

Be Veg. Go Green. Save the World

One simple solution is love, that's it.
We have to follow our heart.

~Supreme Master Ching Hai



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The Real Meaning of TRUE LOVE


Spoken by Supreme Master Ching Hai, Gathering in Europe
February 17, 2009 (Originally in English)



We always have *love*,
it's just that we *must* use it,
because that's all we have.
That's all we are: *love*.



It's very difficult to have this love, the unconditional love. I mean the true love, the LOVE love. Not just the love between woman and man, not just the love between relatives and friends, but the love, you know, THE LOVE; it's very difficult to have. But of course you can start it with loving between family members, friends, husband and wife, for example, or boyfriend and girlfriend. The love exists between you, even though sometimes it's between enemies. This love, we are born with. Even before we came here, we had this love; but then slowly, either the society wears it out or bad experiences make us disappointed, and then we lock it. Sometimes we just close the door, we don't lock it; but then slowly, after two months or two whatever, we do lock it, and we don't want to open it again, and throw away the key.



So, the love has no chance to develop, to open up and to spread out all over. If we continue holding on to that love, we will never lose it. If we lose the love, it's because we wanted to; we just wanted to act the opposite of love. Otherwise, anyone could really lose that love, anytime; any excuse would do. This life is enough for us to lose anything, not to talk about love! But we always have it, just that we must use it,



because that's all we have. That's all we are: love. If we don't use it, then of course it's just getting like enclosed or shrunk; it's still there, just not expanded, not renewed, not used or useful in any way.


Whenever, through any chance or any circumstance, or any time you feel that you're ready to die for someone else, that is when you've got it. You've got the total of it. You don't mind if you sacrifice yourself or your life for your kids, for your wife, your mother, your father or even your dog. At that moment, you're in total connection with your love. And if you continue this way, all the time in this kind of mentality, then you don't need me. (Master and everyone laugh) You don't need me at all. You are well on your way to Heaven, fifth level, whatever level can be available.

Love is like that. It doesn't have to be like a demonstration of tears, or hugs, or letters, or long-winded sentences or big poetry; it doesn't have to be. Just know it in your heart, that you're willing to lay down your life even, if necessary, for anyone. If your heart is like that, know that you're in charge of yourself, that you really are in that love and you did not lose any of it, and you are just great.

But another thing is sometimes the karmic connection... like the last life, that person saved you and this life, you're willing to save that person. So that might not even be the love, it might just be the karmic force that makes you do that. But if you do that with LOVE in your heart, you know what I mean? If you're willing to sacrifice, if you willingly, knowingly do that, that's a different thing.

So there are two or three kinds of so-called unconditional love. Sometimes it looks like unconditional love, but it could be just the karmic power or sometimes repayment. Like the last time, that someone was so good to you; he did something extraordinary for you, so that this lifetime you promised to come back and do whatever it takes to repay that kindness. It's ingrained in you; it's imprinted in your heart. So you want to do anything for that person, even lay down your life. That is a deep feeling just for one person. That's different.

But if you're willing to sacrifice for anyone at all when it's needed, then it's different. When that person needs or when the situation needs, and you would sacrifice your life so that the person could be in safety and live, that's a different one. That's the true unconditional love, not a petite one, not for someone that you always very much like. That's also good, but it's not like you would sacrifice for anyone at all, a stranger even.

Like the love that Jesus had for His disciples at that time or for humankind at that time: He didn't sacrifice just for His disciples. Of course He did that for His disciples, because He took upon Himself all the karmic consequences of His disciples at that time; but also, the collective karma of the whole planet as well. He could not, of course, change the planet overnight, but some part of the karma would be upon Him because a disciple was connected with another disciple or with another person, and that other person was connected... so the whole of humankind, all connected. 

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A Little Message:
 In speaking of God, or the Supreme Spirit, Master instructs us to use original non-sexist terms to avoid the argument about whether God is a She or a He.
 She + He = Hes (as in Bless)
 Her + Him = Hirm (as in Firm)
 Hers + His = Hiers (as in Dears)
 Example: When God wishes, Hes makes things happen according to Hiers will to suit Hirmself.

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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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MASTER HONORED BY US GOVERNMENT

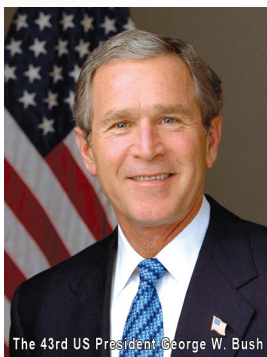
Supreme Master Ching Hai was recently honored by the US Federal Government and the Los Angeles County Government.

The 43rd US President George W. Bush awarded Supreme Master Ching Hai with the Presidential Active Lifestyle Award, which encourages healthier lifestyles, greater determination and more self-confidence in individuals and communities. Touched by President Bush's recognition, Master wrote a letter to convey Her appreciation for the honor of the award as well as the privilege of being welcome in his country.

On March 20, Golden Year 6 (2009), Los Angeles County, California, recognized Master with a Certificate of Commendation for Her dedicated service to the affairs of the community and for the civic pride demonstrated by numerous contributions for the benefit of all the citizens of the county. This award was signed by the Supervisor of the Fifth District, Mr. Michael D. Antonovich. The county had become aware of Master's noble work through Ms. Margie Evans, internationally

renowned singer and Executive Director of the outreach charity, Los Angeles Music Week.

As a humanitarian who has dedicated Her life to contributing to the world, Master has helped accomplish transformation in many parts of the globe. Her work has received worldwide acclaim along with prestigious awards, including the Gusi Peace Prize (2006), First-place Silver for the 27th Annual Telly Awards (2006), World Spiritual Leadership Award (1994), World Citizen Humanitarian Award (1994), while February 22 and October 25 have been proclaimed The Supreme Master Ching Hai Day by US government officials.



The 43rd US President George W. Bush



Mr. Michael D. Antonovich



Ms. Margie Evans



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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>

FORMOSA

Warm Responses to the Plant Based Diet in Halting Global Warming

By Chiayi News Group (Originally in Chinese)

[Chiayi/Yunlin] In recent months, fellow initiates in Chiayi and Yunlin have worked steadfastly to spread the "Be Veg, Go Green, Save the Planet" message, which has received extensive attention from the government, schools, media and communities. More than 40 reports on their activities have appeared in newspapers and magazines as well as on radio, television and the Internet.



In Yunlin, The Supreme Master Ching Hai International Association held three seminars, in Mailiao, Taixi and Huwei, each followed by a vegetarian luncheon. After attending these seminars, Yunlin County Magistrate Su Chih-fen and Councillor Liao Ching-hsiang promised to push for the provision of nutritious vegetarian lunches twice a week in elementary and junior high



Yunlin County Magistrate
Su Chih-fen



schools. The County Council has passed a resolution to this end and the County Government is committed to implementing the policy. Our fellow initiates were invited to give talks on this topic at the County Hall,

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Yunlin County Councilor
Liao Ching-hsiang



Yunlin County Deputy
Magistrate Lee Ying-yuan (second left)

where they received earnest support from high-ranking officials. With encouragement from Magistrate Su, the County Government invited the principals of 200 junior high schools and elementary schools to a seminar entitled “Reduce Carbon Emissions to Help Cool the Earth,” aiming to advocate the plant-based diet and environmental protection. Deputy Magistrate Lee Ying-yuan presided over the seminar, and our Association served delicious vegan meals, which greatly impressed all the school principals present. Magistrate Su also invited our fellow initiates to prepare a vegan breakfast for representatives of various sports organizations, to whom she introduced our Association and the concept of a plant-based diet in preventing global warming. On another occasion, Deputy Magistrate Lee spoke extensively to participants in a biking tour on the veg diet and its connection to environmental protection.

In Chiayi City, the Environmental Protection Bureau invited the Love Ocean Puppet Troupe and the Chiayi Puppet Troupe to perform and give related talks to young audiences at the Cultural Affairs Bureau on three consecutive weekends starting the week prior to Earth Day on April 22, Golden Year 6 (2009). The Love Ocean Puppet Troupe delivered 18 performances in elementary schools, kindergartens and orphanages in the area, while the Chiayi Puppet Troupe gave about 10 presentations. Together with the Chiayi Environmental Protection Bureau, our Chiayi Center convened community seminars on environmental protection



and halting global warming. They offered assistance to some NGOs in holding a fair and a Mother’s Day singing competition, supplying vegan dinners and conducting discussions on global warming. All these endeavors received extensive support from local political leaders including city councilors and their assistants. In addition to that, fellow initiates were also

invited to serve a vegan lunch at the Zhucun Elementary School anniversary celebration, evoking the interest of all the teachers and students in the plant-based diet.

Every day from February to April of this year, Chuiyang Loving Hut in Chiayi offered 37 “Good Luck! Find a Job!” lunch boxes to jobless people, hoping they would soon find employment and more people would know about preventing global warming with the plant-based diet.

Starting early this year until mid-May, Association members





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have delivered more than a hundred talks to more than 40,000 people participating in activities held by the Environmental Protection Bureau, Health Department, Police Department, schools and civic groups. These informative gatherings have effectively persuaded students to switch to the plant-based diet, and introduced a new concept to parents and school principals. The principal of an elementary school, after reading the recipe and preparation instructions of the vegan hamburger printed in the “Go Veg to Halt Global Warming” handbook, invited fellow initiates to teach the students how to prepare vegan hamburger. The suggestion had the immediate support of the students and teachers, who wasted no time scheduling the next talk and vegan burger teaching session.



Supreme Master Television display stands, with a video monitor and SOS flyers at Chiayi Railway Station

At the Chiayi Railway Station, fellow initiates set up display stands showing Supreme Master Television programs and allowing commuters to freely take global warming flyers. Our Formosan initiates in the medical profession funded and published a booklet entitled *The Animal-Free Diet, Nutrition and Health — a Compilation of Scientific Evidence*, to serve as reference for both government and

people. Fellow initiates also compiled and published the *Yunlin Plant-Based Diet Guide Book* with detailed listings of vegetarian food outlets in Yunlin, which is welcomed by both restaurants and the general public. A fellow initiate who retired early from government service to devote his time to advocating the plant-based diet and halting global warming, caught the attention of journalists, whose news reports have helped readers realize the urgency and the solution to the climate change crisis.

Through Master’s blessing and the hard work of fellow initiates, the idea of the plant-based diet has gained greater attention from the government and reached the hearts of the people through media reports.



The Be Veg, Go Green, Save the Planet message has received extensive media coverage.

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A New Vegan Lifestyle for All People

Report compiled by Formosa News Group (Originally in Chinese)

[Formosa] As the global warming situation worsens, Supreme Master Ching Hai is working tirelessly appealing to the world through videoconferences and other channels, to adopt a plant-based diet in order to mitigate the crisis. Inspired by Master's loving endeavors, local Centers around Formosa continue to devote all their efforts toward inspiring people to save the world with a vegan diet.

In Support of Earth Day

The Supreme Master Ching Hai International Association has been taking active and practical actions to coordinate and support the government's "Eat More Vegetables and Less Meat" campaign in implementing the policy of energy conservation and carbon reduction. On Earth Day, April 22, our Association launched the "Cherish and Love Our Earth with a New Vegan Lifestyle" campaign with Formosa's vegetarian industry, aiming to draw attention to the environmental crisis facing the whole world and humankind. On that day, Minister Stephen Shen of the Environmental Protection Administration accepted an interview with Supreme Master Television. He was very glad to learn that more than 1,500 vegetarian food suppliers were participating in the New Vegan Lifestyle campaign. He also shared his views on the vegan diet with members of the media, who later approached Supreme Master Television reporters for more information related to the new diet.



