

BE VEG. GO GREEN. SAVE THE WORLD

We don't have to die
to save the world

Just Be Vegan

~Supreme Master Ching Hai

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NEWS No. 202

THE SUPREME MASTER CHING HAI

Only Love Begets Love

Videoconference with Supreme Master Ching Hai
Sydney, Australia, August 17, 2008 (Originally in English)


Many people are worried and wonder what else we can do to speed the awakening of people in our efforts to save the planet for ourselves and future generations. During a videoconference with our Association members in Sydney, Australia, Master spoke of how important it is for love and compassion to be awakened among humankind so that danger may be averted and the planet uplifted.

We are doing what we can already. It's up to the people now. It's especially up to the government and the media to help to alleviate the situation. If they don't turn to the compassionate way of life, then I don't know what else to do. The law of cause and retribution has to take place, no matter whether we like it or not. Just the same as the laws in your country: If you kill, you will be imprisoned or even dead. Well, the law of the universe is similar; killing will beget killing and suffering. There is no escape from that. And we are trying to let people know this, to remind them of the law of the universe, to remind them of their true great compassionate, loving Self, and now it's up to people. We continue to do that and we wait. Just do what we are doing and be patient.

I wish I had a magic wand and could wave it around and "Hoop-la," everyone would become vegetarian, and the planet is saved. But it's not like that. They have to awaken themselves. They have to practice compassion. Then the compassion will beget compassion; love will beget love. If I force them to become vegetarian, it's not the same.

The thing is, they have to do it themselves so that their compassion, the love in their heart will beget the compassion from Heaven; it will beget the love of Heaven, and that's how it works. Suppose I saved all the people on this planet right now; suppose I could do that. Would you like me to do it? (Audience: Yes!) You would, of course, fine. I would also! But the thing is, what will happen to our planet? Think about it. They will continue warring with each other. They will continue to massacre the animals en masse. They will continue to be living in not a noble way. What is the good of this planet to exist like that? It's like hell! For the mass of animals

and other people in the war conflict zones, it's like hell. So, for people to be awakened to being compassionate and noble, that's more important – and then the planet will be saved by itself. I know you are concerned. Me, too. But this is the only way; it's the correct way.

I love humans, but I love animals as well. And I would love the humans to be more elevated, now and hereafter. Because if they're just thinking, "Oh, nothing's happening. Even though we continue to live our wicked ways, continuing to kill and do things that are no good, we still live and happily. So why not?" That's no good for them, because life continues. After their life finishes here, their life will continue elsewhere. And if their merit is not good and they have bad karma, after they die, they will get even worse retribution. I don't want that to happen to them also. So rescuing their physical life is not as important as saving their souls. 


To view the complete Supreme Master Television coverage of this videoconference, please visit the following link:
<http://video.Godsdirectcontact.net/magazine/BMD813s.php>

Vegetarian Critical Mass Reached!

Spoken By Supreme Master Ching Hai during the "Juice Fast for Peace"
Videoconference at Rev. Michael Beckwith's Agape International Spiritual Center,
Culver City, CA, USA, March 7, 2009 (Originally in English)

We are in a very dangerous situation right now; but I'm glad to tell you, we have reached the critical mass, if that can be credible to you. According to my inner knowledge the critical mass has been reached, the critical mass of the numbers of vegetarian people. It's just now we're waiting for the minds of humans to be more pliant, to be more in tune with the critical mass.

The critical mass that you say means: if a certain number of people, like in a one-minded group, like being vegetarian, if a certain number is reached, then that number will influence the whole planet in time and make everyone become vegetarian or vegan.

I hope it's in time so that we can save the planet before we reach the point of no return. And I also beg you, all of you heroes, the saints, the yogis there, please, do something to help. Just pass out information, convince whoever you can, yes. And everyone really does make a difference. I count on you. 

HEALTHY PLANET!



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Published: April 4, Golden Year 6 (2009)
 Founded: August 1986
 Published by: The Supreme Master Ching Hai
 International Association
 Publisher: Hsieh Hsin-lin

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.

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

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Humanity is at a critical crossroads as continued indulgence in old habits speeds up global warming. With a heart of love and compassion as well as a sense of urgency, Supreme Master Ching Hai shares Her great wisdom through a new leaflet that awakens people to the imperative need to adopt an alternative lifestyle that will help reverse the changing weather patterns. The "SOS – Be Veg! Go Green!" leaflet not only presents the hard facts, it more importantly lights the way to sustainable living in a balanced world. Master has sent a clear message: The vegetarian diet, sustainable energy and green technologies are choices that all must act upon now.

Flyers in various languages are available for download at:
<http://suprememasterchinghai.net/sos.htm>



INDONESIA

Walks of Love

By Jakarta News Group (Originally in Indonesian)



events. Wearing SOS t-shirts and distributing SOS leaflets, they raise awareness about global warming and tell people

of the immediate and long-term benefits of following the eco-friendly, plant-based diet and a greener way of life.

The Interim Mayor of South Jakarta, Mr. Mara Oloan Siregar, the Mayor of North Jakarta, Mr. Effendi Anas, and the Mayor of West Jakarta, H.M. Djoko Ramadhan came to launch the first car-free day of their respective districts. They all had the chance to talk to

[Jakarta] Jakarta Governor Fauzi Bowo has declared the last Sunday of each month as "Car-Free Day", aiming to reduce carbon emissions. A Walk of Love is held by our Jakarta Center Association members on the car-free roads to mark the launch of a program whenever a new sub-region joins in the effort. As of December, Golden Year 5 (2008), the fellow initiates and their families have participated in six Walk of Love



The Mayor H.M. Djoko Ramadhan of West Jakarta said, "It is good that we should eat less meat and start eating more vegetables."



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The Mayor of North Jakarta (left) and Interim Mayor of South Jakarta (right), signed the SOS banner.



our initiates on global warming and vegetarianism, and tried the delicious vegan dish samples. They fully support the ideal of “Be Veg. Go Green. Save the Planet.”

Through such events, the initiates have collected over 10,000 supportive signatories on four, 10-meter long SOS banners, given away over 10,000 plant seeds which symbolize a greener way of life, and demonstrated how to cook many vegan dishes. Jakarta Governor Fauzi Bowo and the mayors of all five district cities also showed their full support for the Be Veg, Go Green, Save the Planet message. It is the loving wish of the Jakarta initiates that more of their fellow citizens will soon join the holy mission to save the Earth by becoming vegan.

Changing Our Eating Habits for the Survival of Our Earth

Inspired by Master’s suggestion to invite our neighbors or even anyone who smiles at us to our home for a vegan meal, and to open more vegan restaurants so that these foods are more available everywhere in the community, initiates from the Jakarta Center formed kitchen teams in Golden Year 5 (2008) to help widely promote this plant-based diet.

The Happy Yogi Kitchen Team

With the mission to show the local people that vegan meals are healthy, easy-to-cook, and delicious, the Happy Yogi Kitchen Team have conducted cooking classes and participated in food bazaars at schools, plazas, shopping malls, businesses and even the Foreign Minister Department’s Office in South Jakarta. They also took part in the World Vegetarian Day 2008 Expo and organized various seminars. Using every opportunity, they distributed the Alternative Living and SOS flyers.



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People have responded very positively to the initiates' exquisite cuisine and messages. For example, at BPK Penabur 2 Junior High School, where the kitchen team was invited to give vegan cooking classes, all the students loved their food so much that they asked their teacher to have such classes regularly. The school principal and all the teachers promised to have plant-based meals two or three days a week. An office employee told the initiates that previously he had a stroke due to heavy meat consumption and now he felt like he was being guided to meet them and know Master's teachings.

In an interview with Women's Radio, Jakarta, on September 11 and 12, Golden Year 5 (2008), the kitchen team explained why it is imperative to convert to a plant-based diet, and how a vegan way of life can save our Earth from the destruction of global warming. The host pointed out to the audience that eating for most people is for individual survival, but to our group, eating is for the survival of the whole planet.

The Vegan Stall Team

Since June Golden Year 5, the initiates have opened eight "VegStalls" by converting their home garages into businesses or setting up small kiosks on their own properties. They serve various simple but delicious vegan dishes at an affordable price to give people more reasons to go vegan. They also use the VegStalls as facilities to conduct cooking classes for those who are interested. The initiates' VegStalls are often invited to be part of school events and various food bazaars. During business hours, they always tune in to Supreme Master Television and inform people about the seriousness of global warming and benefits of the vegetarian diet.



Jakarta initiates hope that through their dedicated efforts, more families everywhere will adopt a vegan way of life to save our beautiful Earthly home. 🌸

This delicious vegan meal is served at a subsidized price of USD 0.50.



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KOREA

Loving Hut Earns Positive Feedback

By Busan News Group (Originally in Korean)

[Busan] On December 13, Golden Year 5 (2008), Loving Hut International franchise extended to Korea, opening its first vegetarian outlet in Busan, the country's second-largest metropolis after Seoul.

Located downtown, it offers a wide variety of 30 delicious vegan dishes, such as "Lucky Stick" and "Joy of Sweet and Sour," which have been named to bring more happiness to all. Guests can enjoy vegan meals and tea, or surf the Internet via wireless access in the happy and cozy atmosphere.

After a visit to Loving Hut, a foreign guest wanted to recommend the restaurant to her friends from other nations, saying, "I used to be a vegan in my country, but I couldn't afford it in Korea. I'm delighted that I can resume the vegan diet, and the food here tastes so good!" A young local woman appreciated the safe and clean environment of the restaurant, where she could bring her three-year-old child who suffers from allergies.



Having taken the first step with the Busan outlet, Association members in Korea anticipate further success in developing a nationwide franchise that would bring enormous benefit to all beings on Earth.

Serving Veg to Please the Palate

[Jinju] Local initiates in Korea's southeastern city of Jinju relocated their Center to accommodate their growing numbers. Not long after the move, they welcomed more new members into the Quan Yin family by holding a seminar on Master's teachings on December 21, Golden Year 5 (2008).

All of the participants received a vegetarian lunch box and were invited to stay for a vegetarian buffet. Many were amazed at the variety and wonderful taste of the food, and a guest considered becoming vegetarian for sake of the children. Ten guests learned the Convenient Method of meditation.

Two days later, just before Christmas, teachers of an elementary school were treated to a vegetarian meal prepared by fellow initiates. Everyone thought it was delicious, the vice-principal placing it on par with food served at highly expensive restaurants. The school was given a CD on



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global warming and SOS flyers, and the initiates were invited to hold a vegetarian cooking class.

Fellow initiates are very grateful to Master for Her ingenious arrangements that have allowed them to work together with the community. 🌸

JAPAN

Heart-Warming Events in the Cold Winter

By Tokyo News Group (Originally in Japanese)

[Tokyo] Sipa Baled Clone, a Japanese vegan band, held a concert on November 13, Golden Year 5 (2008). To support their noble ideal of promoting the plant-based diet, Loving Hut Japan and five other vegetarian and vegan restaurants in Tokyo opened booths at the event to offer various vegetarian foods at affordable prices to the concert audience. More than 150 servings of vegan food were sold by Loving Hut Japan, including pita burgers, three-colored rice bowl, Zen sushi and cookies. All customers enjoyed the food tremendously.



During the Christmas season, our Association members from the Tokyo Center dressed up as Santa Clauses to distribute SOS flyers and promotional materials on Loving Hut Japan. People, especially children, were very happy to receive the interesting information and candies from the Santa Clauses, with some visiting Loving Hut to have a hearty meal afterwards.

On January 24, Golden Year 6 (2009), Loving Hut Tokyo opened a booth for the first time at the “Earth Day Market” which is held once a month in Yoyogi Park, Tokyo. This market encourages organic farming and advocates environment protection. Many visitors were attracted to the warm homemade steamed buns served by Loving Hut Japan.

The initiates intend to open a Loving Hut booth in various upcoming events as well as work harder to promote the vegan diet to as many people as possible. 🌸





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Global Warming Seminar Evokes Deep Reflection

By Gunma News Group (Originally in Japanese)

[Gunma] On Ching Hai Day, February 22, Golden Year 6 (2009), our Gunma Center held a global warming seminar at the Gunma Music Center in Takasaki City, Gunma Prefecture. Participants included students, teachers, farmers and environmentalists.

A very informative SOS DVD was shown, and an organic farmer and vegan restaurant owner, an American junior high school teacher in Japan, and a counselor from the Japan Vegetarian Society were invited to speak on the subject. The guests were deeply impressed by the content of the seminar and its relation to the planet and humankind, especially the information about the irrevocable harm caused by hunting and eating fish and ocean mammals, an area that is very important to the Japanese people.

After the seminar, there was a lot of positive feedback from the guests. "I didn't know that eating fish could have such a serious impact," said one teacher. "From now on, I will encourage the children to eat more vegetables." A veterinarian student commented, "I am very grateful that you are sharing this message of loving the animals. I am really touched. It is the first time that I have heard about the close connection between animal farming and the environment, and the global warming caused by it. I have really benefited a great deal!" 🌸



CHINA

Realizing the Ideal of Be Veg, Go Green, Save the Planet

Report compiled by fellow initiates in China (Originally in Chinese)

[China] While Association members all over the world are earnestly advocating the vegan diet, fellow initiates in China are keeping pace by sharing the Be Veg-Go Green-Save the Planet ideal in several different ways. Their endeavors have received warm responses from the general public.

Opening Vegetarian Restaurants

The Shanghai Loving Hut opened by local fellow initiates is located in the vicinity of three high schools and has become the favorite of vegetarians and



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young people. At meal hours, there is always an endless flow of customers. Fellow initiates in Inner Mongolia operate two vegetarian restaurants and a store selling vegetarian foodstuff produced by fellow practitioners. Plans are in place to open a third restaurant.

Distributing Flyers and Participating in EP Seminars

Since the end of last August, fellow initiates in Inner Mongolia have distributed several hundred thousand SOS flyers and thousands of DVDs, which has received very positive feedback. They have also participated in two environmental protection seminars to share information concerning global warming and the vegan diet.

Free Vegetarian Food Tasting

At Beijing Language and Culture University and China Foreign Affairs University, fellow initiates held vegetarian food-tasting events buffet-style free of charge. They also played videos on climate change and delivered talks on the diet and environmental protection. Both teachers and students showed great concern about this crisis and expressed their willingness to become vegetarians to protect the environment.



Bus Posters

Qinghai initiates posted Be Veg-Go Green-Save the Planet public-benefit announcements on 100 buses in Xining to remind people of this important concept. On ten bus routes in Urumqi City, fellow initiates in Xinjiang Province placed posters advocating the message “Go Veg for a Healthy Life.”

With the earnest support of the director of an advertising agency, fellow initiates in Wuhan, Hubei Province negotiated a very good price for placing banners on 200 buses. This publicity campaign generated a lot of positive responses. A woman said that upon reading the message, she could not hold back her tears, as she felt that it was a message from the Buddha. She is an animal activist pushing for legislation to prohibit the abuse of animals, and she kindly funded the advertisements on 15 buses. She later had an inner vision—while in a state of full consciousness, she saw a very beautiful, petite lady saying to her: “Well done!”





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Participating in Major Public-Benefit Activities

Local initiates participated in an activity held by the Yunnan Province Environmental Protection Bureau and EP groups from 14 universities, advocating “Love and Care for the Red-beak Gulls (*Larus ridibundus*) and Building a Harmonious Spring City (Kunming).” They distributed informative flyers and DVDs, which evoked a strong interest in the relationship between the environment and the vegan diet. Several members of the media filmed and interviewed the fellow initiates. In Zhaoqing of Guangdong Province, fellow initiates took part in the third annual Food Festival, where they distributed vegetarian flyers, green shopping bags and DVDs.



Recommending Good Books on Vegetarianism

As part of an effort to share the message of Going Vegan to Save the Planet, fellow initiates in Jiangmen, Guangdong Province, especially those doing business or whose homes faced the main streets, put up posters in their shops or on the outer walls of their houses, recommending the book—*The China Study*,

co-authored by T. Colin Campbell, Ph.D., and his son, Thomas M. Campbell II, hoping that people would choose the correct diet after reading the truths in this book. 🌸



FORMOSA

Go Veg to Fight Global Warming and Save the Planet Activities



Report Compiled by Formosa News Groups (Originally in Chinese)

[Formosa] To draw people's attention to the global warming crisis and the importance of the vegan solution, fellow initiates in Formosa held a wide variety of promotional activities.

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Seminars

Between November of Golden Year 5 (2008) and January of Golden Year 6 (2009), Taipei Center held 28 global warming seminars in five elementary schools, seven junior high schools, and many government and private organizations such as Nanshan Life Insurance. More than 8,000 people attended the seminars. A major exhibition was also held at the Dongyuan Branch of the Taipei Municipal Library for four months.

In recent months, Kaohsiung Center held 31 seminars on going green to fight global warming at government and private organizations in the greater Kaohsiung area, including nine military units, seven elementary schools, 11 junior high schools, two technology institutes, and the Luzhu Township Office. More than 7,000 people attended the events. To raise greater awareness of the Be Veg-Go Green-Save the Planet message, fellow initiates appeared on “A Walk Around Earth” program aired by Broadcasting Corporation of China in January of Golden Year 6. The radio network is highly concerned about this issue and plans to broadcast more interviews with our fellow initiates.



Distributing Informative Material

Through day-to-day distribution efforts, the Taipei fellow initiates have so far handed out 74,000 SOS flyers, 30,000 copies of vegetarian cookbooks, and 2,300 copies of the “Meet the Truth-Stop Animal Cruelty” DVD. On community and corporate bulletin boards, they put up the “10 Measures to Save Energy and Reduce Carbon Emissions” posters printed by the Environmental Protection Administration. On January

29 and 31 as well as around the Lunar New Year holiday, fellow initiates from Kaohsiung distributed a total of 45,000 SOS flyers at crowded places in metropolitan Kaohsiung.





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Fairs and Exhibitions

During the 2009 Taiwan Lantern Festival held at Yilan Sports Park, local initiates distributed SOS flyers and showed Supreme Master TV programs on the vegan diet and global warming. They also prepared 1,000 portions of delicious vegan snacks for the public to taste free of charge. In Changhua, fellow initiates participated in the New Year's Eve Fair held at the Haidun Community Complex, serving delectable vegan food, passing out SOS flyers, and administering a quiz to help persuade local residents to care more about the environment problem.



Economical Vegetarian Meal Boxes



For the "Auspicious Vegan Meal-box Giveaway" activity, the Nantou Loving Hut gave away 100 delicious vegan meal boxes each day from January 1 to January 24, while fellow initiates dressed in lovely animal costumes distributed SOS flyers outside the restaurant. After this event, the Nantou Loving Hut launched an "Auspicious Vegan Meal Boxes Discount Sale" to encourage more people to join the vegan family. The Pingtung Loving Hut started selling meal boxes at a very low price of NT\$39 (US\$1.2); two weeks later, daily sales had risen to 500 meal boxes. Fellow initiates in Fengshan have also been selling tasteful vegan meal boxes at their own shops at just NT\$39. At lunch and dinner time each day, they could sell over 300 meal boxes. On the first and 15th day of the lunar month, which are traditional vegetarian days, sales could shoot up to 600! Furthermore, some I-Kuan-Tao believers, who are ova-vegetarian, asked fellow initiates

how to prepare cheap and delicious vegan meal boxes. This shows that the endeavor by our fellow initiates has started a positive trend.



Touched by the ideal of "Saving the Earth by Going Vegan" advocated by Loving Hut, the Nantou Women's Society invited children and volunteer workers at the Dann Center for Individuals with Developmental Disabilities to the Nantou Loving Hut for a delicious meal of vegan glutinous rice dumplings in celebration of the Lantern Festival. 🌸



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Book Fairs Open a New Vision of Truth, Virtue and Beauty

Report compiled by Taoyuan and Taipei
News Groups (Originally in Chinese)

[Taoyuan/Taipei] The Supreme Master Ching Hai Publishing Co. Ltd. and the Love Ocean Creative Co. Ltd. recently participated in two book fairs—the 7th National Book Exhibition in Taoyuan and the 17th Taipei International Book Exhibition. They showcased Supreme Master Ching Hai’s bestselling books and other publications, while also sharing information on the vegan diet as a solution to global warming.

At the Taoyuan exhibition from December 31, Golden Year 5 (2008) to January 5, Golden Year 6 (2009), the convener held the “Send Out Love—Never Stop Reading” activity which lead to the countdown to the new year. The honorable guests, including County Magistrate Eric Liluan Chu and other high-ranking government officials, expressed New Year greetings to the worldwide audience of Supreme

Master Television, and appealed to everyone to join the Be Veg-Go Green-Save the Planet movement. During the exhibition, a reading session of *The Realization of Health* was held, followed by a quiz with prizes and a wonderful performance by the Love Ocean Puppet Troupe. Mr. Chen Hsueh-sheng, director of Taoyuan’s Cultural Affairs Bureau, lauded the puppeteers for their contribution to the cultural education of young children, and recommended Master’s animal and environment books to the public.

At the Taipei exhibition from February 4 to 9, we had the opportunity to present two wonderful books to Formosan President Ma Ying-jeou: *The Realization of Health* and *Thoughts on Life and Consciousness*, as well as Supreme Master TV flyers, and brochures on going vegan to fight global warming. The Taipei Center organized several seminars during the six-day event, including a discussion on *The Realization of Health*, and a new book reading session on *Celestial Art*. The Love Ocean Puppet Troupe again performed at the venue and became the favorite of many children and their parents. At crowded places inside and outside the venue, we distributed informative materials about global warming and the vegan diet, which totalled 102,000 SOS flyers and 10,000 copies of vegan





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recipes. We received much encouragement and support from many compassionate people. During this period, about 20 people also learned the Convenient Method of meditation in order to connect with God's infinite grace.

The most wonderful news was that *Celestial Art* hit No. 1 on the Kingstone online bookstore's bestsellers list soon after the book

was launched. Another piece of

good news came on February

4: Master's new books *The Noble Wilds* and *Celestial Art*

were both selected as TOP 1-2008 books published in

Formosa. All TOP 1 books would be on display in the Main

Reading Room of the National Central Library (NCL) until

March 31. This was the latest recognition and affirmation of

Master's books by

NCL, following

TOP 1 selections

in 2004, 2006 and

2007 that included *Key of Immediate Enlightenment-*

Volume 9, The Realization of Health, The Dream of

a Butterfly, The Birds in My Life, and The Dogs in My

Life. NCL's good books recommendation activity aims

to expand the cultural vision of society, and encourage

people to read more until the nation embraces the elegant

lifestyle of reading books. 🌸



Bringing Master's New Year Regards

By Aulac News Group (Originally in Aulacese)



From left: actor Châu Thanh, actor/director Thanh Điền with his wife - actress Thanh Kim Huệ, musician Thái An and teacher Trần Văn Nhâm.

[Sài Gòn] On January 22, Golden Year 6 (2009), representatives from our Association presented Lunar New Year letters and gifts from Supreme Master Ching Hai to several famous Au Lac artists, at the Thiên Quốc Vegetarian Restaurant in Sài Gòn City. Invited guests included musician Thái An, actor/director Thanh Điền, actress Thanh Kim Huệ, actor Châu Thanh and the kind-hearted teacher of Kiên Giang province, Trần Văn Nhâm. After all the

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touching letters had been read to each artist, they felt that even though Master is such a great spiritual leader and has a lot of work to attend to, She is still so friendly and down-to-earth, just like a close relative. Artists Thanh Kim Huệ and Châu Thanh sang an excerpt from Master's poem "Forget Me Not" in traditional Aulacese opera style for Master and the Supreme Master Television global viewers. The melodious and sweet expressiveness of their voices elevated the spirit of all in attendance with God's love.

After that, our Association members visited Dr. Đặng Cát in Northern Âu Lạc, who greeted them warmly and in the course of their conversation said, "A true doctor should be like a loving mother." Dr. Cát expressed his admiration for Master's talent and selfless service to humanity. He hoped that She would continue working to save the planet, and bring joy and peace to the world in the Year of the Ox. 🌸



MONGOLIA

Supreme Master Television on Mongolian Cable

By Mongolia News Group (Originally in Mongolian)



[Mongolia] In addition to being broadcast on 14 global free-to-air satellite platforms, 13 cable and IPTV networks, and 18 online live-stream and on-demand video channels, Supreme Master Television is also available on three free cable channels in Mongolia, reaching tens of thousands of households. Thanks to Super Vision's Channel 47 and Orange Cable Company's Channel 65, Supreme Master Television reaches more than 12,000 regular viewers in the capital city of Ulaanbaatar. In Khotol, it is broadcast to 8,000 additional viewers on Channel 21 through the cable provider Gun Nariin. Furthermore, at Chinggis Khaan International Airport, which is the country's largest air facility, Supreme Master Television continues airing 24/7 for the approximately 365,000 travelers who visit each year.

We thank Super Vision, Orange and Gun Nariin cable companies as well as Chinggis Khaan International Airport



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for helping bring constructive programming through free television to wider audiences in Mongolia. Heaven bless the Mongolian people with continued noble advancements and peaceful ideals. 🌸

IRELAND

Media Helps Promote Vegetarianism

By Dublin News Group (Originally in English)

[Dublin] From October to December 2008, several leading Irish magazines and newspapers published articles and Supreme Master TV program announcements which were submitted by the Dublin Center through a PR agent. For example, *RTÉ Guide* and *TV Now Magazine* posted the vegan cooking competition hosted by Supreme Master TV. *Irish Daily Star* wrote, “A campaign called Meat Means Heat, launched by Supreme Master Television earlier this month, is encouraging Irish people to reduce their weekly consumption of meat with meat-free Mondays.” In the article “The Meat Industry Pollution Provides Food for Thought” on December 11, *The Irish Times* laid out the damage that the meat diet is causing to our world from environmental destruction to food and water shortage. It concluded with the advice from Dr. Rajendra Pachauri, Chairman of the Intergovernmental Panel on Climate Change, which is to eat less meat. “Apart from saving the world and reducing hunger among the poor, it might just save your own life. Excessive meat in the Irish diet is fuelling obesity, heart disease and cancers.”

Our wholehearted gratitude, Irish media, for your noble efforts of informing the public about the harmful effects of the meat diet. With your help, and the help from other like minded people, we can turn the world into a vegan paradise! 🌸



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CHILE

Thanking Noble Angels

By Chili News Group (Originally in Spanish)



Mrs. Luisa Valenzuela, the headmaster of the school, received the gifts from our Association members.



The receptionist at the Metro received the gifts from our Association members.

[Santiago] On December 23, Golden Year 5 (2008), the initiates from the Santiago Center, Chile visited the city Metro office to deliver a thank you letter and gifts from our Association and gifts to journalist Miss Javiera who supported Supreme Master TV and Miss Adriana Celis, the marketing chief. In the past, Miss Adriana has shown great support by giving space to our Association to put up the NASA and Alternative Living posters in more than 40 Metro stations in Santiago. Though unable to greet the initiates in person, Miss Adriana asked her colleague and friend to receive them.

A few days later, unaware of the gifts, Miss Adriana called the initiates and told them that she needed 160 more posters on global warming to put in all Metro stations from January to March 2009. She also mentioned that she had several projects in 2009 to continue spreading the message of global warming. The initiates took the opportunity to inform her about the well wishes from Master and our organization. Miss Adriana expressed her appreciation for

the good gesture and said that she will always help noble causes.

The initiates also presented Master's publications and sweets to Mrs. Maria Pena in Vina del Mar where they have had a free conference every month for the last seven years and Mrs. Luisa Valenzuela in Rancagua, the owner of a school where they have had weekly meditation for the last eight years.

The Santiago initiates are very grateful to God for sending such noble people to help in the mission of saving the planet. 🌸





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The Divine Power of Master's Art Work

By Missouri News Group (Originally in English)



[Missouri] Around Christmas time, Golden Year 5 (2008), initiates from the Missouri Center contacted the Rolla Public Library to exhibit Master's paintings and longevity lamps for one month, starting January 2. Upon immediate approval, 11 paintings were hung on the walls and several lamps were displayed in a glass cabinet inside the library. After the set-up of the exhibition had been completed, the initiates instantly felt that the whole library brightened. On the third day

of the exhibit, one of the library staff called and told the initiates that a customer saw the paintings and asked about their purchasing information.

The following week when the initiates went back to the library, they discovered with delight that both of Master's books *The Noble Wilds* and *The Birds in My Life* that they had given to the library had been catalogued and placed on the new arrivals book shelf. Later, the initiates brought more eco-friendly shopping bags with Alternative Living and SOS messages imprinted on them to the library, and requested that these bags be given away to their customers instead of using plastic bags. They also left many pens with the SOS message and the Supreme Master TV website on the counter for everyone to take. Two days later, a librarian called the initiates and thanked them for the bags and pens.

Fellow initiates are ever grateful to see that the divine beauty of Master's art creations and Her books have touched the hearts of those who have the opportunity to see them. They will strive to bring more positive messages to the community around them. 🌸

Lunar New Year Joy

By Austin News Group (Originally in English)

[Austin] The Austin Center participated in a Lunar New Year festival organized by the Aulacese (Vietnamese) Community in Austin, Texas, on Saturday, January 17, Golden Year 6 (2009). Together with the initiates from the Houston Center, they set up a booth and distributed thousands of

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flyers on climate change and Alternative Living as well as bags with the SOS message. All day long, they played selected Supreme Master TV Animal World shows

and a DVD on the urgent global warming situation. Many people were really interested in the message. They stopped to watch and also asked questions. Some even volunteered to help distribute the SOS bags, while others wore them on their front and back to serve as "mobile advertising boards." Their

enthusiasm and love added to the joyful atmosphere of this auspicious festival. May more people join the mission of saving the planet in the Year of the Ox! 🌸

Love Attracts Noble Souls

By Los Angeles News Group (Originally in English)

[Los Angeles] At the 27th Annual Tet Festival in Garden Grove, a young boy was holding Master's book *The Noble Wilds* as if it was his favorite toy and said, "I like this book very much, but I don't know if my mom has the money to pay for it. I love animals, and I am a vegetarian!" His compassion for animals and his happiness warmed the hearts of our Association members who decided to give him this wonderful book as a gift. The boy smiled like an angel and told his mother that he would keep the book with him every day!

With approximately 300,000 visitors, the Tet Festival was held from January 30 to February 1, Golden Year 6 (2009), where the initiates from Los Angeles spread the SOS global warming message by distributing over 10,000 Alternative Living/Supreme Master TV reusable shopping bags and various informative materials. They also played the SOS DVD and displayed some of Master's newest publications. A lady who purchased *The Noble Wilds* told the initiates that she appreciated not only the beauty of the book, but also the beauty of Master's unconditional love. She said, "I believe that all animals are noble, they understand, and they also have emotions." May more people

in the community join the circle of Sainthood by going veg to save the planet! 🌸





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Carry the Vision Community Nonviolence Conference

By San Jose News Group (Originally in English)

[Santa Clara] On December 13, Golden Year 5 (2008), Silicon Valley interfaith organizations and community leaders from diverse sectors joined together at the 6th Annual "Carry the Vision Community Nonviolence Conference" at Santa Clara University, California, to address issues of mutual concern, exchange current good works, and explore possibilities for improvement.

