed infected with a serious skin disease; eighty percent of her fur was gone and she emitted a terrible smell. Her condition was truly pitiful. I suddenly remembered Master's words: "I cannot take care of millions of dogs all around the world, but those dogs that I meet and need help, I feel I have to take care of and help." (From News #164, "Window on Master's Life") Therefore, we immediately contacted the local Red Collar Stray Animal Association, whose representative suggested we take the dog to a technically advanced animal hospital to receive medical treatment.

Thanks to God's grace and everyone's loving care, as well as the vegetarian diet, the three-month-old white dog has grown back all her fur and has become quite beautiful. She is friendly and very understanding, especially towards the elderly. Whenever she sees them, she happily jumps up and licks their faces, seemingly knowing that they need more love. While we were taking care of her, we noticed that she could instantly perceive human's thoughts and feelings almost 100%, except when she was too busy playing to pay attention to us.

During the time we were trying to help her recover, members of the Red Collar Stray Animal Association lent a lot of assistance and taught us much common knowledge about caring for dogs. This association was established by a group of volunteers concerned about animal welfare who fight for the dignity and living rights of our animal friends. Their help to stray animals includes providing meals to them every day, assisting with medical treatment and sterilization for the animals. They encourage people to help through direct adoption of stray animals, by offering financial help or by joining as members. The association has also cooperated with other animal organizations to spread such positive concepts as non-abandonment and the importance of pet sterilization. Animals that are not able to find keepers right away are given red collars for their identification; they are allowed to continue living in the neighborhood and are fed regularly by the local citizens or volunteers. Some stray dogs from Red Collar are even trained to become neighborhood guards.

The work of the Red Collar Stray Animal Association is commendable. We wish that all can extend hands to help stray animals so that their lives can be respected, their need for food and shelter can be satisfied, and so that humans and animals live in harmony, in order to achieve the true essence of the Golden Age. 🌸

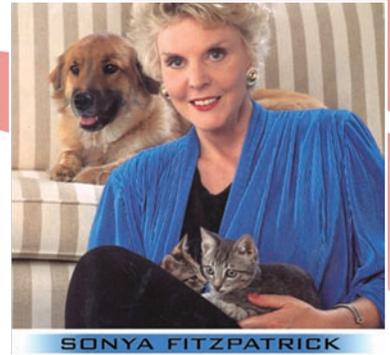




# Sonya Fitzpatrick

## *the Animal Psychic*

By United Kingdom News Group (Originally in English)



Increasingly known for her unique ability to communicate with animals telepathically, Sonya Fitzpatrick not only talks to animals like dogs and cats, but also snakes, llamas, ducks, camels as well as horses and birds. Through the top rated American TV show, *The Pet Psychic*, Soyna is now able to reach out to help millions of pet lovers to communicate with and to improve the lives of their pets.

Many people have started to realize that animals have emotions and feelings too, when they witness how she, for example, saves the life of a horse who has stopped eating or helps a pet owner to understand her dog's agitation. Not only that, but the fact that animals always welcome Soyna and behave extremely well in her presence amazes everyone and has convinced many so-called skeptics.

Born and raised in England, Sonya's deep love for animals started with her pet terrier, Judy. They became so close that as Judy grew older Soyna could actually feel in her own body the aches and pains that her dog was experiencing. Then, when her father killed her nine-month-old geese friends for Christmas dinner, she suddenly realized that not everyone has the same feelings for animals that she has. Traumatized by the death of her friends, Sonya deliberately shut down her ability to communicate telepathically with animals for 44 years.

In 1994, a spiritual experience reopened her channels with animals. Believing it's her destiny to play this role, she started helping people to understand more about their pets, in order to solve animal' behavioral problems, their physical ailments, and also to help to reunite lost pets with their owners. By communicating with animals on the spiritual level, Soyna helps to provide proof for the existence of the spiritual worlds and reincarnation.

Just like Master has remarked on many occasions, Sonya reveals that animals are very intelligent and they understand by picture ideas. Like human beings, animals are also spiritual beings. It's only the physical body that dies in any being because the consciousness goes on.

When asked whether she can also read the minds of humans, Soyna frankly stated that she doesn't bother to read human minds simply because "...Animals are less complicated and don't carry as much baggage as humans do and they're very honest. Humans do lie."