Environmental Protection Administration Minister Stephen Shen

Our fellow initiates in Taipei have established an Internet Web site (<http://www.vegannewlife.org>) exclusively for promoting the New Vegan Lifestyle to people looking for vegan food. It lists in detail, more than 550 vegetarian food suppliers in the city who participated in this campaign. Many of the suppliers appeal on their own web sites for greater support of the lifestyle, and some offer attractive discounts to encourage people to eat more vegan food. China Television and the *Economic Daily News* carried special reports about the New Vegan Lifestyle movement. Fellow initiates from Taipei's College Group held information-sharing events and provided delicious vegan snacks at the crowded Arts Park.





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Our Keelung Center participated in an Earth Day activity held by the Keelung EP Bureau titled “A New Lifestyle for a Sustainable Home, Cool the Earth by Reducing Carbon, Work Together to Recycle Resources.” It was a lively event encouraging citizens to change their diet and habits.

For three successive days beginning on Earth Day, over 200 vegetarian food suppliers in Taichung City provided over 10,000 meals to citizens either free of charge or at bargain prices, in hopes of reducing a total of 10,000kg of carbon. This activity elicited extensive coverage from the media, as well as positive affirmation and support from the government. Deputy Director Wang Jin-zhong of the EP Bureau appealed to citizens to love animals and refrain from using animal products. Lin Xue-hua, a secretary at the Public Health Bureau, called the New Vegan Lifestyle campaign an excellent activity that introduces a new concept to the people. She hoped that people would love not only themselves and their families, but also the Earth. Many vegetarian food suppliers helped to share the information of the noble vegan diet with local communities.

Our Tainan Center and the Tainan EP Bureau together held an activity especially addressing the conservation of water sources and the rivers of the Earth. In addition to showing videos on global warming, fellow initiates launched an Earth Day Be Veg! Go Green! Save the Earth! petition campaign. Tainan Mayor Hsu Tain-tsair and EP Bureau Director Jhang Huang-jhen signed the petition to show their support; they were joined by more than 500 people on that day. Each of them received a Green mug, biscuits and informative material related to the campaign. Our Center served over a thousand delicious and sumptuous vegan lunch boxes and distributed flyers to all exhibitors and visitors.

Beginning on the eve of Earth Day, our Penghu Center launched a series of anti-global warming seminars at government organizations, schools and hospitals. The county government proclaimed Earth Day as Penghu No-Meat Day. The EP Bureau convened a series of activities and requested our Center to provide vegetarian snacks to the participating guests. County Magistrate Wang Chien-fa openly urged the county government staff to set a leading example by taking vegetarian meals on Earth Day, so as to reduce carbon emissions to save the Earth. The EP Bureau sent a letter to our Center expressing their gratitude for our full support. Fellow initiates also approached local vegetarian food outlets encouraging them to promote the New Vegan Lifestyle by providing vegan meals at discount prices from Earth Day to Environment Day, in order to attract more people to adopt the plant-based diet and understand the importance of this healthy and compassionate lifestyle.

Caotun Loving Hut sponsored the Earth Day activity jointly held by the Nantou County Government and the Nan Kai University of Technology by providing delectable vegan lunch boxes free of charge to all teachers, students and other participants.



Tainan Mayor Hsu Tain-tsair



Tainan EP Bureau Director Jhang Huang-jhen

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Sharing the Message with Students

In March and April, our Taipei Center held nearly a hundred global warming seminars, research workshops for teachers and puppet shows, attracting a total of more than 20,000 guests at dozens of colleges and universities, including National Taiwan University.

During those two months, the Tainan Center held activities at Kun Shan University and 41 schools to encourage people to mitigate global warming through a plant-based diet, energy conservation and carbon reduction. The events featured puppet shows, exhibitions and seminars for teachers.

Our Penghu Center has been committed to helping various schools launch a-vegetarian-day-a-week campaign. Apart from

providing vegetarian recipes to the schools, they also paid a visit to Miss Chen Qiu-xi, head of the Health Education Section under the Education Bureau. Miss Chen plans to upload the recipes and information on the benefits of the plant-based diet onto the bureau's website as a reference for school lunch providers so that the children may enjoy more nutritious and healthy vegan lunches.



Community and Public-Benefit Activities

To share the message of reducing global warming, our Taipei Center participated in a Yanliao community meeting in Tucheng, a hiking activity in Neiuhu, a strawberry picking trip in Baishihu and the Fauna and Flora Cultural Festival in Xindian. In March and April, fellow initiates distributed 330,000 SOS flyers and 6,000 DVDs, 30,000 vegan recipes as well as 70,000 flyers in the effort to ban meat, alcohol, tobacco and drugs.

The Tainan Center held information-sharing activities for people living and working in Yongkang and for the EP Bureau staff. Fellow initiates also participated in beach-cleaning efforts held by the bureau and distributed 1,500 bags of vegetarian snacks together with SOS flyers to the participants.



Our Kaohsiung Center was invited to participate in a children's art competition, with

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the themes of “saving energy, reducing carbon emissions and a smiling park,” held in Zuoying. Fellow initiates designed a quiz on global warming with giveaway prizes and offered free sampling of vegan food. SOS flyers and vegetarian recipes were distributed. They were invited a second time by a community development association in Kaohsiung’s Xinshang and Xinxia boroughs to hold a Mothers’ Day Fair at Hanshin Arena Shopping Mall. On that day, they distributed 6,500 flyers and attracted about 2,000 people to try the vegetarian delicacies.

On invitation, our fellow initiates in Changhua prepared a vegetarian dinner for a Lugang Rotary Club meeting and delivered a speech titled “A Crisis of the 21st Century—the Feverish Planet,” which was positively received by the club members.

Our Penghu Center was invited to participate in the Penghu Aviation Fair and Flight Safety Promotion Activity. Fellow initiates



put flags and banners of the New Vegan Lifestyle campaign around the venue, hoping to remind people of the importance to Be Veg! Go Green! Save the Planet!



to influence a change in their diet.

The vegetarian meal boxes prepared by fellow initiates in Kaoshiung have become increasingly popular, with sales peaking at 2,382 one day. Each meal was accompanied by a SOS flyer and 80% of the customers were non-vegetarian.

Since Master, during Her stay at St. Martin Center, encouraged Association members to prepare vegetarian meal boxes to promote the new lifestyle, fellow initiates from many Centers around Formosa have been to Kaohsiung to learn about the preparatory process and marketing experience, so as to develop more channels for promoting the plant-based diet.

Free Meals and Vegan Sale

In April, Xinyue Loving Hut in Yilan provided low-carbon vegetarian meals daily to destitute students of National Yilan Commercial Vocational High School and street friends under the care of the Ren An Foundation. While extending love and concern to them, they also hope



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Visiting Government Officials

Before World Meatless Day on March 20, fellow initiates from the Penghu Center visited Magong Mayor Su Kun-hsiung (photo 1) and Deputy Superintendent Liao Zhou-tang of Penghu Veterans General Hospital (photo 2), to inform them of the



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global warming situation and the spirit and meaning of Meatless Day. Mayor Su expressed strong support and promised to encourage his staff at City Hall to be veg on this special day. He also appealed to all Magong citizens to support Meatless Day and to go veg one day a week. His appeal was made in the presence of journalists, hoping that the media would encourage people to adopt the plant-based diet in order to save the Earth. Mayor Su and Deputy Superintendent Liao also gave us permission to hold “go veg to end global warming” seminars on Earth Day at City Hall and the hospital, respectively.

Supreme Master Television Broadcasts at Railway Station

Railway stations, where there is a constant flow of commuters, are ideal locations for sharing the global warming message. Therefore, fellow initiates in Tainan approached the Xinying station about installing facilities to broadcast Supreme Master Television. The station master extended his warm support and granted them rental permission. Now, a large number of passengers can watch Supreme Master Television and read the SOS flyers and pamphlets while waiting for the train.



Effective Information-Sharing Efforts

Thanks to Master’s blessing and the hard work of fellow initiates, the “Go Veg to Save the Earth” campaign in Nantou County has proved to be very effective. In supporting the policy

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of saving energy and reducing carbon emissions, the Nantou County Government started last year to provide vegetarian meals in their office canteen twice a month. This policy has now expanded to elementary and junior high schools, which are encouraged to provide a weekly vegetarian lunch.

The vegetarian concept has also begun to take root in many Taipei schools.

For instance, on Earth Day, all teachers and staff at Municipal Dazhi Senior High School ate vegetarian meals. They also encourage the two thousand and more students to go veg, to do their part in saving the planet, by ordering vegetarian lunches for them. At Conglin Junior High School, about a third of the teachers now have a vegan lunch; they are being joined by more colleagues and students as well. At Shipai Junior High School, more teachers are taking one vegetarian meal a week.



MALAYSIA

Sharing the Global Warming Message at the National Zoo

By Kuala Lumpur News Group (Originally in English)

[Kuala Lumpur] On April 18, Golden Year 6 (2009), the initiates in Kuala Lumpur participated in one of the Monthly Seminar Series organized by Malaysia's National Zoo (or Zoo Negara) to



reach out to visitors of all ages. The day's program started with a tree-planting session attended by government officials and guests from private corporations. Early arrivals were greeted with vegan burgers and "environmental-awareness" packages, which were met with enthusiastic and positive responses. At coffee break and lunchtime, the participants were delightfully surprised by the appetizing vegan food served by the initiates. Thanks to the warm assistance from Mr. Junaidi, an Education Department official and the seminar organizer, all the visitors to the zoo that day were able to receive SOS flyers and DVDs as well as watch the *SOS Save the Planet* video throughout the event.

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From their interactions with guests, it was apparent to the initiates that the global warming crisis and its direct correlation with livestock farming as the biggest contributor to greenhouse gas emissions were gaining more attention from people. A participant who had been vegetarian for a month after understanding the problem, predicted that it would only be a matter of time before more people embraced this simple truth and changed their eating habits. A life-long vegetarian whose business trips often took him to Europe, America and other parts of Asia, thought it is very easy to go veg these days. “There’s no excuse not to at least consider the veg diet, especially in the face of the prevalent environmental crisis,” he added.

On seeing the enthusiasm demonstrated by our initiates in promoting environmental issues, Mr. Junaidi was motivated to hold a special event in June to further raise the awareness of global warming. Thank you, Zoo Negara, and especially Mr. Junaidi, for helping to push for a clearer understanding of our responsibility towards nature, Mother Earth and their preservation. 🌸

“Be Veg, Go Green, Save the Planet” Exhibition in School

By Johore Bahru News Group (Originally in Chinese)

[Johore Bahru] To help students better understand global warming and ways to address the crisis, our Johore Bahru Center held a “Be Veg, Go Green, Save the Planet” exhibition at the local Foon Yew High School on March 23, Golden Year 6 (2009). In addition to showing videos, fellow initiates distributed DVDs and flyers on climate change as well as information on how to make eco-friendly enzymes to the students and teachers. They also demonstrated the preparation of vegan sandwiches and offered free tasting of delicious vegan snacks to the participants. Many students eagerly asked for vegetarian recipes, while teachers who were interested in the multi-purpose enzymes, that can replace many chemical products, discussed how to make them from fruit peels.