Our Association members were honored to participate in the event. They displayed Master's publications at their booth, and in some of the many workshops which included topics such as promoting peace and harmony, caring more for all of Earth's co-inhabitants, and the environment and sustainability. A few speakers and guests shared their visions and thoughts on the meaning of nonviolence with Supreme Master TV. SOS flyers and Master's sample booklets were also distributed. Our Association members were especially encouraged by the high spiritual consciousness of the attendees, many of whom were already vegetarians and viewers of Supreme Master TV. 🌸



Reference: <http://carrythevision.org> <http://www.interfaithpower.org/>

Master's Message Shared at the San Jose Tet Festival

[San Jose] On January 17 and 18, Golden Year 6 (2009), near the main entrance of the annual Tet Festival, our Association members greeted the visitors to their booth that was beautifully decorated with Master's large photo, art work as well as Alternative Living and SOS posters. Delicious vegetarian food samples were provided and Supreme Master TV programs were shown continuously on a large flat screen. Some visitors remarked with admiration and amazement that they had never seen any television programs with so many subtitles! A local TV news channel filmed their booth.



The initiates were delighted to meet many listeners of a local radio station where they have been broadcasting Master's teachings over the years. Some expressed their gratitude for the

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radio programs, many having informed them about global warming and its most effective solution the vegetarian/vegan diet of which a number of them have already adopted. The two-day festival was filled with love, joy, fun and laughter. 🌸



Loving Hut Goes to the Sunshine State Fair

By Florida News Group (Original in English)

[Tampa] The Florida State Fair is a Sunshine State tradition in its 105th year that took place from February 5 to 16, Golden Year 6 (2009) in Tampa, featuring arts, crafts, entertainment, food as well as rides, games and attractions. About 500,000 visitors and over 1,000 vendors participated in this event. Among them was the Loving Hut vegan restaurant that served healthy, exquisitely prepared food and drinks. Many people commented that they wished they had found Loving Hut sooner and that the food was the best at the fair.

A neighboring vendor told Loving Hut that although his company paid for the employees' meals, he and his co-workers preferred to eat at Loving Hut every day. A 20-year vegan actress and model was overjoyed to have Loving Hut right next to her booth.

Our Association members from Florida, New York, New Jersey, North Carolina and Boston also joined the fair to distribute over 70,000 SOS flyers, 7,000 Loving Hut business cards and share Master's loving message. With our continuous efforts, may more people soon turn to the vegan lifestyle and learn to live in harmony with all beings on the planet. 🌸



CANADA

Celebrating Lunar New Year 2009

By Montreal News Group (Originally In English)

[Montreal] It was with great pleasure that our Association members from the Montreal Center participated in the annual Lunar New Year celebration organized by the Aulacese (Vietnamese) Community in Montreal on January 18, Golden Year 6 (2009) in Pierre Charbonneau Community





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Centre. They were pleasantly surprised by the number of people who already knew Master. Many guests were amazed by Master's unconditional love and Her determination to promote vegetarianism.

After watching various programs played at the initiates' stand, a lot of people inquired about Supreme Master TV. The security guards were even interested in Master's vegan cooking show! During this wonderful event, many visitors wore beautiful traditional clothes and greeted one another with well-wishing words, rejoicing once again in God's everlasting blessing. 🌸



AUSTRALIA

The First Loving Hut in Australia

By Brisbane News Group (Originally in English)



[Brisbane] January 30, Golden Year 6 (2009), marked the grand opening of Australia's first Loving Hut in Brisbane. The evening began with heavenly harp melodies at the entrance followed by delicious eco-friendly summer meals served in buffet-style to the guests. The restaurant is situated in a busy part of Mount Gravatt, a suburb just outside of Brisbane's city center.

This exciting news was covered by Southern Star, a local newspaper, in which reporter John Simpson wrote, "An international campaign to halt global warming through vegetarianism has found its way to Mt. Gravatt with the opening of a vegan restaurant. Loving Hut isn't just about tasty Asian-inspired vegan cuisine, but rather getting the word out about how our petrol-guzzling, emission-belching lifestyles are melting the polar ice caps." Loving Hut already has regular guests from residents of all ages as well as the surrounding stores in the area.

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We wish you continuous success, Loving Hut Australia, in your future endeavors in promoting vegetarianism among the friendly people in this country. 🌸

Southern Star newspaper reported about Australia's first Loving Hut

Vegan Climate Action Summit

By Australia News Group (Originally in English)



[Australia] The National Climate Summit was an unprecedented gathering in Australia's capital, Canberra, where 170 grassroots climate action groups from around the country came together to address policies and strategies related to the urgent issue of global warming. Lasting four days, from January 31

to February 3, Golden Year 6 (2009), the event was held at Australian National University, where our Association members treated all the participants to delicious eco-friendly vegan food.

To help prepare the feast, volunteers from Brisbane, Sydney, Melbourne and Canberra Centers worked long hours together in extremely hot and arduous conditions. The summit attendees devoured all of the foods with gusto. They were surprised that the entire menu was produced without animal products of any kind. Some spontaneously declared that it was obvious that changing one's diet was the most effective way to help solve the climate problem, while others were deeply touched by the loving and generous way in which our initiates worked together to serve the public.

At the closing plenary of the summit, a presentation was given by one of our Association members, which explained the importance of the vegan diet in addressing the physical effects of climate change and the detrimental metaphysical effects generated by our mistreatment of the animals. The presentation, along with thanks for the food received a standing ovation from the entire summit crowd. On the last day of the event, 2,500 activists dressed in red, highlighting the urgent nature of the climate crisis, and formed a ring of red around the grounds of Parliament House.

As a result of the summit, a large adjustment was made to the summit's policy paper to include calls for urgent reductions in livestock numbers, and to support farmers financially to change their practices to more sustainable plant-based income-generating activities. It was extremely exciting to have had such a positive and enthusiastic response to the vegan food presented at this event. May the seeds of love that were sown quickly sprout and flourish to facilitate an inner shift towards a more compassionate and sustainable lifestyle on Earth. 🌸

The press release was also published in Brisbane's free Chinese news publication the *Migrants Mirror News Weekly*



For the press release of the event, go to: <http://vegclimatealliance.org/standing-ovation-for-vegan-feast-at-climate-summit/>



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EUROPE'S POSITIVE TREND TOWARDS A VEGETARIAN SOCIETY

By Formosa News Group (Originally in English)

European Parliament Officially Calls for Reduced Intake of Meat

In February 2009, the 27-nation European Parliament officially declared that the meat industry contributes to global warming and climate change. At the resolution held in Strasbourg, France, the 80-page document entitled, "2050 – The Future Begins Today" was unveiled bringing to light the meat industry's contribution to GHG emissions.

This landmark declaration was made based on the European Parliament's Temporary Committee on Climate Change's recommendations made in December 2008. These recommendations introduced a number of very significant amendments based on the Florenz report regarding the issue of livestock's contribution to global warming:

- The UNFAO Livestock's Long Shadow report that 18% of all GHG emissions are from the livestock industry is correct
- Total meat consumption needs to be reduced, especially in industrialized countries
- Reducing the production of meat and dairy products would decrease GHG emissions
- Growing cereal and soya to feed livestock contributes greatly to greenhouse gas emissions
- Methane and nitrous oxide gases from agriculture need to be reduced
- Switching from intensive livestock production to more sustainable solutions
- A reduction of subsidies to the livestock industry to curb methane gas release

The report also concluded the significance of the treatment of our animals:

- Assessments should be made when changes to the feeding and breeding of livestock for reasons of climate change reduction are introduced and shall not be allowed if there are any adverse effects where the animal's health and welfare is concerned

Jens Holm's blog detailing Europe's Climate Change Committee report:

<http://www.jensholm.se/2009/02/06/climate-resolution-targets-livestock-production/>

Summary of Florenz Report from 'Compassion in World Farming' website:

http://www.ciwf.org.uk/news/factory_farming/eu_florenz_report_on_climate_change.aspx



Feeding the World under the Climate Threat?

In November 2008, the European Parliament discussed the impact meat has on climate change, world hunger and animal rights. The conference was hosted by Swedish Member of the



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European Parliament, Jens Holm who stated, "The greatest impact you actually could do, would be to reduce your meat consumption or stop eating meat totally. You would create a surplus of crops that could be used to feed the people who are starving today ... European subsidies are going directly to advertisement campaigns for meat consumption. It should be the other way around. We should have awareness campaigns for vegetarian consumption, because that is the solution."



Jens Holm's interview with Supreme Master Television http://www.suprememastertv.com/bbs/board.php?bo_table=featured&wr_id=222
European United Left/Nordic Green Left website: <http://www.guengl.eu/showPage.jsp?ID=6787&LANG=1>

UK Climate Advisory: Eat Less Meat

In December of 2008, the UK government's Climate Committee on Climate Change also suggested UK citizens to help curb global warming by eating less meat, which is very carbon intensive.

<http://www.guardian.co.uk/environment/2008/dec/01/carbon-emissions-climate-change-report>

England's National Health Service Supports Vegetarianism



In January, the National Health Service of England unveiled its "Saving Carbon, Improving Health" plan to become one of the country's leaders in climate change mitigation. One of the ways it will reduce its carbon footprint is by offering a meat-free menu to its patients and also by adding more locally grown fruits and vegetables. NHS chief executive David Nicholson said: "As the biggest public sector employer in the country, the NHS needs to lead by example. I want to encourage NHS staff to really get involved and do their bit to create a greener NHS."

Article from UK Guardian: <http://www.guardian.co.uk/society/2009/jan/26/hospitals-nhs-meat-carbon>
The plan: http://www.sdu.nhs.uk/page.php?area_id=2f

Germany's Government Urges Public to Change Diet



Also in January, Andreas Troge President of the UBA, Germany's Federal Environmental Agency said, "We must rethink our high meat consumption." According to the Federal Environmental Agency, agriculture is responsible for about 15 percent of the country's greenhouse gas emissions, including dangerous methane and nitrous oxide and therefore encouraged the German people to eat meat only on special occasions. A spokesperson for one of Germany's vegetarian associations, Hilmar Steppat was very happy about the news: "It's good to see politicians are finally waking up to the fact that the amount of meat we eat is unsustainable." 🌸

<http://www.guardian.co.uk/world/2009/jan/23/german-diet-meat-environment>

“2 Minutes to Change”

Celebrating the 15th Supreme Master Ching Hai Day

Compiled Report from Centers around the World (Originally in English)

On February 22, Golden Year 6 (2009), our Association members and participating groups worldwide stood motionless for two full minutes, inviting the public to pause and consider the dire state of our quickly warming Earth. It was one of the largest international events coordinated by our Association members to date. Participating Centers hailed from countries as diverse as Australia, New Zealand, South Korea, Indonesia, Thailand, Singapore, Togo, Cameroon, Bulgaria, the Czech Republic, France, Ireland, the United Kingdom, Sweden, Argentina, Brazil, Chile, Costa Rica, the United States and Canada. Upon hearing of their good-hearted, Earth-saving events, Supreme Master Ching Hai sent a loving message to thank our Association members and wish them good luck and great success!

In Indonesia, over 200 initiates and their families peacefully strolled through the car-free zone on CBD Road Thamrin - Sudirman on that early morning, while happily singing environmental songs and shouting with spirit, “Be Veg! Go Green! Save the Planet!” They offered over 1,000 vegan food samples. At 08:22 am local time, they stood still holding a 50-meter long SOS banner covered with signatures, which attracted several local TV stations and newspaper journalists to cover this precious moment. Most people around the Circle also participated in this ‘freeze’ moment to symbolize changing our world for a better life.

In the Czech Republic, initiates from the Prague Center passed out SOS DVDs and information flyers on the global warming issue and its simple solution - vegetarianism. They covered one of the busiest squares in Hradec Králové and the capital city Prague. They gave to passers-by free vegetarian food samples and organized a petition requesting the government to inform citizens about the urgent situation of global warming encouraging them to abstain completely from or at least significantly reduce their consumption of animal products.

In downtown Wellington, the capital city of New Zealand, on the vibrant Cuba Street, fellow initiates sang a few “veggie songs” for the public after the two minute ‘freeze.’ Hundreds of free vegan snacks and thousands of information packages on the vegan diet were also shared. Many people expressed their interest in knowing more about how an improvement of our diet could greatly





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help the planet.

In Costa Rica's capital of San Jose, pedestrians stopped, some for hours at a time, to become better informed about climate change and the vegetarian diet. One man was seen warmly encouraging his wife and children to be more noble and become vegan.

In Chile, Vegan Man (Homo Vegetus), natural animals (Naturianimalis), CDA (Coalición por los Derechos Animales), and all the vegetarians and vegans were invited to participate in this event, which was held at Plaza de Armas square of Santiago. Guest speakers hosted discussions for the public on subjects like "Steps to be Vegetarian and Vegan," "The Myths of Being Vegetarian," and "Global Warming from the Animal's Perspectives." 5,000 SOS flyers, balloons, and candies with SOS logo were delivered and colorful entertaining programs were also performed.

And in Trafalgar Square in London, distinguished UK speakers were invited to share the many benefits of being veg with the audience. More than 412 signatures were collected in the UK for the Food Versus Feed Petition, asking the United Nations to ease world hunger by halting the waste of valuable grain for consumption by livestock.

Our Association members in France reached at least 4,500 people with the SOS message in front of the annual Salon de l'Agriculture. Many stood watching the vegan cooking show broadcasts, and hundreds of delicious veggie food samples were gone in no time, leaving nothing but smiles!

In some regions like Goiania, Brazil, specially invited participants such as professors and government officials were present. Our Hungarian Association members rallied the support of vegetarian celebrity Andras Laar at a gathering in the heart of the capital city of Budapest. In South Korea, 350 Association members staged a dramatic performance that contrasted the present "perishing meat-diet world" with the ideal "beautiful vegetarian world." A seminar on food and climate in Seattle, Washington, USA was viewed attentively by concerned, noble citizens.

The responses from the public and the media, including mainstream and national television, radio, internet and newspapers, were overwhelmingly favorable. Brazil's #1 television channel, Globo, and largest newspaper, Estadao, published a report. Costa Rica's principal television stations, Channel 7 and Channel 13, also aired the event. NBN News in Australia reported, "They say the answer is far more simple and in the community's control." "Trading beef for beans or poultry for





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tofu, switching to vegetarianism isn't just good for you, but good for the environment as well." In Chile, Radio Portals, Radio Agriculture, and national TV Channel 7 broadcasted the event to the whole country. In Korea, the event was aired by SBS TV on its primetime 8 o'clock news and made it to the front pages of The Hankuk Ilbo and The Korea Times, as well as other national newspapers. Major news agencies such as AP, Yonhap and Newsis also covered this news.

We thank our Association members worldwide and all supportive organizations, government officials, media, families and individuals for being a part of this meaningful event. We are ever-grateful to Supreme Master Ching Hai, whose loving guidance at this pivotal time in our history is not only inspiring, but invaluable! With our days to make a difference clearly numbered, may all of humanity unite to Be Veg, Go Green, and Save the Planet! 🌸

For more information about this event, please visit: www.feb22event.com



Newspapers reporting on the event

Letter of Appreciation from Governor Jim Doyle of Wisconsin, USA

On the 15th anniversary of Supreme Master Ching Hai Day-February 22, Golden Year 6 (2009), Governor Jim Doyle, head of one of six US states that had received timely flood aid from Master, sent Her the following letter of appreciation.

Supreme Master Ching Hai,

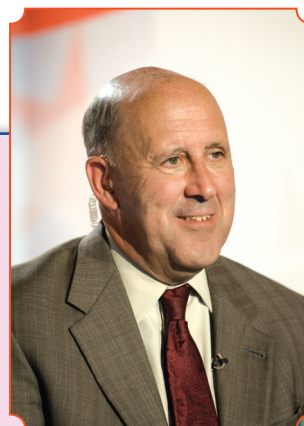
On behalf of the State of Wisconsin, I would like to congratulate you on the successful launch of Supreme Master Television and thank you for the work you have done for people in need in the United States and around the world.

It is crucial for people to realize the common links of humanity and reach out to those who may be suffering. Your humanitarian work during the floods in the Midwest, after Hurricane Katrina, and in Bangladesh is an inspiration for us all to selflessly give to those who cannot help themselves.

I thank you again for the help you have given and wish you the best of luck in future endeavors.

Sincerely,

*Jim Doyle
Governor
State of Wisconsin, USA*



February 2009

Supreme Master Ching Hai,

On behalf of the State of Wisconsin, I would like to congratulate you on the successful launch of Supreme Master Television and thank you for the work you have done for people in need in the United States and around the world.

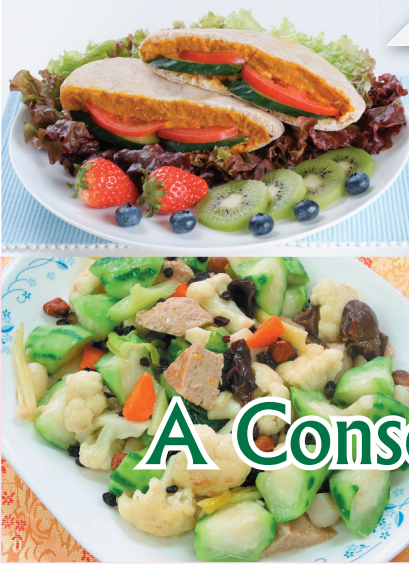
It is crucial for people to realize the common links of humanity and reach out to those who may be suffering. Your humanitarian work during the floods in the Midwest, after Hurricane Katrina, and in Bangladesh is an inspiration for us all to selflessly give to those who cannot help themselves.

I thank you again for the help you have given and wish you the best of luck in future endeavors.

Sincerely,

Jim Doyle
Jim Doyle
Governor

P.O. Box 7843, Madison, Wisconsin 53707-7843 • (608) 266-1212 • FAX: (608) 247-8881 • www.wisconsin.gov



A Conscientious Vegan Journalist


By Philippine News Group (Originally in English)

Ms. Tessa Salazar is a science and health journalist at Philippine Daily Inquirer. Being a vegan herself, Ms. Tessa Salazar wrote several well researched articles to promote vegetarian diet and animal welfare, as well as fight against global warming.

In her December 31, 2007 article “Pray for, Be Kind to All God’s Animals, Church Urged”¹, she quoted from the speeches of experts and verses from the Bible to point out how animals should be treated and called on people to start the New Year with a more compassionate heart. She also explained that vegetarianism is the way to solve world hunger referencing scientific evidence.

In the January 4 and December 19, 2008 issues, Ms. Tessa Salazar wrote two more articles under Inquirer’s Lifestyle Column, “If Becoming a Vegetarian is Your 2008 Resolution...”² and “Forego Meat, Doctors Advise Public”³. These well-researched articles encourage a healthy vegetarian lifestyle. Summarizing research results from many well respected scientists and research/education institutions, Ms. Salazar concluded that meat eating, especially heavy meat eating during holiday seasons, is “slow suicide” for humans; and that the vegetarian diet can not only improve people’s health, but also reduces global warming. She gave practical advice on how to cook vegetarian meals and where to find vegetarian restaurants for those who want to start the vegetarian diet.

To express our appreciation to Ms. Tessa Salazar for her forward thinking journalistic efforts, the Supreme Master Ching Hai International Association sent her a letter of appreciation. Upon receiving the letter, Ms. Salazar wrote in return that, *“I am truly, truly grateful for the feedback you wrote on the story “Forego Meat Doctors Advise Public.” It is not every day that I get appreciation such as that and this would encourage me to do better each time I write about health related topics.... I have written several articles regarding how Filipinos could benefit from making plant-based diet their way of life.”* She revealed that she has been a faithful viewer of Supreme Master Television and is currently searching for the latest materials and studies regarding the plant based diet. She wished that our Association members and patrons, *“increase in numbers until all the 6.7 billion people on Earth forego animal protein, love animals, love the planet and all living beings, and shift to vegan diet.”*

Thank you Ms. Salazar for writing this vitally informative articles for the public. May your career continue to flourish and all your noble endeavors be blessed with fruitful success! 

- [1] <http://www.animalliberationfront.com/ALFront/Actions-Philippines/PrayforAnimals.htm>
- [2] http://showbizandstyle.inquirer.net/lifestyle/lifestyle/view_article.php?article_id=110460
- [3] <http://showbizandstyle.inquirer.net/lifestyle/lifestyle/view/20081219-178971/Forego-meat-docs-advise-public>



Letter from Ms. Tessa Salazar



Act Now! Creating a Safer and More Peaceful World

A Wise Dialogue between Former Philippine President Ramos and Supreme Master Ching Hai

By Formosa News Group (Originally in Chinese)

On February 21, Golden Year 6 (2009), the Taiwanese Chamber of the South Philippines and the Manila Economic and Cultural Office (MECO) invited former Philippine President Fidel V. Ramos to lead a delegation at a bilateral business convention held in Formosa. During his trip, Mr. Ramos stopped by the Love Ocean Arts Center, which serves as the Taipei Center of The Supreme Master Ching Hai International Association. With gratitude for the president's compassionate act in 1995 granting permanent residence to 5,000 Aulacese refugees in the Philippines, over 400 Association members sincerely welcomed former President Ramos and his lovely wife at the airport, greeting them with "Mabuhay" (meaning welcome and longevity in the Philippine language). The couple was delighted with the reception and graciously accepted flowers, shook hands with Association representatives, and pictures were taken with them.



In the afternoon, accompanied by several guests, former President Ramos visited the Love Ocean Arts Center. Hundreds of initiates turned out to extend a warm and enthusiastic welcome to the distinguished guests, who included: Mr. Antonio I. Basilio, MECO Taiwan's Managing Director and Resident Representative; Mr. Rizalino S. Navarro, Chairman of the Clark Economic Zone; Mr.



Frumencio A. Lagustan, Executive Director of The Ramos Peace and Development Foundation; Ms. Allison Chao, a secretary with Formosa's Foreign Ministry's Department of East Asia and Pacific Affairs; Mr. Karl Min Ku, Director-General of Formosa's National Central Library. The President waved and gave the thumbs-up sign to the crowd amidst a heartwarming atmosphere. The Association's chairperson took the guests on a guided tour of the Center and presented SOS T-shirts and hats and Master's publications as gifts to His Excellency, who immediately offered his own books as gifts to Master in return. On behalf of Supreme Master Ching Hai, the chairperson also presented a brooch pin from "The Wisdom of Solomon" Celestial Jewelry series, honoring his enlightened leadership; the President also accepted a matching pair of earrings for his wife.

Later, Supreme Master Ching Hai joined the guests and initiates in a videoconference, titled "Act Now! Creating a Safer, More Peaceful World," that was broadcast live on Supreme Master Television to viewers worldwide. The Supreme Master and His Excellency Fidel Ramos discussed their past experiences in helping political refugees and their current efforts in helping those who have lost their homes due to global warming. Concerning the critical climate change situation, the former president spoke from his own environmental experience as a public servant, stating the need for countries to form a community of mutual aid to serve global interests. He also proposed that nongovernmental organizations (NGOs) worldwide, such as The Ramos Peace and Development Foundation and The Supreme Master Ching Hai International Association, work in close cooperation, setting an example for the world in informing people of the major climate threat.

Expressing agreement with His Excellency, Supreme Master Ching Hai added that the governments should lead by example, and the NGOs offer their support in strengthening this action to protect our only "home." Master informed the audience that people who care about the planet should awaken their governments to take immediate action, making "Saving the Earth" their top priority. Expecting the advanced countries to be God's light-bearers, the Supreme Master hoped these countries would help climate refugees by giving them a piece of land to make their home and offering economic aid as well, because only through such noble and virtuous deeds can the act of compassionately helping each other be glorified.

"As the second largest archipelagic country in the world," said former President Ramos, "the Philippines takes the critical issue of global warming very seriously." In his opinion, stopping climate change is everyone's responsibility, because the Bible, the Korean and the Hebrew scriptures

all teach people to ensure the wellbeing of neighbors who are in need and in suffering. His motto has always been “caring, sharing, daring.” He thinks that human beings should have greater courage to spread love regardless of the rewards.

In addition to providing aid for climate refugees, Master discussed the benefits of organic agriculture and the importance of the vegan diet. Adopting the vegan diet not only nurtures the human body, it elevates the spirit as well. It makes it possible to provide more food to the hungry and drastically lowers greenhouse gas emissions so that global warming can be stopped. Therefore, it is the only solution to the environmental crisis the Earth is now experiencing.

Due to plenty of exercise and his healthy lifestyle, the 81-year-old former president always appears in good spirits. When Master asked him how he felt participating in the videoconference after a long flight, he humorously replied, “I am better than the others.” When leaving, he turned around several times to wave goodbye, and showed his energetic spirit by hopping a few times, which won a big round of applause from the initiates.

His Excellency’s enlightened wisdom, humorous tone and lively presence brought joy and encouragement to everyone. Supreme Master Ching Hai expressed immense delight that such a noble personage was visiting Formosa, inspiring this beautiful island and the world. Master also wished former President Ramos good health, good luck, longevity, and success in establishing peaceful relations among countries for a better world. 🌸

To watch Supreme Master Television’s coverage of this videoconference, please visit:
<http://video.Godsdirectcontact.net/magazine/WOW906s.php>

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 E-mail: smchbooks@Godsdirectcontact.org
 Tel: 886-2-8787-3935 / Fax: 886-2-8787-0873

Book Department

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Faith in Master Brings Miracles

By fellow initiates in China (Originally in Chinese)


Since 2007, Master has constantly emphasized the importance of the vegetarian diet in saving the planet. When I saw Her worried expression on Supreme Master Television, I prayed to Her: “Please help me be Your tool. Bless me, encourage me, and make me Your best instrument.” With Master’s blessing, I worked together with another fellow initiate to advocate environmental protection in our school. Our various activities were very successful, and received earnest support from the school principal and academic director.

Towards the end of 2007, we gave the students an opportunity to learn how to love animals by helping some homeless ones. We took in about a dozen dogs, cats and birds, which were very friendly, and found homes for all of them among our relatives, friends, colleagues and students. In early June of Golden Year 5 (2008), the government placed restrictions on the production and use of plastic shopping bags. We took the opportunity to purchase in bulk 4,000 reusable shopping bags and let the students distribute them. This activity received enormous positive response. Not only did the media report our action, many schools and departments also called us enquiring about our effort. Our principal and school counsellor were deeply touched and arranged for us to give a talk on global warming at a PTA meeting. All this verified Master’s words: “If we truly believe in our own good intention, and trust and rely on the Master, all will go smoothly.”

Through a tree planting activity, more teachers and students became aware of what we all can do to help mitigate the current critical climate change situation, and consequently became more open to realizing the benefits of the vegan diet. After a discussion with the principal, we transformed a desolate spot on the school property into an organic vegetable garden. He then promptly consented to let the fifth and sixth grades students participate in growing vegetables. We taught them how to mix organic fertilizer, clear weeds, water the vegetables, and even

sing to or pray for the sprouts early in the morning. In doing these simple tasks, many students received God’s blessing and love, which helped them overcome their bad habits and develop more compassion. Our activities were reported in newspapers, magazines and on television.

In early February, we started teaching the Be Veg, Go Green, Save the Planet ideal. Many students gradually switched to this noble lifestyle, and in one class, almost 80 percent of the students became vegetarian, with the rest eating less meat. Some parents became vegetarian as well; one even gave up his meat business. Later, several fellow initiates funded the printing of thousands of Be Veg, Go Green, Save the Planet flyers for distribution. Many people joined in our endeavor, including the principal of a kindergarten. A vegetarian herself, she encouraged her staff to go veg and helped us hand out more than ten thousand flyers. A teacher from another school, Ms. Fan, who earnestly supported our ideal, obtained consent from her principal to organize students to advocate the vegetarian diet in the school as well as distribute several thousand flyers. Some students even used their own money to print the flyers to help disseminate the be veg message.

There were times when we felt frustrated at the lack of funding and assistance. However, when we think of Master, we know that we have to persist even if there is only one of us to do the work. Relying on our faith in Master and God’s blessing, we often unknowingly succeed in accomplishing tasks that Master asks us to do, and these events have filled our life with delightful surprises. Although there are only a few of us, many miracles have occurred that we ourselves find incredible. We can only continue to thank God for giving us the opportunity to participate in this honorable work, and subsequently witness Hiers omnipresent love and power. 





THE ROAD OF TRUE LOVE LEADS TO HEAVEN

Compiled by fellow initiates (Originally in English and Chinese)

In recent months, fellow initiates from around the world had the blessed opportunity to attend group meditation sessions at St. Martin Center, and enjoy these happy gatherings with Master amidst God's abundant grace. Despite Her extremely busy schedule, Master still found time to see us, to give discourses and tell us stories. Especially on Lunar New Year's Eve, Master kindly treated everyone to a vegetarian barbecue, and then enjoyed a brilliant New Year celebration program with fellow initiates in many countries through videoconference. Warmth and bliss enveloped the whole St. Martin Center.

However, bearing in mind that numerous sentient beings are suffering in the world, Master said with great emotion that although human beings might be powerful enough to shift mountains and overturn oceans, they are vulnerable to deceit by the King of Maya and end up in this abyss of agony. Master was very upset and wished She could do more about the situation. She thanked us for our help, even those of us who had only distributed a single flyer, because it might eventually have had the impact of a hundred flyers. Perhaps

the recipient of that flyer, pure in mind and believing in our ideal, had made hundreds or thousands of copies and then distributed them.

Fellow initiates shared some good news with Master. For instance, the UK National Health Service has issued a directive to its subsidiary hospitals to reduce the amount of meat served to patients, in order to meet the government's green target for reducing carbon emissions. The Federal Environment Agency of Germany openly appealed to the public to eat less meat, and the US Environment Protection Agency proposed to levy taxes on the livestock industry for methane emissions. Master urged the world to "Please act fast! The faster the better, before it is too late."

Master pointed out that, without government subsidies, a hamburger would sell for US\$30 instead of 99 cents. Everyone is eating it because it is cheap, when in fact it only appears so and people are deceived. She suggested that all governments should subsidize organic farming instead of animal farming. No one is to blame, She said, adding that She is just very upset for being unable to reveal the truth to every person and to

influence the governments. Many people in the world are starving; some children have been reduced to skeletons. This is a big shame for humankind, which everyone is responsible for, including Master Herself. She blamed Herself for not having done enough and not having sufficient tools to help the world. A sense of frustration and helplessness brought Master to tears.

In another discourse, Master mentioned that the karma of humankind has changed because numerous people are practicing spiritually. People can now travel freely when they could not do so in the past. However, that doesn't mean the world will change completely. Even if the merit of spiritual practitioners becomes greater than the karma of this world, the law of the universe will not allow the entire karma of the world to be offset. People must awaken and become enlightened. Master further elaborated on the true meaning of love: At any time and under any circumstances, if you feel that you could sacrifice your life for other people, at that moment you are embracing true love. If you can remain constantly in this spirit, then you are walking steadily on the road to Heaven, towards the Fifth Realm.