In her book, "What the Animals Tell Me," Sonya Fitzpatrick shares her message with the world that animals are very intelligent and they know exactly what's happening around them, therefore people should love and respect them. Today, as an animal activist, she is also actively involved in rescuing and assisting lost, abandoned and sick animals. 🌸



# A Story of a Golden Goose

Spoken by Supreme Master Ching Hai, International 7-Day Retreat in Cambodia, May 13, 1996 (Originally in English) **Videotape #546**



**This is a story of a golden goose, and I suspect it's about Buddha's previous life.**

**A** long time ago, there was a king. His name was Bahuputtaka. This name actually means “the father of many sons.” His queen was Khema. Both of them ruled in Benares. Benares is one of the holy cities in India.

One day the queen, Khema, dreamed of a golden goose who spoke with the wisdom of a sage. She told the king that she greatly

desired to see and hear such a wonderful bird. The king consequently made inquiries and was told that there were such birds as golden geese, but they were rare and not easily found. People informed the king that it would be very difficult to find these kinds of geese in his kingdom. But nevertheless, they existed. So then, many of his attendants were sent out to look for the geese,



which were supposed to be near a lake, very far away somewhere.

They also employed hunters to try to look for them and bring them back to Benares. Many people also advised the king to construct a lake near the city so that maybe the goose or the geese would be attracted, and would fly to live near there.

At that time, there were many geese that lived on Mount Cittakuta. Their king was called Dhatarattha. And this Dhatarattha goose king was an absolutely beautiful bird, with feathers of shining golden color. Wow... (Master jokes) He was inviting trouble!

In the course of time, a large lake was made near Benares, and the king named the lake Khema, after the name of the queen. Flowering trees, flowers, and beautiful rare botanical species were planted around the lake. Also, water lilies, lotuses and some water vegetables and flowers were planted in the lake. And every day, the people would come and scatter some corn and cereal to attract birds and things like that. Then the king's herald, one of the attendants, would call out very loudly: "The king of Benares welcomes all birds to come and live in peace in this beautiful lake! They will be protected from danger by the king's order and the king's men."

So, news of this lake reached the wild geese on Mount Cittakuta. They went to the golden goose, and said, "Lord! The king of Benares has made a large and sweet-smelling lake near the city. He guarantees protection for all birds who settle there. The birds will also be fed by the foresters. Let us go and see what sort of place it is. We are weary of living on this mountain top and having to search for food ourselves."

So the golden goose, king of the geese

herd, agreed to their proposal. And then he and some of his flock flew towards Benares.

The king had ordered his hunters to watch regularly by the lakeside. He told them that if they saw a golden goose approach the water, they were to immediately set a snare for him. The head hunter ringed the lake with his men at all hours of the day and night, waiting to capture this golden goose.

Early one morning he saw a huge flock of geese and a larger bird in golden color whose feathers gleamed in the sun rays, flying towards the lake. Quickly the hunter set a snare amongst the water lilies and lotuses. He knew that the golden goose, being the leader, would alight first on the water.

Like a dense white cloud, the 90,000 geese drifted down towards the lake. The golden goose settled on the water, and at once his foot was caught in the snare. Seeing that their leader was trapped, the flock of geese circled around, honking in distress, but none were brave enough to attempt to rescue him. They rose up and flew back towards Mount Cittakuta in safety. Sumukha, the chief captain of these geese, alone remained with the king.

The golden goose turned to him and said, "The other geese have all flown away, Sumukha! Without hesitation, they deserted me. Why do you wait here? Fly away quickly while you have the chance. If you remain here, you will be captured as well."

Sumukha, the chief captain, maybe the next attendant to the king goose, sat floating gracefully on the water by the side of his king and replied, "I will never leave you, Royal Goose. Now that danger draws near, I will remain and either live or die by your side."

As they were talking, the chief huntsman came close to the lake. Sumukha

decided to try and soften the huntsman's heart and flew up to him, begging him to let the golden goose go free. The huntsman was struck by the regal beauty of the golden bird, and asked him, "Your comrades have all fled, Oh noble goose. Did you not see the snare from afar?"

The golden goose answered him: "When life is coming to an end and death draws near, it is of no use to struggle against fate; thus, I did not see the snare."

The huntsman was greatly impressed by the wisdom of the golden goose. He asked Sumukha, "And why do you also alone remain here? The other geese are no longer to be seen. You are free, yet you have remained by the side of this noble bird. Who is he that you have not left him in an hour of need?"

So Sumukha answered, "He is my king, my comrade and my friend. I will never forsake him though I die for it."

Hearing this, the hunter thought, "Indeed, these are brave and noble birds. If I were to harm them, the gods would punish me. What do I care for the king's reward? I will set them free." He said to Sumukha, "Since you are prepared to die for friendship's sake, I will set your king and comrade free. Then fly where you both will."

Tenderly, he loosened the golden goose's foot from the snare and washed the blood away in the clear, pure water of the lake. He set the dislocated muscle and tendons, and by a miracle the foot became whole again. Not a mark showed where it had been caught.