It is our sincere hope that this activity will encourage more students and teachers to join the vegetarian family and fight global warming with practical actions. 🌸





Engaging Students in the Movement to Stop Global Warming

By Singapore News Group (Originally in English)

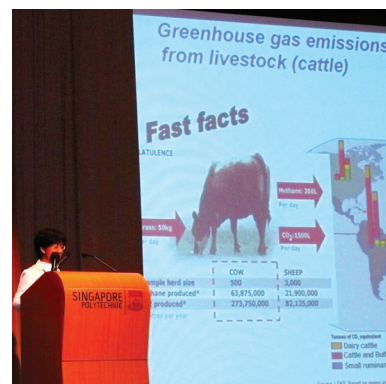


[Singapore] The Singapore National Weather Study Project (NWSP) was launched in 2005 by Senoko Power, the nation's biggest power producer and recipient of the 2008 President's Award for the Environment. The primary aim of the project is to raise awareness among students in Singapore on how climate change and shifting weather patterns impact the environment and their lifestyles. On April 16, Golden Year 6 (2009), the NWSP Preliminary

Assessment Briefing was held at Singapore Polytechnic's Auditorium. Around 350 bright and eager students and teachers from 90 different schools participated in the event. Two of our Association members, especially invited to attend this grand occasion, took the opportunity to distribute SOS flyers at the entrance.

During the briefing, various distinguished guests delivered presentations on topics relating to changing weather and environmental solutions. Dr. Khoo Hsien Hui from the Agency for Science, Technology and Research (A*STAR), Singapore, has been gaining recognition for her contributions to climate change related research studies and was selected by the British Council to be part of the International Networking for Young Scientists for Climate Change in 2007. In addressing the causes and consequences of climate change in her speech, she explained to the keen students that the major factors contributing to global warming are not just from energy generation, industrial activities and transportation alone, but mainly from livestock. She highlighted that more actions have to be taken to inculcate the awareness of climate change, as well as the main causes of it. She ended her speech with a short video produced by Supreme Master Television, featuring quotes from famous people stressing the urgency for action to end global warming catastrophes and the need to switch to a vegetarian diet. The awe-inspiring video, that also displayed the Supreme Master TV website link, received a warm round of applause from the audience.

Following the presentations, enthusiastic and caring groups of students crowded around the lecturers, eagerly asking more questions. Those who talked to our Association members were delighted to receive the SOS flyers as well as additional materials on climate change and the benefits of a plant-based diet. Dr. Khoo's inspiring speech led to two invitations to speak on the same topic! This successful NWSP event marked the beginning of more seminars in the near future, to enable scientists to share with the young generation the planetary emergency message, "Be Veg, Go Green, and Save the Planet." 🌸



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PHILIPPINES

Seminars Calling Attention to Global Warming

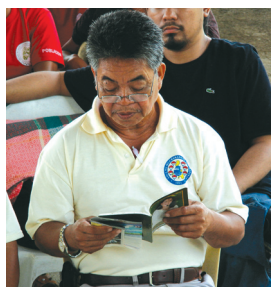
By Manila News Group (Originally in Filipino)

[Philippines] In order to inform more people about the positive impact of the vegan diet on global warming, local initiates in the Philippines held four seminars in April in the cities of Batangas, Balanga and Ibaan. They showed films on how to curb global warming and offered vegan treats, both of which were well received by the attendees.



The first two seminars were presented to UNO (Unlimited Network of Opportunities) members in Batangas. Before the seminar, many guests did not understand why meat is the number one cause of global warming as illustrated in the posters, but the answer became clear to them when a video on climate change was shown. They listened attentively, with some taking notes, as the guest speaker, Dr. Caesar Aguilar, explained how the human body is designed for the vegetarian diet. SOS flyers, badges and DVDs along with Master's sample booklets were also handed out to the guests, who were amazed by the quality of all these publications. Some even requested extra flyers to share with their families and friends.

At the third seminar in Balanga, many attendees expressed their interest in having our initiates hold similar events in their communities. Having learned through the video content and discussion that livestock production is the main cause of global warming, guests who work in that industry showed earnest concern about the issue. A leader of a women's group requested SOS posters on the cost of meat eating, which she plans to post in large assembly halls in Batangas.



The fourth seminar in Ibaan attracted the largest audience of more than 500 people, including teachers and government officials of Batangas. After viewing a documentary on the horrors of the meat industry in the Philippine language of Tagalog, the guests came to understand the appalling life and tragic fate of our animal friends.

Many teachers stayed after the seminar to express their gratitude and have further discussions with initiates. They asked for flyers and other information, hoping to teach their students the correct concepts.

Thanks to Master's blessings and the assistance of Formosan initiates, the four seminars were successful in raising people's awareness of the global warming crisis and the vegan diet as its best solution.





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JAPAN

“Yes We Can – Save Our Planet!”

By Tokyo News Group (Originally in English)

[Tokyo] Roots & Shoots, the Jane Goodall Institute’s program for youth, is a global network of over 8,000 groups in more than 100 countries with the mission to foster respect and compassion for all living things, to promote understanding of all cultures and beliefs, and to inspire each individual to take action to make the world a better place for people, animals and the environment.

On March 13, Golden Year 6 (2009), the Yokota Roots & Shoots Club sponsored by one of our fellow initiates in Fussa, Japan, presented a DVD on Climate Change and Global Warming to a middle school. The film, produced and narrated by the club members that included a trailer from *The 11th Hour* and an announcement from Supreme Master Television where VIP leaders from around the world discussed the global warming crisis, has generated positive reviews from students and faculty.

On Earth Day, April 22, the club had a vegan bake sale in the school, bringing attention to the fact that vegan food can be delicious and also good for our planet. All the students enjoyed the baked goods and the proceeds from the sale were contributed to the school’s parent teacher organization. When they began singing two environmental songs, some students went outside with a teacher and planted two trees, a Japanese maple and a Sakura (Japanese ornamental cherry tree). The AFN (Armed Forces Network) television crew and the *Stars and Stripes* newspaper were on hand to capture the planting on film. The video report of the tree-planting ceremony was aired on AFN television in Japan, Korea and Guam as well as online while another feature was televised in the US, Europe and the Pacific. The local AFN radio station broadcasted an interview as well.

After the recycling contest and “Yes We Can – Save Our Planet!” cheering competition, the program ended with a “Youth Earth Pledge.” One of the Roots & Shoots members led the entire school of around 350 students in the oath: *“I pledge to do my best to go green and to encourage others to do the same.”*



Front page coverage of Yokota Earth Day appeared in the regional *Stripes Kanto* and the *Stars and Stripes* newspapers

The next focus of this group is to run an online Youth Earth Pledge survey to gather support for the coming Copenhagen Climate Change Conference. The Roots & Shoots Club has demonstrated that young people can actively make a difference and are committed to helping our planet! 🌸

To sign up for Youth Earth Pledge, please visit:
<http://www.yokota-roots-and-shoots.org/>

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Leading the Way to the Plant-Based Diet

By Gunma News Group (Originally in Japanese)

[Gunma Prefecture] On April 18, Golden Year 6 (2009), fellow initiates from our Gunma Center held a SOS Global Warming Seminar at the Nagano Prefecture Cultural Hall. Several weeks before the event, they started distributing flyers and putting up posters everywhere while also placing public announcements in the media. Since people were concerned about the issue, almost all the media offered to do the announcements free of charge. Experts were also invited to this very important gathering.



The seminar attracted people from all circles of society, including reporters from The Shinano Mainichi Shimbun (daily newspaper). Videos on the global warming crisis, the connection between animal husbandry and climate change, the benefits of the plant-based diet, and the food shortage crisis were shown. Four professionals from different fields then shared their views. As the number of attendees increased with each seminar, fellow initiates received greater support and feedback from people. Many guests said that they would share what they had learned with their friends. One person who had attended one of our seminars four months ago said, “The message conveyed in this seminar has been more profound and has carried a stronger impact, moving me to tears. I shall strive to save the planet.”

This event has changed the mindset of some people who had been adverse to the plant-based diet, and convinced them to become vegetarians. Thank You, Master, for all Your blessings. 🌸

KOREA

Sowing the Seeds of Mercy

By Busan News Group (Originally in Korean)

A Series of Climate Change Video Seminars

[Korea] In April, Golden Year 6 (2009), Korean initiates organized video seminars in Changwon, Pohang and Gyeongju to raise awareness of global warming and its solutions, and to spread Master’s spiritual teachings. They played climate change





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movies and Master's lectures as well as served delicious vegan meals to the attendees. The people were impressed by Master's wisdom, and for many, it was the first time they were introduced to the surprising, true facts about global warming. About 30 people signed up to learn the Convenient Method of meditation and two wanted to receive initiation. In Changwon, one man



said he had seen Master in his dream and another followed the seminar working team to the Center to further discuss meditation and spiritual practice. All the guests expressed their appreciation for the delicious vegan food and were enthusiastic to share the relevant flyers with their friends. Fellow initiates are determined to continue working hard to promote Master's message to their fellow citizens.

Sharing SOS Flyers at the Yellow Flower Festival



announcement boards with phrases like "Be Veg, Plant Trees, Switch to a Hybrid Car, and Use Renewable Energy" attracted great attention, and the SOS flyers were well received. Busan fellow initiates pray the seeds of hope will soon sprout in people's hearts so that they will choose the merciful plant-based diet to permanently change the climate. 🌸

[Yongsan] On April 10 and 19, Busan initiates participated in the Yongsan City Yellow Flower Festival with the hope of informing the public about the main cause of global warming, the livestock industry. Many people enjoyed walking among the beautiful flowers and the informative materials offered by the various organizations. Their



INDONESIA

Vegan Diet Gains Wider Acceptance

By Jakarta News Group (Originally in Indonesian)

[Jakarta] As more people around the world are choosing to be veg for the compassionate goal of saving the planet, fellow initiates from Jakarta Center have worked even harder to generate a wider acceptance of the vegan diet among the people of Indonesia.

On January 31, Golden Year 6 (2009), the Happy Yogi Kitchen Team once again went to Tarakanita Junior High School to hold a vegan cooking demonstration. With the hope of inspiring new lunch alternatives, simple vegan spaghetti, tempura and burger lunch boxes

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were prepared in front of the group. Many students and teachers said that they've been eating more vegetables since the last seminar presented by the initiates and they were grateful to receive more information from the SOS flyers.

On February 7 and 28, our Global Warming Seminar Team and Cinta Kasih (Love and Compassion) VegStall held presentations about climate change to predominantly Moslem audiences. It was the first time many of them had heard about the link between our diet and global warming. After savoring the delicious vegan dinner prepared

by the initiates, some guests promised to become vegetarian for better health and a better life.



On February 22, in commemoration of Supreme Master Ching Hai Day, the 7th Walk of Love was held on a car-free day on CBD Road Thamrin – Sudirman in Central Jakarta, where over 1,000 packed vegan meals were distributed. The 8th Walk of Love was held in CBD Rasuna Said, South Jakarta in response

to an invitation from the World Wildlife Fund to jointly promote Earth Hour. After discussing with a teacher and students how livestock gas emissions affect the climate, they were invited to hold a seminar at the London School of Public Relations in May.

On March 2, the top executive director of the Bank of Indonesia, impressed by the taste and variety of the vegan foods served at Loving Hut Restaurant, invited the Happy Yogi Kitchen Team to set up a "Dapur Sehat" (Healthy Kitchen) counter at the bank to meet the many requests for healthy food from bank employees. Two days later, they held a seminar on global warming and healthy plant-based eating there. One of the two Deputy Governors who attended the gathering said that he was delighted to have a vegan food counter in the building for the first time.

On March 15, Loving Hut Restaurant and Anjali VegStall participated in the "Healthy Foods, Healthy Minds and Healthy Earth" Vegetarian Food Festival organized by the Ekayana Buddhist Center. A total of 168 different types of vegetarian food were served to thousands of families at the festival. In addition to holding a seminar on healthy plant-based foods and climate change, the Ekayana Buddhist Center expressed interest in having the fellow initiates arrange a global warming seminar for its students.