On February 14, Master explained to us the true significance of Valentine's Day and the Loving Quality. Valentine's Day was not dedicated to lovers; it originally commemorated an apostle's love for Jesus Christ. Master said that love can be developed. For instance, when we are considerate of others, that is a kind of love. However, many people, following social trends, think that they have to step over another to be successful. This kind of success is fleeting; it will not last. If you have no love for other people, regardless of how successful you are in this life, in Providence's eyes, you are good for nothing. People do not understand this truth; now they just try to grab anything they want, without considering the consequences. Some fellow initiates also have this problem. Master said it

is very important to be loving. It is very good to have Valentine's Day, but we should treat each day as Valentine's Day.

Master reminded us that NQ (Noble Quality) and LQ (Loving Quality) are more important than IQ. However, many people, including fellow initiates, have very low LQ; some have only 20% to 30%. A person with a LQ of up to 70% would be easier to get along with. Anyone below 70% LQ would make Master feel uncomfortable. Of course, it is also necessary to take into consideration the person's character and habits. Therefore, it is very difficult for Master to find an assistant who is high in LQ, amiable in character, and has good manners and discipline. It is very uncomfortable for Her to be among people who have only 50% LQ. If they have only 40%, 30% or 20% LQ, then it would be like hell for Her. Master lamented the lack of "good fortune" of being in the company of many such people, so She knew very well what it was like.

Master warned that it would be a grave mistake if humans try to halt global warming by merely relying on technology and scientific invention. Since time immemorial, there have been ancient civilizations such as Atlantis, Mu, and Lemuria, whose technologies were far more advanced than ours today. However, people didn't pay attention to karmic retribution but just relied



on technology and intelligence, thus bringing on their own destruction. Master hoped that humans will remember these lessons and not walk the same disastrous path again.

When concluding a discourse, Master lovingly reminded us that the most urgent task right now is to do our utmost to disseminate the message of “Save the Planet with the Vegan Diet,” distribute

flyers everywhere, put out public announcements, open vegetarian restaurants, sell vegetarian meal boxes, urge the government to publish relevant public-benefit advertisements, etc. She said: “I really love you very much. Remember: When you go back, tell people the truth without hesitation or reservation. Very soon, many people will become vegetarians. I can guarantee!” 🌸

Between Master and Disciples 

Secret Two-Way Communication

By sister initiate Lilian in UK (Originally in Chinese)

Before going to the international retreat, I made up my mind to join whatever working team that needed help. Unexpectedly, as soon as I arrived, I was approached by someone who told me that I might be needed to do interpretation during Master’s lecture. I hesitated, because I had never done it before and believed that there must be someone else who is more suitable for this job than me. To my surprise, I was soon approached again by another sister who told me the same thing. This time, I felt obliged to comply with this arrangement, and at the same time I began to panic. I prayed really hard to God to give me the courage to face this challenge.

In the evening, I was asked to go to the translation room to prepare, and at midnight, Master came to the meditation hall with Her dog – Hermit. She started to tell an ancient Chinese story in a relaxing manner. Sitting in the noisy interpretation room, I looked at Master on the screen and tried very hard to understand Her every word and sentence before translating it into Chinese. Then, strange things happened! I started to feel that I was one with Master and Her words seemed to send images into my mind. All the noise in the translation room disappeared and there seemed to be a secret two-way communication between Master and I. During Her lecture, Master added further explanation here and there in order to let the audience better understand Her messages. During the entire process, Master was actually taking care of every key element, all I needed to do was following the procedure.

From this precious experience, I have learned many things. One of them is that there is no need to hesitate when we are given a job that is correct and beneficial to others, even if we feel we lack experience or confidence. We should all face the challenge with courage under God’s guidance. I wanted to escape this noble translation job because I doubted my own ability. This actually was the working of the ego, because worrying and feeling a lack of confidence would actually take me away from God. I also began to understand that in Master’s eyes we are all part of Her, all perfect. Master wouldn’t judge us or delegate work according to our abilities. On the contrary, She uses every opportunity so we can experience more of the priceless Truth, which is that we are all one with Her. I have no words to express my appreciation to God for this invaluable lesson! 🌸



SHINING WORLD LEADERSHIP AWARD

Everywhere in this world, we can see acts of tenderheartedness and manifestations of God's divine love. These beautiful encounters and charitable deeds are infusing positive energy into our society and adding momentum to the elevation of our world. To commend these virtuous actions and to encourage more people to follow their examples, Supreme Master Ching Hai has created a series of awards, including the Shining World Leadership Award, to be presented to these exemplary people, wise governments and organizations, as well as our compassionate and brave animal friends. These awards express our praise and appreciation for the superb ideal that they have set, which will bring a bright future to all beings. The 'red heart' ratings represent God's love, reminding humankind to treat all living beings with compassion and love.

US City Leads the Way to Being Veg



By Ohio News Group, USA (Originally in English)



The city of Cincinnati, Ohio is becoming the first in the United States to encourage its citizens to eat less meat to decrease the effects of global warming. As part of its new Climate Action Plan, Cincinnati (formerly nicknamed "Porkopolis") and its metropolitan area population of 2.1 million decided to focus on decreasing both meat production and consumption as a way to curb climate change.

Mr. Larry Falkin, Director of the Office of Environmental Quality, suggested that residents reduce meat consumption for the greatest effect in reducing greenhouse gases. As a 30-year vegetarian himself, it is his desire to bring awareness to his fellow citizens about the immediate benefits of reducing meat consumption. For his outstanding efforts, on January 5, Golden Year 6 (2009), Mr. Falkin was presented with the Shining World Leadership Award from Supreme Master Ching Hai.

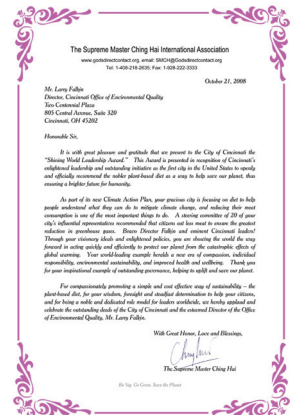
Mr. Falkin gave credit to Mayor Mark Mallory for being one of the many US mayors to have signed the Mayor's Climate Protection Agreement and for implementing a plan to reduce the city's greenhouse gas emissions. Mayor Mallory also developed the Green Cincinnati Plan, which



SHINING WORLD LEADERSHIP AWARD

provides over 80 recommendations for specific changes to reduce the city's contributions to greenhouse gas emissions.

With both the mayor and City Council supporting the adoption of this climate protection plan, Mr. Falkin believes that the city of Cincinnati is heading in the right direction. As fellow citizens of the great city of Cincinnati, it is our hope that through the implementation of the Green Cincinnati Plan, more and more people will realize the benefits of the animal-free diet and the actions needed to help our city go truly green. 🌸



To watch Supreme Master TV's interviews and coverage of this Award presentation, please visit:
<http://video.Godsdirectcontact.net/magazine/EE870.php>

The Premier of Queensland Anna Bligh



By Brisbane News Group, Australia (Originally in English)



On May 26, Golden Year 5 (2008), Queensland's Premier, the Honorable Anna Bligh, in Australia, banned smoking in cars carrying children under the age of 16. The state government's cabinet had approved changes to the state's anti-smoking laws to include the new ban. Premier Bligh stated, "Queensland now enjoys a national reputation as the best smoke-free environment."

Premier Bligh's excellent leadership in enforcing the ban and protecting the health of children earned her a Shining World Leadership Award from Supreme Master Ching Hai. In Master's Award letter to the Premier, She



SHINING WORLD LEADERSHIP AWARD



wrote: "By banning smoking in cars carrying children under 16, your government cares and protects the youngest and most vulnerable in society, our future – the children."

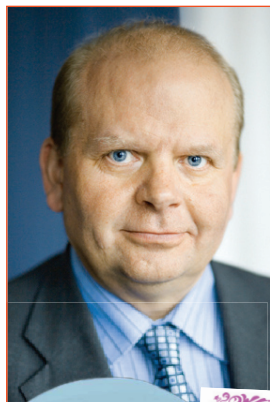
In a letter from the Office of the Premier, the Parliamentary Secretary to the Premier wrote: "The Queensland government is proud that it boasts the best smoke-free environment in Australia and will continue to look at further reforms in the future." 🌸

Reference:

<http://www.theaustralian.news.com.au/story/0,25197,23759038-5006786,00.html>

Letter from the Office of the Premier

Creating a Harmonious Society for Humans and Animals Alike ❤️❤️❤️❤️❤️❤️❤️❤️

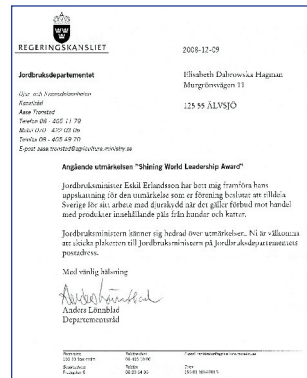


By Award News Group (Originally in English)

Sweden's government made a decision to ban all cat and dog fur and products containing such fur starting December 31, Golden Year 5 (2008). To recognize its outstanding humane policy of animal protection and enlightened leadership in creating a safer future for our co-inhabitants, Supreme Master Ching Hai presented Sweden and His Excellency Eskin Erlandsson, Sweden's Minister for Agriculture, the Shining World Leadership Award.

Upon receiving the Award letter from Supreme Master Ching Hai, H.E. Erlandsson asked the Ministry of Agriculture to convey his appreciation to Her for honoring him and Sweden for the Award.

May Sweden continue creating a harmonious society for humans and animals alike, by protecting all living beings through wise governance. 🌸



Letter from the Ministry of Agriculture, Sweden



SHINING WORLD LEADERSHIP AWARD

Helping Neighbors in Need



By Iran News Group (Originally in Persian)



Dr. Mohammad Bagher Ghalibaf, Mayor of Tehran

Dr. Mohammad Bagher Ghalibaf, the Mayor of Tehran, Iran, recently received the Shining Word Leadership Award from Supreme Master Ching Hai for providing timely and compassionate pledges to help with the reconstruction of its neighboring country, Iraq, pledging to contribute to highway and road construction, ecological development and sanitation services.

An open-minded and market-oriented reformist as well as a conservative pragmatist, Dr. Ghalibaf has been referred to as one of the most successful mayors of Tehran in providing administrative efficiency in improving the city's infrastructure and public services. He recently started many major renovation and rehabilitation projects in order to secure buildings in the less developed parts of the city.

The Award was presented by our Association members on November 11, Golden Year 5 (2008) to the Deputy Mayor, Dr. Mohammad Khodadadi, who received the award on behalf of Dr. Ghalibaf. Dr. Khodadadi told our Association members that Tehran is fortunate to have abundant resources and is willing to help its neighbors in need. As for the status of Tehran, the Mayor has implemented some programs for the welfare of its own citizens that include increasing green space, reducing air pollution, and helping homeless women and children settle into more suitable accommodation. He said that the city may consider providing vegetarian meals to improve students' health.

We applaud and celebrate the noble deeds of the Mayor of Tehran. May this sincere gesture of goodwill of Tehran's benevolent government give hope and touch numerous lives in Iraq as well as strengthen ties between the people of Tehran and Baghdad. 🌸



Deputy Mayor of Tehran City, Dr. Mohammad Khodadadi (second left) received the Award on behalf of Dr. Ghalibaf.



Degrading Plastic through Micro-organisms



By Ottawa News Group (Originally in English)

A 16-year-old boy from Waterloo, Canada has discovered a method that can potentially degrade plastic bags in only three months, thus saving the lives of countless animals and restoring the beauty of our world. Daniel Burd, a student at Waterloo Collegiate Institute, came up with his entry for the Canada-Wide Science Fair, held in Ottawa, during his everyday life.

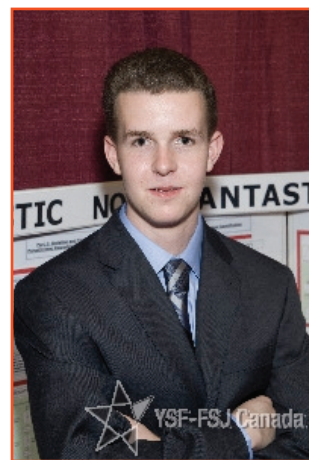
Daniel learned that plastic bags can take up to 1,000 years to degrade and are very detrimental to our environment. Every year, over 500 billion plastic bags are used. In addition to polluting landfills, billions of bags end up in the ocean where they can be ingested by aquatic animals, causing harm or even death to countless precious turtles, fish, birds, and even whales.

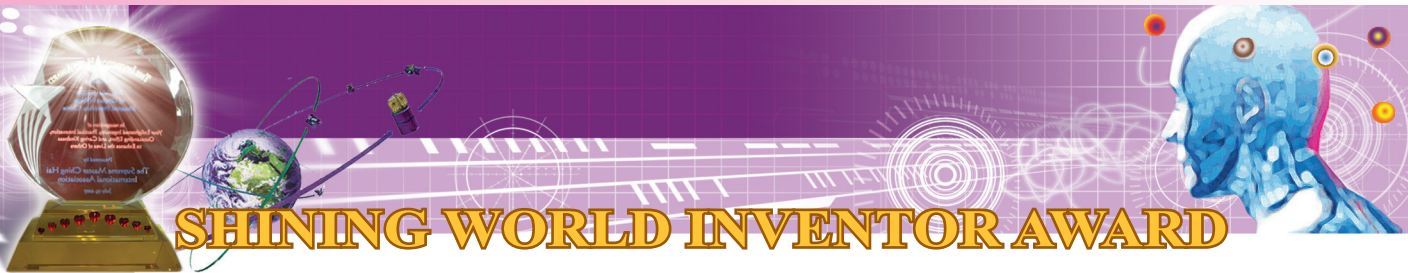
During his scientific research, Daniel discovered that some types of bacteria in the soil can effectively decompose the bags. After conducting various experiments, he eventually isolated two microbial strains belonging to the genus *Sphingomonas* and *Pseudomonas* which appeared to most successfully degrade the polyethylene.

He took optimal concentrations of these two microbial strains, added some sodium acetate to promote bacterial growth, and placed the mixture among several strips of common grocery bags. Within only six weeks, Burd had achieved a 43% degradation of the plastic, and he believed the bags would decompose completely within three months.

Burd is confident that this method could be applied in large scale. He stated, "Industrial application should be easy. All you need is a fermenter. . . your growth medium, your microbes and your plastic bags." In addition, minimal energy would be required for the process, as the bacteria themselves create heat as they decompose the plastic. The young boy's research has generated worldwide interest.

In recognition of his innovation and kind-hearted determination to save our animal friends and our environment, Supreme Master Ching Hai awarded Daniel Burd the prestigious Shining World Inventor Award on September 4, Golden Year 5 (2008), along with a US\$500 gift. Upon receiving the Award, Daniel graciously sent a thank-you letter to Supreme Master Ching Hai, saying, "To receive such recognition means a great deal to me – it shows that there are organizations and individuals in our world who are working on and supporting extremely



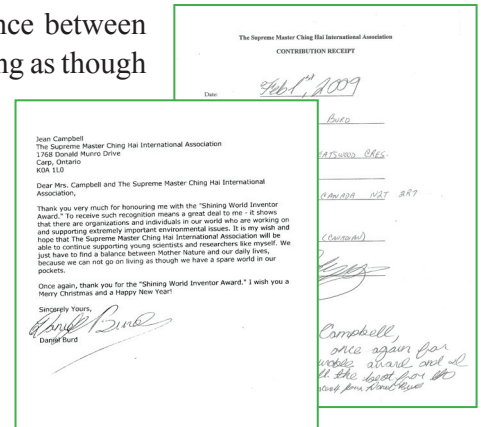


important environmental issues... We just have to find a balance between Mother Nature and our daily lives, because we can not go on living as though we have a spare world in our pockets.”

Burd is currently finishing his final year of high school and plans to pursue university studies in science. May God bless you abundantly in your future research projects, Daniel Burd, a Shining World Inventor! 🌸

To watch Supreme Master TV's interviews and coverage of this Award presentation, please visit:
<http://video.Godsdirectcontact.net/magazine/EE863.php>

References:
<http://www.science.uwaterloo.ca/WWSEF/08Awards/08BurdReport.pdf>
<http://news.therecord.com/article/354044>
<http://apps.ysf-fsj.ca/virtualcwsf/projectdetails.php?id=1390>



Thank-you letter and receipt from Daniel Burd for the US\$500 (CAD\$600) gift from Master.

The Ingenious Design of a Young Scientist



By Oregon News Group, USA (Originally in English)

On January 10, Golden Year 6 (2009), representatives from The Supreme Master Ching Hai International Association presented the Shining World Inventor Award to 13-year-old William Yuan for inventing a new kind of high efficiency solar panel that enables light absorption from visible to ultraviolet light.

William started working on the solar cell two years ago as a school project because he wanted to help solve the problem of finding clean energy for our planet. In his project, he built upon research done at Georgia Tech and Notre Dame Universities and found a new way to improve the solar cell using nanotechnology. This novel invention allows the solar cell to harness both visible and ultraviolet light, which means that it can produce electrical energy even on cloudy days. The carbon nanotubes he designed double the light-electricity conversion efficiency. He also developed a model for solar towers and a computer program to simulate and optimize the tower parameters. His





optimized design provides 500 times more light absorption than commercially available solar cells and nine times more than the cutting-edge 3-D solar cells. For this innovative design, the prestigious Davidson Institute, which recognizes scholars under the age of 18 for their extraordinary work in a variety of subjects, gave William a US\$25,000 fellowship grant, making him the youngest recipient to be awarded this honor in the science category. Apart from doing scientific research, William also plays the piano and enjoys a challenging game of chess.

When William received Master's letter of appreciation, the beautiful crystal plaque and the US\$1,000 check at the Award ceremony, he was very grateful and touched. In his thank-you letter to Master, he wrote:

Dear Supreme Master Ching Hai:

Thank you for the letter, and for your acknowledgement of my accomplishments.

It is a great honor to receive this award from your organization. The Earth is changing rapidly, and our young generation will face great challenges on environmental and energy issues. Actions must be taken if we want to continue with our day-to-day lives. I appreciate the efforts your organization makes on behalf of the world.

I would like to wish you good health and good luck.

*Best Wishes,
William Yuan*



Extraordinary William Yuan, we wish you the best, and may Heaven bless your talent and compassion in continuing to benefit our world. 🌸

The Supreme Master Ching Hai International Association CONTRIBUTION RECEIPT	
Date:	Jan 10, 2009
Name of Recipient (Print):	William Yuan
Address:	5335 NW 150th Pl Perth Amboy, OR 97291 United States of America
Contribution Amount (Show currency):	\$ 1,000 (U.S.)
Received by (Signature):	William Yuan

Receipt from William Yuan for the US\$1,000 gift from Master



William Yuan and his father

References:

http://presskit.ditd.org/2008_Davidson_Fellows_Press_Kit/2008_DF_William_Yuan.pdf
http://news.ditd.org/Fellows_2008/william%20yuan.htm
<http://www.edutopia.org/william-yuan-summa-options-science>



SHINING WORLD HEROINE AWARD

A Truly Noble Veggie Vision



By UK News Group (Originally in English)

Ms. Karin Ridgers, founder of the internet TV station--Veggie Vision, (www.veggievision.tv) is also editor of the vegetarian magazine *Off the Hoof*. She has worked tirelessly over the last decade to promote the vegan diet and to bring awareness to people of the benefits of this lifestyle.

Her voluntary work helped the Hopefield Animal Sanctuary to be saved, when readers of national newspapers sent in over £20,000, thus protecting the lives of more than 200 animals. She also works with ethical companies, helping raise their visibility in the media. Karin's career has included acting, with film and TV roles as well as hosting various documentaries. Moreover, she has been a spokesperson for the Vegan Society and Viva! During 2008 Karin was asked to take part in over 40 radio interviews, including being a participant on Sadie Nines' BBC Essex Show.

For her dedication to the noble cause of animal welfare, Ms. Karin Ridger was honored with the Shining World Heroine Award by Supreme Master Ching Hai. On November 30, Golden Year 5 (2008), our UK Association members presented her with the Award at "Cruelty Free Christmas," an Animal Aid event, where Karin had a stand promoting her internet TV station. When Karin stepped away for a few moments, they took the opportunity to arrange a table with the beautiful plaque, many lovely

gifts and the Heroine Jacket especially made for her. When she saw the table upon her return, her eyes filled with tears, and she said she could not believe the love emanating from that table. As the Award presentation proceeded, a small crowd gathered, applauding as she accepted the beautiful crystal plaque and listening lovingly as the letter from Master was read aloud by one of our Association members.

Karin humbly said, "The Award is for all who have helped and are



The Supreme Master Ching Hai International Association
www.godislove.com, email: SMCH@globalnet.com
Tel: 1-408-218-2835, Fax: 1-408-222-3333

September 25, 2008

Ms. Karin Ridgers, VeggieVision Internet TV
C/o MAM Promotions, Indianapolis House
Radford Business Centre
Radford Way, Radford
Epsom CM21 0BZ, United Kingdom

Dear Ms. Ridgers,

It is with pleasure and gratitude that we present to you the "Shining World Heroine Award." This Award is presented in recognition of your wonderful and compassionate efforts to promote a peaceful, kind and healthy lifestyle, and your selfless dedication to creating a brighter future for humanity.

Combining your passion for a vegetarian lifestyle and your varied media experience you have developed an excellent interactive website. Available 24/7, VeggieVision brings the good news about a superior diet and a compassionate way of life in an entertaining and informative way. People know that delicious meals can be made using vegetarian ingredients and that our animal co-workers deserve our love and care. Not only are human and animal lives saved but also our health is improved by adopting this benevolent, earth-nurturing plant-based diet. Many thanks to caring, visionary people such as yourself for bringing these uplifting messages to the public. You are helping to safeguard our planet and protect all beings. We, Ridgers, are sincere and inspiring efforts to bring about a change in people's consciousness. May you have great success and we wish you the best in all your noble endeavors.

For your heroic actions, selfless acts of love and understanding devotion toward all beings, and for being a dedicated and noble role model, we hereby applaud and celebrate the great, courageous deeds of Ms. Karin Ridgers, honoree in our national organization.

With Great Honor, Love and Blessings,

The Supreme Master Ching Hai

(By The Co-Group, Save the Planet)



SHINING WORLD HEROINE AWARD

still helping with Veggie Vision.” She later commented humorously, “I was speechless – which is unusual for me. The team filmed the presentation of the Award and I have no idea what I said. I hope that I said thank you! ... There were so many gifts that I couldn't carry them home. I did however have room in my bag for the vegan chocolates they gave me.” 🌸

A letter of thanks received later from Karin expressed her appreciation to Master:

January 12, 2009

Dear Supreme Master Ching Hai,

I can not thank you enough for my wonderful Shining World Heroine Award. To say that this made my year is an understatement!!

I had no idea of the impact of reading one of your books about 14 years ago – my life has changed, and my passion and my life is dedicated to promoting a healthy compassionate way of living and eating – the vegan way, of course!

And all these years later I am in touch with your wonderful people in England and was lucky enough to receive this award. I am amazed at the universe!!

Thank you so much for sending the wonderful gifts to me too – your signed letter is proudly being displayed in my lounge and the other day the sun shone in through the window and onto the award - I have never seen such a beautiful rainbow coming through and shining in my home!!

Thank you again and I wish you and your team the very best vegetarian wishes from England.

With love,

Karin Ridgers

VeggieVision and MAD Promotions

Date: 2009/1/12

Dear Supreme Master Ching Hai

I can not thank you enough for my wonderful Shining World Heroine Award. To say that this made my year is an understatement!!

I had no idea of the impact of reading one of your books about 14 years ago – my life has changed and my passion and my life is dedicated to promoting a healthy compassionate way of living and eating – the vegan way, of course!

And all these years later I am in touch with your wonderful people in England and was lucky enough to receive this award. I am amazed at the universe!!

Thank you so much for sending the wonderful gifts to me too – your signed letter is proudly being displayed in my lounge and the other day the sun shone in through the window and onto the award - I have never seen such a beautiful rainbow coming through and shining in my home!!

Thank you again and I wish you and your team the very best vegetarian wishes from England.

With love

Karin Ridgers

VeggieVision and MAD Promotions

To view the Supreme Master Television interview with Karin Ridgers, please visit the following link:
<http://video.Godsdirectcontact.net/magazine/VEG758s.php>

To watch Supreme Master TV's interviews and coverage of this Award presentation, please visit:
<http://video.Godsdirectcontact.net/magazine/VEG758s.php>



SHINING WORLD HERO AWARD

Save Every Child's Life



By Surrey News Group, UK (Originally in English)

Little Millie Kelly suffered kidney failure after an operation. However, being a tiny baby of 6lb 2oz, she was unable to use the kidney dialysis machine at the Royal Victoria Infirmary Hospital. With persistence, Dr. Malcolm Coulthard, along with colleagues, designed and built an original scaled-down version of a kidney dialysis machine, which saved Millie's life. Millie's mother, Rebecca Kelly, said, "If it was not for that machine, then she wouldn't be here today. Now she is as fit as a fiddle, just like a normal two-year-old. Words cannot describe how grateful my family is to Dr. Coulthard. Not only is he a great consultant, but now a great friend and inspiration to Millie, my family and me."



Millie with Mother Rebecca

On December 17, Golden Year 5 (2008), on behalf of Supreme Master Ching Hai, our Association members went to Newcastle upon Tyne in the North of England and presented the Shining World Hero Award to pediatrician Dr. Coulthard, who has served in the hospital for 23 years. Also present at the ceremony were nurse Jean Croiser, who played a big part in Millie's recovery, and Design Engineer Michael Whittacker, who is now working on the new updated version of the machine. Upon receiving the Award, Dr. Coulthard said, "I am accepting this on behalf, not only of myself and Jean, but all the other nurses and doctors and engineers that have put a huge amount into this and made it possible. So, thank you."

Along with the beautiful Crystal Award Plaque and Hero and Heroine T-shirts, our Association members also presented a US\$3,000 (£1,890 Sterling) check from Master for the Children's Kidney Ward, which will "go towards development of the existing pilot machine into a final version," according to Dr.

Coulthard. In addition, a selection of Master's publications was given to the hospital to be shared with all the children.

Thank you, Dr. Coulthard and all the loving staff in the Children's Kidney Ward at the hospital, for your hard work and dedication. May God's grace be with you so that every child will be given a chance to live. 🌸



Thank-you letter from Dr. Malcolm Coulthard for the US\$3,000 contribution from Master



Dr. Malcolm Coulthard (right) and nurse Jean Crosier



SHINING WORLD HERO AWARD

Selfless Courage in Face of Danger

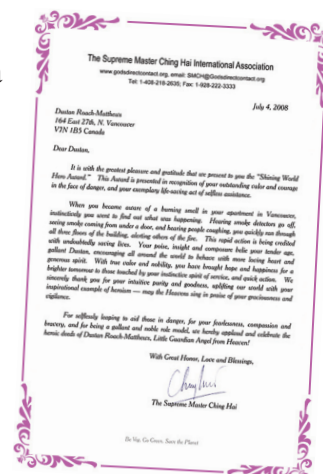


By Vancouver News Group, Canada (Originally in English)

The courageous action of 11-year-old Dustan Roach-Matthews was credited by the police for saving many lives in North Vancouver, Canada. On May 6, Golden Year 5 (2008), Dustan was with his father in the basement of their apartment building, looking through their locker, when they heard a smoke detector go off. Dustan ran up the stairs to check what was happening, and discovered that the apartment block was on fire. He immediately proceeded to run through all three stories of the building, shouting that there was a fire and that people should get out.

Upon learning of Dustan's quick thinking and brave actions, Supreme Master Ching Hai honored the young boy with a Shining World Hero Award. On October 25, the Award ceremony took place at the Paradise Vegetarian Noodle House, owned by an initiate. Dustan was presented with the beautiful Crystalline Plaque, along with a letter from Master, Her publications, and a Hero T-shirt which he put on right away. The young hero was moved by Master's recognition and gifts. His father, Bryan Matthews, was also presented with a Hero jacket for going back into their apartment to rescue their cat companion. Dustan's parents are very proud of their son.

After the ceremony, Aulacese-style vegan food was served, which Dustan and his parents found to be delicious! It was wonderful to share Master's love with this heroic family. Thank you, Dustan, for your outstanding action of helping others before thinking of your own safety. May God's grace accompany you always. 🌸





SHINING WORLD HERO AWARD

A Young Smoking Ban Advocate



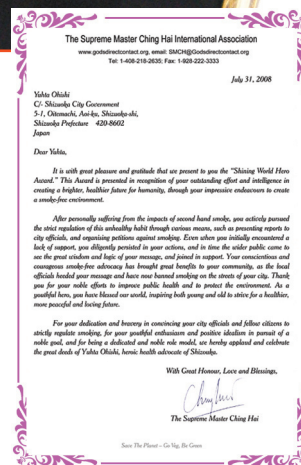
By Japan News Group (Originally in Japanese)

Yuhta Ohishi has been suffering from asthma since his childhood. At age 10, he had an asthma attack when a person sitting near him in a restaurant was smoking a cigarette. This painful experience motivated him to investigate the effects of passive smoke. He asked the Shizuoka Prefectural Hospital for Children to teach him about the harmful effects of passive smoke.

When Yuhta heard that Chiyoda Ward, Tokyo had a "No Smoking while Walking" bylaw, he wrote a letter to the mayor and health authorities of Shizuoka city, calling for the same act. With the help of people living in the shopping districts, doctors of hospitals, and members of civic action groups, Yuhta formed an executive petition committee. Despite many setbacks, he gave many talks in the streets and managed to collect the 24,000 needed signatures to file a petition. Initially the bylaw that resulted from the petition only banned "Smoking while Walking," but not "Smoking while Standing." Researching further, Yuhta found out that "toxic substances of cigarette smoke do reach within a radius of 7 meters." When he submitted this additional information to the authorities, a complete "No Smoking while Walking" bylaw with penalty regulations was established in July, Golden Year 3 (2006) in Shizuoka.

For his dedication to protecting the health of the public, Yuhta Ohishi received an award from the World Health Organization in May Golden Year 5. Not long after that, on November 14, on behalf of Supreme Master Ching Hai, our Tokyo Association members presented Yuhta with the Shining World Hero Award. The Award ceremony was held at Yuhta's high school in the presence of the head teacher and his family. Yuhta expressed his appreciation for the Award and conveyed his intention to expand his "No Smoking" activities to a global scale.

We commend you, Yuhta, young hero, for your continuous endeavors to promote smoking bans for the wellbeing of all. 🌸





SHINING WORLD HERO AWARD

Bob Linden - A Vegan Hero



By USA News Group (Originally in English)

Bob Linden is a unique and charismatic animal rights activist, deeply committed to telling the world that the root cause of all of the world's ills--global warming, war, public health crisis and economic crisis--are all due to abusing and killing animals for food. For the past eight years, Mr. Linden has been tirelessly self-producing a program entitled "Go Vegan with Bob Linden," the first of its kind on commercial radio in the US, broadcasting in Los Angeles and San Francisco, California, and now in Phoenix, Arizona. Over the past eight years, he has spent all of his time and money on producing the nearly 400 shows on the topic, even to the point of giving up his housing so he could better afford to produce the shows. Because of his deep dedication to protecting and speaking on behalf of the animals, Supreme Master Ching Hai conferred on Mr. Linden the Shining World Hero Award.