Sumukha was overjoyed at seeing his king free, and said to the huntsman, "May you and yours always live in prosperity, Oh hunter, for your merciful act in setting my lord free!"

The golden goose asked the huntsman,

"Did you capture me for yourself or was it at someone else's command?"

"It was by order of the king that I set the snare, Oh noble goose." The hunter told the golden goose the truth and how the queen desired to see the wonderful bird.

The golden goose thought to himself, "Perhaps it would be best if I went to the city. The hunter will be rewarded, and King Bahuputtaka is known to be a wise and virtuous monarch. If I appear before him of my own free will, he will be satisfied and may decide to give me the freedom of this beautiful lake."

So he said to the huntsman, "Take us to the king. We will speak with him, and then if he wishes, he will set us free."

The huntsman said, "Noble goose, kings are not always merciful. He may decide to keep you both as prisoners."

But the golden goose said to him, "I have softened your heart, huntsman. Surely I can find favor with a great king. Leave that to me! You do your duty, and take me and Sumukha into his presence."

So the huntsman put both birds on his carrying pole, and took them to the palace.

When the king and the queen saw the two magnificent birds, one with feathers of shining gold, and the other as white as the snow on the mountaintops, they were absolutely delighted. The king set them both on a golden perch, and with his own hands, gave them honey and fine grain to eat, and sweetened water to drink. The whole night through, the king and the golden goose conversed together on the duties of kingship, and the virtues of kings.

The golden goose told the king, "He who puts off until too late the effort to do good will sink low. He loses all knowledge and great



will be his loss. He who does not see the truth, gains no wisdom. Cherish your sons so that they may grow wise and always follow the path of virtue.” Thus the golden goose advised and encouraged the king.

When dawn came, he bade farewell to the king and queen, and with the faithful Sumukha, flew out of the northern window and far away to Mount Cittakuta.

Finished! (Applause)

Now, we would wonder why being geese together, there are only two so noble geese and the rest were cowardly, ordinary geese. Nine thousand in number, only two were noble beings!

So actually even in the animal kingdom there are differences, not only in humankind. Perhaps this is the way it should be. I don't know why it should be like that. Perhaps there are different developments within sentient beings as well. Even with the same species there should always be this difference, because one chooses to go upward in a more noble direction, and the others choose to go the ordinary way, the easy way and the more materially beneficial way. Perhaps our choice makes us noble or lowly. And if we do not struggle within ourselves, trying to better our thinking and our ideals, or our work and our actions, then we will always remain at the same level as before - a very ordinary goose. We fear everyone else's fears, worry everyone else's worries, eat everyone else's food, dream everyone else's dreams and do everyone else's actions and habitual expectation. There's nothing better about us, nothing improves, and we're nothing more than the geese that eat the grass and drink lake water and pass their life

like this. Their life is also peaceful, harmonious and stress-free, and they also look good. But they achieve nothing more than just grass and lake water.

So now we should ask ourselves whether we would desire such a so-called peaceful life, too. Therefore, I have asked you before not to be proud of your harmonious family, your peaceful surroundings, your material gain and your whatever benefit that you think comes to you through the blessing of the Master, or through the practice of the Quan Yin Method.

It is true that the Master will bless us with whatever we desire, but we should not be satisfied with that and feel proud of that achievement, because this is just nothing! The stinky fertilizer is necessary for the flowers, but the flowers are what we want, not the fertilizer.

Perhaps that's why the golden goose looked golden and so magnificent and wise; and the other geese looked ordinary, you see, like in this story. Perhaps the Buddha had been a golden goose at one time, or perhaps not. Perhaps this is only an exemplary story, so that we understand the loneliness of being a king or a Master. It's just like talking to a mass of ignorant geese that don't have human brains or intelligence. So whether this story is true or not, it has a ringing truth in it. This story does not have to be perfectly true. The reincarnation theory doesn't have to truly exist, and the Buddha didn't have to truly have been reincarnated as a golden goose or golden hare, or whatever that was before. It's just the story has a truth. The loneliness of being a king or a Master or a wise person is obvious in this story. It doesn't matter if the Buddha had been reincarnated as a goose or not, or if He just made it up to illustrate the same principle through different stories. 



*Celebrating 30 Years  
of Helping  
Homeless Animals*



# USA Operation Kindness: A Unique Shelter of Love

By Texas News Group (Originally in English)

**C**elebrating its 30th anniversary, Operation Kindness is the oldest and largest animal shelter in North Texas that does not practice euthanasia. It is truly a unique non-profit foundation. Caring for approximately 200 animals at the shelter itself and 60 to 80 more in foster homes, Operation Kindness facilitates the adoption of 2,500 pets a year. Adoption counselors match potential pet owners with the animals so that the individual needs of both are met. All pets are screened physically and tested for temperament to make sure they are in fine condition before going to their new homes.