The Jakarta brothers and sisters felt wonderfully blessed with Master's love when conveying the urgent "Be Veg, Go Green, Save the Planet" message to the community. More activities are underway to draw greater attention to the need of adopting a plant-based diet to save the planet. 🌸





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INDIA

An Institute of Love in the Desert - The Ching Hai School

By Formosa News Group (Originally in Chinese)

[Rajasthan] Far out in the Indian desert of Rajasthan, a group of farmers and women handicraft workers have been quietly contributing to the education of local children. Concerned about the shortage of public school teachers in this remote area of India, these fellow initiates established



Writing attentively

the Ching Hai School in the name of Master. In addition to contributing their income from their work for the purchase of teaching materials, they themselves engage in studies and then impart their knowledge to the local children.

The Ching Hai School has more than 160 students. Early each morning, they cheerfully sing praises to their Mother of Education—Supreme Master Ching Hai, in their local language before beginning their daily lessons. Although the four classrooms are only equipped with mats for sitting, it is very touching to see the sincerity and enthusiasm of the teachers and the earnest expression of the children as they carefully follow their teachers' instructions, copying the words on the blackboard. When asked about their happiest moment of the day and their future dreams, some answered: "My happiest moment is when I am in class, because learning makes me very happy!" "When I grow up, I want to run a school to educate children, just like our principal." These fellow initiates also provide a pure vegan lunch for the children each day, winning approval and praise from the parents, who said: "The vegan diet makes the children healthier."

Fellow initiates visiting from Formosa brought Master's publications, including *God Takes Care of Everything*, *The Dogs in My Life* and *Celestial Art*. The local initiates were deeply touched and immediately started reading the books. The Formosan initiates also contributed 10,000 rupees to help this group of fellow initiates who are working quietly to create a more vibrant future for the local children of the desert so that they can pass on this selfless love. 🌸



In high spirits, the students sing praises to Supreme Master Ching Hai in the morning.

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UNITED ARAB EMIRATES

Abu Dhabi Book Fair Embraces Noble Message

By Formosa News Group (Originally in Chinese)

[Abu Dhabi] The 19th Abu Dhabi International Book Fair was held from March 17 to 22, Golden Year 6 (2009), at the Abu Dhabi National Exhibition Center in the United Arab Emirates (UAE). This was the largest book fair in recent years and attracted 637 exhibitors from 52 countries. Members of The Supreme Master Ching Hai International Association came from several countries, fully charged with Master's love, to share with the pious people of Allah information on love for animals, the healthy plant-based diet, environmental protection and saving the Earth.



The exhibition was inaugurated by UAE Foreign Minister Sheikh Abdullah bin Zayed Al Nahyan, who then toured the exhibition and especially stopped at our booth to listen to our fellow initiates introduce Master's publications. He was delighted to receive our gift of the three international best-selling books, *The Noble Wilds*, *The Birds in My Life* and *Celestial Art*.

Guests from many countries attended the book fair and many came to our booth to read Master's publications and appreciate the lovely *Birds in My Life* items. The Dubai representative of the Taiwan External Trade Development Council also visited with us and described, in his special report, the warm response of visitors to our exhibits on environmental protection and love for animals. A gentleman, who was a faithful viewer of Supreme Master Television, purchased almost the entire range of books, DVDs and incidental articles available at our booth. Many people happily bought these blessed mementos as gifts for others. Almost all the books and other items were sold out during the six-day event. Even the swan poster (a precious photo taken personally by Master) that we had used to decorate the booth was highly sought after.

In addition to the strong interest in our exhibits, the Love Ocean Creative Puppet Troupe presented seven performances of "The Wish of the Prince" at the popular Children's Theater. Many teachers brought their students and parents brought their children to enjoy the puppet



UAE Foreign Minister, Sheikh Abdullah bin Zayed Al Nahyan, reading Master's best-selling book *Celestial Art*



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show. The kids watched attentively and responded enthusiastically to the prize quiz, but what they loved most was shaking hands with the lovely animal puppets. The whole theater was permeated with heart-warming bliss.

Publishers in the Middle East, coming from a rich cultural background, highly admired Master's extraordinary artistic attainment. Representatives of publishing companies from many countries visited our booth and some suggested that we should actively participate in more book fairs in the region. They were full of praise for Master's publications, commenting on their exceptionally rich contents and quality printing, which make them excellent gifts.

Fellow initiates took the opportunity to contribute Master's precious publications to the National Library, the Dubai City Government, VIPs and the book fair convener. On March 18, our Association members, as an exhibitor, participated in the Third Sheikh Zayed Book Award presentation ceremony held at the Emirates Palace Hotel. They interviewed and presented Master's publications to the Award recipients.

At the invitation of the convener, Madam Vidhu Mittal, an Indian vegetarian chef, demonstrated vegetarian cooking at the venue, to the delight of the visitors. Supreme Master Television made a live recording of the event and interviewed Madam Mittal and the audience. We felt much encouraged and delighted to see the concept of the vegetarian diet begin to take root in this region.

Hoping to disseminate the message of saving the planet, we distributed SOS flyers around the exhibition venue and in Dubai. Many people there were unaware of the global warming crisis. After listening to our explanation, they strongly agreed that this is a critical moment for the world to act together to show their love for our Earth. They were grateful to Master for Her courageous leadership. Many people requested to take home flyers for their friends. Some teachers took flyers for their students; some children took a whole stack and helped us distribute them. After listening to us introduce the Save the Planet campaign and Master's teachings, an exhibition staff member said he would switch to a plant-based diet and brought his wife to learn vegetarian cooking. Upon hearing about the public-benefit activities of our Association, several local vegetarian restaurants extended their earnest support by helping us with the printing of the SOS flyers in the Arabic language and transporting the books to the book fair.

During this trip, we were delighted to learn that, with the



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consent of the Minister of Internal Affairs, HH Lt. General Sheikh Saif bin Zayed Al Nahyan, an association under the UAE Police Dog Department had been established to provide information regarding the raising of dogs, and to educate people and elevate their consciousness in loving our animal friends. We visited the Police Dog Department and presented to them some souvenirs that we had brought from afar, including vegetarian dog food, Celestial dog clothes designed by Master, Birdie mugs and *The Dogs in My Life* books.

We are very grateful for Master's supreme blessing that made this event a success. Miraculous assistance came from all directions, making it possible to convey Master's divine love and message to countless thirsty souls. 🌸

SWITZERLAND

An International Book Fair Imbued with Hope

By Switzerland News Group (Originally in English)

[Geneva] From April 22 to 26, Golden Year 6 (2009), a few initiates from France, USA and the Geneva Center participated in the 23rd International Fair for Books and Press in Geneva, which attracted over 105,000 visitors. Former President of Switzerland Pascal Couchepin, who is now the Head of the Federal Department of Home Affairs and the Minister of Culture, attended the opening ceremony.

Other VIPs that were present included Mr. Charles Beer, a Geneva State Counselor, Mr. Pierre Maudet, Administrative Counselor of Geneva, Mr. Pierre-Marcel Favre, the president of the fair, and Turkish Ambassador Alev Kilic, whose country was the guest of honor this year.

Initiates took the opportunity to present Master's books to some of the guests. Minister Couchepin was very pleased to receive *The Noble Wilds* and *Celestial Art*, commenting that the initiates always give him such beautiful books. He remembered *The Birds in My Life* that he received last year, when he was President of Switzerland. Upon receiving *The Dogs in My Life*, Turkish Ambassador Kilic told the initiates that he loves dogs and that there are always some of these loving animal companions in his home. He was very touched by *The Birds in My Life* book and mentioned that his father taught him never to put birds in cages because they need to be free.

Many visitors were aware of the fact that raising livestock





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was very bad for the planet, and they were glad to receive the informative SOS flyers and other materials on the benefits of the vegetarian diet from the initiates. One of the representatives at the Saudi Arabia stall was a vegetarian and another was keen on knowing everything about vegetarianism for himself and to share with his friends. Mr. Jean Ziegler, an internationally known politician, writer and former UN Special Rapporteur on the Right to Food, agreed to a short interview with the initiates. He said that he fully supported the idea that everyone should become a vegetarian, that food should be shared equally, and that it was a crime so many children had to die of hunger. The initiates had the pleasure to talk to one of the most famous and bestselling contemporary French writers, Mr. Bernard Werber, who is a committed vegetarian. In addition to that, they shared climate change solutions with professors from several Swiss universities and with the organizer of the children's activities at the fair, hoping that they would in turn bring this valuable information to the youth. A large part of the fair was devoted to French-speaking African writers, and they were all very happy to receive the information on climate change and vegetarianism.



It is uplifting to see that so many people attending these fairs are already vegetarian, a reassurance that the world is moving rapidly towards a peaceful and bright future! 🌸

GERMANY

A Most Successful Meat Out Day Celebration

By Munich News Group (Originally in German)



[Munich] On March 21, Golden Year 6 (2009), our Association members from the Duisburg Center traveled to the Munich Center to join them for the Meat Out Day event. Together, they prepared all kinds of delicious vegan food, and joined a gathering with Animal Peace, United4Animals, Buendnis Tier (Animal Unity), and the vegan internet shop Radix to introduce vegetarian food as a compassionate lifestyle and the most immediate and effective solution for climate change.

Blessed with a beautiful day, the gathering took place in the downtown Marienplatz area. Local residents as well as tourists attentively watched the SOS DVD, read the flyers and savored the wonderful vegan food. Almost all the people expressed their support for the vegetarian diet. After a young couple read the flyer about the vegan diet, the



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lady encouragingly said to the man, “Darling, we can make this (vegan diet) our goal this year, right?” When the initiates sang the German version of the “Be Veg, Go Green, and Save the Planet” song, many people joined in and some children even danced on the stage with them.

After the event, all the participating organizations agreed that this was the most successful Meat Out Day ever. The initiates felt very inspired and happy to see that the vegan trend is quickly gaining popularity, especially among the young people. 🌸



UNITED KINGDOM

Generating Warm Veggie Buzz

By London News Group (Originally in English)

[London] Fellow initiates from Surrey and London Centers had an unforgettable Meat-Out Day celebration on February 22, Golden Year 6 (2009). With the government’s permission, they brought banners and flyers on climate change to the historical Trafalgar Square in England. Some dressed as animals; others talked to people and invited them to sign petitions. Guest speakers spoke on the issue of global warming and animal rights. At one point, they spread all over the whole square holding posters and froze for two minute in silent protest. It was a truly magic moment.



On March 14 and 15, fellow initiates distributed SOS flyers to tens of thousands of people who went to enjoy the Newruz Festival in Trafalgar Square; and St. Patrick’s Day Festival in London and Ireland. People liked the flyers very much; some asked for more to share with their friends.



On March 19, the UK initiates participated in the “Climate Change Day of Action” in Coventry. More than a thousand campaigners from Christian Aid and their allies from Stop Climate Chaos Coalition joined together to demand climate justice regarding the upcoming crucial UN talks. Their “SOS” and “Harms and Benefits” leaflets were well received by the participants and the big “Be Veg,



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Go Green” banner attracted a lot of attention. Distinguished speakers at the event included world-renowned climate scientist, Dr. James Hansen, Christian Aid Director Mr. Daleep Mukarji, and actress and environmental campaigner, Ms. Greta Scacchi.

The UK initiates are very fortunate to have many opportunities to share Master’s message at free festival events across the country. They will also continue writing to Parliament to inform them of the need to combat climate change via a vegetarian diet.