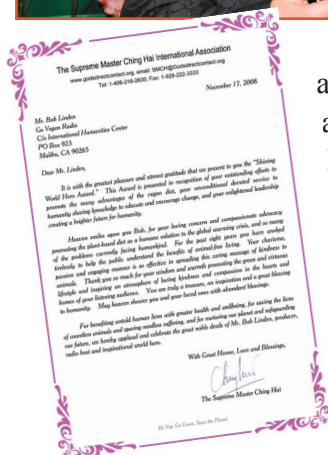
Besides speaking about the importance of a vegan diet on his weekly radio show, Mr. Linden also organizes fairs and festivals for the animals, speaks with megaphones in front of stores that sell fur, and attends countless animal-rights rallies to lend his voice on behalf of the animals. He insists that just being vegetarian is not enough because some of the worst torture and cruelty is perpetrated on dairy cows, horses and other animals for their byproducts. BE VEGAN and GO GREEN are the central themes of his life.

Mr. Linden has a deep affinity with Master. He has been a friend to the Association for quite some time, having appeared first on Supreme Master Television show "Vegetarian Elite." His radio program has been sponsored by the Vegetarian House restaurant in San Jose, California for several years. He has also invited Master on his show in early 2008. When he attended the SOS International Climate Change Seminar in Hollywood, he was overjoyed to see Master and hundreds of other people who shared the same passion.

Since Mr. Linden's Shining World Hero engraved plaque arrived just before the launch of Master's new book, *Celestial Art*, our fellow initiates invited Mr. Linden as a distinguished guest to the gala exhibition and performance event of the book launch. After enjoying the grand display of the exquisite artworks that Master has created over the past 20 years, he was presented with his Award. He was moved to tears by the amazing art, the glorious new book, and most especially



SHINING WORLD HERO AWARD



– with the Award from Master and the heartfelt letter that She wrote to him.

Mr. Linden said, “This is a great honor for me. I would like to thank Supreme Master Ching Hai for this recognition of love for animals that’s apparently so important to You, Supreme Master, as it is to me. And I would like to share this Award in spirit with everyone who has gone vegan to save the animals and the planet, and especially with everyone who promotes it, who wholeheartedly gets involved to try to convince people.” He also conveyed his deep

admiration for the creativity and message of love Master puts into Her artwork, poetry and music. He said, “It was enlightening to read Supreme Master Ching Hai’s observations on art and the artist - from the childlike creative process She recognizes in Herself and that the purpose of Her artistic talents is to serve other sentient beings... It’s fascinating - as is Her art in the book, whether it be painting, jewelry or fashion design. Her art is full of life - joyful and cheerful, vibrantly colorful.”

We salute you, Mr. Linden, for being such a dedicated spokesperson for animals. May God’s blessing be with you constantly so that the world will soon - Go Vegan with Bob Linden! 🌸

To watch Supreme Master TV’s interviews and coverage of this Award presentation, please visit:
<http://video.Godsdirectcontact.net/magazine/EE842.php>

To watch radio program “Go Vegan with Bob Linden” interview Supreme Master Ching Hai, please visit:
<http://video.Godsdirectcontact.net/magazine/WOW762.php>

To know more about the radio program “Go Vegan with Bob Linden,” please visit:
<http://www.goveganradio.com/>

If you wish to know more about the beautiful things happening in our world, please check out our archives of awards presented over the years, including the Awards of the Month, at the following URL address:

<http://www.Godsdirectcontact.org.tw/gv/>



SHINING WORLD HERO AWARD

Safeguarding the Health of Youths



By USA News Group (Originally in English)



In collaboration with health authorities in California, USA, six major Hollywood film studios -- Warner Bros. Entertainment, Universal Studios, Sony Pictures, Paramount Pictures, Walt Disney Studios, and Twentieth Century Fox, agreed to display

anti-smoking advertisements on all movie DVDs rated for youth that contain smoking scenes. These measures were implemented to protect children worldwide from the harmful health risks of smoking. Smoking is now discouraged by the more progressive organizations around the world because of its bad health effects on everyone. These public service announcements are truly a courageous and compassionate endeavor, giving our youth a new perspective on what is important in life.

In recognition of their outstanding protection of the most vulnerable, encouraging a cleaner world, and their enlightened leadership towards a healthier and brighter future for humanity, Master honored the six film studios with the Shining World Hero Award on September 4, Golden Year 5 (2008). The Warner Bros. Entertainment and Universal Studios responded with sincere appreciation of the honor.

In a thank-you letter to Supreme Master Ching Hai from Warner Bros. Entertainment, a representative of the President Alan F. Horn wrote: *"... when we read the moving words that were used to describe the reasons our company was recognized for the award, we all felt a sense of pride and gratitude that we work at a company that has a strong commitment to social causes aimed at bettering mankind and the world in which we live."*

We celebrate the great deeds of the six film studios and California health authorities for intelligent foresight and noble leadership in safeguarding the health of present and future generations. May all media and entertainment groups join in this noble lead in creating a healthier and happier society. 🌸





SHINING WORLD HERO AWARD

A Faithful Companion



By Ottawa News Group (Originally in English)

When 2½-year-old Destiny King visited her aunt's farm in Coe Hill, Ontario, Canada, the farm's miniature sheltie collie was her constant companion. For some reason known only to the two of them, the dog and the little girl were totally devoted to each other, and always together. So when Destiny became lost at the farm, Shilo was right beside her.

One evening in May, Golden Year 5 (2008), when Destiny and her father were visiting the farm, she quietly slipped out of the house and wandered into the bush in search of her Dad, who was working outside. As always, Shilo was by her side. Destiny quickly became lost in the dense woods. Night fell, and the cool spring air turned cold. The terrain in the area is rocky, rugged and heavily wooded and the dense forest is dotted with ponds which could be very dangerous for such a young child.



Destiny's parents, realizing she was missing, began a frantic search for their beloved daughter. The police were called and a massive search was quickly set in motion. Military aircraft dropped flares to light the ground to help. Finally, at 5:20 am, little Destiny was discovered deep in the woods, almost 3km from the farm. Her noble friend, Shilo, had remained by her side, providing her with comfort, safety and warmth all through the cold night. He had been lying so close to Destiny, that the collie's fur was still stuck to the child's body when they found her.

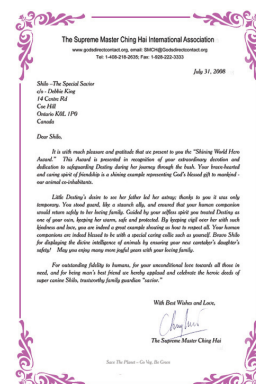


Destiny was taken to hospital, but, having only a few scratches on her legs, was later released. Now Destiny and Shilo can enjoy many more good times together because, after this incident, the loving collie has joined the King family. "My sister-in-law gave her the dog," said Ms. King. "She said, 'After this, that dog belongs to her.'"

In appreciation of the bravery, courage and wisdom shown by this noble dog, our Association members traveled to Coe Hill in northern Ontario, on October 25, 2008 to present Shilo with the Shining World Hero Award on behalf of Supreme Master Ching Hai. Shilo and Destiny happily unwrapped the gifts, and Shilo proudly modeled one of his new Hero Jackets for all to see. He also tried out his new doggie bed and enjoyed one of his veggie green bones.

Thank you, Shilo, for your outstanding example of love in action! May you and Destiny be blessed with many joyous times together in the years to come! 🌸

To watch Supreme Master TV's interviews and coverage of this Award presentation, please visit:
<http://video.Godsdirectcontact.net/magazine/AW806.php>





SHINNING WORLD LOVE AWARD

Interspecies Motherly Love



By Surrey News Group, UK (Originally in English)

It is the belief of the Lower Shaw Farm that different species can live in peace and harmony, and this belief was reaffirmed by Maran Hen, who lovingly hatched three abandoned duck eggs that she found in a nearby shed. The hen stayed with the eggs until they finally hatched after 28 days, which is much longer than the normal incubation period of chicken eggs. The mother hen and ducks now continue to live happily together amongst the mixed flock of birds that reside on this farm in the beautiful countryside of Wiltshire.

Upon hearing this wonderful news, Supreme Master Ching Hai bestowed the Shining World Love Award on Maran Hen, which was presented by our Association members in December, Golden Year 5 (2008). After receiving a beautiful little neck scarf with the word "hero" from our loving Master, along with 60kg of grain to share with her large family of friends, the mother hen proudly rejoined her flock.

Lower Shaw Farm currently offers the public an array of activities throughout the year including a Grow Your Own Fruit and Veg Club, Juggling and Circus Skills Club, Vegetarian Weekend Breaks and Courses, plus more.

Thank you, caring Maran Hen, for setting such a good example of living in harmony with different species on Earth, as God intended. 🌸



Maran Hen with the Award

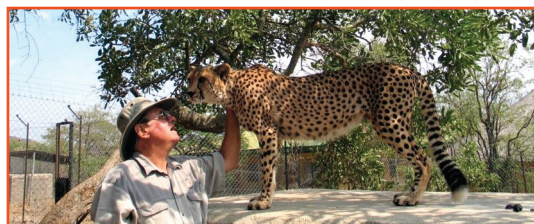


Two of the three ducks hatched by Maran Hen



SHINING WORLD COMPASSION AWARD

Noble Dedication to Wildlife Protection

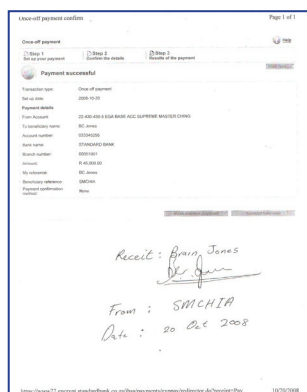


By Johannesburg News Group (Originally in English)

On October 20, Golden Year 5 (2008), Association members from the Johannesburg Center, acting on behalf of Supreme Master Ching Hai, presented the Shining World Compassion Award to Mr. Brian Jones from Moholoholo.

Moholoholo is situated near Hoedspruit in South Africa. It is a place that welcomes all animals in need. Here, Mr. Jones cares for wild animals that have been snared, poisoned or injured. On a tour through the center, the Association members saw that all the animals were in good condition and on their way to recovery.

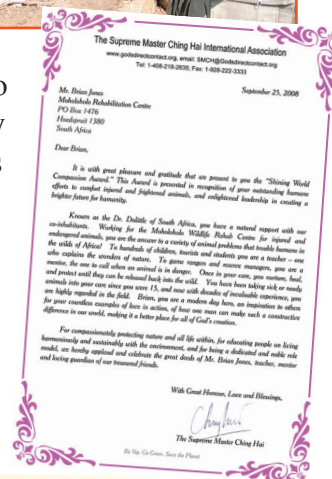
There was a baby cheetah with a broken leg, whom Mr. Jones hoped to reunite with her mother when the cast was removed. The cheetah greeted the Association members with many licks with her very rough tongue, in a show of friendliness that has made her a popular companion to Mr. Jones when he attends functions to create awareness for our environment and wildlife. The Association members also bottle-fed two baby rhinos who had been found abandoned and Mr. Jones was called in immediately by authorities to save their lives.



Receipt from Mr. Brian Jones for the US\$5,000 from Master

Master generously contributed US\$5,000 to assist Mr. Jones in his noble work. He was very happy to receive the contribution and loved his beautiful plaque. He is very concerned about the destruction of wildlife habitats and its impact on the natural cycle of life. He notes the effects of global warming on a daily basis due to his work with animals and nature. Mr. Jones expressed his great appreciation to Master and said he would cherish this special Award dearly. 🌸

To watch Supreme Master TV's interview with Mr. Brian Jones and the Moholoholo Wildlife Rehabilitation Center, please visit:
<http://video.Godsdirectcontact.net/magazine/AW889s.php>





SHINING WORLD COMPASSION AWARD



Treasuring All Life Forms ♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥

By San Jose News Group, USA (Originally in English)

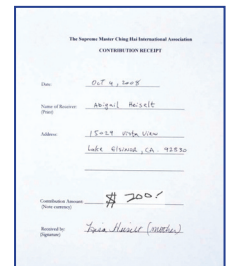


Upon hearing that a local animal shelter had recently had a fire, Abigail Heiselt thought, "I should do something to help the animals." So on her 11th birthday, instead of asking for presents like most kids her age, she asked her friends for dog food to donate to the shelter. By the end of the day, Abigail received over 500 pounds of food to deliver to the shelter! During Abigail's party, her 14-year-old sister, Haley, took photos and wrote a press release for local newspapers, in which she noted, "Abigail didn't want them to have to put any animals down because they could not afford to feed them. My family and I could not be more proud of her! She is a very special sister. I love her very much."

Abigail's compassionate action has inspired her friends and her sister to do the same on their birthdays. For her noble deeds in helping our animal friends, Supreme Master Ching Hai bestowed on Abigail the Shining World Compassion Award. When Abigail's mother, Lisa Heiselt, received the news of the Award from Supreme Master Ching Hai, she was deeply moved to tears. She replied, "It is truly an honor for my family and especially Abigail to be recognized in such a way by your great humanitarian organization and Supreme Master Ching Hai. How you found her in this great world of ours is remarkable and wonderful."

The Award and US\$200 gift from Master were presented by our Association members on October 4, Golden Year 5 (2008), and Abigail was ecstatic to receive the recognition. After learning that Master had published books about Her birds and dogs, talented Abigail also made a picture book called *My Animal Friends* to honor Master's love and generosity. In her thank-you letter to Master, she wrote, "I thank you very much for choosing me. When my mom told me, I couldn't believe it. I was really happy! Again, thank you. I will always treasure it."

Thank you, Abigail, for your kind and compassionate heart. You are uplifting our world with your inspirational example of love in action. 🌸



Receipt from Abigail's mother for the US\$200 gift by Master

To watch Supreme Master TV's interviews and coverage of this Award presentation, please visit:
<http://video.Godsdirectcontact.net/magazine/AW799.php>



SHINING WORLD COMPASSION AWARD

Sowing the Seeds of Compassion ♥♥♥♥♥♥♥♥♥♥

By the Los Angeles and San Diego News Group (Originally in English)

For over 40 years, Mr. Thomas Weller has voluntarily patrolled San Diego's highways in his own rescue vehicle, offering assistance to accident victims and over 6,000 stranded drivers with flat tires, empty gas tanks, busted belts or overheated engines. Widely known as the "San Diego Highwayman," he doesn't ask for anything in return but instead, presents a card to the receiver of his unconditional love that says: "Assisting you has been my pleasure. I ask for no payment other than for you to pass on the favor by helping someone in distress that you encounter."



The mission started when Mr. Weller was 16. On a cold winter night at about 2 a.m., he was driving a car alone in a snowstorm and slid off the highway into a snow bank. After spending hours in the freezing cold, and beginning to give up hope, a man stopped to rescue him. The words from the man, when he asked what he owed for the help, are those that now appear on his card.

During the day, Mr. Weller works just enough to cover his expenses so the remaining time can be spent selflessly helping others. When the weather is really bad, he will surely head out on the highways and back roads looking for folks in trouble. As he says, "It is one of the most beautiful compensations of this life, that we cannot sincerely help another without helping ourselves."

Today, Mr. Weller's mission is accomplished together with the faithful Shela, whom he adopted from a San Diego dog shelter. Mr. Weller describes Shela as his angel and "a person in a fur suit," for she has often played the role of a guardian angel.

To his joy, the seeds he has sown have been germinating and his garden has been growing. One day he spotted a car stopped on the other side of the highway. By the time he turned around, he found that another car had already pulled up behind it. When he asked the do-gooder why he had stopped to help a stranger, the man said, "Four months earlier, my wife had a blow-out on the freeway, and someone cared enough to help her." As he looked at Mr. Weller, he continued to say, "By the way, thank you for doing that for my wife." Mr. Weller's kindness has surely inspired others, like a ripple effect spreading out goodness to uplift humankind. Local residents talk more about him, and local media have started to report his Good Samaritan deeds.

On October 18, Golden Year 5 (2008), representatives of The Supreme Master Ching Hai International Association arrived at Mr.



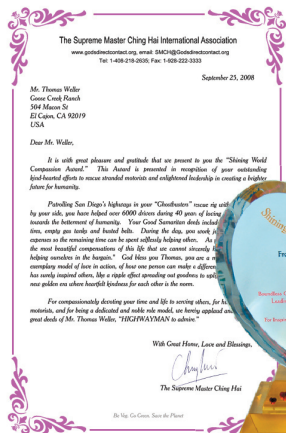


SHINING WORLD COMPASSION AWARD

Thomas Weller's residence, the Goose Creek Ranch, in east San Diego, and presented to him, on behalf of Supreme Master Ching Hai, the Shining World Compassion Award in recognition of his outstanding kind-hearted efforts to rescue stranded motorists. Mr. Weller also received a selection of Master's books, CDs and DVDs, as well as a contribution of US\$5,000 from Her to ease his financial burden from the rising gas prices.

Mr. Weller thanked Supreme Master Ching Hai for the Award, and promised to continue his mission and devote his time and life to serving others, to sow the seeds of compassion, and to watch his garden grow. 🌸

To watch Supreme Master TV's interviews and coverage of this Award presentation, please visit:
<http://video.Godsdirectcontact.net/magazine/EE926.php>



The Supreme Master Ching Hai International Association CONTRIBUTION RECEIPT	
Date:	9/23/08
Name of Recipient (Print):	Thomas A. Weller
Address:	524 N. 4th St. EE 926H CA 92049
Contribution Amount (Print currency):	\$5,000
Received by (Signature):	Supreme Master Ching Hai

Receipt from Mr. Thomas Weller for the US\$5,000 contributed by Master

The Benevolent Iranian People



By Iran News Group (Originally in Persian)

On May 12, 2008, China's southwestern Sichuan Province experienced a severe 7.9-magnitude earthquake that claimed 70,000 human lives and left millions homeless. Local and world communities rushed to bring humanitarian aid, hope and comfort. One of these caring organizations is the Iranian Red Crescent Society, which sent 60 tons of goods that included 3,000 tents, sleeping gear and medical equipment to be distributed to people in the affected areas. For this loving gesture, Supreme Master Ching Hai recognized the organization with the Shining World Compassion Award.

The Red Crescent Society is Iran's largest relief organization, with many provincial and local branches and facilities including hundreds of hospitals and medical centers, centers for children and youth, nursing schools, road relief systems, air and marine rescue bases, and blood donation banks. With a mission to improve the quality of life for all humans, the organization's benevolent endeavors reach beyond the borders of Iran. Its current work centers on bringing relief to those afflicted by natural and human-made disasters, developing medical and rehabilitation



Dr. Seyed Masoud Khatami, the president of IRCS (third from left), receiving the Shining World Compassion Award



centers, donating medical supplies and medicines, and mobilizing the help of youth and other volunteers. The organization has helped many other countries and regions in recent years, including donating 5,000 tents to the displaced Iraqi people in 2007, establishing medical centers in several countries, including Iraq, in 2008, supplying assistance during a cold spell in Afghanistan in 2008, and providing much-needed assistance and 2,000 medical volunteers to help the innocent children, women and defenseless people in Gaza since December 2008.

The Shining World Compassion Award was presented on November 11, Golden Year 5 (2008) by our Association representatives from Malaysia and Formosa (Taiwan) in a ceremony at the Red Crescent Society's headquarters in Tehran, Iran. Accepting the Award plaque was the Society's current President, Dr. Seyed Masoud Khatami, who said that the Iranians have a longstanding culture and custom to help people in need and that the organization will continue to be ready to help the people of the world.

Media groups including the Tehran Times, the Mehr News Jame Jam newspaper and Iran TV2 covered the Award presentation, which was attended by leading members of the Iranian Red Crescent Society. During the gathering, Dr. Seyed Masoud Khatami expressed his ideal for the world - Hoping that one day peace, serenity, sincerity and friendship amongst all people of the world, from different races and countries, would prevail. The IRIB (Islamic Republic Iran Broadcasting) interviewed our Association representatives the following day.

Our gracious accolades to Red Crescent Society of Iran for this well-deserved recognition. We also send our grateful thanks for your noble actions that bring relief and goodness to so many places. May you and your gentle country be blessed abundantly. 🌸

News article reporting on the Award presentation in the Tehran Times:
http://www.tehrantimes.com/Index_view.asp?code=182362

To watch Supreme Master TV's interviews and coverage of this Award presentation, please visit:
<http://video.Godsdirectcontact.net/magazine/EE891.php>

A Saint Dedicated to Helping Homeless Animals



By Taipei News Group, Formosa (Originally in Chinese)

More than ten years ago, Madam Chen Wen-mei was deeply moved with compassion when on one occasion, she saw a homeless mother dog being beaten by people while she was trying



SHINING WORLD COMPASSION AWARD



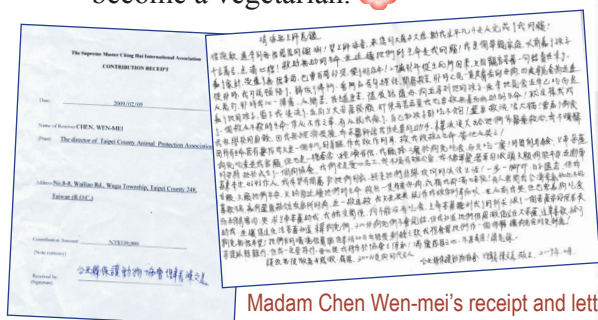
to find food for her puppies and on another, the mournful eyes of a stray dog that was about to be euthanized, which reminded her just how precious life is. Since then she has devoted all her efforts to providing shelter for homeless dogs, and is now the director of the Taipei County Animal Protection Society. Every day for over a decade, she has climbed the hill to clean the dog pound and feed the dogs.

On February 9, Golden Year 6 (2009), our Association members visited the Wugu Dog Shelter run by the Animal Protection Society to present the Shining World Compassion Award and a US\$10,000 contribution to Madam Chen on behalf of Supreme Master Ching Hai. Madam Chen was very grateful to Master for acknowledging her endeavor, and for extending love

and concern to the dogs. She said that Master's encouragement has given her great determination to continue this lifelong dedication to taking care of the homeless animals. On behalf of more than 300 dogs under her care, she thanked Master, and promised to follow Her example of humility and love in action. With deep gratitude, Madam Chen said she would use the money to rebuild the dog pound, thus providing a more comfortable and hygienic living environment for the dogs.



This special lady also mentioned that a sister Xu often gave her vegetarian dog food, which the animals liked very much. As a result, they have become wiser and more docile. For a long time, a dog named Meijin had been helping to provide therapy to a patient suffering from depression. They became such dear friends that the patient was reluctant to see Meijin leave. This inspired Madam Chen and she hopes to train more therapy dogs to help people in need. Through interacting with sister Xu, Madam Chen has now become a vegetarian. 🌸



Madam Chen Wen-mei's receipt and letter of appreciation for the US\$10,000 from Master



Making Colleges a Better and Healthier Place

By USA News Group (Originally in English)

More smoking bans have been implemented in US colleges and universities recently. In New York, Governor David Paterson has signed a smoking ban for all college dormitories and student group residences, which extends an existing prohibition in State University student dormitories and group residences to those of private colleges and universities. In Pennsylvania, Chancellor John C. Cavanaugh of the Pennsylvania State System of Higher Education has interpreted a statewide smoking ban policy to apply comprehensively and has now prohibited smoking at 14 state universities, with smoke-free environments that include outdoor courtyards, parking lots and athletic fields.



Chancellor John Cavanaugh


To honor their enlightened leadership and wise initiatives to create a smoke-free and healthier environment for the students, Master sent letters to Governor Paterson and Chancellor Cavanaugh to express Her sincere appreciation.

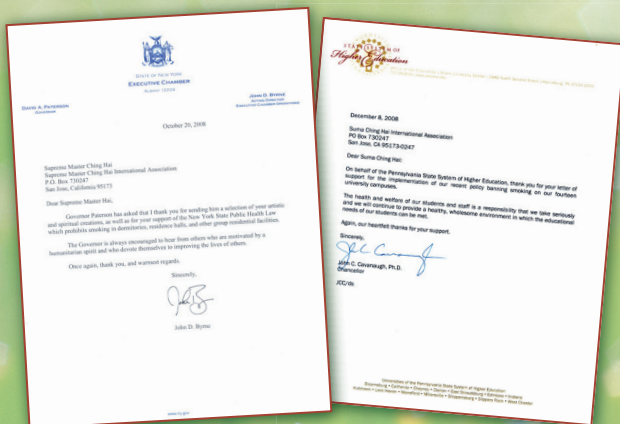
Chancellor Cavanaugh personally wrote to Master sending his heartfelt gratitude for Her support of the law and policy of banning smoking in colleges, and affirmed that, *"The health and welfare of our students and staff is a responsibility that we take seriously and we will continue to provide a healthy, wholesome environment in which the educational needs of our students can be met."*



Governor David Paterson

The letter from the governor's office expressed gratitude to Master for recognizing their actions to protect the wellbeing of students: *"The Governor is always encouraged to hear from others who are motivated by a humanitarian spirit and who devote themselves to improving the lives of others."*

We applaud our wise leaders for helping to elevate our globe into a new golden era where all of God's children can live in good health, happiness and love. May our world soon be free of damaging substances such as these, with clean air and improved health for all. 



Thank-you letters from Chancellor Cavanaugh and Governor Paterson's representative



GREEN
California

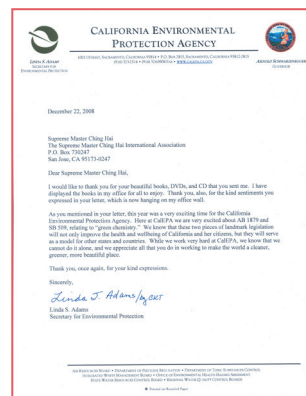
California Protecting People's Health and the Environment

By USA News Group (Originally in English)

In the most comprehensive program a US state has ever implemented, the government of California passed two landmark bills into law: One gave the state authority to determine whether the estimated 80,000 chemicals used in consumer and industrial goods are safe, and the other, the ability to recall products containing chemicals that have been deemed unsafe. Now, all ingredients from everyday products must be listed and proven safe, and harmful ingredients removed. Businesses have also discovered that by using environmentally friendly products, waste is reduced; employees no longer need safety equipment with production savings made.

In recognition of these laudable eco-actions, Supreme Master Ching Hai sent the California Environment Protection Agency a letter commending their measures to protect both public health and the environment. In addition, Supreme Master Ching Hai's books, lecture DVDs and a music CD were also sent as gifts. Upon receiving these, the state agency's Secretary for Environmental Protection, Ms. Linda Adams, personally wrote a reply thanking Master, saying: *"While we work very hard at CalEPA, we know that we cannot do it alone, and we appreciate all that you do in working to make the world a cleaner, greener, more beautiful place."*

We heartily congratulate the California Environmental Protection Agency for its great achievement in bringing together the most powerful bills to encourage green chemistry and its sincere determination to preserve the future of our beautiful planet and all her inhabitants. These two pieces of landmark legislation will not only improve the health and wellbeing of California and her citizens, but will serve as a model for other states and countries. 🌸



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 Websites in a variety of languages, as well as 24-hour access to Supreme Master Television. 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.



Climate Change Videoconference in the Land of Blue Skies and Boundless Space

By Mongolian News Group (Originally in Mongolian)

On January 27, Golden Year 6 (2009), the Mongolian members of The Supreme Master Ching Hai International Association, in conjunction with the Mongolian government and local NGO agencies, organized a “GLOBAL WARMING – SOS” International Videoconference on the Urgent Problems of Climate Change, which was held at the Central Palace of Culture in Ulaanbaatar, the capital of Mongolia.

More than 1,130 guests attended this important event, including hundreds of dignitaries and leaders of various organizations. Among the VIPs who attended were Mongolian Member of Parliament, Mr. B. Batbayar; Former Mongolian Prime Minister, Mr. D. Sodnom; Former Deputy Prime Minister and Deputy Governor



of Ulaanbaatar, Mr. D. Ganbold Davaa-dorj; Dr. B. Enkhtuvshin, Vice President of the Academy of Sciences; Religious and Church Affairs Advisor to the President of Mongolia, Mr. S. Tsedendamba; Foreign Affairs Advisor to the Prime Minister of Mongolia, Mr. O. Och, and many others.





Featuring lectures by some of the country's most distinguished scientists, as well as a question-and-answer session, the conference opened with a profound and informative speech given by Dr. Lhagva

Gurragchaa, a technical sciences Ph.D. who is also a vegetarian poet and a recipient of the Cambridge University (England) Honor of "The 2000 Outstanding Intellectuals of the 20th Century." He said that the purpose of this event is to raise people's awareness about the urgency of climate change so that governments and individuals will quickly grasp the opportunity to do all in their power to reverse global warming in the most effective way. Mongolian President Nambaryn Enkhbayar sent a special message¹ for this event. As His Excellency was on an overseas trip at the time, his letter was delivered to the audience by his advisor, Mr. Tsedendambaa Samdan. Greetings also arrived via video link from the Director of the Soil Association in the United Kingdom, Mr. Patrick Holden, and the Policy Director of the same organization, Lord Peter Melchett.

Mr. Patrick Holden, the Director of the Soil Association of UK as well an organic farmer, conveyed his best wishes and support to the conference. He spoke passionately about his vision of future farming, "We need to switch from energy-intensive systems, need to re-localize food systems with a much more diverse mix of cropping, and a dependency mainly on primary products, such as vegetables and cereals. And we will move entirely away from animal production because at the moment many hundreds of millions, even billions of farm animals are kept in inhumane conditions and never see the light of day. And their production is not only violent, violent against nature, and violent against spiritual practice, but it is also completely unsustainable."

Guest speakers Professor G. Bold and Dr. D. Enkhbat, both of whom are vegetarians, explained in detail the current catastrophic effects of global warming on our planet and the detrimental effects of the meat diet by quoting abundant scientific data. Dr. Enkhbat said, "Everybody must be an environmentalist. To save our Planet Earth, to protect our health, and to leave a place to live for our children and future generations, let us significantly reduce meat consumption."

Supreme Master Ching Hai was invited as the special guest of honor. She offered Her insights on the pressing issue, its causes, and ways to cope with climate change, highlighting specifically what is currently occurring in Mongolia. *"The Gobi Desert, which covers the Mongolian landscape, it is a fragile ecosystem that is easily destroyed by overgrazing. This results in the desert land turning into stony wasteland, where not even camels can survive. It's a very sad affair and very urgent."* She reiterated the call for a return to the virtuous way of life based on a vegetarian or vegan diet, as the fastest way to stop global warming. *"Only now, when the planet starts heating up, then we begin to do research about the harmful effects of the meat diet. So we all know that it's hard to quit this, but it's harder to lose our planet. It's harder to lose this only home for our children. If we have a choice, exchange that piece of meat for the whole planet, and all the lives and everything else on the planet, all the comfort and the inventions, all the life that we're having. It is worth it!"*

During the question-and-answer session, Dr. Choimaa Sharav asked Master about the cause of human wrongdoing and how to subdue the evil of the greedy mind. Master pointed out that "It's not just due to greed or evil-minded, just lacking of information that makes people not aware of the

consequences of what we have been doing. So, now is the time that we must inform people.” “To be saved from this modern time disaster, we, humanity as a whole, must turn to a greater consideration of others. This is the reminder of virtue, that is truly of the greatest importance.”