Upon learning of its long-standing track record of helping dogs and cats in their time of need, Supreme Master Ching Hai, with Her boundless compassion for all beings, made a generous contribution of \$10,000 to Operation Kindness.

On September 29, Golden Year 3 (2006), members of The Supreme Master Ching Hai International Association in Texas visited Operation Kindness to present the grant to Jonnie England, the Executive Director of Operation Kindness. Ms. England was totally delighted and grateful with



this loving gesture, and assured Association members that it would be put to very good use to help the animals that are in need.

The shelter also has some admirable educational programs, with the belief that kind and proper treatment of animals comes about through exposing and educating people, especially children, to the needs and loving nature of animals. Another program which Ms. England is especially proud of is the visit to nursing homes every month by sweet animal volunteers and their human companions,

so that the inhabitants have an opportunity to interact with the dogs or cats, and receive the unconditional love which these animals give by nature. It gives such happiness to the inhabitants, and sometimes reminds them of the bygone days when they had their own lovely animal companion.

The Association members that visited this wonderful shelter were very impressed by how clean, well-organized and equipped it is, with every detail having been well thought out to enhance the well-being and happiness of the lovely animal guests and their prospective families. They



were reminded of the detailed and meticulous way Supreme Master Ching Hai lovingly takes care of Her beloved animal companions.

The attitude, behavior, and work ethic of the staff are also most commendable. The people working with the animals treated them with respect and love; in turn, the staff received tremendous unconditional love and endless joy from their animal friends. Supreme Master Ching Hai has often spoken of how loving and intelligent the animals are; here, the absolute truth of these statements was witnessed first-hand.

Ms. England was very touched that Supreme Master Ching Hai thought of the animals and contributed so generously to Operation Kindness. In a message to the Supreme Master Ching Hai she said: “We’re honored that You have chosen us, to honor us with Your generosity and Your philanthropy, and we just thank You from the bottom of our paws, all 4 of them, so thank You so much!”🌸



 Letters of Appreciation

**OPERATION KINDNESS**  
A no-kill shelter for homeless animals.

September 29, 2006 (Originally in English)

Dear Supreme Master Ching Hai,

It is with great pleasure that I write and thank you for the International Association’s most generous donation of US\$10,000 to Operation Kindness. We are so grateful to you, and to everyone at the Association for honoring us with this wonderful donation to help the animals.

This generous donation will help so many homeless animals at our shelter. As a “no-kill” shelter, Operation Kindness cares for more than 2,600 animals each year, including many that are injured, have been hit by cars, have mange or ringworm, are heartworm positive, or have other illnesses or conditions. We treat all the animals we take in, and care for them until they’re adopted. So this wonderful gift is much needed as well as much appreciated.

Thank you again for your generosity and compassion for God’s creatures. We are very grateful.

Most sincerely,

Jonnie England  
Executive Director  
Thank you for caring about us!



# BURUNDI

## God's love blesses East Africa

Overseas telephone interview by the Formosa News Group (Originally in Chinese)

Constantly caring about the needs of sentient beings, Master instructed fellow initiates to drill wells in Kenya. So far, three wells have been successfully drilled and a fourth is under construction. These compassionate actions have drawn international attention to the drought disaster in Kenya.

Immediately following the well-drilling project, Master contributed US\$30,000 to the Kamenge Youth Center in Burundi. By funding this center's supplementary education program, Master has blessed the lesser-known areas of East Africa with Her infinite love.

Burundi, a country long torn by ethnic conflict, has endured the conditions of civil war since 1993, with violent confrontations occurring between the Hutus and Tutsis. However, with God's grace and the coordinating efforts of many, flowers of friendship are gradually blossoming among these groups. Internal strife has cooled in recent years and in September Golden Year 3 (2006), the last remaining rebel group signed a ceasefire agreement.

Throughout the civil war, the Kamenge Youth Center dedicated itself to promoting peace and education from its location between the Hutu and Tutsi communities. Founded by three Italian Xaverian missionaries, the center has been funded by an Italian church to provide educational programs and other activities, designed so that Hutu and Tutsi youths learn, play and work together to build a better tomorrow for their generation.

Following a Supreme Master Television report on this youth center's spirit of unconditional love and selfless efforts, Master specially instructed that a contribution of US\$30,000 be made to the center. In order to render Master's love and aid, fellow initiates paid a visit to the Kamenge Youth Center. Although situated in a remote slum area of the city, the center looked tidy, clean and pleasant. We saw local inhabitants coming to collect sweet corn, medicine, farming tools, and other relief materials.