They thank Master for the chance to help raise people’s awareness and make the Earth a heavenly place to live in. 🌸

CHILE

Join Global Initiatives on Environmental Protection

By Santiago News Group (Originally in Spanish)

[Santiago] On March 20, Golden Year 6 (2009), at the Animal Fair, our Association members distributed our global warming flyers, magazines and sample booklets, as well as balloons and sweets printed with the slogan “Be Veg, Go Green, Save the Planet” and www.suprememastertv.com to celebrate Meat Out day. They also shared delicious vegan meals with the public and demonstrated how easy it is to prepare them. Their stand was always crowded with visitors who wanted to know about Master and how to help the planet. The press even came to interview them. Also attending this event were many other organizations that care about our animal co-inhabitants, young vegans and some rescued animals.



Eight days later, at the “Earth Hour” worldwide event, the Environment Minister, Ms. Ana Lya Uriarte, said, “Chile will join this global initiative and other initiatives to inspire people to be more environmentally conscious, easing the burden on our planet, and to heighten the public’s awareness about global warming.” The lights in several government buildings throughout Chile were turned off. Our Association members again handed out more flyers and took the opportunity to explain to the Minister and other people that meat is the number one cause of the warming of our planet. They invited them to watch Supreme Master TV’s vast array of well-researched programs on climate change, and to attend their informative global warming seminars. 🌸

Environment Minister,
Ms. Ana Lya Uriarte, and people
participating in the event



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CANADA

Positive Responses at Toronto's 2009 Green Living Show

By Toronto News Group (Originally in English)

[Toronto] Dedicated to all things green, Toronto's third largest consumer exhibition, the Green Living Show, took place from April 24 through 26, Golden Year 6 (2009), at the Canadian National Exhibition (CNE) in Toronto. The event attracted a large number of participants, from big corporations to environmentally friendly individuals, organizations and businesses.



For this rare opportunity, the Toronto Center initiates organized themselves to spread the "Be Veg, Go Green, Save the Planet" message. Apart from displaying Master's publications, giving out SOS flyers and other relevant informative materials, sample booklets and SupremeMasterTV.com pens, they set up a big LCD to play SOS DVDs. To meet the demands of the busy venue and the high number of interested visitors, many initiates were stationed at the booth at all times to serve the delicious vegan food samples and tell people about the most immediate and effective solution to the urgent climate crisis.



During these three days, thousands of guests and the event's volunteer working staff visited their booth to participate in the cooking demonstrations and to taste the delicious and nutritious vegan foods, all of which generated incredibly good responses. The initiates also shared some warm loving portions with their neighbors in nearby booths as well as with the security guards, receiving such comments as, "Thanks to you, we have really great food." The working team was delighted to see that most of the event's sponsored cooking shows were vegetarian or vegan. Several people also expressed interest in Master's books and the Quan Yin Method of meditation.

At the conclusion of the show, even though some initiates had not slept for several nights and others had lost their voices, their hearts were full of happiness and gratitude to Master for giving them such wonderful opportunities to serve the public. 🌸



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The Newest Addition of Loving Hut in the Sunshine State

By Florida News Group (Originally in English)

[Orlando] The Grand Opening of the first Loving Hut on the East Coast took place in Orlando, Florida, on March 14, Golden Year 6 (2009). Master's blessing power was present during the celebration and the hearts of the participants were filled with gratitude for the opportunity to share Master's compassionate vision to encourage a more sustainable planet.



Representatives from the offices of Florida State Governor Charlie Crist and Orlando City Mayor Buddy Dyer called the day before the event to welcome Loving Hut to the community. Mr. Larry Rumbough, a long-time vegan advocate and friend of Mr. Howard Lyman (author of *Mad Cowboy*), presided over the ribbon ceremony. Mr. Larry said that the vegetarian group's growth started from just a few people but catapulted to more than a thousand in the past six years alone, further attesting to the veg trend in the area.

Loving Hut staff thanked those who helped realize this noble dream and joyfully served vegan meals to all the guests. DiViNCi and Solillaquists of Sound entertained the compassionate diners with celestial music and songs. Guests welcomed packages containing spiritual information, SOS flyers and DVDs about global warming.

Upon being informed about the news, Dr. T. Colin Campbell, co-author of the groundbreaking book *The China Study*, wrote back: "Congratulations! You opened on my 75th birthday-- what a nice present!" Dr. Will Tuttle, author of *World Peace Diet*, also visited Loving Hut after the grand opening and promised to come back later to introduce his book at the restaurant.



Many satisfied patrons have already left enthusiastic reviews about Loving Hut on the internet, such as "The menu is overwhelmingly incredible ... Loving Hut is certainly the healthy choice among the fast food chains and awesome vegan food with a purpose."

May the seeds of compassion take root and blossom in the days ahead. Through Heaven's grace and mercy, we can share a true golden age where nations erase boundaries and people and animals live together in peace, beauty and love. 🌸

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Video clip of the grand opening of the first Loving Hut in Orlando, Florida: <http://lovinghut.us/florida/news.html>

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A Passionate Veggie Pride Parade

By Los Angeles News Group (Originally in English)

[Los Angeles] On April 26, Golden Year 6 (2009), nearly 1,000 California citizens began a 5,000-meter walk in Culver City, West Los Angeles. Inspired by similar events that took place in New York City and France, Animal Acres organized the first Los Angeles Veggie Pride Parade! About 200 of our Association members, adorned in cute fruit and veggie costumes, held informative, eye-catching signs to educate people about the environmental and animal welfare benefits of a vegetarian diet. Some even participated with their beautiful children dressed in animal costumes and lovely pets wearing vests inscribed with the words “I’m Vegan!” Everyone’s enthusiastic chanting “Be Veg, Go Green, Save the Planet!” heated up the streets, often stopping traffic as cars honked in support!



After the walk, participants gathered for a post-parade rally with special guest speakers Mr. Rory Freedman, author of the New York Times’ best seller *Skinny Bitch*, and Ms. Karen Dawn, author of *Thanking the Monkey, Rethinking the Way We Treat Animals*, which was ranked one of 2008’s top new books by the *Washington Post*. Organizations and citizens favoring the plant-based diet, animal rights and a greener planet celebrated the vegetarian lifestyle with music, entertainment, a costume contest and vegan food from the area’s top vegan restaurants! 🌸



Celebrating Earth Day with Action

By San Jose and San Francisco News Groups (Originally in English)

[California] On April 25, Golden Year 6 (2009), the San Jose Center joined the annual Earth Day celebration at the Civic Center Park in downtown Berkeley, California, a community famous for free-speech movements and grass root campaigns. Starting that day, the Ecology Center’s year-round Berkley Farmers’ Markets are now eliminating all plastic bags and packaging, as the first neighborhood in the US to lead such eco-conscious efforts.





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Association members from San Francisco, San Jose, Los Angeles and Fresno worked hard to distribute as many SOS flyers, DVDs, T-shirts and buttons as well as Master's press kit as possible. Hearing that the Dalai Lama, who happened to have a scheduled talk nearby, was featured in the SOS DVD, people said they would surely watch the video content. A few initiates dressed in



lovely animal costumes with the "Be Veg, Go Green, Save the Planet" slogan.

The Center's kitchen team prepared many different tasty vegan delicacies for free sampling, which drew a large crowd, making their booth the busiest attraction in this event.



The initiates also collected 906 signatures in one day to petition the local cable companies to air Supreme Master Television programs. Many supporters thanked them for doing such noble work for the planet. The manager of the Sustainable Energy Fellowship Program for the city of Berkeley and an organic farm business owner from the Berkeley Farmers' Market accepted an interview with Supreme Master TV.

It was a very engaging day for the initiates and they thank Master wholeheartedly for having given them this opportunity to work together for our planet. 🌸

Young Students with Brave Hearts and a Noble Purpose

By Boston News Group (Originally in English)

[Boston] On his tour of some American universities, the young and talented Australian filmmaker, Aaron Scheibner, showed his film *A Delicate Balance-The Truth* to audiences at New Hampshire University, Harvard University in Massachusetts and Brown University in Rhode Island from April 27 to May 1, Golden Year 6 (2009). The film documents the discoveries of some of the most prominent nutrition experts in the world, and reveals the direct link between the plant-based diet and people's health, as well as global warming and world hunger. People who attended the screening were very impressed by the information learnt from the film and they asked Aaron a lot of questions.

A Delicate Balance-The Truth has gained enthusiastic support from many like-minded groups such



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as The Supreme Master Ching Hai International Association, Harvard Vegetarian Society, and the Brown Animal Rights organization. The Boston initiates helped promote the film with printing, posting and distribution of flyers, prepared vegan food for the guests, attended the screening seminars, and even provided accommodation, maps of other states and a GPS for the screening crew. Working with these young brave students on the same noble purpose of waking up people to save the planet was a great experience for the Boston initiates. Their hope is that the film will inspire more people to quickly change to the healthy and compassionate vegan lifestyle. 🌸

For more details, please visit: <http://www.adelicatebalance.com.au/about.html>

The Efficient SOS Flyer Distribution Team

By San Diego News Group (Originally in English)

[San Diego] In the summer of Golden Year 5 (2008), fellow initiates from the San Diego area formed a flyer distribution team to spread the “Be Veg. Go Green. Save the Planet.” information every other Saturday. From the beginning of Golden Year 6, they have extended their efforts to every Saturday as more and more initiates are inspired to join the team.



So far, they have been successful in talking to many store managers about the urgency of global warming and its simple solution—the vegetarian diet, thus convincing them to share the flyers with their customers and staff. Furthermore, the team takes every opportunity to join the numerous street fairs to pass flyers such as the Chinese New Year Festival and St. Patrick’s Day Parade and Festival.



Through carrying out these noble actions, the team members feel abundant blessings from Master and are elated in spirit. They sincerely appreciate the opportunities to develop their saintly quality and to expand their love by unconditionally offering the truth to the people. 🌸



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A High-Spirited Earth Day Fair

By Los Angeles News Group (Originally in English)

[San Diego] On April 19, Golden Year 6 (2009), in celebration of Earth Day's 40th anniversary, nearly 200 Association members from California and other states participated in the San Diego Balboa Park Earth Day Fair Children's Parade. Reflecting their theme of "changing to a compassionate plant-based vegan diet," they dressed up in animal, vegetable and fruit costumes, and walked proudly with their children and pets. Everyone was in high spirits, carrying signs and banners, and chanting "Be Veg. Go Green. Save the Planet!" In addition, they provided delicious vegan food, exhibited Master's books and art work, as well as aired Supreme Master Television programs. They also handed out more than 1,000 SOS flyers and DVDs along with the reusable Alternative Living shopping bags. Many exhibitors took the chance to introduce their environmentally friendly products and services. It was a great opportunity to promote the vegan diet and exchange the newest conservation ideas with fellow citizens. 🌸



Raising Awareness of Global Warming at the Earth Day Event

By Virginia News Group (Originally in English)

[Virginia] On May 3, Golden Year 6 (2009), fellow initiates from the Virginia Center participated in an Earth Day event in Mount Trashmore Park, Virginia Beach. They distributed SOS flyers and DVDs, showed Supreme Master TV programs, and offered vegan sandwiches and banana cake samples to the participants. People responded very positively to the "Be Veg, Go Green, Save the Planet" message. Many expressed interest in the recipes for their children who had just became vegetarian. A lot of people were pleasantly surprised by the delicious vegan food and kept coming back for more. Concerned about the current global warming crisis, guests willingly signed the petition to enable Supreme Master Television to be broadcast on cable TV, making it possible for its programs to reach more viewers in the US. 🌸



PANORAMA OF EVENTS



Join Hands in Go Green Expo

By Pennsylvania News Group (Originally in English)

[Philadelphia] From March 13 to 15, Golden Year 6 (2009), the Go Green Expo took its US national tour to the Philadelphia Convention Center in Pennsylvania. Mayor Nutter, who presided over the ribbon-cutting ceremony, announced that Philadelphia is exploring more efforts in making the city one of the greenest cities in the country. Nearly 6,000 attendees participated in the event and hundreds of booths were set up to showcase the most recent technologies supporting the new green trends of saving the planet. Seats at the discussion areas were filled with eco-conscious participants who were eager to find out more information on greener lifestyle.