To encourage our youth to adopt the vegetarian lifestyle, Master said, “I trust in you young people. You have the power of the present and the future; you have the power to protect our planet. Please use it.”

Hearing that Mongolia had the tradition of keeping the vegetarian diet nine months of the year, Master was very happy and optimistic, “Even nine months a year, so just another few months, I think the Mongolians can do it. Let’s make Mongolia the first ever vegan or vegetarian country in the whole planet.” She urged Mongolians to return to their original traditional lifestyle and live according to the high, moral standard of Buddhism.

Following the question-and-answer session, a book release ceremony was held for the new Mongolian and Russian versions of *The Birds in My Life*, the number one international bestselling book written by Supreme Master Ching Hai. During the event, Association members shared with the attendees delicious vegetarian food and vegan cakes, as well as the addresses and telephone numbers of all the vegetarian restaurants and cafes in Ulaanbaatar and the surrounding areas.

The celebration concluded with a “Save Mother Earth” concert showcasing live music performances by talented Mongolian artists and traditional Mongolian art forms like Uurtyn Duu (long song), Morin Khuur (horse fiddle) music and Huumii (throat singing), which UNESCO declared as one of the “*treasures of humankind*.” Master highly praised Mongolia’s rich culture and its national art. As a token of appreciation, She gave each artist US\$500 for their excellent performance and selfless contribution to this beneficial occasion.

All of the guests were happy to attend this videoconference. Some expressed their determination to change their attitude and lifestyle. A few TV channels told our Mongolian Association members that they intend to work with them to reverse global warming. The event was covered by 22 media groups, including nationwide networks such as Mongolian National Television, Eagle TV, Shine Mongol TV, UBS TV and



News articles reporting on this event



TV 9, major newspapers and magazines such as *Unen*, *Zuunii medee*, *Mongoliin medee*, *Express*, *Unuudur*, and the Montsame News Agency as well as Mongolian National Radio and FM105.5. TV9, along with Supreme Master Television, broadcasted the conference live for its audiences.

This event offers an inspiring glimpse into how we can together change the world. "Go Veg, Be Green, Save the Planet!" 🌸

Mongolian President's Message to SOS Seminar Participants (In Mongolian)

To the Participants of the International Tele-Conference on the Issue of Climate Change: Global Warming

Respected participants of the conference, Ladies and Gentlemen, and the global internet and television audiences who are watching this event now,

As President of Mongolia, I am deeply thankful for this international tele-conference being held here in the capital city Ulaanbaatar on the issues of global warming and climate change. This conference will raise awareness regarding the dangers of global warming and will foster efforts to find solutions to halt, and hopefully reverse this phenomenon which is so negatively affecting our world.

I appreciate that the Supreme Master International Association, (as) led by Madame Ching Hai, a world-renowned humanitarian and recipient of the World Peace Award, has organized and sponsored this event. This Association has joined together with Mongolia's government and state agencies, scientific community and general public, to jointly make this event happen.

Global warming and its negative impacts have become one of the most serious issues faced by our entire humanity and all nations living on this beautiful planet. I cannot disagree with you on this.

Today, global warming is notably affecting Mongolia; we can clearly observe this from the increased desertification, the drying up of rivers, the decrease in average precipitation, etc. This becomes even more clear from studies conducted by both international and Mongolian scientists. Therefore, I believe that it is extremely urgent for the nations and peoples of the world to consolidate their efforts and jointly take actions to overcome this situation.

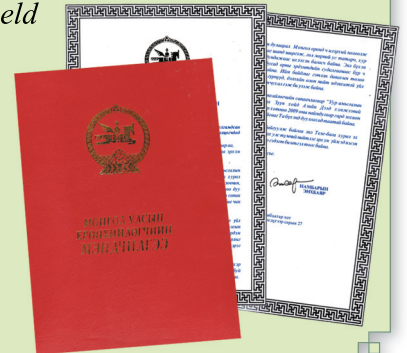
I am pleased to announce that as President of Mongolia, I have initiated actions to organize a North East Asian Climate Change Summit. This Summit will be held in August this year in Mongolia and is currently in the process of preparation.

I am sure that this tele-conference as organized by the Supreme Master Ching Hai International Association will contribute to the worldwide efforts of all nations to save our beautiful planet.

I wish you great success.

President of Mongolia

N. Enkhbayar



To watch Supreme Master Television's coverage of this videoconference, please visit:
<http://video.Godsdirectcontact.net/magazine/WOW885s.php>

To watch Supreme Master TV's coverage of the splendid concert performances in Mongolia, please visit:
<http://video.Godsdirectcontact.net/magazine/EE901s.php>



Vegan Lifestyle

The Solution to Climate Change



Selected Interview with Supreme Master Ching Hai by Journalist Andrea Bonnie
from The Irish Independent newspaper November 21, 2008
(Originally in English)

H: Supreme Master Ching Hai, last November the Partnership for Climate Change Conference was held in Cork, Ireland. One of the guest speakers, Professor James Hansen, head of NASA's Goddard Institute for Space Studies and NASA's top climate expert stated that urgent action is needed. He said we only have one year before we reach tipping points, and that 2009 is going to be a crucial year for our world. What in your opinion are the most effective and fastest ways to reduce greenhouse gas emissions, to stop us going beyond these tipping points?

M: Well, madam, that would be vegan/vegetarian diet without any animal product. Not just vegan, but we avoid all the animal products, means we live a more compassionate lifestyle. And this diet or this lifestyle is not only compassionate but is easy, simple, economical and ecological. Everyone, from a baby to the elderly, can do and it's 100% healthy. It's not just my opinion; it's also the opinion of all the experts, the scientists, the medical advisors, the environmentalists, etc.

Organic Farming- the Natural Choice

H: A top Irish environmental economist, Dr. Richard Tol from the Economic and Social Research Unit of the Department of Economics, stated that if you are serious about reducing emissions in Ireland, there is no future for beef and dairy in the country. He also said that with Ireland failing



to meet the target set out by the Kyoto agreement, that penalties are expected to run close to one billion euros a year in the lead-up to 2020. What alternatives do Irish farmers have to dairy and beef?

M: We can turn to organic farming. And it's easy, it's simple, cost- and water-effective. And it's ecologically, economically sound. It will absorb even 40% of CO₂ if all the tillable lands are organically cultivated. It could be more than that. According to the Kyoto agreement, if in any country where the farmers grow organic fruit and vegetable, then there would be no need to pay subsidies. Organic food and produce are grown and handled according to strict sustainable procedures, with limited chemical input or we could even use no chemical input at all. So, organic food is also GM-free (free of genetically modified organisms). Organic farming preserves top soil. Chemically intensive practices are a key factor in the erosion of top soil. Scientists found that soil in organic plots were up to 60% more stable and are less prone to erosion. So, over 1/3 of Irish rivers are now polluted, mainly due to farm run-off, could be more than that, but we want to try to be conservative here. Organic farming reduces toxic farming run-off and pollutants that contaminate our water, soil and air as well. So, organic farming is healthier for farm workers, the surrounding communities as well, and for natural wildlife.

Now, the EPA (Environmental Protection Agency) considers 60% of all herbicides, weed killers, or 90% of all fungicides, that means mold killers, and 30% of all insecticides, that means insect killers, are potentially cancer-causing for humans and animals of course. Organic farming keeps harmful chemicals and pesticides out of the food that we eat and the beverage that we drink. So, farmers may apply for a grant from the Department of Agriculture, for up to a maximum of €60,000. So, organic sales in Ireland have increased, you see, by 82% already, reaching a value of €104 million in the year up to July 2008.

So farmers can use their land to do that, and this will help to cool the world also. And forestry, it also adds to the beauty of the landscape, and that's good for Ireland's tourist industry.

H: Each second, an area of the size of a football field of tropical rainforest is destroyed to produce 257 hamburgers. Do you feel that if the public were to know this information that they would move to a more sustainable diet?

M: Yes, in my opinion they would. The problem is, very little of this information, such as this, is propagated for the public knowledge. We are inundated with a lot of other news, which is not all as urgent as saving the forests and saving the planet, of course. The world leaders, I think, in my humble opinion, should work together in this important issue, and so should the media. And by the way, thank you, you are one of the positive and we are grateful. You're helping the environment.





Vegan Diet Cures Many Diseases

H: Cardiovascular disease is the number one killer both globally and in Ireland, causing nearly 40% of all deaths. It costs the European economy €192 billion per year, 57% of which is used on healthcare, 21% in productivity losses and 22% for informally looking after people. What evidence is there to suggest that a vegan diet would help cure people of cardiovascular disease?



M: Plenty of evidence through all the years of study and research by the top experts. To name a few: for example, in the USA, Dr. Dean Ornish, University of California; Dr. Caldwell Esselstyn, from Cleveland Clinic, Ohio; Dr. Joel Fuhrman, from New Jersey; and many more all offer plant-based programs that cure this disease more effectively and quickly than surgery or drugs. The patients are cured and never have this symptom again, even after decades passed.*

H: Ireland has an estimated 250,000 patients diagnosed with diabetes and another 100,000 who are estimated to be undiagnosed. Treating diabetes costs the Irish economy about €600 million per year. How does a vegan diet affect people with diabetes?

M: It will cure them. There are many researches and practices proving the effectiveness of a vegan diet to reverse, control and cure both diabetes and related health issues such as cardiovascular disease and obesity.

In the United States, there are at least three doctors, who have developed three different plant-based approaches, suiting different needs and dietary preferences. Dr. Neal Barnard of George Washington University stated that, “You just eat whatever you want and as much as you want, as long as its vegan, low fat and low sugar.” People who follow his program are very successful in controlling and reversing their diabetes, lowering their medications for both diabetes and related illnesses such as cardiovascular.

And they were completely cured within about a year on the program. Dr. Joel Fuhrman in New Jersey, USA has another highly successful program which he calls a nutritarian program. He emphasized that you want to focus on eating the most nutrient-dense food. Like in his program, the foods with the highest degree of micro-nutrients like vitamins, mineral and phytochemicals are leafy green vegetables, followed by fruits, legumes and nuts. His diet has an emphasis on vegetables as being the foundation for our diet, and a preference for beans rather than grains. Beans are very good for balancing blood sugar. In his books, “Eat to Live” and “Eat for Health,” he mentioned that people who follow his program get over diabetes very easily, within about three months even. Another doctor, Dr. Gabriel Cousens, has a raw food diet program that is 100% raw; and 20% non-raw, a little bit later. He also focuses on the importance of removing toxins from the body, like stop smoking, stop caffeine. Dr. Cousens experienced that people who are following his program are medically cured from diabetes within 21 days only. *

Healthy Vegan Pregnancy

H: Are there any benefits to eating a vegan diet during pregnancy?

M: Of course, if we are vegan, the mother and the child will have a healthy life and have a good delivery, easy. No morning sickness even, that's what they told us. I asked my people to do research on it and truly, no morning sickness. Most of the pregnant women, they have morning sickness, because they eat meat, fish and all that, and the baby cannot bear it, being too sensitive. So, when we have morning sickness, that means the body tries to get rid of the toxins, to protect the mother and the child as well. That's a natural way of telling us that what we have been eating is no good for the body and for the child, but many of us don't listen. From many of the research and references we have, the vegan diet also protects the mother from pre-eclampsia, which is pregnancy-caused hypertension and potentially fatal. And the more legumes and vegetables a mother eats, the less morning sickness she will experience.



Nutritious and Great Tasting

H: Many people state that they are reluctant to eat vegan, stating that they basically like the taste of meat and cheese too much. What would you say to them?

M: If we have to choose between life and taste, then we should choose life. If we are gravely ill from meat diet or if we are dead from it, then the taste will be ruined or gone. We are gone, anyway. Besides, veggie meats and vegan dairy are delicious, and available in all health food stores everywhere nowadays. Just try a new lifestyle. Why not? New recipes, new discovery. Happy, exciting new tastes, new life. Meet new vegetarian, vegan friends in the neighborhood or online. Yes, just try something new in life. We all have different tastes anyway, but we can try a different one. After a week or so, anyone will get used to the new taste. Many just drop the meat diet immediately and start out on the vegan diet and nobody had any problem with taste. Because nowadays, we have so much to choose from the vegetarian diet. But being vegan, we must take care to have a proper balanced diet. Eat responsibly. Make sure meals are including essential nutrients like fatty acids, iron, protein, etc.

Animals are Important to Our Wellbeing



H: In terms of animals, obviously, animals are very important in our lives, how important do you think they are to us?

M: Very important. We cannot even over-emphasize how important the animals are to our wellbeing, emotionally, psychologically, mentally. Imagine our world with no animals at all, just imagine it. And if anyone who has dogs, cats, birds or any other animal, turkeys, chickens, ducks, geese, if they have them as pets, they would understand more than I can express



how important the animals are to our wellbeing. And anyone who has cats and dogs, according to medical studies, they are healthier, they live longer. Even if they are ill, they get cured quickly. Even just by being with animals, stroking them, petting them, loving them, taking care of them makes you healthier, according to scientists and medical research. That is how important it is. The animals, they emit some kind of healing. Even the wild animals as well, they emit a healing energy to anyone around or to humans as well. They are more than important.

Create a Benevolent Atmosphere

H: Supreme Master Television is the pioneer of constructive and positive television, airing globally and translated in up to 40 different languages. Do you feel that you have been an inspiration to others as more and more positive channels are appearing all over the world? Does this show that the level of consciousness of the world is rising?

M: It's a sure sign that the consciousness of the world is rising. People present themselves by acting, thinking, talking or writing. People who are elevated and have a positive mind, they write positive things, they see things in the positive way, and act positively. People who are good at heart think good about others and vice versa, etc. Whatever's in our heart, we will think like that; then we express it in different ways, in television, theater and writing. So, if we have more positive channels and media as a whole, that is a sure sign that the collective consciousness of the world is more elevated and more wholesome. And by the way, everyone, I believe, can be an inspiration to the world, to contribute to a better life, a more elegant life, a more desirable life, a nobler life on this planet for all to enjoy. Because if we create a positive atmosphere, a benevolent atmosphere, we are also benefited, we live in it. So, we have to create benevolent atmosphere for us. And that, everyone should remember. 🌸

* Websites containing information about preventing and reversing cardiovascular and diabetes disease through a vegan diet:
www.heartattackproof.com www.webmd.com/diet/ornish-diet-what-it-is www.drfrhman.com
www.nealbarnard.org www.treeoflife.nu www.drgreger.org

* To view the complete Supreme Master Television coverage of this interview, please visit:
<http://video.Godsdirectcontact.net/magazine/WOW829.php>

To view the complete Supreme Master Television interview entitled -A Cure for Diabetes through Veganism: In-Depth with Drs. Neal Barnard & Gabriel Cousens, please visit:
<http://video.Godsdirectcontact.net/magazine/AW641s.php>





ORGANIC FARMING

FOR A COMPASSIONATE AND SUSTAINABLE FUTURE

By Australia News Group (Originally in English)

Organic farming is very good for the health of the people, for the health of the animals, as well as for the health of the planet. I would really like more support for organic farming. The government, I think, should support and encourage the public to buy and use organic products for health and planetary benefit. I hope in the future, more organic farming will spring out from everywhere, every corner of the planet.

– Supreme Master Ching Hai

As people across the globe turn more and more to eco-friendly lifestyles, organic foods and products are gaining in popularity for their benefits to our health and the planet. This wonderful trend holds great promise for a brighter future, as organic farming is not only more in harmony with the natural environment, but could be a major key to our survival as a sustainable and healthy planet. Why? It can help reduce global warming, and more!

The Benefits of Organic Farming

Organic farming is a holistic way of growing food with an emphasis on sustainability, environmental protection, and the conservation of our precious soil and water resources. No synthetic, petroleum-based fertilizers or pesticides are used, no crops are genetically modified, and the use of biological and non-synthetic pesticides is highly regulated, thus protecting our land, water, air, food and wildlife from the harmful agents so commonly used in conventional farming. Through a variety of techniques such as crop rotation, green manures, and biological pest control, organic farmers are able to build healthy soil and produce healthy plants better able to resist disease and insect predation. These plants, grown in nutrient-rich soil, contain higher levels of minerals and micronutrients, including important vitamins and antioxidants. Thus, in addition to being free of harmful toxins, they are far better foods for our vitality and health. It is no wonder, then, that more and more doctors are recommending





organic, plant-based diets for our improved health and recovery from chronic disease.

Organic farming also offers the following benefits: Protects millions of farmers and agricultural workers worldwide from pesticide poisoning and related fatalities; reduces individuals' risk of pesticide-related cancer, decreased fertility and adverse effects on the nervous system; safeguards the health of our more vulnerable children and unborn babies; enhances biodiversity; preserves the important topsoil necessary for plant cultivation from rapid depletion caused by conventional farming; minimizes dead zones that form in our oceans due to synthetic fertilizers; protects bee colonies from collapse, in turn securing our food supplies; and much more...

Combating Global Warming and Creating a Healthy, Sustainable Future

Organic farming offers us tremendous hope with its capacity to help tackle some of the most critical environmental issues of the day: global warming, environmental degradation, and increased food and water shortages worldwide. Compared to conventional farming, it uses significantly less fossil energy and water to produce the same crop yields. Furthermore, it may help to mitigate and even reverse the effects of climate change. In one of the longest studies ever conducted on organic farming, the US-based Rodale Institute found that organic soil management not only minimizes fossil fuel use, but also removes carbon dioxide from the air and stores it as carbon in the soil. Scientists at Rodale estimate that if organic practices were implemented on the planet's 3.5 billion tillable acres, nearly 40 percent of current CO₂ emissions could be absorbed. With CO₂ taking 100 years to leave the atmosphere, the latest research suggesting our planet is in imminent danger due to global warming fast approaching a point of no return, and our precious carbon sinks such as the oceans and forests being rapidly destroyed, the tremendous implications of this for saving our planet cannot be emphasized enough. Indeed, Dr. Timothy J. LaSalle, CEO of The Rodale Institute, states that agriculture "...*could be one of the most powerful strategies in the fight against global warming.*"

In addition, numerous studies have shown organic farms can better withstand severe weather conditions and flooding, with yields far higher than conventional farms during times of both drought and flood. A study of over 1,800 organic and sustainable farms in Central America hit by Hurricane Mitch in 1998 found that these farms suffered significantly less damage and less topsoil loss than their neighboring conventional farms. A recent study by the United Nations contends that organic agriculture in Africa "offers not only improved food security, but also an array of other economic, environmental, health and social benefits," with findings that "yields had more than doubled where organic, or near-organic practices had been used" in an assessment of 114 projects spanning 24 African countries.

A Safe and Compassionate World for All

Respect for all life is one of the wonderful principles of organic farming. As we protect the lives around us, we ourselves are safeguarded. In turn, protecting the lives and wellbeing of animals through the adoption of a plant-based, animal-free diet is the single most powerful step we can take to protect our precious planet from peril, producing 87% less greenhouse emissions than a meat-based diet. An organic,

plant-based diet takes this one step further, producing 94% less greenhouse emissions! Thus, the tools for our survival are at hand. Knowing the tremendous positive impact we can make with every meal we eat and every product we use, we are more empowered than ever to bring about a brighter future for all. Buying organic as much as our budget allows will increase more support for organic farming, and as demand increases and governments switch to subsidizing sustainable plant-based farming instead of the livestock industry, prices of organic food will fall, making it affordable for all to enjoy. In fact, some foods, such as bean and alfalfa sprouts, are inexpensive, and can be easily grown at home. Whether we are traditional farmers out in the fields, at-home gardeners, or regular consumers, one thing is clear: using chemical-free and animal-free foods and products will create a safe, healthy and compassionate world for all. 🌸



For further information:

http://www.suprememastertv.com/bbs/board.php?bo_table=sos&sca=sos_4

http://redwood.sierraclub.org/articles/December_04/FoodClimateCrisis.html

<http://www.strauscom.com/rodale-release/>

<http://www.independent.co.uk/news/world/africa/organic-farming-could-feed-africa-968641.html>

Master Tells Jokes 

Speeding Uphill

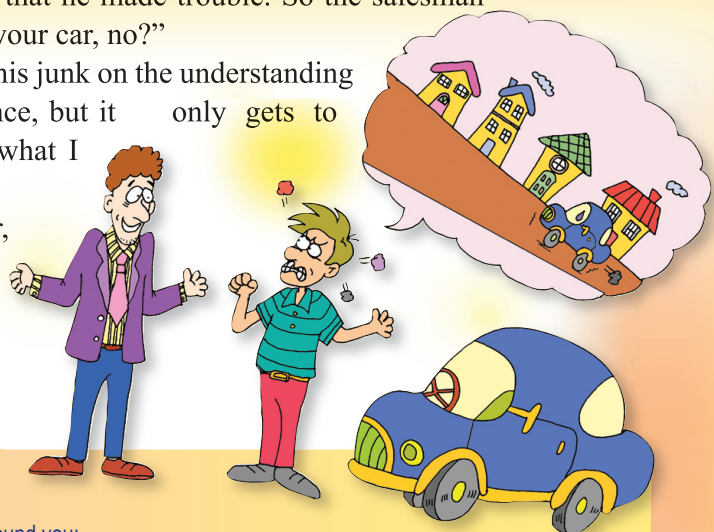
Spoken by Supreme Master Ching Hai, Aug. 23, 2007, Paris 4-day International Retreat, France
(Originally in English) DVD #795

A man drove his car right up to the front door of a car sales company, and asked that whoever had sold this car to him should come out. And when that salesman came out, the driver screamed at him, saying he cheated him and that he made trouble. So the salesman said, "What's wrong? Everything is OK with your car, no?"

"No! Not everything is OK! I bought this junk on the understanding that it was going to give me good performance, but it only gets to 110 uphill! 110 uphill is terrible; that's not what I wanted!"

So the salesman said, "Excuse me, sir, but I must tell you that 110 uphill is very impressive for a car of this kind."

"Impressive! You call that impressive? I live at 136!" 🌸



Please visit the following websites to enjoy the original sound tracks of these jokes, and to also share the joy of Master's humor with those around you:
<http://video.Godsdirectcontact.net/magazine/jk202-1.php>



Faster, Stronger, Sooner

By Surrey News Group (Originally in English)

In January, Golden Year 6 (2009) our Association members had the honor of interviewing Dr. Keith Allott, Head of Climate Change for the World Wildlife Fund, now more commonly known as WWF in the United Kingdom (UK). Since the Intergovernmental Panel on Climate Change (IPCC) report in 2007, this conservation organization has been working tirelessly to bring awareness of the rapid acceleration of global warming. In speaking of the life-giving tropical rainforests, Dr. Allott said, “By using up huge volumes of land to produce meat, we are accelerating the rate of deforestation and fueling climate change.” WWF campaigns for 2009 include Earth Hour on March 28 and One Planet Food, designed to inform people of food choices. Members are also working with major food companies and retailers, helping them to shift to a more sustainable path.



It is for the WWF report “Faster, Stronger, Sooner,” and the organization’s continuing work to better the world that Supreme Master Ching Hai offered a letter of thanks and a contribution of US\$50,000 (£32,984), which were delivered by our Association members along with some of Master’s publications and a homemade vegan cake. After the interview, many in the offices of the WWF-UK headquarters enjoyed the vegan cake and expressed their sincere thanks to our beloved Master. 🌸

The following is the thank-you letter sent by Dr. Keith Allott to Master on January 19.

Dear Supreme Master Ching Hai

I am writing to thank you for your very generous contribution to WWF’s work on climate change.

As you know, climate change is perhaps the single greatest threat facing the planet this century. We are already seeing the impacts occurring faster than scientists predicted – with the rapid melting of the Arctic being just one prominent example. At the same time, the scale and urgency of the challenge, and the global nature of the threat and the solution, can appear daunting.

However, I believe that WWF’s role as a global organization gives us a unique opportunity, and obligation, to act on this issue. Indeed, I regard it as a great privilege that I am able to work closely with colleagues around the world, in vulnerable poor countries as well as rich, polluting nations, to help deliver solutions.





This year, the WWF international network is focusing its efforts on the need to secure a strong new Global Deal at the UN climate negotiations in Copenhagen. We are working in all the key economies to alert leaders to the threats to the natural world, to the opportunities to develop clean energy solutions and stop deforestation, and to ensure that any new agreement has fairness at its heart and so respects the right of the world's poorest nations to develop. We will also be seeking to raise a massive public voice on this issue through Earth Hour on 28 March – we would be delighted to send you more details of this initiative if it would be of interest.

Here in WWF-UK we are working hard to support this global effort, and to ensure that the UK Government plays as progressive a role as possible on the international stage, and also through its domestic policies. Last November, we helped to secure a significant victory with the Climate Change Act, the first legislation of this kind in the world. We are now focusing our efforts on preventing the threat of new unabated coal power stations, and promoting a revolution in energy efficiency and renewable energy.

We are also working to help vulnerable communities and ecosystems to adapt to the levels of climate change that are already inevitable. We are currently developing a series of projects, and building capacity, in countries such as Nepal, Brazil and the Coral Triangle around the South Pacific islands.

The road in front of us is challenging, but WWF is determined to ensure as good an outcome as possible for people and nature. Your contribution will help us greatly in that task.

Best regards

Keith Allott

Head of Climate Change, WWF-UK

Sharing the Sympathy

Master Tells Joke

Spoken by Supreme Master Ching Hai, Aug. 23, 2007, Paris 4-day International Retreat, France (Originally in English) DVD #795

A man put some flowers on his mother's grave, and began to go back to his car. Suddenly he saw another man kneeling at a grave, who then kept repeating to himself, "Why did you have to die? Why did you have to die?"

So the man felt sympathy for him also, and he came nearby and said, "Oh, I know what you're feeling. But who is it that you're mourning for, so desperately?"

And the other man said, "It's my wife's first husband!"





Celestial Art on Earth

Hsihu Center Celebrates 20th Anniversary and New Book Premiere

By Formosa News Group (Originally in Chinese)

On December 12 and 13, Golden Year 5 (2008), Hsihu Center celebrated the 20th anniversary of its founding and the premiere of Master's new book—*Celestial Art*. More than a hundred distinguished guests from Formosa's academic and cultural circles, the women's movement and environmental groups, as well as members of the media participated in this "Moonlight Feast of Celestial Art in Hsihu" event.

On the first day, our Association members cordially escorted the VIPs on a guided tour of Hsihu Center, which was personally developed and built by Master. While awed by such peerless artwork crafted out of materials from the natural surroundings, the guests were amazed to hear about the miraculous construction of the Nectar River, in three days, and the Zigzag Bridge, in five days, by Master and disciples. Further impressing the guests were the Rainbow Garden—a paradise of joy that Master has lovingly created for the children, and the half-concealed caves for secluded spiritual cultivation ingeniously built in harmony with the hilly terrain to preserve the environment. They unanimously praised Hsihu Center as "the Home of Artists." Master calligrapher Xu Yong-jin (photo 1) spoke of the fragrance coming from every tree in the Center and the respect each person receives when coming to the Center, which is a manifestation of the peace that is most essential among humans. Watercolor painter Sun Shao-ying (photo 2), having looked at every page of *Celestial Art*, said that the diverse display of art creations in the book could only be achieved by someone who respects Heaven, loves the whole





Creation, and has a pure and innocent heart. Under a beautiful starlit sky, everyone blissfully enjoyed a sumptuous vegan dinner.

The following morning, the guests joined our Association members for the *Celestial Art* book premiere featuring a videoconference with Supreme Master Ching Hai. From a professional standpoint, Associate Professor Huang Zhi-yang (photo 3) of Hua Fan University's Department of Fine Arts said that people should use their heart to appreciate Master's artworks, which have expanded artists' vision and redefined art. He felt that the era of awakening art has come and strongly recommended that everyone get a personal copy for reading and enjoyment. A former editor of the Taipei Fine Arts Museum, Madam Zheng Fang-he (photo 4) said with emotion that Supreme Master Ching Hai conveys the spiritual Truth through colors and images, revealing Her creative talent through Her childlike heart that is free of attachment to any rules or laws. As a result, Her artwork is a demonstration of "absolute freedom." She thought that Master Herself is a masterpiece of natural beauty that cannot be categorized or confined in either an unrefined or magnificent form; She is spiritual splendor.

At the videoconference, Supreme Master Ching Hai welcomed the guests and thanked them for joining this celebration held in Her "home." She said that everyone can create artwork; even women applying make-up daily is a form of creativity. Master pointed out that art is a common language that transcends national boundaries and language barriers. While worldly language cannot express our love for art, regardless of what language we speak, it is always possible for us to communicate through art, disseminate the ideal of environmental protection and beautify the world through art. With a great sense of humor, Master said that if She were a piece of artwork, then perhaps She could also be sold to earn money. If that could save the planet from the climate change crisis, She would be happy to do that. Eighteen islands in the world have already been submerged



under water and 40 more are gradually sinking. The fastest and most effective solution to solve the global warming and food shortage crisis is the vegetarian diet. Thankful that so many spiritual groups and government bodies in Formosa are advocating the vegetarian diet, Master expressed Her hope that it would become the first entirely vegetarian and green country in the world. 🌸

To watch Supreme Master Television's coverage of this videoconference, please visit:

<http://video.Godsdirectcontact.net/magazine/WOW836s.php>



Master's Transcendental Body Appears to Satisfy the Yearning of Fellow Initiates

By fellow initiates in China (Originally in Chinese)

On January 2, Golden Year 6 (2009), my wife received a telephone call from her mother: “Come over quickly! Master is here!” Over the phone, my wife could hear Master’s voice saying, “How are you folks? You must think positive!” Even more convinced that Master had really come, she immediately hired a car and rushed to her aunt’s house. When she arrived, her aunt told her that Master had visited them when they were having a retreat. Master had suddenly appeared, greeted each one individually, and then reminded them, “You ought to be diligent in spiritual practice!” Master then taught them how to dance. After staying for about 40 minutes for the happy gathering, Master left, but not before pointing to Her wisdom eye and saying, “You have to meditate more. I know you love me. I will come again.”

That evening, our whole family were still elated from that divine encounter with Master. Gazing at Her photo, we expressed gratitude to God. At that moment, another miracle occurred! From the only photo of Master in our house came many different manifested images of Her, accompanied by numerous flowers in glittering gold and dazzling white light, and in each flower was a picture of Master. Our whole family were overjoyed!