A receipt and an appreciation letter from the Kamenge Youth Center for a US\$30,000 contribution by Master.

Upon learning about the purpose of our visit, the person in charge of the Center welcomed us warmly, expressing gratitude to Master, then briefing us on developments at the center. He said that the center was presently offering free courses to 26,000 youth, who can select any course at any time it is offered. Working at the Center were 45 volunteers and 82 half-paid volunteers. Despite being very busy with planning and scheduling full-day courses, they remain in high spirits and are carrying out their work systematically.

The Kamenge Youth Center's highly commendable spirit and influential efforts in promoting peace left us deeply impressed. We are also grateful to God for giving us this opportunity to convey Master's love to the Burundi people. We not only realized the meaning of harmony and peace, but also felt that it was a trip of honor. 🌸

# THE PHILIPPINES

## God Knows Our Needs

Compiled by Formosa News Group (Originally in Chinese)

On September 30, two days after typhoon Milenyo (also known as Xangsane) devastated parts of the Philippines, fellow initiates arrived from Formosa to provide emergency relief. (For details, please refer to News #175 "Love in Action.") In the aftermath, Master reminded us to address water shortages in local communities by providing equipment or any other form of assistance.

However, when Formosan initiates returned to the Philippines, all enquiries about water scarcity led to a dead end. "There must be a desperate need for water somewhere," we thought. "The local people must have been praying sincerely to God, which is why Master has given such an instruction." After a persistent search, we finally learned from the ABS-CBN television station that more than 100,000 people in Sorsogon, a remote area about 20 hours' drive from Manila, were in urgent need of water and power supplies.

When Mayor Sally Lee of Sorsogon received our phone call, she was greatly moved. After repeatedly expressing her gratitude, she referred us to Sorsogon Provincial Governor Raul R. Lee. On the phone, Governor Lee invited us on a tour of the disaster area and said that power generators were urgently needed to get water pumps up and running.

Within 20 minutes of our arrival in Sorsogon, Governor Lee and related officials met us at the hotel. They said that beside the four generators, chlorine pumps were also needed for water disinfection. They invited us to visit the water pump station. Meanwhile, the governor wrote a sincere letter explaining the emergency needs (see Appendix). Division Manager Boy Lopes of the Water Department was moved and commented that he had previously sought help from five different organizations. Our timely appearance to meet the emergency needs of the Sorsogon people was a complete surprise, as they had no idea who we were and how we knew about their situation.

Returning to Manila on October 25, we immediately made the necessary purchases and

went to Sorsogon again on October 31 with the generators. General Manager Ronaldo G. Barboño and Manager Lopes of the Water Department were waiting for us to arrive that evening at the provincial government office. When they saw that we had brought a truckload of chlorine powder for water disinfection, they were overjoyed. In the early morning of November 1, the four generators were installed at the local water pump stations. In the afternoon, accompanied by Mr. Barboño, Manager Lopes, and Water Department engineers, we went to some of these water pump stations to better understand the water disinfection process. We also recorded in detail the brands and models, and observed the working condition of each pump, as we were informed that four more chlorine pumps were needed.

As we prepared to depart for Manila that evening to make the purchase, Division Manager Lopes bid us farewell and expressed his amazement at how within ten short days, members of The Supreme Master Ching Hai International Association had delivered both generators and chlorine powder to Sorsogon. He thought it was a miracle and wondered how we knew of their need. We offered him Master’s sample booklet and said, “We have come here according to the loving instruction of Supreme Master Ching Hai.” Upon hearing this, tears welled up in his eyes. He got to his feet, looked skyward, and said, trying to hold back his tears, **“God, You truly know our needs!”** 



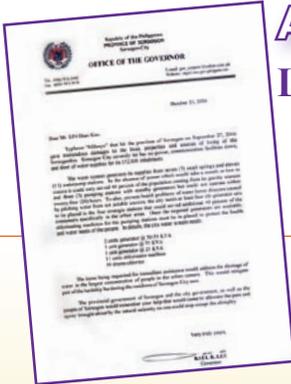
Division Manager Boy Lopes (2nd from left) and General Manager Ronaldo G. Barboño (3rd from left) of the Sorsogon Water Department accompany initiates on an inspection tour of the local water pump facilities.