Our Association members from Pennsylvania, New York and New Jersey joined this event to bring the message “Vegetarianism is the best way to save the planet from global warming.” At their booth, they played Supreme Master TV, offered free vegan food samples and handed out thousands of SOS flyers, shopping bags, pens, recipe books and “Veg for Life” information booklets. People who tasted the delicious vegan sandwiches and desserts nodded their heads in approval and came back for more. A lot of them said that they would consider being vegetarian. Many expressed their appreciation for the work of our Association does and said they would join the efforts in saving the planet, our precious home. 🌸



Schools Join the Plant-Based Diet Movement

By Hawaii News Group (Originally in English)



[Hawaii] On April 17 and 18, Golden Year 6 (2009), initiates from the Hawaii Center participated in the annual Family Fair Event held at Iolani School, the alma mater of Dr. Sun Yat-sen, the founder of modern China. They distributed vegan food samples, SOS flyers and DVDs, Alternative Living Recipe booklets, and scientific reports on climate change and its solution - the animal-free diet. Visitors were impressed by the selfless and loving acts of the initiates, and were grateful to know such important information about



Visitors were impressed by the selfless and loving acts of the initiates, and were grateful to know such important information about

SOS PANORAMA OF EVENTS

the vegan diet and our planet. Several people promised to watch the SOS DVD carefully at home, as well as tune in to Supreme Master TV to learn more regarding this subject. They said that Hawaii needs more vegetarian restaurants that sell such good vegan food. The initiates were greatly encouraged by all the support received from the school community.



On April 22, Hawaiian initiates were invited to prepare a vegan lunch for the 60 students, staff and faculty members at the Pacific Buddhist Academy (PBA) High School in Honolulu for their Earth Day celebration. Everyone was surprised to find how tasty vegan food can be. Mr. Joshua Morse, Assistant Head of the School, said that vegetarianism is a very important part of the Eco-Friendly Lesson Plan which teaches students different ways to protect the environment.



Let's hope more schools will encourage their staff and students to partake in the plant-based diet movement. 🌸

More Helping Hands Join the Go Veggie Movement

By Rochester News Group (Originally in English)

[Rochester, NY] From their interaction with people, fellow initiates from Rochester, New York observed that the world has changed and there are many people who want to spread the Go Veg message.

For example, when the initiates found that they had extra “Be Veg, Go Green” lawn signs, they offered them to the members of RAVS (Rochester Area Vegetarian Society) at one of their monthly meetings. People were so excited to have the signs that they rushed and climbed over chairs to get one and there were requests for more.

On another occasion, at the parking lot of a vegan restaurant, a gentleman saw the “Be Veg, Go Green” bumper sticker on an initiate's car and asked if they had another that he could have. They left one for him at the restaurant the following day. The owner of the restaurant later told the initiates that many more people asked for the bumper sticker. He offered to hand out all the ones that the initiates had.



How wonderful to see that the consciousness of the world has been elevated so dramatically. 🌸



SAVE
OUR
PLANET

BELGIAN CITY OF GHENT

the **FIRST** in the World **Veggie**
to Go **Once a Week**

In May of this year, the City of Ghent in Belgium announced that every Thursday will be a vegetarian day for its people. City employees and politicians will be eliminating meat and restaurants are encouraged to provide at least one plant based option during the vegetarian day. In September, schools in the city will start offering a veggie lunch on Thursdays. Ghent is the first city in the world to officially promote a weekly vegetarian day.

Meat production is responsible for 18 percent of greenhouse gases, according to the United Nations' Food and Agriculture Organization (FAO). Therefore, cutting one day of meat consumption may reduce one day's greenhouse gas emissions for the city of Ghent by as much as 18 percent. By encouraging public officials, school children and citizens to voluntarily be vegetarian one day a week, the city also hopes to better community health and to bring benefit to our animal co-inhabitants.

Ghent has prepared 90,000 free veggie street maps to help people find the city's vegetarian eateries. Complimentary vegetarian cooking brochures have also been printed for proprietors of all 1,500 restaurants in the city. In addition, there will be classes, for both professionals and individuals, on how to make delicious plant based meals.

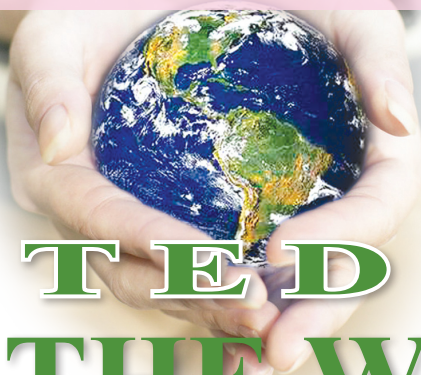
We applaud Ghent for its pioneering initiative to protect the environment, improve public health, and enhance animal welfare. We hope more and more cities will follow in their loving and compassionate footsteps in a unified effort to save our beautiful planet. 🌱

Source:

<http://news.bbc.co.uk/2/hi/europe/8046970.stm>

<http://www.evana.org/index.php?id=14453>





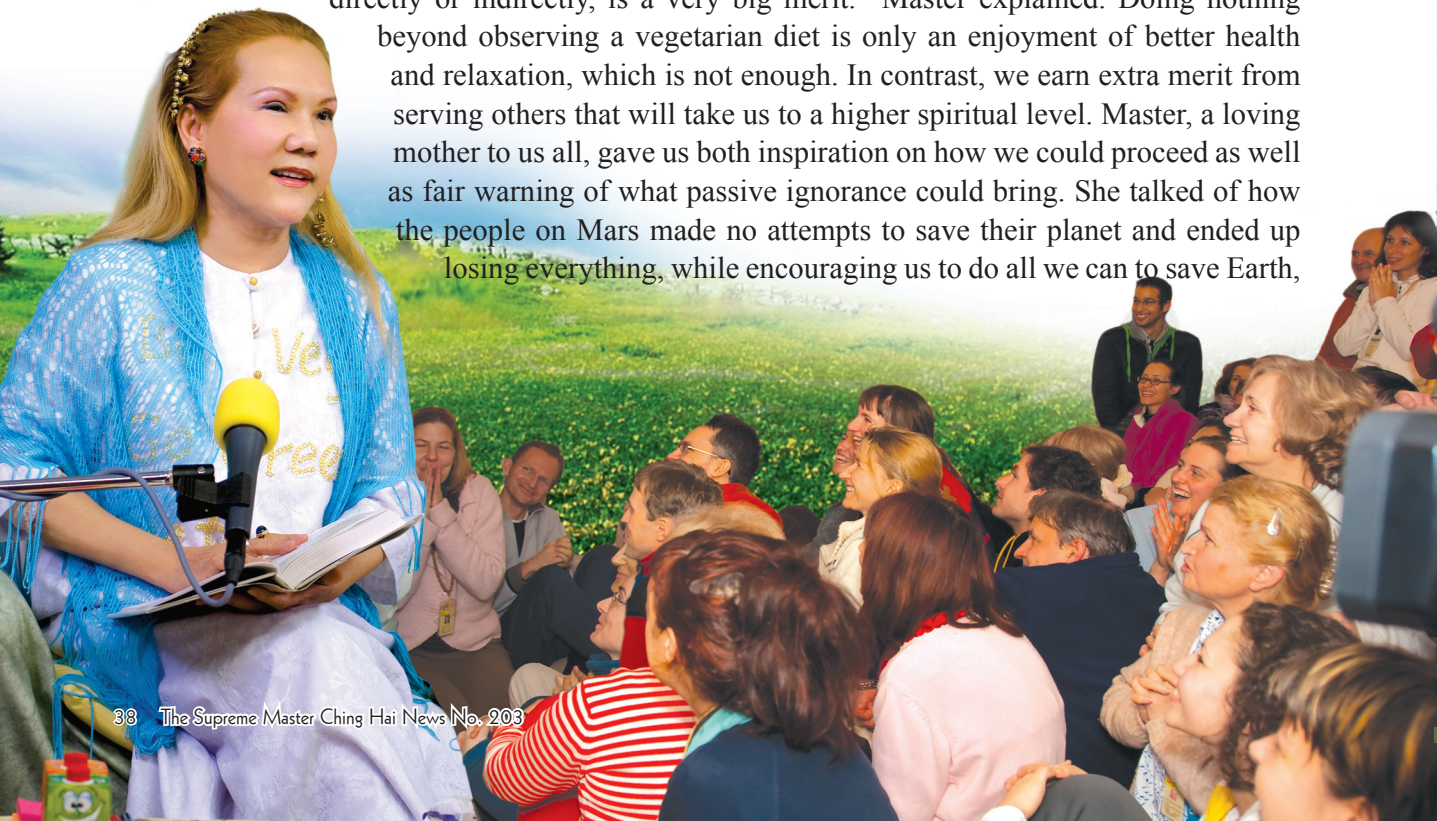
UNITED We Can SAVE THE WORLD

Compiled from Master's lectures (Originally in English and Chinese)

In February and March, hundreds of fellow initiates from around the world continued to attend weekly group meditation sessions at a gathering in Europe. Initiates meditated diligently day and night and enjoyed their gatherings with Master. Despite Her extremely busy schedule, Master still found time to see us and talk with us.

Showing compassionate concern about the crucial issue of climate change, Master told us on February 21 that we still can save our planet by giving up meat. We should be vegetarian, as scientific research has proved that following a non-meat diet will cut greenhouse emissions, mainly from the livestock industry, by at least 80%, which will subsequently stop global warming. Our survival is dependent on our strong will and loving action.

Master impressed upon us that whatever we do, we do for ourselves, and this also applies to the distribution of flyers and writing of letters to the government. "If we do not try to save the planet, once we go back to heaven, we will regret not having taken the chance to participate in the life-saving activity, because that is the best merit we can have. Anything we do towards saving lives, directly or indirectly, is a very big merit," Master explained. Doing nothing beyond observing a vegetarian diet is only an enjoyment of better health and relaxation, which is not enough. In contrast, we earn extra merit from serving others that will take us to a higher spiritual level. Master, a loving mother to us all, gave us both inspiration on how we could proceed as well as fair warning of what passive ignorance could bring. She talked of how the people on Mars made no attempts to save their planet and ended up losing everything, while encouraging us to do all we can to save Earth,



such as writing letters to urge the government to revise its policy and changing people's eating habits.

Saving the planet is not an easy task, Master said; it requires the will power of the whole planet. Master can elevate people's souls even if they are not practicing the Quan Yin Method. When people die, She can take them to heaven, perhaps not to the highest heaven, but higher than the Astral plane of existence. However, She cannot interfere with their free will. People have to wake up. They have to want to survive and want to save their home for their children.

To give us better insights on our planet, Master revealed that the Earth is not just trees and oceans, but also a benevolent "being" independent of us. The level of consciousness of the Earth can only go higher because the Earth only gives. However, as the planet tries to shake off the burdens, there are more disasters these days. Therefore, we are the ones who should be concerned, for when we destroy the environment, we will be gone; and spiritually speaking, we will have no merit.

From a positive perspective, Master also told us how to overcome our negativity from past lives and attracted from the world in this life. To help us better understand, She elaborated further, saying that when we come down to this world to do something good, we balance ourselves by picking up some bad karma from the past. Like a magnet, the bad karma connects us with the negativity in this world through the law of "like attracts like," and we become overwhelmed. If we want to improve ourselves and progress spiritually, we have to overcome our old inclinations toward negativity. We should think twice every time we show signs of turning toward that negative corner. We are the only one who can decide which direction we




go. Master reminded us to always think and follow the teachings of Buddha, Jesus and Mohammed so that we will not be overpowered by our unfavorable past karmic tendencies and the force of negativity in this world.