We are most grateful to You, Master, for satisfying our yearning, for appearing to us with Your transcendental body when we longed so much to be with You. 🌸



Celestial Art

Glorifying Earth with Heavenly Beauty

By Los Angeles News Group, USA (Originally in English)

A book premiere, the first of its kind in North America, was launched on Friday, December 12, Golden Year 5 (2008), to celebrate the release of Supreme Master Ching Hai's latest publication, *Celestial Art*, a compilation commemorating the 20th anniversary of Formosa's (Taiwan) Hsihu Center. Supreme Master Ching Hai graciously accepted the invitation to the Fountain Valley, California's event and appeared as the special guest of honor via videoconference. Prior to its opening, guests were invited to tour and enjoy an art exhibit that featured all of Supreme Master Ching Hai's artistic creations.

With the theme "Celestial Art: Glorifying Earth with Heavenly Beauty," the book premiere showcased the magnificence of art and divine truth from the celestial realm. During the event, *Celestial Art* was introduced as "a stylish selection of excerpts from Master Ching Hai's profound teachings, oil paintings, Celestial Clothing and Jewelry, Longevity Lamps, songs, poetic verse, painted stones and fans. Each of these creations speaks of the elegance and excellence of the extraordinary artist, Supreme Master Ching Hai."

Nearly 1,000 guests from throughout the United States, Canada, Korea and Formosa (Taiwan)





attended the much-anticipated videoconference book premiere to share in the festivities. Among the dignitaries present to congratulate Supreme Master Ching Hai were Fountain Valley Mayor Guy Carrozzo (photo 1); Garden Grove Mayor Bill Dalton (photo 2); California State Assemblyman Jose Solorio (photo 3); singer and songwriter Clint M. Brown; Garden Grove City Council Member Dina Nguyễn (photo 4); author Esther Hart; Nguyễn Đức Quang, songwriter and publisher of Chí Linh newspaper; publisher of Văn Hóa journal and owner of Zen vegetarian restaurant, Lý Kiến Trúc, Goddess of Song, Janalee Jahrig; founder and host of Go Vegan radio, Bob Linden (photo 5); the multi-talented Mimi Quick; and holistic educator Lou Corona (photo 6). Dr. Walter Dorn, professor and United Nations Representative of Science for Peace, sent his congratulations via video.

Honored by the presence of Fountain Valley Mayor Guy Carrozzo and Garden Grove Mayor Bill Dalton, who made time to attend despite their busy schedules, and touched by the hospitality of their country, Master said, "...only in America we have the government that is very respectful of anyone who is 'worth his salt,' who is good and who is not bad for the society... Only in America people would honor each other this way. I have to say; I have been in many countries; only in America that I have been honored so much. I am so grateful and I'm very, very touched. Truly, may God bless America."

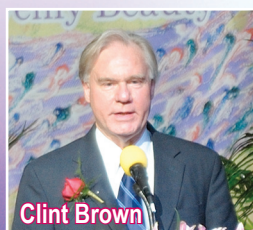
One of the guest speakers at the event, California Assemblyman Jose Solorio, a long time vegetarian and representative of the cities of Anaheim, Garden Grove and Santa Ana, conveyed his thoughts about *Celestial Art* as "a most beautiful book that's going to inspire the world for many decades to come." Speaking more specifically of Master's art, he said:

"She makes beautiful art; She stirs our souls, She stirs the world in the positive way. When you see Her art, you think of love, of peace, tranquility, our humanity, affinity and spiritual enlightenment. She inspires us to care for one another; She inspires us to love all living beings on this Earth. And we are all inspired in our own and unique way."

The multi-talented Mimi Quick – teacher, vocalist, artist, dancer and writer – also shared the heartfelt feelings that welled up within her when she read the book:

"It is an empowering book to stretch and awaken you to that which resides within you. Also, it is a reminder of how to go there, and to me that is by meditation... The feelings I felt as I read the book and looked at the paintings, jewelry and clothes, and I had time to have that close up and see all those wonderful creations, at least some of them. And they're just beautiful, beautiful creations. I felt bliss and I just felt such deep energy."

Singer-songwriter Clint Brown was so touched by Supreme Master Ching Hai's artistic talents and the magical atmosphere of the book launch that he spontaneously expressed his feelings by singing the song "The Healing Power of Music." Master praised his musical expression, saying: "Oh, very beautiful. Beautiful verses."





Esther Hart



Lý Kiến Trúc

Despite the distance, author of the book *Journey to Personal Freedom*, Esther Hart flew from Canada to Fountain Valley to be a part of the special event and to meet the author of the book *Celestial Art*. During her speech, she movingly shared how Supreme Master Ching Hai's book changed her life by awakening her inner childlike nature. When Ms. Hart shared how much she liked Supreme Master Ching Hai's Celestial Clothes, Master very lovingly promised to send her one of Her new creations. The entire venue resounded with applause.

Lý Kiến Trúc, publisher of *Văn Hóa* journal and owner of a Zen vegetarian restaurant, also revealed to the audience his thoughts when he read the book, "I see a display of art which is of the highest level. The most beautiful aspect is that it connects the love of the people, of different nationalities, who have gathered here today."

The question and answer session of the event entertained many questions about art and spirituality and artistic inspiration from Heaven, with quite a few centered on the issue of protecting the environment, and artistic creativity. Supreme Master Ching Hai graciously and lovingly responded through Her expertise as an artist, composer and environmentalist. She specifically reminded the audience to "Go Veg, Be Green, Save the Planet."

Enjoyable international entertainment by our Association members and guest artists brought the spectacular event to a close. The countries of South Korea, Togo and Ghana sent in their congratulatory wishes and dance performances via video. Janalee Jahrig, the Goddess of Song who flew in from Canada, performed a selection from her first album of original compositions titled, "Beginning with Me." Popular Aulacese singer Ý Lan sang the song "Hãy Nói" (Tell Me), based on a poem by Supreme Master Ching Hai with musical composition by Thu

Hong Huynh. Inspired by Supreme Master Ching Hai's

artistic creations, famous Aulacese singer Thanh Lan also stirred the hearts of the audience with two of her songs. Our Association members from Canada, San Jose, San Francisco and Los Angeles celebrated the book premiere with a colorful array of dances. All guests were then treated to a magnificent and delicious vegan banquet.

We are truly grateful, Master, for Your immeasurable compassion toward all sentient beings. You have worked tirelessly to bring so much love, beauty and joy to this precious planet.

Celestial Art is yet another example of the priceless gifts that You have bestowed on humankind. We humbly thank You for Your loving guidance and we wish You good health always. 🌸



Janalee Jahrig



Ý Lan



Thanh Lan

To watch Supreme Master Television's coverage of this *Celestial Art* videoconference premiere, please visit:
<http://video.Godsdirectcontact.net/magazine/WOW850s.php>

Văn Hóa Magazine Features Celestial Artist - Supreme Master Ching Hai

(Originally in Aulacese)

Much impressed with his first meeting of Supreme Master Ching Hai, Mr. Lý Kiến Trúc, publisher of Văn Hóa magazine, printed a feature article in the special Lunar New Year edition: "From Traces of Previous Lives to Celestial Art by Supreme Master Ching Hai." Master's New Year wish for Mr. Lý Kiến Trúc and the magazine appeared on the front cover of the special edition:



*Thank you Journalist and wish you
and your family all the best*

*"I wish Văn Hóa magazine and its readers a year of green living and
prosperity in Heaven's grace, with abundant love to be shared with
everyone, all animals, and all sentient beings."*

CH ♥ ♥

Mr. Lý Kiến Trúc is also the editor-in-chief of the US-based *Văn Hóa* magazine. He has written hundreds of articles ranging from essays to interviews, accompanied by outstanding photographs taken by the journalist himself. Over the years, Mr. Lý Kiến Trúc has been the recipient of many awards and accolades from officials in recognition of his public service and cultural contributions. On December 12, 2008, he attended the premiere of Supreme Master Ching Hai's latest publication, *Celestial Art: Glorifying Earth with Heavenly Beauty*, as one of the guest speakers.

He also authored the 5-page feature in which he paid tribute to Supreme Master Ching Hai's artistic talent and contributions to humanity:

...All the musical galas... hosted by the Supreme Master Ching Hai International Association, from the west to the east coast of the United States, in performing arts theatres with seating capacities of five to ten thousand people. Dozens of Vietnamese and international artists from around the world participated in the galas with a variety of their performances in literature and art. These performances, combined with Supreme Master Ching Hai's humanitarian and gracious spirit, reverberated like a giant philharmonic symphony orchestra...

In the article, Mr. Lý Kiến Trúc introduced to his readers Supreme Master Ching Hai's biography, Her teachings, and Her artistic creations that included Traces of Previous Lives and Her latest book, *Celestial Art*. He



wrote that Her “inner power immediately enlightens those who dedicate their life to virtuous purity, vegetarianism and meditation. People and her disciples began to honor Her as Supreme Master Ching Hai.” In reference to *Traces of Previous Lives*, he shared with the readers that:

‘Traces of Previous Lives’ is the embodiment of a compassionate soul that quivers upon seeing people suffering, upon feeling the delight of the misty heaven and Earth, and is astounded by the world’s struggle in mishaps and danger overwhelmed by the owed and the repaid in love and in the time of conflict.

The poetic breath from Supreme Master Ching Hai’s verses is a lotus emitting its fragrance of worldly life, which evidently is the gift of universal life repaying the karmic debt from all the paths of love arranged by the divine Mother of the Most High.

Regarding the book *Celestial Art*, Mr. Lý Kiến Trúc praised:

The artwork embodies the creativity of Supreme Master Ching Hai within the quite profound literature and art boundary. With the combination of its magnificent designs offered by initiates, the book has created a deep and wonderful impression in the hearts and eyes of people.

As we turn each page of the book, we will immediately feel the overwhelming love like the pure ocean, the tender selflessness as high as a mountain, the innocence of the so serene, and the inner feeling of dedication that fills the devoted little body in its quest for people’s happiness....


Celestial Art is a meticulous work of art that embodies the wonderful qualities of us all, love, joy, peace, beauty, nobility, clear vision and noble faith. Her boundless creation in this field of art and Her true nature have really made a profound impression.

Mr. Lý Kiến Trúc has only glowing words for the book’s author: “So humble, so simple and spontaneous, like that of Her compassionate love and Her unconditional dedication. Supreme Master Ching Hai – a manifestation of Truth, Beauty and Virtue.”

When Supreme Master Ching Hai saw Văn Hóa magazine’s cover story, She wished to convey this message to Mr. Lý Kiến Trúc:

“All the best wishes to him and family. Please thank him for the honoring article and for his loving affection that spans many years and thousands of miles.”

CH ♥ ♥

We join in thanking Mr. Lý Kiến Trúc and Văn Hóa magazine for this beautiful tribute to Supreme Master Ching Hai. 

Irish Independent Newspaper Interviews Supreme Master Ching Hai

(Originally in English)

The Irish Independent is the most widely read daily newspaper in Ireland, and is available in all shops, newspaper stands and airports throughout Ireland and the United Kingdom. After receiving enthusiastic responses from readers for the previous interviews with Supreme Master Ching Hai (please refer to News #197 and #199 for detailed reports), on November 21, Golden Year 5 (2008), journalist Andrea Bonnie invited Master for a third interview, with the resulting article published in the Earth magazine segment of the Irish Independent on December 17.

The interview took place via videoconference and covered a broad range of topics, from organic farming to vegan health studies to the spiritual significance of animals. It also delved into issues related to implementing the vegetarian solution to global warming. The following is the article from the December 17 issue of the Irish Independent newspaper.

ADVERTISING FEATURE

The earth

Veg Out This Christmas

Since 2006, Supreme Master Television has broadcast a message of peace, hope and enlightenment to millions of viewers worldwide. We speak to the woman behind it all, spiritual leader and humanitarian Supreme Master Ching Hai, about how veganism can benefit our world.

Supreme Master Ching Hai, what in your opinion is the most effective way to reduce greenhouse gas emissions?
One of the most effective ways to reduce greenhouse gas emissions is to go vegan - that is, adopt a vegetarian diet without any animal products. Avoiding all animal products means that we live a more compassionate lifestyle that is easy, simple, economical and ecologically sound. Anyone from children to the elderly can do it and it's 100 percent healthy.

How does a vegan diet affect people with diabetes?
There is much research proving the effectiveness of a vegan diet in reversing, controlling and even curing diabetes. In the US, there are at least three doctors who have developed plant-based approaches suiting different needs and dietary preferences.

Are there any benefits to eating a vegan diet during pregnancy?
According to much of the research we have, a vegan diet protects the mother from pre-eclampsia, which is a pregnancy-related hypertension and potentially fatal. A vegan diet also lowers or eliminates morning sickness. Many vegan women have reported little or no morning sickness at all. Studies have found that meat is a trigger for greater morning sickness. The more vegetables a mother eats, the less morning sickness she will experience.

Many people are reluctant to eat vegan, saying that they like the taste of meat and cheese too much. What would you say to them?
If we have to choose between life and taste, then we should choose life. Besides, vegan meals and vegan diets are delicious and available in health food stores everywhere. Consider, just try a new recipe. Why not? Meet vegetarian and vegan friends in your neighborhood or elsewhere. After a week or so, you can get used to the new taste. Nowadays, there is so much variety within a vegetarian diet.

Some people say that they've tried eating a vegetarian or vegan diet for a while but that they just had to eat meat again, saying that they felt better. Do you think there are some people for whom eating meat is necessary?
Meat is not necessary for anyone. However, vegans must take care to have a proper balanced diet. Make sure that meals include essential nutrients like fatty acids, iron and protein. Then there shouldn't be a problem. We have to include in our diet what is necessary for our personal needs. There is plenty of nutritional value and protein available in a plant-based diet.

What would you recommend people eat for a vegan or a vegetarian Christmas?
A wholesome and delicious vegan ham, vegan turkey or vegan chicken. There is a whole range of tasty, nutritious vegan proteins. Go to health food stores, go online and search for what you'd like to prepare for a vegan feast. A compassionate heart for all beings and the planet is all we need, then we will know what to cook.

Is there anything we can do to help the environment, particularly at this time of year?
We can do many things to save the planet and save lives on Earth. Encourage your friends and family to go green and become vegetarians. Instead of using several light bulbs, use LED Christmas lights to save energy. Use artificial Christmas trees to save the forests. Take care of the needy people around you, the people who need love, who need some financial help, or even just a hot meal, like the homeless.

For more on Supreme Master go to www.suprememasterinterview.com



The more vegetables a mother eats, the less morning sickness she will experience, according to Supreme Master

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For more on Supreme Master, go to www.SupremeMasterTV.com.



"The more vegetables a mother eats, the less morning sickness she will experience," according to Supreme Master Ching Hai

To view the complete Supreme Master Television coverage of this interview, please visit:
<http://video.Godsdirectcontact.net/magazine/WOW829.php>

Master has always been extremely concerned about disasters that occur worldwide. Whenever receiving news about disasters anywhere, She immediately renders relief by providing financial assistance as well as dispatching rescue teams to help in the affected areas. Through such relief efforts, we are also conveying Master's love to the disaster victims. It is evident that Master's unconditional love, silent blessing and help have reduced worldwide disasters and their effects to a minimum.

In recognition of the selfless actions of all governments, organizations and relief workers from every corner of the world, Master would like to convey this message of gratitude:

"Thank you, all the international help that brings care and necessities to afflicted victims. Thank you all the relief workers for taking time and forsaking your own comfort, even traveling great distance on unfavorable roads and conditions to bring love and assistance to people in a time of need. May Heaven bless you abundantly for your generosity and noble sacrifice."



A Visit to the Make It Right Foundation

By Houston News Group (Originally in English)



Shocked by the devastating aftermath of Hurricane Katrina and inspired by the hopeful determination of New Orleans citizens, Hollywood movie star Brad Pitt started the Make It Right Foundation in 2005. Its mission is to "be a catalyst for redevelopment of the Lower 9th Ward, by building a neighborhood comprised of safe and healthy homes that are inspired by Cradle to Cradle thinking, with an emphasis on a high quality of design, while preserving the spirit of the community's culture. The goal is to accomplish this quickly, so that the first residents can begin returning to their homes as soon as possible." So far, 150 homes have been built, with payments that are income-based and supplemented by subsidies from the foundation. It is also hoped that the homes will serve as a green model for rebuilding in New Orleans as they are equipped with such eco-friendly features as solar panels and energy-efficient appliances.

To help the Make it Right Foundation with further construction of homes in New Orleans, Supreme Master Ching Hai contributed a gift of US\$50,000, which was presented by our Association members on December 20, Golden Year 5 (2008) to Executive Director Tom Darden, along with



Master's publications, SOS flyers and chocolates. Mr. Darden was impressed by Master's generous gift and gave many thanks to Her. He was delighted to see the vegetarian cook book, as many of the organization's staff are vegan! He had also heard of Master's best-selling books. He chatted with our Association members on the current state of global warming and how all people around the world could help save the planet by being veg and going green.



Our gratitude and Heaven's blessings, Brad Pitt and Make It Right Foundation, for this noble initiative. May your star continue to shine ever bright in bringing hope and new opportunities to many people's lives. 🌸

Thank you letter from Executive Director Tom Darden of Make It Right Foundation for the US\$50,000 contribution by Master

Defenders of Animal Rights

By San Francisco News Group (Originally in English)

About 30 years ago, when no one had heard the term "Animal Rights," a group of legal professionals came together by their shared passion for animals and started The Animal Legal Defense Fund (ALDF) that employs the legal system to promote the best interests of animals. ALDF members contribute in many ways such as calling in to report cases and writing letters to local prosecutors and legislators. Over time, they have built an organization that has now 110,000 supporting members, 20 people on staff, and many attorneys, who do free legal work to help take their cases. There are now 114 chapters of ALDF and 96 animal law classes being taught in American and Canadian law schools.

During a recent interview with Supreme Master TV, Joyce Tischler, one of the co-founders of ALDF and its first full-time dedicated employee, told our correspondent that as a policy, all people working in the building are vegan, because "We cannot work for animals and have the conflict of interest of eating them at the same time." She added, "I want to be able to look at my plate and feel good about the food that I eat, that there was no violence done in order for me to ingest that and to have a wonderful, healthful meal."



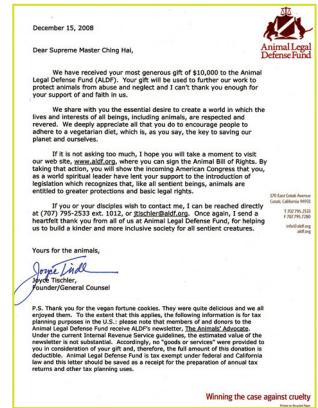
Upon hearing the story of ALDF, Supreme Master Ching Hai contributed US\$10,000 to help the cause of the organization. On December 10, Golden Year 5 (2008), our Association members visited Joyce at the ALDF headquarters in Cotati, California, to present Master's gift along with Her bestselling animal DVDs. They were given a tour of the offices and were introduced not only to the attorneys and staff members, but also to their dogs, who accompany them to work each day. Joyce and her staff were very touched by Master's generosity and voiced their admiration for

Her efforts to stop the abuse and killing of animals. It was a delightful visit for everyone, as they all felt the embrace of Master's boundless love.

Thank you, Ms. Joyce Tischler and all the caring members of the Animal Legal Defense Fund, for being a voice for the animals in the legal domain. 🌸

Thank-you letter from Joyce Tischler for the
US\$10,000 contribution by Master

To watch Supreme Master TV's interview with Ms. Joyce Tischler
on The Animal Legal Defense Fund, please visit:
<http://video.godsdirectcontact.net/magazine/AW743s.php>



Extending Master's Love to the Homeless in the Holiday Season

By San Jose News Group (Originally in English)

On December 21, Golden Year 5 (2008), fellow initiates from San Jose Center extended Master's love to about two hundred homeless and poor people in Christian Church near San Jose City Hall by providing them with brand-new sleeping bags, jackets, socks and a light meal of vegan sandwiches, cookies and beverages. They also prepared many gift bags, filled with stylish jackets and toys for children aged 5 to 15. SOS-Save the Planet and Alternative Living flyers were distributed along with the items to remind people to adopt recommended practices to save the planet and our co-inhabitants.

A middle aged couple told them that the sleeping bags and heavy jackets were exactly what they needed to get through the winter when the shelters were full and they had to spend the night on the street. An old Asian-American lady was moved to tears as she received food and drinks from us.



Several children were surprised and delighted to receive the new jacket and new toys. Fellow initiates sincerely thank Master for teaching them how to walk the way of love, and giving them this opportunity to extend Her infinite compassion to the less fortunate. 🌸



Blessed Are the Pure and Innocent

By Sydney News Group (Originally in English)

When our beloved Master heard that some parts of Fiji were seriously flooded due to recent heavy rains, She quickly allocated US\$15,000 to bring relief to the affected areas.

With Master's blessing and perfect arrangement, three initiates from Australia booked the earliest possible flight to Fiji on January 15, 2009. As soon as they arrived at Nadi Airport, they met a local person named Poni, who not only helped them to find a place to stay but also volunteered to be their guide. The owner of the house where the initiates stayed kindly rented them his spare shop for a very low price, which they used to store and prepare the relief items for distribution. Very quickly, they were able to rent a van to deliver the much-needed food supplies purchased from a large nearby wholesale company. God sent them many helpers, including three members of the Seventh Day Adventist Church group. The extra help allowed the relief team to divide into two small groups, with one Australian brother staying in the shop to continue the packing with the helpers, while the other two initiates were out distributing the food parcels.

Everywhere they went, Master always sent someone to direct them to those most in need of assistance. Despite muddy road conditions, the team was able to provide the first relief foods to Loutoka, where people were taking everything out of their houses to let it dry. In the town of Barotu, the local counselor guided them to the flood victims and at the end of the day said, "I'm so touched that I cannot find words to express my feelings. God bless Supreme Master Ching Hai for Her kind heart."

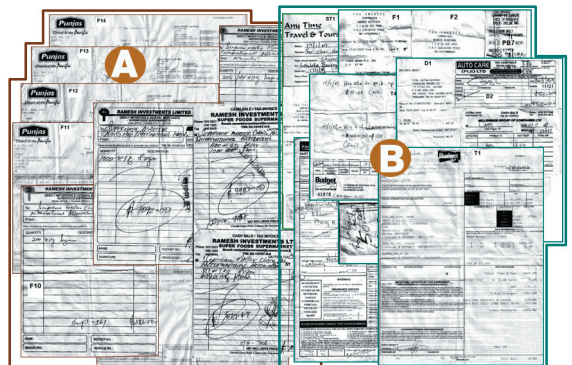
Many affected by the flood asked them to pass on their thanks to Master for Her noble deeds and sent their best wishes to Her. The relief team was deeply moved to see the Fiji people, who are so gentle and saintly in nature, keep their optimistic and cheerful spirit in spite of the hardship. They thank Master for all the blessings She bestowed upon them all during the entire relief effort. 🌸



Expenditures by Supreme Master Ching Hai for Flood Relief Work in Fiji

Description	Amount (FJD)	Receipt
Food (rice, oil, biscuits, sugar, flour and jam)	23,711.57	A
Transportation and miscellaneous expenses	2,752.09	B
Total	FJD26,463.66 (US\$14,660.49)	

* Throughout the relief operation, fellow initiates paid for their own transportation, food and accommodation expenses.





Papua New Guinea

God's Love for the Pure-Hearted

By Australia News Group (Originally in English)

The December 2008 Relief

In mid-December 2008, northern Papua New Guinea suffered abnormally high tides which caused major flooding, displacing tens of thousands of people and destroying houses and fields. With Supreme Master Ching Hai's loving contribution of US\$30,000, a relief team made up of Association members from Brisbane, Sydney, Melbourne and Perth soon flew to Port Moresby, the capital of Papua New Guinea. Three team members then went to one of the worst-affected areas - Lorengau, the capital of Manus Province, to carry out the relief work. The rest of the members stayed in Port Moresby to hand out SOS flyers, which were well received. Many people were grateful to know that our Association is sharing the SOS information worldwide, as they understand the urgency of climate change, having literally experienced its effects.

The relief team arrived in Lorengau on December 24, where they were met by two local people who immediately took them to purchase relief supplies. Mrs. Theresa Cox, a member of the PNG Association of Australia based in Melbourne, helped them to contact the local islanders to compile a list of emergency needs and arranged boat transportation. For the next four days, the team traveled to the islands of Pitiylu, Hawaii, Ndilou, Koronat, Wenai, Two, Robins and Ahus, distributing the relief goods, SOS flyers and Master's sample booklets. Upon receiving the much-needed food and information on climate change, the islanders were extremely grateful. Many requested to know more about Master. Two families were given financial aid to help rebuild their homes.

On the final day, the initiates were treated to a warm-hearted farewell party by the islanders on Pitiylu. These pure-hearted people live simple lives, have faith in God, and were very open to the message of saving the planet through a vegetarian diet. Many thanks to all of the Papua New Guineans who kindly assisted the relief team members to render the aid items in a timely manner.

The February 2009 Relief

Following the flooding of the Wahgi River and other areas in the Papua New Guinea highlands, Supreme Master Ching Hai



immediately sent US\$10,000 in aid. On February 28, a relief team from Australia went to Port Moresby and was picked up by the local PNG Power team. The head of PNG Power, Edmond Pereira, offered the full support of his organization, arranging accommodation, identifying the crisis areas, and setting up a meeting with the village head and councilors to ensure protocol was followed. Leo Savingu, the local area manager, also provided abundant assistance in the form of vehicles and extra manpower, free of charge.

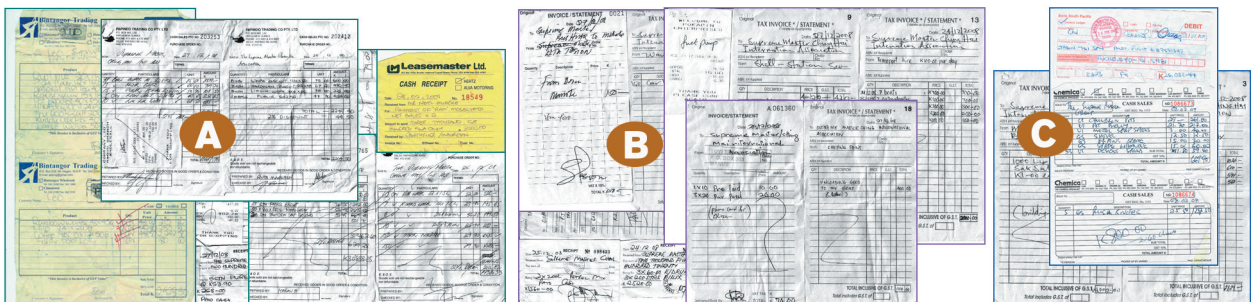
After assessing the damages in villages such as Kindeng and Bullum, the team listed the required items and returned quickly with all the supplies. The people were overjoyed and surprised to receive such timely help, especially in the worst-stricken village where about 4,000 people were left without food and comfort. With enthusiasm and gratitude, they accepted Master's photos, Press Kit and SOS Flyers for distribution throughout the villages. The headman made a speech thanking Master and all those who helped, and presented a bilum-a woven bag- to Master. An article appeared in the National PNG newspaper about Master's assistance, prompting the PNG National Disaster Organization to send a team directly to the area, offering government support of 5 million Kina for the whole region.

The relief team felt protected and blessed by Master in an area that is often unsafe due to tribal rivalry. The hotel where they stayed was owned and operated by a famous local matriarch, Maggie Wilson, who had been praying to God for spiritual guidance. Overjoyed to know about Master, she immediately wanted to learn the Convenient Method of meditation, and was very excited to be able to share with her family this noble lifestyle. 🌸

Expenditures by Supreme Master Ching Hai for the Flood Relief Work in Papua New Guinea

Description	Amount (PGK)	Receipt
Food (rice, flour, sugar, salt, biscuits, noodles, water), mosquito nets and bags	79,802	A
Transportation (fuel, boat rental, taxi, etc.)	8,295	B
Building materials	4,462	C
Total	PGK 92,559 (US\$ 40,094)	

* Throughout the relief operation, fellow initiates paid for their own transportation, food and accommodation expenses.



Australia

Blessed to be a Part of Master's Love

By Brisbane News Group (Originally in English)

Brisbane and other eastern parts of Australia were hit by the worst storm in a quarter of a century in November. Supreme Master Ching Hai immediately responded to help the people in need by sending US\$15,000 to the Brisbane Center for relief efforts. Thankfully, Australia had strong disaster control measures in place, and limited assistance and funding was required of the Center.



On November 22 and 24, 2008 a team of 25 Association members lovingly prepared and then delivered over 200 vegan meals to two relief centers in Brisbane, along with Master's booklets, SOS flyers and News magazines, which people read with gratitude. Later, our members were happy to learn that most people had found welcomed accommodation with family and friends.

The local Association members learned a lot from this experience and felt so blessed and happy to be a part of Master's touching love for others. 🌸

Morocco

Humanity Shone in Adversity

By France News Group (Originally in French)

After the heavy downpours in Northern Morocco in September 2008, the city of Driouch was severely damaged with certain areas submerged in over 10 meters of water. Meknes, Fès-Boulemane as well as some villages close to Taza were also seriously affected. The torrential rain swept away everything in its path including houses, animals and stocks of food.

The Mohammed V Foundation (Fondation Mohammed V pour la Solidarité), established by the King of Morocco, Mohammed VI, allocated five million Dirhams for emergency aid programs while the Red Crescent of Morocco (CRM) distributed a large amount of needed supplies. Even the army was mobilized to help with transportation and to re-establish the communication system.

Supreme Master Ching Hai contributed US\$20,000 to assist with the relief work carried out in November by our local initiates as well as initiates from France and Spain. They distributed



food, clothes, mattresses and blankets to about 500 families in Driouch. In their trip to Rabat, the capital city, many stray dogs were very happy to receive bread as well.

The help from Master was very much appreciated by the local people. A person asked for Her picture so that he could show it to everyone. He said that it was God who came to help them. May the people of Morocco quickly recover from this disaster and adopt the more compassionate and noble vegan diet. 🌸



Expenditures by Supreme Master Ching Hai and Her International Association for the Flood Relief Work in Morocco

Description	Amount (EUR)	Receipt
Food (flour, couscous, salt, sugar, tea, oil, sweets, clothing (boots, raincoats, socks), mattress and blankets	16,000	A
Miscellaneous expenses (printing flyers, transportation, accommodation, etc.)	3,000	B
Total	EUR19,000 (US\$23,750)	



Bringing Comfort and Smiles to People in Plight

By Paris News Group (Originally in French)

Torrential rains flooded the east-central parts of France in November 2008, with “Rive de Gier” being the most seriously damaged community. In certain areas, the water reached two meters in height, affecting the lives of about 500 families and forcing many to evacuate their homes. In these tragic circumstances, the city hall quickly put into place a support network, the local supermarkets provided sufficient amounts of food for all, and the hotels offered mattresses.