## Appendix

# Letter from the Governor of Sorsogon to a representative of The Supreme Master Ching Hai International Association

(Originally in English)



Republic of the Philippines  
PROVINCE OF SORSOGON  
Sorsogon City

## OFFICE OF THE GOVERNOR

October 21, 2006

Dear Sirs:

Typhoon Milenyo that hit the province of Sorsogon on September 27, 2006, left tremendous damage to the lives, properties and resources of the Sorsoguenos people. Sorsogon City, which was severely hit, currently has no power, with communication facilities down and water shortages for its 152,000 inhabitants.

The city's water supply is generated from seven small springs and 11 water pump stations. In the absence of power, which will take a month or two to restore, the water supply can only serve 40 percent of the population, as it must come from gravity sources and three pumping stations with stand-by generators. But even those cannot operate 24 hours a day. To prevent the health problems of water-borne diseases created by non-potable water sources, the city needs at least four generator sets to be placed in strategic pumping station locations. These can serve an additional 40 percent of consumers, specifically in the urban areas. Once the required generators are available, chlorinating machines for the pumping stations must be put in place to protect the health and water needs of the people. In detail, the city water system needs:

- 2 generator units @ 50-55 KVA
- 1 generator unit @ 75 KVA
- 1 generator unit @ 25 KVA
- 11 chlorinator machines
- 30 drums of chlorine

The items being requested for immediate assistance will address the shortage of water in the urban centers with largest concentrations of people. This will mitigate some of the hardship currently burdening the residents of Sorsogon City.

The provincial government of Sorsogon and the city government, as well as the people of Sorsogon, will remember your help that came to alleviate the pain and agony brought about by the natural calamity no one could stop except the Almighty.

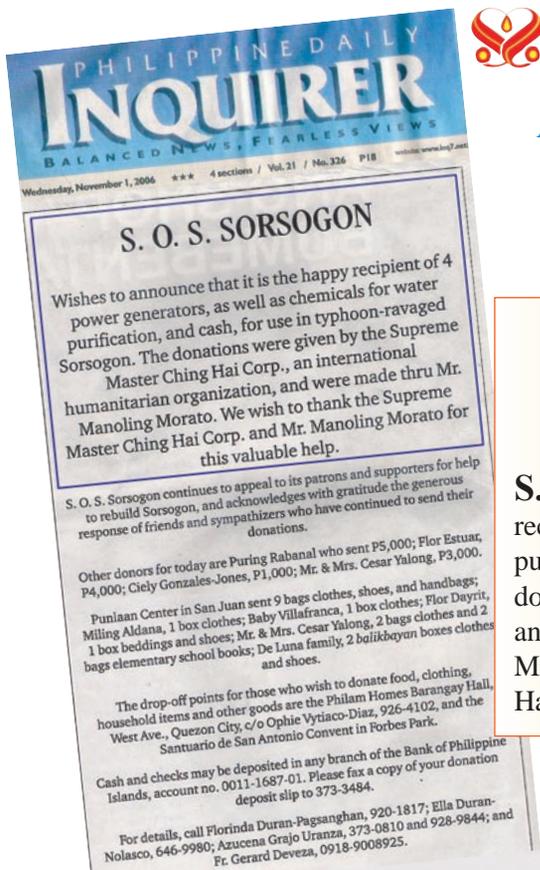
Very truly yours,

RAUL R. LEE  
Governor

## Expenditures for Typhoon Milenyo Relief Activities by Supreme Master Ching Hai and the Association

(Currency: Philippine Peso)

Items	Amount (PHP)	Appendix
4 generators	1,280,000.00	A
4 Chlorine pumps	83,148.07	B1
Chlorine powder for water disinfection	88,500.00	B2
Transportation (car rental, gas, toll, parking fees, etc.)	70,832.18	C1-C45
Miscellaneous (maps, phone cards, nylon ropes, etc.)	1,115.00	D1-D4
Total	PHP1,523,865.25 (US\$30,661.27)	



 Media Reports

### Acknowledging Thanks for God's Love

S. O. S. SORSOGON, published in The Philippine Daily Inquirer, expresses the gratitude of the Sorsogon people for Master's loving care in restoring their water supply after a typhoon hit the area.

### PHILIPPINE DAILY INQUIRER

November 1, 2006 (Originally in English)

**S. O. S. SORSOGON** wishes to announce that it is the happy recipient of 4 power generators, as well as chemicals for water purification, and cash, for use in typhoon-ravaged Sorsogon. The donations were given by the Supreme Master Ching Hai Association, an international humanitarian organization, and were made through Mr. Manoling Morato. We wish to thank The Supreme Master Ching Hai and Mr. Manoling Morato for this valuable help.