When answering a question about the effect of Supreme Master TV, Master said that anyone who watches its programs regularly will become a vegetarian. She is happy that millions of people have already adopted a plant-based diet as a result. To date, Master's cooking shows on Sundays, alone, have turned three million people into vegetarians. Together with other vegetarian shows, it has brought the total to seven million.

In a meditation session on February 27, Master asked us to watch Supreme Master TV news every day, for Supreme Master TV has the most accurate and useful news coverage. When the positive news makes Master and us happy, we will be one with Her at least in that respect.

On March 1, Master told us that if we are enlightened and have much wisdom and ability, but then we enjoy it alone without devoting our wisdom, power and love to serving people in need, we sometimes fall ill, mentally or physically. That is because we have too much power. That is called the Zen sickness. The condition is comparable to a water tower that has fallen into decay after being sealed for a long time, or a water faucet that has turned rusty from prolonged lack of use. Whatever God gives us, He wants us to use. That is our mission. When we are connected with the great wisdom of the universe, we are like a water faucet that is connected to a water tower; the more it is used, the more water comes out; and while providing for others, we also cleanse ourselves. We should concentrate every day in doing what we should do like there is no tomorrow. Then we will feel lighter.

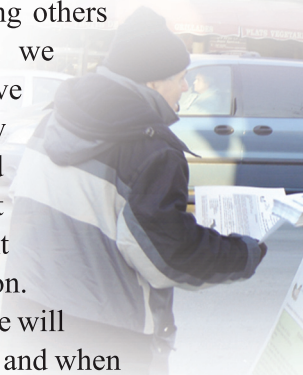


To give us greater courage and faith, Master reassured us that we have God's power within us and we can do whatever She can do. Even if we cannot attain Her enlightenment level, we can follow Her example in our outward actions. Some people, having been controlled by the social and political systems for too long, lose their self-confidence; they become defiant and like to debate. We should direct this confrontational power to performing useful acts, such as planting vegetables and trees, distributing SOS flyers, spreading the truth, and cooking vegan meals for schools. If we cannot do it well today, we can try again and do better tomorrow. We must be the master of ourselves and have confidence.

Positive thinking will help us save the world, Master said during a meditation session on March 8. She quoted the Bible, "I tell you the truth. If you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you." She went on to elaborate, "Moving a mountain and saving the world is the same, meaning something that seems impossible. But if we have faith, then it will be done. It should be done on time. That's the problem. Let's keep moving. Actually, I just had the feeling that we'll be okay... We always have to hope. We all have to have positive thinking... We have to be together like one group. The more we're united, the more supportive together, the more power we have."

Master advised us that the best way to serve others is to

offer them the true method. But She has only one physical body in this world, and not everyone can see Her transcendental bodies. This is where we can serve as tools to help Her spread the message. Just as others had introduced Master and the Quan Yin Method to us, likewise, we could help other people understand Master's teachings, and bring them to our Centers to read Her books and watch Her DVDs. It is best if they are receptive; if not, we shouldn't force them.



Once again, Master encouraged us to practice what we have learned from our enlightenment about unconditional love and sacrifice, and putting others before ourselves. If we don't apply what we have learned, we won't know that it is within us. And even if we do know, it remains insignificant unless we put it into action. If we don't practice it, we will remain at the ABC level and when the big test comes, we will fail miserably. It's easier to just stay at home with our partner, earn some money, have a very comfortable relaxing life, and not use much of our blessed knowledge that we have gained from meditation. However, if we use it, the more it will grow, like returns from an investment.

Another piece of advice that Master gave was that we should do everything to perfection; otherwise, we will have to come back again and work at it until we are happy with ourselves. Now that our world is in trouble, it is time for us to exercise the lessons of selflessness that we have learned from Master by helping others and repaying society.

On March 22, Master eased our fears of suffering, explaining that when we suffer, we



will think of God and want to practice spiritually. Then we can help people. Helping them to know the true method is better than offering material assistance. We can tell them about the liberated way of life, and that they can be healthier and have a clearer mind if they give up meat. Perhaps they will then have enough will power to seek the way

to liberation. When we see others falling the way we did before, we can give them a hand, show them the way, and give them Master's information, books and videos. That is helping them with the true method. When we save one person, this person may help others. Therefore, saving one is in effect saving many more. That is a great merit. 🌸

Selected Questions and Answers



A CHANCE to Shape Our Future

Spoken by Supreme Master Ching Hai, Videoconference with Supreme Master TV staff, Los Angeles, California, USA, July 31, 2008 (Originally in English)

Q: Master, You've spoken on several occasions about the parallels between the history of Mars and Earth. Is it true that Mars experienced climate change at the hands of its inhabitants like our planet? Did the Martians have a chance to save their planet?

M: They did. The warning came 20 or so years earlier in Earth time to them, and the last urgent sign they had was about five years before the destruction. They had five years in advance, but they did not change quickly enough. They did not change, so they didn't have a chance to save the planet. They did have a chance, but they did not do it.

Q: Why is that, Master?

M: The reason they did not change fast enough was because they did not know about the vegetarian diet that could change the situation. In those times, there were not enough people to stand up and communicate the urgency of the planet, as well as the solution like the vegetarian diet, the way we are doing now.

Q: And Master, how about our planet? Do people know the chance?

M: There are some people who don't know what to do. And of course, some people know what to do because we inform them or the United Nations informs them or the scientists inform them, but they still have not changed their habit. So, if we continue not changing our habit, then the planet will be destroyed, just the way Mars has been destroyed. 🌸

BEAUTIFUL PEOPLE *and* BEAUTIFUL EVENTS

The Food Truth Documentary

Tours Australia and US Universities

By Sydney News Group, Australia (Originally in English)

Mr. Aaron Scheibner, a young Australian filmmaker, is on a noble mission for animals and humans alike. He directed and produced the documentary “A Delicate Balance-The Truth.” The film explores the reality about how our food choices affect our health and the environment. It presents scientific evidence suggesting that a plant-based (vegan) diet is the optimum lifestyle choice for good health as well as environmental sustainability. The film was self-funded through the generosity of Aaron’s family and friends, and was co-written by Aaron’s mother, Dr. Adrianna Scheibner, a medical doctor and a vegan. She also narrated the film.

A Delicate Balance-The Truth features well known medical doctors including Dr. T. Colin Campbell, author of the best-selling book “The China Study,” Dr. Neal Barnard,

President of the Physicians Committee for Responsible Medicine (PCRM) and author of “Food for Life” and “Dr. Neal Barnard’s Program For Reversing Diabetes,” and Dr. Caldwell B. Esselstyn Jr., author of “Prevent and Reverse Heart Disease.”

In 2008, this remarkable film toured Australian cinemas in most major capital cities and in 2009, it is scheduled to be shown in several US and Australian universities free of charge. These include Harvard University, Cornell University, Princeton University and Thomas Jefferson University. Aaron is currently in the US conducting the tour.

Many people who have viewed the film have been profoundly touched by the information presented and have consequently adopted a vegan diet, whilst others have become vegetarian or dramatically reduced their meat and dairy consumption.

The film has been nominated for several awards



BEAUTIFUL PEOPLE *and* BEAUTIFUL EVENTS


including Best Unreleased Documentary in Australia for 2008. Recently in March 2009 it received the Green Apple Award for Outstanding Contribution to a Sustainable Lifestyle at the Green Lifestyle Film Festival in Los Angeles, California, USA.

On September 21, Golden Year 5 (2008), Supreme Master Ching Hai graciously sent a gift of US\$10,000 to assist with the university tour and also to acknowledge the efforts of the filmmaker and all those involved in its production. Aaron was very touched upon hearing of Her kind contribution and happily accepted the cheque presented by Sydney Association members. With the film just beginning to make its premiere around the world at the time, the arrival of the gift was timely.

We thank vegan filmmaker Aaron Scheibner for conveying this most important message through the powerful medium of the cinema. May your film reach millions of people and bring the world the life-saving information we all deserve to know, to



enable us to save the planet and our very lives.

The film is currently available for purchase on DVD and can also be viewed online. University tour dates can also be found on the website www.adelicatebalance.com.au 

To watch Supreme Master TV's interview with Aaron Scheibner and introduction to his documentary film, please visit: <http://video.Godsdirectcontact.net/magazine/EE880s.php>

You never know
what you've got...

till it's gone.

A DELICATE BALANCE



19 October 2008

Dear Master Ching Hai,

Thank you for the US\$10,000 that I received recently from you.

I really appreciate your contribution to my project.

Yours Sincerely,

Aaron Scheibner
Phoenix Philms

Receipt from Aaron Scheibner for the
US\$10,000 contribution by Master.

BEAUTIFUL PEOPLE *and* BEAUTIFUL EVENTS

Living Hope Children's Home

FOSTERING A BRIGHTER FUTURE

By Taichung News Group, Formosa (Originally in English)

Out of his concern and love for the children of migrant workers and city slums in India, priest William John initiated a non-profit and non-governmental organization called "Living Hope Children's Home" in 2002 to provide adopted children with proper accommodation, nutritious food, health care and education. The Home also teaches the children to grow their own vegetables in their garden and encourages them to keep a healthy plant-based diet.

On February 16, Golden Year 6 (2009), our Association members from Taichung, Formosa, visited Living Hope Children's Home's Bangalore branch and interviewed its coordinator, Mr. Dhiraj John, who is also the son of the Home's founder William John. The children warmly welcomed our Association members with broad smiles and expressed much joy when they saw gifts of sweets and chocolates. Mr. Dhiraj John was extremely delighted and touched by Master's beautiful books, which were presented as a gift to the Home. He said that he would definitely incorporate the teaching of "The Noble Wilds" into his class and share the book with all the children, staff and the parents. He also expressed his appreciation for the climate change flyers and SOS DVDs, and promised to try his best to propagate this message. In addition, our Association members contributed Rs 6,000 to the Home. In the end, the children sang a beautiful Indian song for our Association members and performed a heart-felt moral theater piece for Supreme Master Television.

May heaven bless Mr. John's family for their noble endeavors in helping the needy children in India and providing a safe and caring home for them, including a loving and compassionate diet. 🌸

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.



The Good Governance of Dubai

By Malaysia News Group (Originally in English)

On March 22, Golden Year 6 (2009), His Excellency Hussain Nasser Lootah, the Director General of the Dubai Municipality, was presented with the Shining World Leadership Award given by Supreme Master Ching Hai. The Award was in recognition of the outstanding efforts of the Dubai Municipality for earnestly promoting the well-being of its citizens with its recent declaration of a smoking ban in hotels, shopping malls, restaurants and cafes. The event was covered by the *Albayan* and *The Gulf* newspapers.

His Excellency warmly accepted the crystal plaque and Master's books, DVDs and a CD from the representatives of our Association. He said, "I am really appreciative of the work you are doing, and we appreciate the Award you are giving. We are very surprised to find





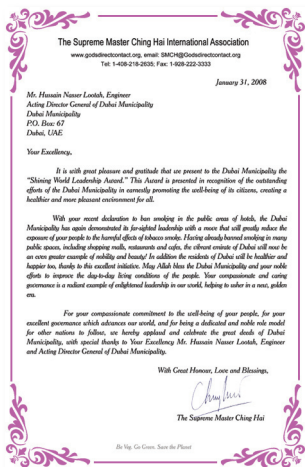
SHINING WORLD LEADERSHIP AWARD

that there's someone who cares about some work being done by another country. That means, even if you are overseas or in another country, you still care about these practices for the benefit of human beings, saluting the Dubai Municipality and the Dubai City for the banning of cigarettes and providing us with the certificate. Yes, we appreciate it and we thank you very much." During the visit, he also shared with our representatives his vision in creating a "green" Dubai. Furthermore, he showed them the green roof project on the top of the municipal building.