When Master heard of this disaster, She contributed US\$15,000 to assist with the relief work that was conducted by our Association members from Paris, Lyon and Southern France. Together,

they purchased then packed supplies including clothes, utensils, blanket, etc. into boxes and loaded them into a truck for distribution. For children, they prepared special gifts such as chocolates and teddy bears. In the morning of November 9, 2008, they arrived at Rive de Gier and were welcomed by the responsible aid officials, who directed them to the temporary shelters housing the relocated people. With the help of the local citizens, the relief packages as well as envelopes with cash were lovingly given to the needy people.

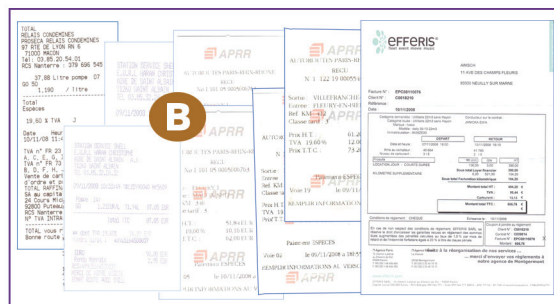
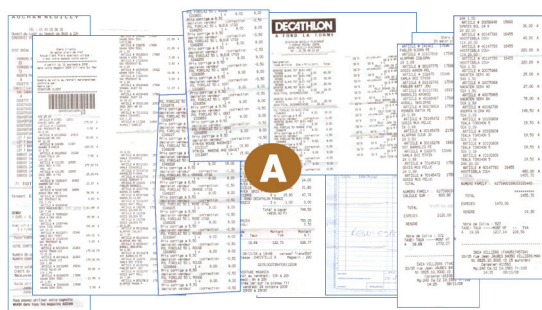


Everyone was very happy to receive the timely aid. Ms. Marchand, the Deputy Mayor of Rive de Gier, who coordinated the distribution, thanked Master for Her loving concern. May more people in France quickly awaken to the importance of keeping a compassionate vegan lifestyle to avoid future disasters. 🌸

Expenditures by Supreme Master Ching Hai for the Flood Relief Work in Rive de Giers – France

Description	Amount (EUR)	Receipt
Relief supplies (clothing, socks, gloves, hats, kitchen utensils, pots, blankets, towels and comforters)	7,277.46	A
Transportation (fuel, renting a truck, etc.)	1,156.39	B
Monetary contribution	3,310.30	
Total	EUR11,744.15 (USD\$15,000)	

* Throughout the relief operation, fellow initiates paid for their own transportation, food and accommodation expenses.



To view the Humanitarian Relief Activities by the Supreme Master Ching Hai and Her International Association, please visit
<http://www.GodsDirectContact.org.tw/humanitarian>
 (The list can be sorted by year, country/region and type of events.)



Christmas Gifts for Quake-Shaken Children

By Athens News Group (Originally in Greek)

After a 5.2-magnitude earthquake struck Amfiklia, Greece and damaged 20 homes in a local village on December 13, 2008, Master kindly contributed US\$5,000 to buy comforting Christmas gifts for the local children.

At a local official's recommendation, fellow initiates also gave 1,000 euros of the fund to two children who had just lost both of their parents in a car accident a few days before they arrived. These two children were of Albanian descent and are going to be raised by one of their uncles who will be responsible for seven children in total, including his own. The initiates were very happy to see that the local official was very attentive to the minority race. Being inspired by Master's initiative, they promised to open a sealed bank account for the children in which the official is going to try his best to constantly put in more money given by any willing benefactors. The goal is not just for the material needs of these seven children, but also for their education so that they will have a bright future.

The initiates thank Master for Her loving concern, and were overjoyed to see the happy response from the local people. 



God's Grace Touches the Yemeni Flood Victims

By Malaysia News Group (Originally in English)

Lying at the southern end of the Arabian Peninsula, much of the land in Yemen is desert with a hot and humid climate tempered by seasonal monsoon rains. As a result of the flood that occurred at the end of October 2008, there were many casualties, many washed-away houses, cars, crops and also destroyed roads and communication systems.

Once our merciful Master learned of the plight of the Yemenis, She contributed US\$15,000 and initiates from Malaysia set off on November 2 to bring relief and solace to the affected people. They quickly gathered the necessary information, found an interpreter as well as a driver with a car, and traveled long hours to reach Senyun, the worst-

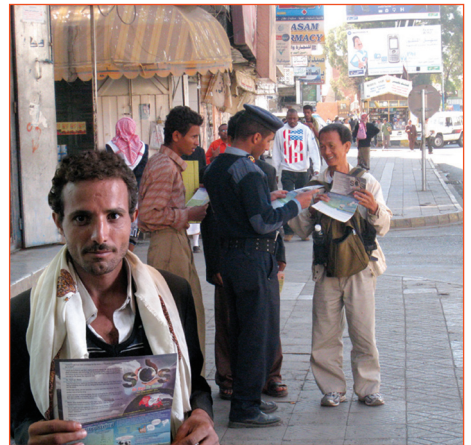


stricken area. After going from village to village around the outskirts of Senyun, and meeting the local people including the village heads to assess the situation, the team was glad to find out that the flood victims had already been given basic necessities in addition to tents as temporary shelters. Therefore, they decided to hand out cash to help the needy families in Mashtah, Al Goze, Al Jaheel, Dawea and the Sah districts. From the happy smiles, sparkling eyes and the approving nods of the pure-hearted villagers, it was evident that Master's immense blessings had comforted their souls.

Thanks to Master's meticulous arrangements, the whole operation went smoothly, and the initiates had the exact amount of money they needed to share with everyone. SOS flyers and sample booklets were also distributed to the families who could read them, restaurants, shops and even the French Embassy with the help of a kind Yemeni. All the village heads,



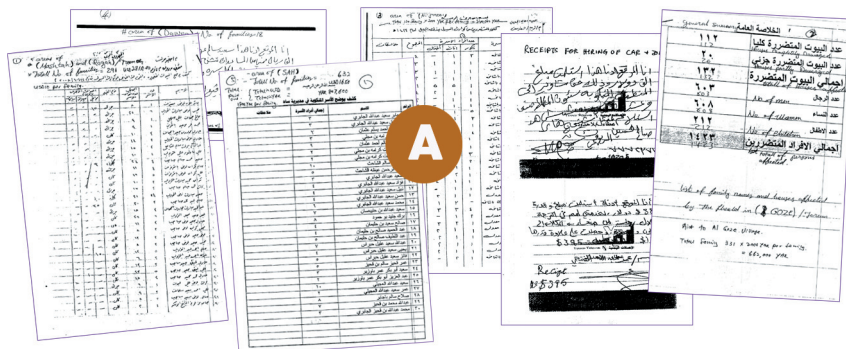
the victims, and the driver and interpreter for the initiates convey their heartfelt thanks to Master. 🌸



Expenditures by Supreme Master Ching Hai for the Flood Relief Work in Yemen

Description	Amount (USD)	Receipt
Cash contribution to the victims	13,560	A
Miscellaneous expense (car rental and interpreting fee)	1,440	
Total	US\$15,000	

* Throughout the relief operation, fellow initiates paid for their own transportation, food and accommodation expenses.





Divine Blessing in Flood Relief Mission

By Thailand News Group (Originally in Thai)

Heavy rains and floods had disrupted life in several provinces of Thailand in November 2008. When the local initiates received the word that our compassionate Master had sent a relief fund of US\$20,000, they immediately left their own flood-damaged homes and set out on a 2,000-km journey to provide aid to the victims in the affected areas, bringing with them global warming flyers and emergency food supplies.

Thanks to Master's divine care, the initiates overcame difficulties on the way and arrived in time to distribute the relief items in Songkhla, Nakhon Si Thammarat, Yala and Narathiwat the following day. The municipal council in Yala arranged for the local council and the army to help the initiates with the relief work.

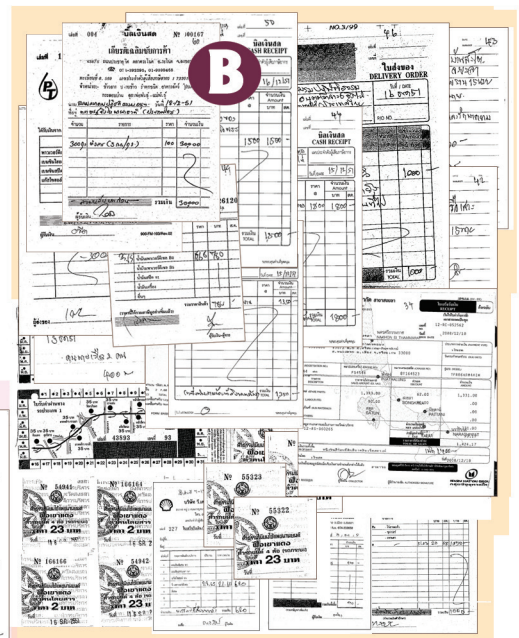
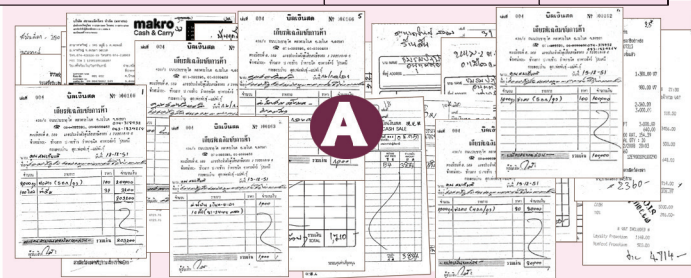


In Reula, Narathiwat, they were met with a warm welcome and friendly assistance from Municipal Councilor Chamlong Kraidip. The team moved on quickly to another village in the afternoon, bringing a ray of hope into the lives of the suffering people as they distributed the much-needed and appreciated supplies. 🌸



Expenditures by Supreme Master Ching Hai for the Flood Relief Work in Thailand

Description	Amount (Baht)	Receipt
Food (rice, milk, soy milk, cooking oil, sweets and cookies)	676,190	A
Miscellaneous expenses (travel, labor, etc.)	25,691	B
Total	Baht 701,881 (US\$ 20,054)	





Master Sends Love to Landslide Victims

By Kuala Lumpur News Group (Originally in English)

Following downpours of rain, a massive landslide occurred in a prestigious hillside residential area in Kuala Lumpur, Malaysia, catching the residents unawares in the early hours of December 6, 2008. Buildings collapsed resulting in five casualties, 14 injured, damage to homes and approximately 2,000 people being evacuated for their safety.

When Master heard about this news, She immediately contributed US\$10,000 for a relief effort organized by local initiates. Through the government officials, initiates obtained a list of emergency items and arranged for clothing, toiletries, diapers, biscuits, beverages and instant noodles to be airlifted to the community. The next morning, with Master's grace, they were able to join a food convoy and reach the affected area by vehicle.



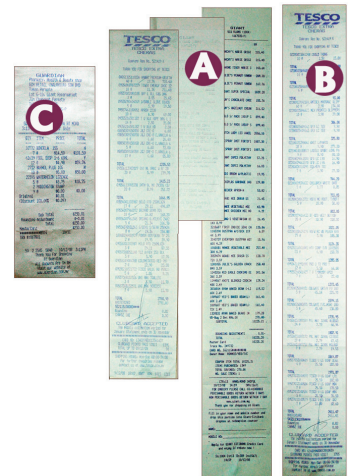
Upon the victims' request, they purchased more urgent supplies including food for children and medicine at a nearby pharmacy. The stranded people were happy to learn of Master's love and concern for them. Initiates distributed SOS flyers and DVDs to the landslide-affected persons as well as to the welfare workers at the relief center, hoping more people will be awakened to minimizing future disasters through a compassionate lifestyle. 🌸



Mr. Sharul from the Social Welfare Dept (Selangor) receiving some of the relief items from our Association member.

Expenditures by Supreme Master Ching Hai International Association for the Landslide Relief Work in Malaysia

Description	MYR15,740.72	Receipt
Food (rice, cooking oil, instant noodles, canned food, milk powder, beverages, biscuits, etc.)	13,099.27	A
Clothing and hygienic supplies (T-shirts, pants, slippers, diapers, toothpaste and soap)	2,411.45	B
Medications	230.00	C
Total	MYR15,740.72 (US\$4,500)	



* Throughout the relief operation, fellow initiates paid for their own transportation, food and accommodation expenses.



Helping Flood Victims in the Philippines

By Formosa Relief Team (Originally in Chinese)

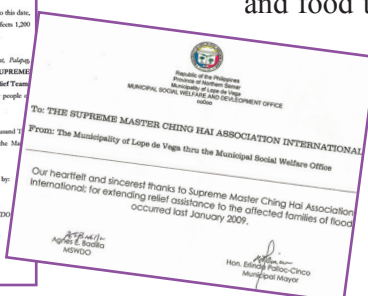
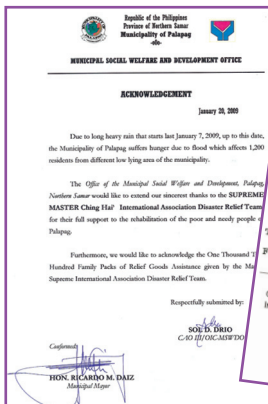
In early December of 2008, the region from Samar Island to the south of Luzon Island in the Philippines was devastated by five days of torrential rain that affected about 30,000 people. In mid-January 2009, heavy rain struck Samar Island again along with other areas in the eleven provinces from northern Luzon to eastern Mindanao, causing severe floods and landslides. Casualties were heavy and nearly 200,000 people were left homeless. In response to these disasters, Supreme Master Ching Hai contributed US\$20,000 and later another US\$8,000, and instructed our Association members to render relief to help the people pass through this difficult time.

Our Formosan relief team immediately prepared different kinds of medicine, and then on December 11, purchased daily necessities worth 900,000 Pesos, which were distributed to the neediest households in 17 riverside villages in the northern region of Samar Island.

In January this year, fellow initiates again rushed to Northern Samar Province carrying Master's loving concern. On January 20, they delivered locally purchased emergency relief materials to Palapag City and met with Mayor Richardo Daiz, during which time they also introduced him to Supreme Master Ching Hai's teachings and distributed SOS flyers. Mayor Daiz gladly accepted the information and was grateful for Master's assistance. This was the first time the city had received any help, he said, and he could hardly imagine how our relief team managed to overcome the hazardous road conditions and bad weather to reach his people.

The following day, the team brought much needed supplies to Lope de Vega City. As the four counties, where the materials were to be distributed, were far from the city center and the road conditions were very bad, Mayor Erlinda Palloc-Cinco arranged for the relevant department to

accept the provisions and took photographs showing their deep appreciation of Master's love and kindness. They also visited a children's home run by the local social welfare development bureau, and distributed daily necessities and food to the children. It was so rewarding to see the joy and happiness on the faces of these little angels, who were very grateful to Master. 🌸



Letters of appreciation from the Mayors of Palapag City and Lope de Vega City

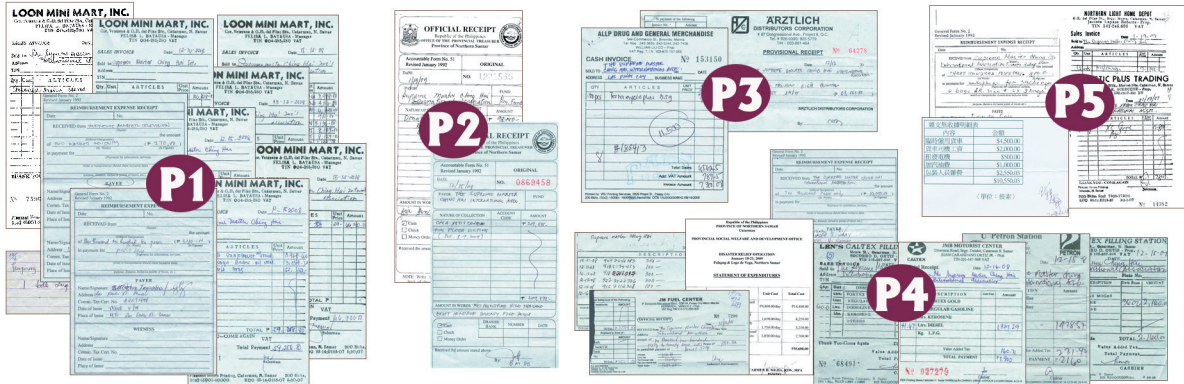


Expenditures by Supreme Master Ching Hai For the Flood Relief Work in Philippines

(Currency: Filipino Peso)

Description	Amount	Receipt
Daily necessities (sugar, salt, canned beans, rice powder, oil, soy sauce, soup, shampoo, vinegar, milk powder, nutritious instant cereal, sweets, biscuits)	840,577.25	P1
Rice	308,425.00	P2
Medicine	65,213.75	P3
Transportation (trucks, freighter)	58,630.22	P4
Miscellaneous (plastic bags, strings, wages for packing workers)	13,785.03	P5
Total	Peso 1,286,631.25 (US\$ 27,086.97)	

* Fellow initiates participating in the relief effort paid for their own transportation, food and accommodation expenses.



The Blessing of Divine Love

By Philippines News Group (Originally in Filipino)

Supreme Master Ching Hai extended munificent support for the humanitarian efforts initiated by Dr. Rene Santos and continued by his family following his passing in December of last year, contributing US\$10,000 to Dr. Santos' Annual Gift-Giving Project to the Dumagat Tribes and the construction of a Charity Clinic in the Philippines.

The Gift-Giving Ceremony was held on January 11, Golden Year 6 (2009), in Bulacan through the coordinated efforts of many different organizations. About 1,500 Dumagat families arrived from several different areas, some having walked two to three weeks from their homes, to celebrate this special occasion. Not even the cold, gusty winds could dampen their joy and delight in receiving the annual blessing. They rejoiced at the loving gift of rice, noodles, salt, candies, cookies,

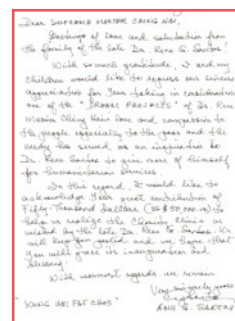




blankets, bags, clothes, soap, utensils, textbooks, umbrellas, slippers and cash.

Having just celebrated the success of the Gift-Giving project, Mrs. Ameurfina G. Santos was wonderfully surprised to receive a visit from members of The Supreme Master Ching Hai International Association two weeks later. The Association representatives had come at Master's behest to present an additional contribution of US\$50,000 to help Mrs. Santos fulfill her husband's wish to establish a Charity Clinic in Bulacan to offer aid and medical support to needy people in the region.

Mrs. Santos was deeply touched by Master's divine love for all. "With so much gratitude, I and my children would like to express our sincere appreciation for Your taking in consideration one of the 'DREAM PROJECTS' of Dr. Rene. Master Ching Hai's love and compassion for the people, especially the poor and the needy, has served as an inspiration to Dr. Rene Santos to give more of himself for humanitarian services," she wrote in response. While thanking Master for the wonderful gift for her people, Mrs. Santos also extended a heartfelt welcome to Master to bless and grace the inauguration of the Charity Clinic. 🌸



Thank you letter from Mrs. Ameurfina G. Santos for the US\$50,000 contribution by Master



Rekindling the Fire of Hope

By Aulac News Group (Originally in Aulacese)

The continuous downpour during the rainy season in 2008 caused severe flood damage to most of the towns and cities in Northern and Central Âu Lạc (Vietnam), destroying crops and properties and separating families. To help relieve the distress of the afflicted people, Supreme Master Ching Hai generously contributed US\$40,000 in financial aid. Fellow initiates in Northern and Central Âu Lạc set aside their busy schedules before the 2009 Lunar New Year to carry out this relief work and rekindle the fire of love and hope in the hearts of the people.

The relief team first went to Nguyệt Đức village, Yên Lạc district, Vĩnh Phúc province. With the help from different levels of local government and agencies, they distributed 50 New Year gift packages that including fruit jam, cookies, sweets, seasoning powder, cereal powder, winter coats and 19,700,000 VND. More gifts were shared with suffering aboriginal families in the *Hầu Thao* and *Sứ Pán* communities as well as disabled persons and orphaned children in Sapa City. In Central

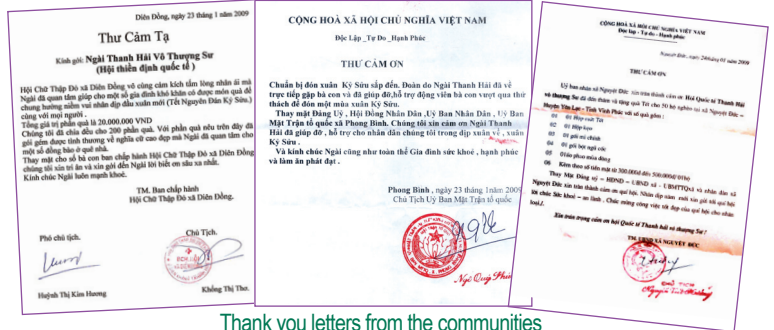




Aulac, the relief team traveled a long distance to bring much-needed food supplies and monetary gifts to 3,100 families in eight provinces: Huế, Quảng Trị, Quảng Nam, Quảng Ngãi, Bình Định, Phú Yên, Phú Hòa and Khánh Hòa.

The people were very surprised and touched upon receiving the timely gifts of love from Master. Many organizations and individuals expressed their appreciation and well-wishes to our Association and Master for the New Year. Mr. Ngô Quý Phúc, president of the Committee of the Vietnam Fatherland Front of Phong Binh Village, said during an interview, “Representing the Party Executive Committee, the People’s Council, the People’s Committee of Phong Binh Village, we thank Master Ching Hai for helping and supporting our people in the New Year of the Ox. We respectfully wish You and all families good health, happiness and prosperity.”

Members of the relief team were deeply touched by this experience. They feel honored to have had the privilege to share Master’s love and blessing with those in need. They wish everyone a peaceful, happy and comfortable New Year. 🌸

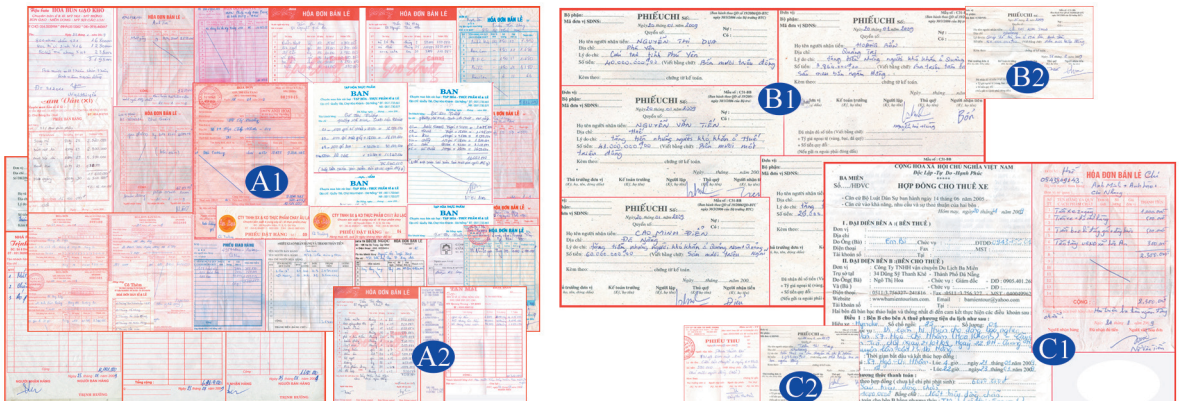


Thank you letters from the communities receiving Master's relief funds.

Expenditures by Supreme Master Ching Hai for the Flood Relief Work in Au Lac

Description	Amount (VND)	Receipt
Food (cereals, instant noodle, dried foods, corn flour, and rice cake)	395,853,000	A1~A2
Funds for the victims and local government	298,064,000	B1~B2
Transportation (truck rental, gas, etc.)	10,073,000	C1~C2
Total	VND 703,990,000 (USD\$ 40,228)	

* Throughout the relief operation, fellow initiates paid for their own transportation, food and accommodation expenses.





Xinjiang Province

Earthquake Relief Appreciated

By fellow initiates in China (Originally in Chinese)

On January 25, 2009, an earthquake measuring 5.0 on the Richter scale shook the Qapqal Xibe Autonomous County in Ili Kazakh Autonomous Prefecture, Xinjiang. Upon hearing the news, Master immediately instructed fellow initiates in China to render relief.



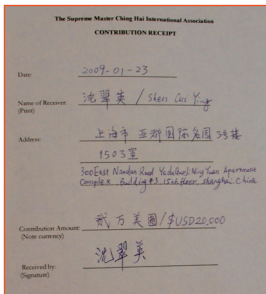
On January 30, our relief team reached the affected area to assess the situation. As the government had already launched extensive relief services, we therefore provided aid only to destitute people who were more seriously affected. We bought the much-needed coal, flour and sleeping bags for 13 households, to whom we also presented some relief funds. We distributed the SOS flyers to the villagers and left some more for them to disseminate the message in the region. The villagers were extremely touched to find strangers extending concern and help when they most needed it. 🌸

Shanghai

Creating a Paradise on Earth with Love

By a fellow initiate in Shanghai (Originally in Chinese)

On January 23, Golden Year 6 (2009), our Association members visited Madam Shen Cuiying, a recipient of the Shining World Compassion Award (for details, please refer to our report in News No. 201), and presented her with a contribution of US\$20,000 from Master to buy stationery and other much-needed learning supplies for the students in the earthquake-stricken area. She also received Master's new book *Celestial Art* and other spiritual publications.



Madam Shen Cuiying's receipt for the US\$20,000 contribution from Master

Madam Shen was deeply touched by Supreme Master Ching Hai's compassion, generosity and selfless spirit of sacrifice. She promised to visit the children in Sichuan as soon as possible during the Lunar New Year holidays and bring the funds to the schools there. She would tell the children how very much Master loves and cares about them, while many anonymous philanthropists are also concerned about their compatriots in the disaster area. She hoped that this would encourage everyone to be more optimistic and cheerful, and have greater confidence in rebuilding their homes. 🌸





God's Love Touches the Lives of the Cuban People

By Costa Rica News Group (Originally in Spanish)

On December 10, 2008, members of The Supreme Master Ching Hai International Association Relief Team from Costa Rica arrived in Cuba, bringing with them a contribution of US\$10,000 from Master to help people whose lives were disrupted by Hurricane Paloma.

They traveled for 10 hours to reach the affected region, where without the assistance of the local people from the church, it would have been impossible to reach the families in need. The team was especially grateful to a doctor who took every opportunity to help them. Her admiration and respect for Master was so wonderful that when she talked about Her while distributing supplies throughout the communities, Master's love and blessing sincerely touched the Cuban people through her words. The relief team purchased food and essential supplies after assessing the needs of the people. These goods were then distributed to all the communities to help alleviate the challenging situation they were going through.

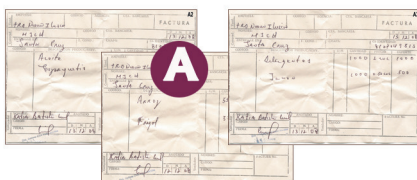
Upon receiving the aid, the Cuban people were deeply touched. Some shed tears of gratitude and joy, as they couldn't believe God had answered their prayers. Others sent their best wishes to Master. For many of them, it was the first time that they had encountered an international relief team. They said no one else in this world had sent their love and help to Cuba like Master did, even though it is difficult to gain entry to the country.

The relief team members were glad to know that the families who received help from Master last time, after Tropical Storm

Fay, have regained their faith in God and many are going to church again. Master now has a very special place in the hearts and lives of the Cuban people. 🌸

Expenditures by Supreme Master Ching Hai and Her International Association for the Hurricane Paloma Relief Work in Cuba

Description	Amount (US\$)	Receipt
Food (rice, beans and oil) and supplies (soap and detergent)	7,495	A
Accommodation, transportation and other expenses	2,793	B
Total	US\$10,288	





God Takes Care of the Relief Mission

By Bolivia Relief Team (Originally in English)

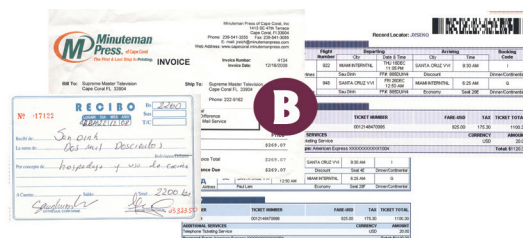
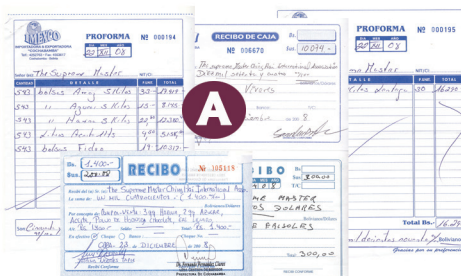
In December, 2008, upon learning that some communities in Bolivia were affected by drought and hail storms, Supreme Master Ching Hai immediately sent US\$15,000 for emergency supplies. Our Association members from the USA and South America quickly formed a relief team and traveled to Tacoloma and Cochabamba villages to distribute much-needed food and household items as well as SOS flyers, DVDs and Master's sample booklets to the victims. It was the first time these villages had ever received support from any organization. People were excited to be given these relief bags full of Master's love and care as if they were Christmas gifts.

The relief team met many wonderful people on the way who helped them in their mission. For example, a gentleman on the airplane directed them to Cochabamba Prefecture, one of the affected areas, where they then came across Fernando Fernandez, who told them the difficulties each community was experiencing. They were even lucky enough to find a hotel where they were allowed to cook vegetarian food! All the team members are very grateful for God's perfect arrangement. 🌸



Expenditures by Supreme Master Ching Hai and Her International Association for Drought and Hail Storm Relief Work in Bolivia

Description	Amount (BOB)	Receipt
Food (cooking oil, flour, beans, noodles, rice, sugar) and supplies	88,045.50	A
Accommodation, tickets and transportation	26,682.40	B
Total	BOB114,727.90 (US\$16,083)	





Keeping a Strong Spirit in the Face of Adversity

By Brazil News Group (Originally in Portuguese)

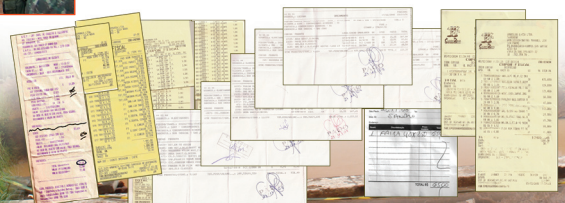
At the end of November 2008, floods and landslides triggered by heavy rain forced more than 54,000 people to leave their homes in southern Brazil. Many cities were cut off by water and blocked roads. Santa Catarina Governor Luiz Henrique da Silveira said the region was facing “the worst weather tragedy in history.” A state of emergency had been declared and President Luiz Inacio Lula da Silva offered federal help.

Supreme Master Ching Hai immediately pledged US\$20,000 to help alleviate the situation. Our Association members acted quickly to organize a relief operation and were able to complete the mission with US\$11,140 in contributions from the Brazil Centers without using Master’s fund. Much-needed food, medicine, clothes and other emergency supplies were delivered into the hands of the affected people. In Rio de Janeiro State, the team provided relief items to a local hospital which accommodated most people who lost their homes in the area. In Espiritu Santo State, they worked with city hall representatives and brought additional supplies to the worst stricken city of Vilha Velha.