# *My Sister's Master Gave Me a New Life*

**Narrated by Sister Arh Di from Hangzhou, Mainland China  
Recorded by Sister Chen (Originally in Chinese)**

**N**ine years ago, Arh Di's elder sister Arh Ying was sentenced to prison for twelve years. Being initiated for two years at that time, Arh Di brought a package along with a sample booklet of Master and went to visit her sister. Upon seeing Arh Ying, Arh Di's heart ached because her sister appeared to be thin and pallid, and seemed to have lost all hopes for life. Arh Di could not talk about Master through the intercom in the prison, so she took the chance of delivering the package through the window and said to her sister, "Keep your spirit up! I am following Supreme Master Ching Hai and practicing the Quan Yin Method of Meditation that allows one to achieve liberation in one lifetime. There is a sample booklet in this package. Please read it carefully. Whenever you are in trouble or have problems, you can sincerely pray to Supreme Master Ching Hai for help." When leaving, Arh Di also silently prayed to Master to take care of her sister.

Nine years had passed; Arh Ying was released early because of her good behavior in prison. She came to visit Arh Di. Except being a little pale, she looked young and happy. They talked till midnight and to Arh Di's surprise, all their topics were about Master!

It turned out that after reading Master's sample booklet, Arh Ying received tremendous comfort and support. She was convinced that Master was the living Buddha who saves sentient beings from sufferings. She made up her mind to pray sincerely. However, she could not recall Master's name mentioned by her sister and the name written in the sample booklet was in English "SUMA Ching Hai" which she did not understand. She then addressed Master in her prayer as "my sister's Master."

Arh Ying's main job in the prison was making clothes. The

working hours were long and stressful. Every morning, Arh Ying would pray to “my sister’s Master” to help her complete the daily work smoothly without mistakes. At night, due to the depressing atmosphere in prison, Arh Ying used to be in fear and could not sleep. However, ever since she prayed to “my sister’s Master”, she could sleep soundly every night. Her morning and evening prayers became a habit in the long and slow life in prison and they always worked miraculously!

Ever since her soul found the support, Arh Ying’s spirit and appearance took on a new look. She worked fast and smoothly, which was even noticed by her fellow inmates and the supervisor. Her days thus passed quicker than before. Once, there was a young inmate who wanted to commit suicide. The warden even delegated the job of consolation to Arh Ying. Recalling her own state of mind previously, Arh Ying understood how this inmate felt. So she first prayed to “my sister’s Master”, and then had a long heart to heart talk with the inmate who eventually gave up the idea of taking her own life. Arh Ying was very pleased. Another day, Arh Ying mistakenly ironed a few hundred clothing pieces inside out, which worried her greatly because not only her work points would be deducted, but also other people’s work could also be delayed. In emergency, she prayed to Master and the inner Master told her to “talk to the section chief.” Immediately, she went to find the chief and told her what happened. The chief said, “Just iron the rest of the clothing pieces inside out for the same batch and then the problem is solved!”

In another incident, Arh Ying had to pass a test in politics and she had to memorize a lot of lines in a book. Since Arh Ying did not receive much education, she knew she was weak in this area. After praying to “my sister’s Master”, miraculously Arh Ying not only passed the test smoothly but also was awarded two extra working points, which one could only earn by working sixteen hours continuously without mistakes.

Out of her gratitude, Arh Ying made a wish to Master that after getting out of prison, she would make an altar for Master and would burn incense, bow to Master and give thanks to Her everyday. Hearing this, Arh Di smiled and said, “Master does not need you to bow to Her. All you need to do is to receive initiation and practice the method to gain liberation. To keep precepts and meditate is the best way to give thanks to Master!” Arh Ying said, “It’s incredible. Three years ago, I started to keep a pure vegetarian diet spontaneously. At that time, there was no vegetarian food available, but I had diarrhea whenever I ate meat. So I asked the warden if I could eat only vegetarian food. After confirming my special physical reaction, he agreed to provide vegetarian meals for me! I also meditate thirty minutes in the evening. Otherwise, I could not sleep. I shared Master’s sample booklet with all of my roommates. From this good book, I got to know Master. I had so many miraculous experiences in the prison that it’s impossible for me not to believe in Master. I will follow Master to practice spiritually. I want to get initiation!”

At the reunion of two sisters, there were so many feelings of gratitude and strengthened faith in Master to share. With the best wishes of her sister, Arh Ying is eagerly waiting to be initiated. 



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# Realizing God's Love through Master's Paintings

By initiate Phan, Boston, Massachusetts, USA (Originally in Aulacese and English)

I received initiation more than ten years ago. Since then, my life has been amazingly changed. It has become better and better in all aspects, both materially and mentally, from my family to my work situations, from the place I reside in to, most importantly, my spiritual practice. I don't know what to say or do besides trying my best to spread Your love to people around me.