While distributing SOS flyers, our Association members were pleased to find that people were very receptive to the message. Mr. Volnei José Morastoni, the Mayor of Itajai, one of the most affected cities, said: “All this disaster situation was created by us, humans beings, when we lost respect and harmony between the environment, technology and a friendly lifestyle. Now we pay the price; and in a few seconds, almost the entire city was destroyed which will take many years to rebuild.”

The relief team was deeply touched by the strong and optimistic spirit of the Brazilian people as they witnessed how the government and local authorities worked hard to bring comfort to its

citizens, and hundreds of volunteers quickly came to show love to those in need. May Heaven continue to bless the Brazilian people and their leaders with more wisdom and strength to change to an environmentally-friendly lifestyle soon. 🌸



Receipts for food, medicine, clothes and other relief supplies provided by members of The Supreme Master Ching Hai International Association in Brazil

Nicaragua, Honduras, Costa Rica

Extending Support in Times of Need

By Nicaraguan and Costa Rican News Group
(Originally in Spanish)

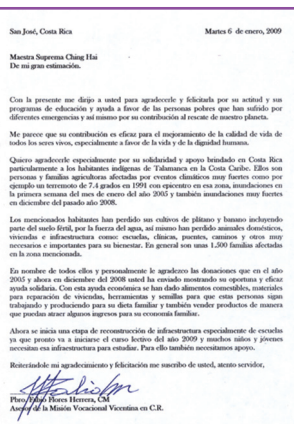
Due to weeks of heavy rain in the Nicaraguan Pacific coastal area and Northern Costa Rica in October 2008, tens of thousands of families in these two countries had suffered considerable material damage and many lives were lost. Out of Her deep concern for the afflicted, Supreme Master Ching Hai provided our local Association members with US\$12,000 to carry out relief work.



On October 7, with Master's love, a relief team traveled to Granada, Nicaragua, bringing with them much needed food and supplies as well as spiritual upliftment in the form of Master's sample booklets and SOS flyers. On October 21, a second team from Costa Rica went to Rivas, Nicaragua, where the flood had damaged several facilities and buildings. In coordination with the Mayor's office, the team personally delivered emergency items such as food, blankets and clothes. And on October 25, together with the president of the SOPTRAVI Honduran Labor Union, Mr. Julio Hernández, and his assistants, a third relief team arrived in the southern part of the republic, Cubulero of Costa de Amates, with food provisions and clothes for more than 700 families. Afterwards, the remaining goods were brought to Agua Fria and an Adventist Church in Playa Grande. There the priest and the local people sent their heartfelt gratitude to Master for Her love and generosity. They believe that everything they received was a blessing from Heaven.



In Costa Rica, our initiates brought Master's gift of US\$20,000 as well as free sample booklets and information on climate change to Father Fabio Herrera-Flores in Talamancá. He had already known about Master and our Association from a previous relief effort (please refer to News #157 for a detailed report), and was deeply touched by Her love and compassion. Later in a thank you letter to Master, he reported that with Her financial aid they provided food, construction materials, tools and seeds to help people rebuild their lives. He wrote, "I believe that your contribution



Thank you letter from Father Fabio
Herrera in Talamancá of Costa Rica

will improve the quality of life of all living creatures, especially human life and their dignity. I want to thank you especially for the friendship and support you have extended to Costa Rica, particularly toward the local inhabitants of Talamanca on the Caribbean Coast. On behalf of them, I personally want to thank you for your donations, which you have sent in 2005 and again in December 2008, showing your most valuable and timely help and care.”



On January 8, 2009, the earthquake in Vara Blanca, Costa Rica, displaced about 300 families who were then relocated to shelters provided by the government. Two days after the quake, with the US\$16,000 contribution provided

by our beloved Master, the local fellow initiates brought much needed food and basic necessities for the needy people, as well as veggie dog food for about 100 dogs also homeless due to the disaster. Three weeks later, they returned with more clothes, blankets and sleeping bags to keep the people in the shelters warm; school supplies for children were also provided. Later, some people also received assistance to rebuild their homes.

May God bless all those stricken by these disasters, helping them to recover quickly from their loss and resume a lifestyle in tune with the merciful law of nature. 🌸

Note: Details about the expenditures and relevant receipts will be published in the next issue.



New Year Brings Warmth and Concern for the Underprivileged

Report compiled by Formosa News Groups (Originally in Chinese)

As the Lunar New Year approached, our local Centers around Formosa conveyed Supreme Master Ching Hai's loving concern to the underprivileged, warming their hearts and encouraging them to live with confidence and dignity.

The Tainan Center prepared and distributed warm clothing, sleeping bags, toiletries and hot food to the homeless in local parks, railway stations, car parks and unoccupied houses. Every Friday between January 9 and 30, we served vegan lunch and evening meals to the volunteer workers and over 60 people living on the streets at the Jamyang Charity Fund Home for Street Friends. Also in caring for animals, we contributed 27 big bags of vegan dog food to a stray dog shelter in Xinying.



For the more than 250 inmates of Mingde Labor Prison, we held a Spring Festival Celebration on January 21 so that they too could enjoy the happy atmosphere of the Lunar New Year holidays.

To express concern for the underprivileged and to encourage people to go veg to fight global warming, from January 19 to 24, we served delicious and



sumptuous vegan lunches and dinners every day at

Jinhua Loving Hut to 80 senior citizens living alone. At noon each day,

we gave out 200 free vegan meal boxes to the general public and took the opportunity to distribute SOS flyers. We also held more than 20 video seminars to apprise local residents that going veg could save the Earth. The response was overwhelming!



At a press conference held on January 21, on behalf of Mayor Hsu Tain-tsair, Deputy Director Dai Yong-fu of the Social Affairs Department presented a letter of appreciation to The Supreme Master Ching Hai International Association and praised our charity efforts in caring about the underprivileged and in advocating the vegan diet in Tainan as a unique exemplary endeavor for the public. Director Jhang

Huang-jhen of the Environmental Protection Bureau expressed her appreciation and acknowledged the benefits of the vegetarian diet. She said that the No Meat-No Heat campaign held by our Association last year had convinced her to pursue a vegetarian diet, and in the six months since, she has felt healthier and could think more clearly at work.

Knowing that the street people in Taipei County were badly in need of warm clothing, our Taipei Center gathered 40 big crates of warm clothing within a week. Our Association members categorized the items and packed them in boxes. Then with the assistance of members of the Taipei County Volunteer Workers' Society, everything was quickly distributed to the homeless in towns and villages throughout the county.

Coordinating with the Luodong Homeless Shelter run by the Ren-An Foundation, the Yilan Center held a vegan feast for the street friends to enjoy. At the same time, videos conveying the Be Veg, Go Green, Save the Planet message were shown, and gifts and SOS flyers were distributed to them.

After visiting destitute households to find out their needs, our Taoyuan Center purchased the required daily necessities and distributed them together with Master's publications.

The Hsinchu Center gathered some warm clothing and gloves and delivered them to the Hsinchu Homeless Shelter, so that the street friends could keep warm in the cold winter.

Before the arrival of the first cold front, the Chiayi Center purchased warm coats and delivered them along with some steaming hot soup to the street people.



The Kaoshiung Center cooperated with the local Loving Hut restaurant in launching a Lunar New Year activity called “Giving Warmth and Love in Cold Winter—Giving Free Meals Every Day.” From January 19 to 25, we gave out 200 free lunches every day to the street friends. Outside the restaurant, we displayed 27 billboards on the global warming issue. The activity received warm support and response from the public. 🌸

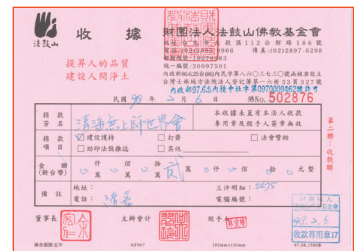
Association Sends Condolences for the Passing of Master Sheng Yen

By Taipei News Group (Originally in Chinese)



The Venerable Master Sheng Yen, who dedicated his life to “uplifting the quality of humanity and building a Pureland in this world,” passed away on the afternoon of February 3, 2009, having impressed this world with his pledge that “the universe may one day perish, but my vows will forever hold true.” Upon receiving word of his passing, Supreme Master Ching Hai especially sent our Association members to express Her condolences in remembrance of Master Sheng Yen’s life-long dedication to preaching Buddhist teachings, to education, cultural development, practicing meditation, advocating “the protection of the spiritual environment,” and promoting interaction among religions, which have left a great impact on Formosa and the international community.

On February 6, nine representatives of our Association went to Jinshan in Taipei County to attend the funeral conducted by Buddhist elders, and contributed NT\$20,000 to the Dharma Drum Mountain Buddhist Foundation. We believe that Venerable Master Sheng Yen’s great spirit of compassion and humanity will continue to inspire people, and we also hope that the Pureland on Earth that he had been striving to build all his life will soon be realized. 🌸



Receipt for the NT\$20,000 offered to the Dharma Drum Mountain Buddhist Foundation

Expenditures for Charitable and Relief Activities in Formosa from September to December 2008

Total Amount in Tables 1 and 2 = NT\$512,041 (US\$15,733)

Table 1: Relief Activities

(Currency: NT\$)

Place	September 2008		October 2008		November 2008		December 2008		Appendix
	No. of Households	Amount	No. of Households	Amount	No. of Households	Amount	No. of Households	Amount	
Taipei	2	10,000	2	10,000	1	5,000	1	5,000	1
Taoyuan	1	3,000	1	3,000	—	—	—	—	2
Miaoli	7	21,000	7	21,000	8	24,000	6	18,000	3
Taichung	1	5,000	1	5,000	1	5,000	1	5,000	4
Taitung	1	4,000	1	4,000	—	—	—	—	5
Hualien	—	—	1	3,000	—	—	—	—	6
Chiayi	—	—	—	—	—	—	1	2,500	7
Subtotal	12	43,000	13	46,000	10	34,000	9	30,500	

Table 2: Charitable Activities

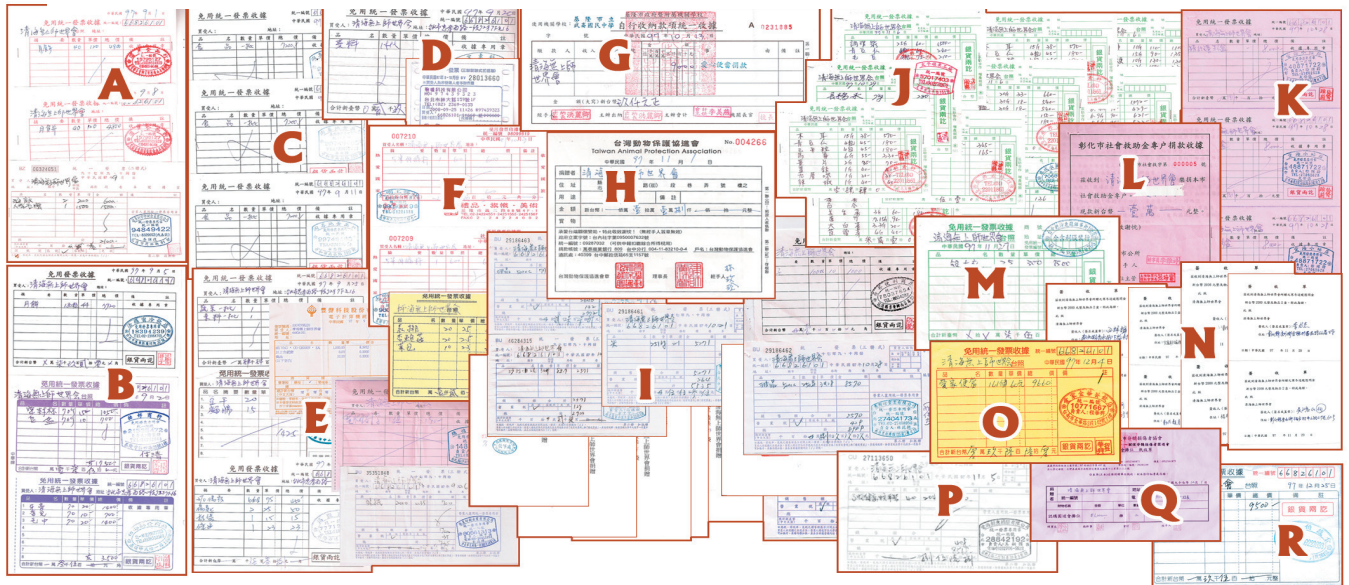
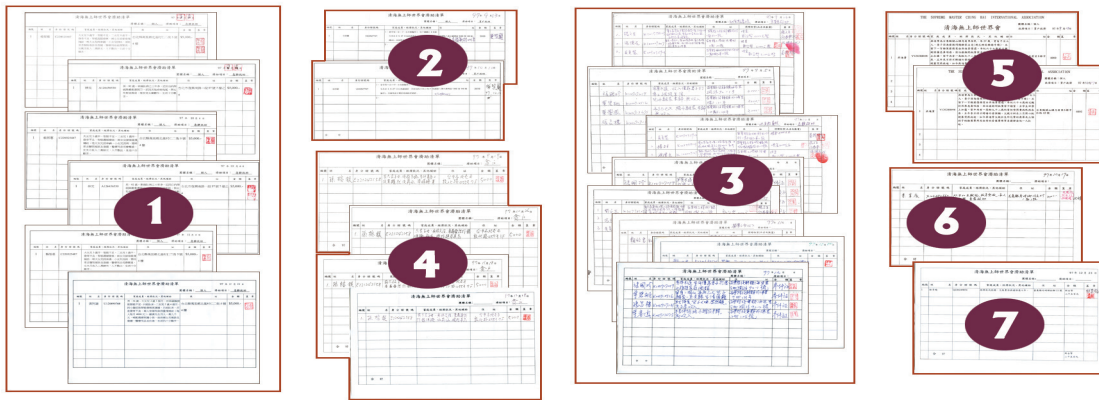
(Currency: NT\$)

Place	Date	Description of Activities	Amount	
Tainan	2008.09.06	Conducting a vegetarian cooking class for the Yanshui Township Elderly Welfare Society, and holding a vegetarian food-tasting event (supported by fellow initiates)	0	
Hualien	2008.09.08	Visiting parolees of the Hualien District Prosecution Office, sharing moon cakes and the No Meat-No Heat concept of saving energy and reducing carbon emissions	11,700	A
Keelung	2008.09.11	Distributing moon cakes and daily necessities such as towels and mugs to pedestrian friends	13,170	B
Taipei	2008.09.12	Visiting inmates at the Sindian Drug Abuser Treatment Center and sharing moon cakes and pomelos to celebrate the Moon Festival	21,600	C
Tainan	2008.09.21	Supporting the environmental protection movement by cleaning Golden Beach in Tainan (supported by fellow initiates)	0	
Keelung	2008.09.21	Participating in the city's first-ever vegetarian fair in support of the government's Save Energy, Reduce Carbon Emissions, Be Veg, Go Green campaign	5,338	D
Taipei	2008.09.25	September visit to inmates of the Sindian Drug Abuser Treatment Center, holding spiritual talks, a meditation instruction session, as well as English conversation and vegetarian cooking classes (supported by fellow initiates)	0	
Tainan	2008.09.26	Visiting inmates at Tainan Prison, holding soul-elevating seminars and meditation instruction sessions (supported by fellow initiates)	0	
Tainan	2008.09.26	Supporting the government's Save Energy, Reduce Carbon Emissions, Be Veg, Go Green campaign by holding seminars and related activities in colleges and schools across the county (supported by fellow initiates)	0	
Keelung	2008.09.27	Holding a vegetarian food-tasting event for mountain hikers in Xizhi in support of the government's campaign to "Save Energy, Reduce Carbon Emissions, Be Veg, Go Green"	15,813	E
Taipei		Supporting the government's Save Energy, Reduce Carbon Emissions, Be Veg, Go Green campaign by participating in a fair held by the Taiwan U-Life Association to brighten life with love, respect for the elderly, good treatment for pets, and an introduction of the healthy vegetarian lifestyle (supported by fellow initiates)	0	
Keelung	2008.10.04	Cleaning the Badouzi Coast to support environmental protection	2,430	F
Miaoli	2008.10.12	Sweeping Miaoli Route No. 28 to support the environmental protection effort by the Miaoli Township Office (supported by fellow initiates)	0	
Kinmen	2008.10.17	Holding seminars and related activities in local schools to support the government's campaign to Save Energy, Reduce Carbon Emissions, Be Veg, Go Green (supported by fellow initiates)	0	
Keelung	2008.10.17	Supporting the Keelung City Government's appeal to provide free lunch to less fortunate students by contributing to Wulun Junior High School's free lunch fund	9,000	G
Taipei	2008.10.19	Supporting the government's Save Energy, Reduce Carbon Emissions, Be Veg, Go Green campaign through participation in the Be Veg, Reduce Carbon, Fight Global Warming Fair (supported by fellow initiates)	0	
Taipei	2008.10.30	October visit to inmates of the Sindian Drug Abuser Treatment Center, holding spiritual talks and a meditation instruction session, as well as English conversation and vegetarian cooking classes (supported by fellow initiates)	0	
Tainan	2008.10.31	Visiting inmates of the Tainan Prison, holding soul-elevating seminars and meditation instruction sessions (supported by fellow initiates)	0	
Taichung	2008.11.01	Helping the Formosa Animal Protection Society in Taichung to build animal shelters to protect the 800 impounded stray dogs against adverse weather conditions	118,000	H
Hualien	2008.11.05	Extending concern to less fortunate students and parolees in remote regions in the cold winter by distributing rice, vegetable oil, biscuits and socks	38,292	I

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Taichung	2008.11.06	Supporting the government's Save Energy, Reduce Carbon Emissions, Be Veg, Go Green campaign by holding a seminar with Asia University's Center of General Education entitled "Loving the Earth, Beginning with You," and providing a free, green, vegetarian lunch	31,970	J
Taipei	2008.11.15	Supporting the government's Save Energy, Reduce Carbon Emissions, Be Veg, Go Green campaign by holding an exhibition at Dongyuan Elementary School and providing a free, green, vegetarian lunch	24,000	K
Tainan	2008.11.15	Supporting the government's Save Energy, Reduce Carbon Emissions, Be Veg, Go Green campaign by holding a tea party for prominent figures to share with them the benefits of the vegetarian diet and the noble ideal of Be Veg, Go Green, Save the Planet, distribute spiritual books as gifts, and serve healthy vegetarian food (supported by fellow initiates)	0	
Penghu	2008.11.19	Accepting an interview with Feng Sheng Radio on invitation by the local Environmental Protection Bureau to support the government's Save Energy, Reduce Carbon Emissions, Be Veg, Go Green campaign, to help listeners understand the importance of the concept (supported by fellow initiates)	0	
Tainan	2008.11.19	Visiting inmates at Tainan Mingde Labor Prison, holding spiritual talks and meditation instruction sessions (supported by fellow initiates)	0	
Changhua	2008.11.22	Exhibiting delectable vegetarian food at the Changhua Local Food Festival and advocating the use of animal-free products as the fastest and most effective way to halt climate change; contributing to the Changhua City Government's Social Relief Fund	10,000	L
Tainan	2008.11.26	Supporting the government's Save Energy, Reduce Carbon Emissions, Be Veg, Go Green campaign by holding six lectures at Fenghe Junior High School and Yanshui Junior High School in Tainan County and Hua Te Vocational High School in Kaohsiung (supported by fellow initiates)	0	
Tainan	2008.11.27	Visiting inmates at Tainan Prison, holding soul-elevating seminars and meditation instruction sessions (supported by fellow initiates)	0	
Taipei	2008.11.27	November visit to inmates in the Sindian Drug Abuser Treatment Center, holding spiritual talks, a meditation instruction session, as well as English conversation and vegetarian cooking classes (supported by fellow initiates)	0	
Chiayi	2008.11.28	Giving out warm coats and hot soup to homeless people in the cold winter	7,500	M
Changhua	2008.11.29	Giving relief cash to homeless people	16,000	N
Tainan	2008.12.04	Supporting the government's Save Energy, Reduce Carbon Emissions, Be Veg, Go Green campaign by holding No Meat-No Heat seminars and vegetarian food-tasting at the South District Office	9,660	O
Penghu	2008.12.05	Holding seminars in and contributing spiritual books to six schools and colleges in support of the government's Save Energy, Reduce Carbon Emissions, Be Veg, Go Green campaign	8,568	P
Changhua	2008.12.20	Supporting the government's Save Energy, Reduce Carbon Emissions, Be Veg, Go Green campaign by holding two No Meat-No Heat seminars at the Cultural Affairs Bureau (supported by fellow initiates)	0	
Tainan	2008.12.25	Visiting inmates at the Tainan Prison, holding soul-elevating seminars and meditation teaching sessions (supported by fellow initiates)	0	
Chiayi	2008.12.28	Participating in a fair for spinal injury patients, advocating fighting global warming with the vegetarian diet, and providing items for a charity bazaar held by the Spinal Cord Injury Association	6,000	Q
Yilan	2008.12.28	Extending warmth during the cold winter to homeless people, serving hot food and giving out gifts	9,500	R
Taipei	2008.12.29	December visit to inmates at the Sindian Drug Abuser Treatment Center, holding spiritual talks, a meditation instruction session, and English conversation and vegetarian cooking classes (supported by fellow initiates)	0	
Total			NT\$358,541	

Love In Action



Our Liaison Practitioners around the World

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Group Meditation in Taipei, Formosa / March 7, 1989

Highlights:

At a gathering just after the Penghu Lecture, disciples had a happy time talking to Master about their trip. The sea journey to Penghu was an adventure amidst gusty winds and huge waves, but our fellow initiates were not intimidated. Some of them saw Master's manifestation body atop a lotus escorting their ship. When faced with a perilous storm and the waves of life in this illusionary world, how can we find inner calm and peace? Master said: "Every day in this world, we run into stormy seas, but we are not afraid. We have our own Master; we have the Quan Yin Method; we have the protection power.... We feel very comforted. Frightening situations will pass very quickly and our mind will remain calm and peaceful."



CD-M037 (In English)

Good Night Baby

Spontaneous Compositions

Highlights:

This album is a collection of original songs sung by Supreme Master Ching Hai in response to impromptu requests on different occasions and the atmosphere of the gathering. All the lyrics and music were spontaneously composed, and recorded on the spot with no prior planning or preparation. Through simple and beautiful melodies, Supreme Master Ching Hai tenderly sang out Her heartfelt love for all sentient beings reminding us to remember God at all times. The exquisite melody and the deep love conveyed, stunned and moved the audience. May every soul that yearns for God listen with a tranquil heart and bask in the supreme divine love.



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Tel: (886) 2-87873935 / Fax: (886) 2-87870873 / E-mail: smchbooks@godsdirectcontact.org
ROC Postal Remittance Account No.: 19259438 (for Formosa orders only)
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Supreme Master Ching Hai's Latest DVDs

DVD-820 (Spoken in English, with 15 choices of subtitles)

Kabir and the True Spirit of Sainthood

Christmas Retreat Paris, France

December 27, 2007

Highlights:

In this loving gathering, Supreme Master Ching Hai reads a poem by Kabir and inspires us with the thought that everyone can be a saint. She says, "There's no mystical thing about being a saint. Nothing at all! Just truly, your desire for God, that's it. That's the only ingredient, only requirement, that you really want to be with God, you really want to go Home. That's all... You know that is your life and from now on you're going to live by that. That's all there is to sainthood. Then nothing else can touch you. Nothing can change you. Nothing can make you trouble." 🌸



DVD-841 (Spoken in English, with 24 choices of subtitles)

Climate Change International Conference –

Supreme Master Ching Hai with Hollywood Celebrities

Hollywood, California, USA

July 26, 2008

Highlights:

In this spectacular interactive Hollywood event, shown live to a global audience on Supreme Master Television, a distinguished gathering of scientists, politicians, journalists, Hollywood producers, and interfaith leaders come together with a group of prominent speakers that include renowned author Howard Lyman, and natural medical and nutritional specialists Dr. Gabriel Cousens and Dr. Will Tuttle, to discuss the rarely broached relationship between climate change and our everyday food choices.

The conference opens with a beautiful, heartfelt Lakota prayer, followed by a powerful address by former United Nations Environment Program Director, Dr. Ashok Khosla. With Jane Velez Mitchell, an Emmy Award-winning journalist, as the vibrant MC and a special, honored guest – world-renowned humanitarian Supreme Master Ching Hai - sharing Her wisdom and insights, the room is pervaded with compassionate inspiration. The audience is so moved by the multitude of positive effects a vegetarian diet has on curbing global warming that many people attending vow never to eat meat again! 🌸





DVD-567 (Spoken in Chinese, with 10 choices of subtitles)

Three Fundamental Issues in Life

Group Meditation in Hsihu, Formosa December 10, 1995

Highlights:

Once upon a time, there was a king who was perplexed by three questions: What is the best time to do something? Who are the most important partners? What is the most important thing to do? The king believed that if he knew the right answers, then he would never make a mistake. Are you perplexed by similar questions that had confounded the king in this story by the great Russian writer Leo Tolstoy? Enjoy the vivid and interesting explanation from Supreme Master Ching Hai, disclosing to you the true meaning of life and helping you live a life of harmony, free of regret. 🌸



DVD-665 (Spoken in English and Chinese, with 10 choices of subtitles)

Halloween Weekend with Supreme Master Ching Hai

Los Angeles Center, U.S.A. October 30-31, 1999

Highlights:

Master encourages everyone to fully enjoy this festive occasion, because fun and relaxation are important in our spiritual journey. She also explains that we have two choices in life: to stand strong or to submit to our ego. We should be responsible for our own life and grow strong! We must try our best to use the wisdom we derive from meditation. In this way, we will develop our potential at work and feel satisfied with ourselves. We are the Light and the Sound. Therefore when we meditate with all our heart, we will be able to understand everything from the core, and thus accomplish our job quickly. If we think positively, feel grateful, and use our God-given talents, our life will be more colorful. 🌸



DVD-805 (Spoken in Chinese, with 12 choices of subtitles)

God Created Animals to Help Humans

The Dogs in My Life Book Launch Videoconference October 25, 2007

Highlights:

At the The Dogs in My Life book launch videoconference, Supreme Master Ching Hai shares enlightening dialogue with many honored guests regarding interesting stories about Her beloved dogs. Of particular interest were the topics of animals' spirituality and the divine relationship between animals and humankind. "Scientists have proved that if you love animals and have a pet in your home, you will enjoy better health and be happier. And when we are happy, we attract good luck and draw a more joyful atmosphere to our home. Like attracts like!" 🌸



DVD-812 (Spoken in English, with 11 choices of subtitles)

An Enlightened Master's All-Encompassing Dedication

Christmas Retreat Paris, France December 23-24, 2007

Highlights:

Master Ching Hai shares many jokes with initiates, and with a touch of humor, compares the similarities and differences between a “President” and “Supreme Master.” She cleverly uses puns with a witty humor, drawing laughter and applause from the initiates. In setting aside Her supreme status and joking about Herself to create a wonderful time for disciples, Master demonstrates the easy flow of abundant love and selfless devotion from a great enlightened being. Her teaching by example is the most precious asset for the people of this world. 🌸



DVD-817 (Spoken in English, with 11 choices of subtitles)

Create a Beautiful and Virtuous World Together

Christmas Retreat Paris, France December 26, 2007

Highlights:

At this critical juncture for our planet Earth, fellow initiates share with Supreme Master Ching Hai the numerous activities and services carried out by our Centers around the world. Through God's blessings and the efforts of fellow initiates, many positive changes have come. Master reminds us that we still have to try our best to benefit the world. Promoting the vegetarian diet is not for health alone. The ultimate goal is to awaken the love in people's hearts so that we can change the atmosphere of this planet and create a beautiful and virtuous world. Master also tells several jokes, to everyone's delight, basking them in Her love. 🌸



DVD-819 (Spoken in English, with 12 choices of subtitles)

Laughing with Enlightenment

Christmas Retreat Paris, France December 27, 2007

Highlights:

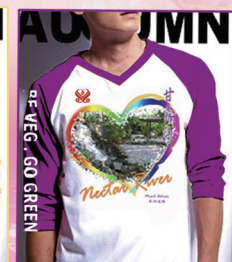
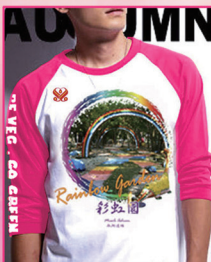
Supreme Master Ching Hai delights us once again with an abundance of hilarious jokes. Jokes bring happiness and laughter while revealing, through the characters in the stories, the common difficulties in our daily life and how they could be overcome from a positive and humorous perspective. Supreme Master Ching Hai teaches us that we can solve any problem by handling it with joy, regarding it as a path to self-realization and one that is based on laughter and happiness. 🌸





Filling Your Life with *Love and Art*

In commemoration of Hsihu Center's 20th anniversary, the Supreme Master Ching Hai Publishing Company, in addition to releasing Master's latest publication—*Celestial Art*, also launched a collection of exquisite souvenirs which include five beautiful cups and postcards printed with Master's paintings, and T-shirts imprinted with beautiful scenes of Hsihu Center. These treasured items are practical, ideal as gifts and highly artistic, while reminding us of Supreme Master Ching Hai's selflessness and love for all sentient beings.





Heavenly Vegewine

Heavenly Red

A Beverage for all Seasons

Based on a special recipe of Supreme Master Ching Hai, Heavenly Red is made from ripe red grapes and exotic spices. The result is a pure natural beverage free of alcohol and preservatives*, which has a very pleasant fragrance and rich refreshing flavor. It is a healthy and nourishing drink that can be served warm or chilled to both adults and children. There are three different choices of Heavenly Vegewine: Heavenly Red, Heavenly Blanc and Heavenly Rose! Now we are launching the first one, Heavenly Red, for all to enjoy!

Master has suggested three ways to enjoy the Heavenly Red: Add white vinegar or lemonade to iced Heavenly Red, or add fresh orange peels (or orange juice) to deliver a more refreshing taste. Heavenly Red can also be served warm, by warming it in hot water or on the stove until it produces an aroma. Drinking warm Vege Red keeps you warm and energized, making it the most nourishing beverage for the winter. With its high nutritional value, grape juice is recommended by scientists as a “plant-based milk.” Therefore, the Vege Red is a healthy beverage suitable for the whole family in any season. 🌸

Most of the vegetarian wines on the market go through fermentation and alcohol extraction processes. Heavenly Vegewine is produced in a way completely different from traditional wine making, so there is no alcohol residue.



Elevation of the Soul 

Supreme Master Ching Hai's Latest Sample Booklet in the Kinyarwanda Language

Kinyarwanda is the Bantu language spoken by about eight million people, primarily in Rwanda. It is also used in Burundi, Congo (Kinshasa), Uganda and Tanzania. The Bantu language belongs to the Niger-Congo family and is a branch of the Benue Congo group. Kinyarwanda is closely related to the Rundi language of Burundi. 🌸