In addition to outer conveniences, You have bestowed upon me plenty of special grace with splendid inner experiences beyond my imagination. Among them, are some experiences related to Your paintings.

I didn't have any basic knowledge about paintings when I read news magazine articles on Your supreme painting skills that I greatly admired. At first I didn't understand the spiritual meanings at all. I just liked the "Hope" painting the most because You are the only hope for me to survive the rest of this human life.

Long after the initiation, You gave me a wonderful and unforgettable experience, but I couldn't understand it until I happened to see the painting "Heavenly Flowers" for the first time. I can't recall clearly whether I had the experience during meditation or sleep, but the flowers in the painting reminded me of the flowers in my experience, as transparent as crystal, sparkling like diamonds, but not solid. The light from countless flowers radiated a soft vibration and bright magnificence. Every time I look at "Heavenly Flowers" again, I'm joyful to recall that experience and grateful that You were so compassionate and skillful to paint it for people to enjoy.

From that time on, every time I look at Your paintings, I'm aware that everything You do is for the purpose of reminding people to remember Heaven and our true self. Similarly, the "Stone Cave" painting shocked me when I first saw it. I recalled the feeling of being spun and pulled into a tunnel when I first got initiation and I knew that my soul was escaping all of these



Hope

*Stone Cave*

body levels via this tunnel. Later on, I heard You explain that You already smoothed the opening “gate” to heaven so that we would not feel the difference so clearly when our soul “leaves” or “returns” to the body.

Recently, You gave me another wonderful experience about Your “Nostalgia” painting. That day, I just sat down to meditate as usual. I didn’t think that I could meditate well because I had uncomfortable feelings. Suddenly, I saw the “Nostalgia” painting appearing and getting bigger and bigger. The half piece of the fruit in the painting became so big that it covered the whole universe and I felt small like I was just a black seed inside it. I realized that I was a particle of the “Nostalgia” universe and connected to other beings by the light filling the space between the black seeds. The whole universe moved forward with an extremely high speed, including all the particles inside.

After awakening from meditation, I remembered Your saying that we were in a universal “spaceship”. This made me realize that the true purpose of “Nostalgia” and all of the paintings is to remind people about the inner realms.

I know that I experience a little of the paintings’ deep spiritual meanings, not fully understanding and not at high levels of understanding. But what touches me is the immense love of God when He creates each creature in this universe--each detail, color, shape, character, structure, living environment, etc. Each detail is a uniquely creative design.

Since my inner experience with “Nostalgia,” as I observe nature I appreciate that God puts all of His love into each being. I am aware of this more than before. I remember reading that You create art from Heavenly inspiration and that inspiration can be stimulated by nature and have similarity to the inner experience--the splendid realms of the universe.

As usual, I don’t have anything to say except great thanks for the ultimate love bestowed upon every being. Hopefully Earth beings and this universal “spaceship” are deserving of the Golden Age soon. 🌸

*Heavenly Flowers*



*Nostalgia*



*Master's Latest Paintings*



*After the Snow*

*This is one of the newest paintings by Master,  
now available as a photo for the art lovers to collect and enjoy.*

# The 11th Generation Celestial Jewelry

A Condensation of Truth, Beauty and Virtues

Supreme Art 

## The Noble



The Noble series: Features 18k gold, coral and green jade; the collection includes a necklace, two styles of earrings, two styles of rings, a tiepin and a tie clip.

Designer: Supreme Master Ching Hai

Square-cut jade arrayed atop red coral linking three slender jade segments creates the shape of a person, with arms outstretched in flight. The pattern exudes an air of elegance and vibrancy, symbolizing those with noble ideals and lifestyle who focus constantly on higher wisdom, selflessly share their love, shine with their inner beauty and positive qualities, and set a noble example for the world.

With Master's graceful permission, this series of S.M. Celestial Jewelry will be exhibited for the first time and will be open for purchase at the end of November.



## Special Presentation of S.M. Jewelry

### Global Family Brooch

Material: 14k gold, ruby, yellow sapphire, sapphire, diamond, black diamond and tsavorite

The classic S.M. logo adorns the Global Family brooch encircled by heart-shaped gemstones of kaleidoscopic colors representing people of different races, the animal and plant kingdoms and the elements of the natural world. The design signifies that all beings are members of a single global family who are connected heart-to-heart and united as One, in spirit without discrimination, as they live and grow in God's glory!

The Global Family Brooch is open for purchase for a limited time, until December 5. For details, please contact S.M. Celestial Jewelry group or visit

<http://www.sm-celestial.com/global-family.htm>.