After the Award ceremony, Mr. Mohammed Al Noori, Head of the Award Office, International Affairs and Relationship Sector, warmly escorted our representatives to the Municipal Projects' Exhibition Hall, and explained to them the history, development and progress of Dubai. Touched by Master's love and compassion for Her animal companions, Mr. Noori shared some of his joyful experiences with his own pet bird as well. He extended an invitation to Master to visit Dubai in the near future. Souvenirs from the Municipality were also graciously presented as gifts to Master and our representatives.

Thank you, Your Excellency Hussain Nasser Lootah, for setting such a good example of governance by protecting and promoting a healthy lifestyle among your citizens.

For the press release from the Dubai Municipality, please visit:
<http://video.godsdirectcontact.net/r/dubai.php>



News media covering the event.

SHINING WORLD LEADERSHIP AWARD



Inspirational Governing of Magelang City, Indonesia

By Yogyakarta News Group, Indonesia (Originally in Indonesian)

On January 20, Golden Year 6 (2009), on behalf of Supreme Master Ching Hai, our Association members presented Mayor H. Fahriyanto and Lady Mayoress Tarni Fahriyanto with the Shining World Leadership Award, in recognition of their positive leadership in guiding people toward a sustainable and compassionate lifestyle. In hosting seminars and vegetarian cooking classes, they have both shown steadfast dedication to promoting vegetarianism among the people of Magelang City. The distinguished leaders also received Master's DVDs and books, including *The Noble Wild* and *The Birds in My Life*. Among the esteemed guests present on this special occasion were the Vice Mayor, Head of the Local Council, Head of District Attorney, Head of the District Court, and the Regional Secretary.



Mayor H. Fahriyanto(right) and Lady Mayoress Tarni Fahriyanto (second right) receiving the Award plaque



Thank you letter from Mayor and Lady Mayoress

In thanking Supreme Master Ching Hai for the honor, Mayor Fahriyanto said that the Award was not for him alone, but for all the people of Magelang. The mayoress also conveyed gratitude on behalf of the Family Welfare Movement in Magelang City. Both expressed their wish to see more people become vegetarian and go green to save the planet.

May this noble example of leadership by the Mayor and Mayoress of Magelang inspire more people around the world to take action and turn to compassionate living. Our humble gratitude also goes to members of the press: Kompas, Suara Merdeka, Harian Jogja and Kedaulatan Rakyat, who reported on the ceremony and thus helped draw public attention to the urgent issue of global warming.





A Maestro Leads the Way with a “Plant Your Future” Idea

By Bulgaria News Group (Originally in Bulgarian)

An honored UNESCO Artist for Peace, the world-renowned opera singer Boris Trajanov has introduced the environmental cause to his countrymen in Macedonia. Through his nationwide travel, he cultivated the concept of planting trees to save the Earth among young people in kindergartens, schools and orphanages. On every available occasion, Mr. Trajanov planted trees together with those he addressed, emphasizing the importance of green foliage to the Earth's environment and climate. Peace and harmony grew amid people of all ages, backgrounds and different religious groups as they worked together for a common noble cause.

On March 12, Golden Year 5 (2008), Mr. Trajanov launched the “Plant Your Future” initiative, aiming to have 10 million trees planted in Macedonia by the end of the year to revive forests ravaged by fire. Given that the country has a population of only two million, this was an ambitious campaign. The Macedonian government supported this national effort by declaring the day a public holiday, which resulted in huge turnouts that saw two





SHINING WORLD PROTECTION AWARD



million new trees planted in 63 sites around the country. As the end of the year approached, another mass reforestation effort was undertaken in this Balkan state on November 19, when six million trees were planted in a single day at about 100 designated sites. This

“Tree Day” was again declared a national public holiday.

Prior to Tree Day, on November 17, Supreme Master Ching Hai conferred the Shining World Protection Award on Mr. Boris Trajanov in recognition of his staunch determination and tireless efforts to protect and enrich the Earth’s natural ecology. The Award was presented by representatives of The Supreme Master Ching Hai International Association in the presence of Macedonian ministers, members of the media, delegates from ecological organizations, musicians and others.

To further support this noble cause, Master contributed EUR30,000 to Mr. Boris Trajanov’s project and the check was presented on March 1, Golden Year 6 (2009), right before the next tree-planting session. Mr. Trajanov, surrounded by many invited guests, expressed his deep gratitude for Master’s encouragement and generosity. He felt very close to Master and is looking forward to meeting Her in person. He said he was touched immensely by Her letter of appreciation last time and commended that Master is the first person who really understands their idea, which is not only to make our planet a greener, more beautiful place to live in, but also to unite all people, all religions and all nations. As a token of appreciation, he gave Master a special “Friend of Tree Day: Plant Your Future” golden badge.

We stand humbled by Mr. Trajanov’s noble dedication in accomplishing this monumental mission, and take inspiration from his show of goodwill in seeking an even greater tree-planting initiative in tandem with other Balkan countries later on this year. 🌸



The Supreme Master Ching Hai International Association	
CONTRIBUTION RECEIPT	
Date:	24 April 2009
Name of Receiver: (Print)	Civil association "Den na drvo - zasađi ja svojata idnina!"
Address:	street Makedonija N° 3, Skopje, Republic of Macedonia
Contribution Amount: (Note currency)	30,000 € (thirty thousand euros)
Received by: (Signature)	Jovan Murgovski, general secretary of civil association

Receipt from “Tree Day - Plant Your Future” Civil Association of Macedonia for the EUR30,000 contributed by Master

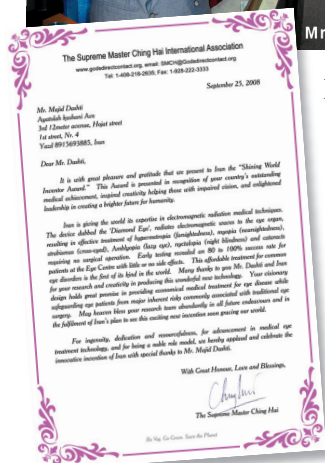


The Visionary Design of “Diamond Eye”

By Iran News Group (Originally in Persian)



Mr. Majid Dashti




Mr. Majid Dashti, a mechanical engineer from Yazd, Iran was recently given the Shining Word Inventor Award by Supreme Master Ching Hai for inventing a device known as the Diamond Eye which uses electromagnetic waves to effectively treat a number of eye conditions without surgery or harmful side effects.

Mr. Dashti took interest in medical science in his childhood. Eleven years ago, he suffered from a weakness in his eyes and was prescribed glasses, which made his eye problem even worse. Being told that there was no definite treatment, he spent a year studying and researching about eye disorders and eventually built an experimental device that completely restored his own vision. This motivated Mr. Dashti to continue this research and learn all about the ophthalmologic sciences in the next 10 years before he was able to build the Diamond Eye to eliminate or cure many different eye problems such as hypermetropia (farsightedness), myopia (nearsightedness), strabismus (cross-eyed), Amblyopia (lazy eye), nyctalopia (night blindness) and cataracts.

According to its inventor, this device, once set up, can be used for patients from two years old to older people with great ease. The whole procedure usually takes no more than 30 minutes. The operation of the device is such that once the patient sits in front of the device, the device sends many commands in the form of electromagnetic waves, to the eye of the patient. From the eye, these commands in the form of electric messages reach the brain. The brain is forced to reflect back the commands to the eye, and during the treatment, the eye problem is rectified and vision is improved.

The Award was presented by our Association members to Mr. Majid Dashti on November 10, Golden Year 5 (2008). Master applauded this affordable treatment for common eye disorders as the first of its kind in the world. Mr. Dashti expressed his gratefulness for this Award. He said that he intends to share this invention with the rest of the world and he will continue his research until people with “incurable” retina problems can be treated.

Our sincere appreciation, Mr. Dashti, for your invaluable contribution to the health of humankind. May your noble aspirations soon be realized, so that the miracle of vision can be restored to even more people with the Diamond Eye. 



SHINING WORLD COMPASSION AWARD



Empowering the Poor and the Needy

By Formosa News Group (Originally in English)



BRAC is the largest NGO in southern Bangladesh. It employs more than 100,000 people, with the majority of them being women, and reaches more than 110 million people in Asia and Africa. Founded by Dr. Fazle Hasan Abed in 1972, BRAC, a development organization, has acted as both the initiator and catalyst for many innovations and changes in Bangladesh, especially in poverty alleviation. Their unique, holistic approach in empowering the poor encompasses a range of core programs in economic and social development, health, education, human rights and legal services. In June Golden Year 5 (2008), BRAC announced its intention to establish 8,000 community schools in Asian and African countries.

To recognize BRAC's noble endeavors, Supreme Master Ching Hai honored the organization with the Shining World Compassion Award. Dr. Fazle Hasan Abed received the Award on September 16, Golden Year 5 (2008), at BRAC's headquarters in Bangladesh. Dr. Abed and six senior directors warmly welcomed our Association representatives and enjoyed the Shining World Awards and the SOS global warming introductory programs that they presented.

For the Award plaque, the touching letter of appreciation and various gifts from Supreme Master Ching Hai, Dr. Abed repeatedly extended his sincere gratitude to Master. Being extremely concerned about rising food prices, he pointed out that it is important to raise the awareness in the world in terms of what needs to be done in the developed and developing countries in response to climate change. He agreed that people should change their lifestyle as soon as possible, as Master has indicated, in order to save the planet. 🌹





SHINING WORLD COMPASSION AWARD



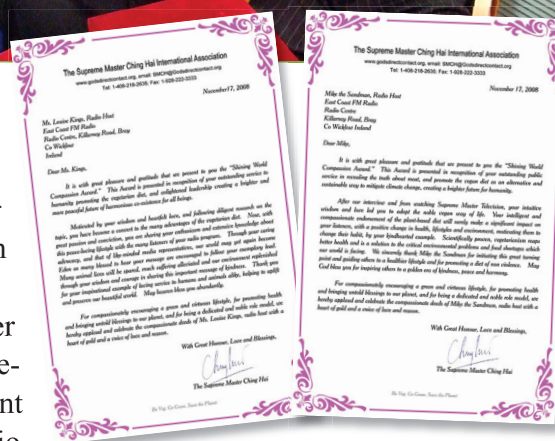
A Call for Media and Government Leadership to Save Our Planet

By Award News Group (Originally in English)

On November 30, Golden Year 5 (2008), representatives of Supreme Master Ching Hai presented Shining World Compassion Awards to Ms. Louise Kings and Mr. Mike the Sandman, hosts of East Coast FM Radio in Ireland, in recognition of their outstanding service to humanity for the promotion of the vegetarian diet.

Ms. Kings became a vegetarian seven months ago. Prior to that, when her dog was diagnosed with cancer, she did some research on the internet and put him on a vegetarian diet. As a result, the cancer stopped spreading and her dog lived for two more years. Ms. Kings' decision to become a vegetarian was further motivated by the Alternative Living flyer designed by Supreme Master Ching Hai that she received at an exhibition in Dublin. Her doctor was astonished at the rate of her recovery from health problems that she had been experiencing.

Since then, Ms. Kings has been sharing her enthusiasm and extensive knowledge about her peace-loving lifestyle with her listeners. During a recent interview aired on the popular East Coast FM Radio, Ms. Kings and Supreme Master Ching Hai had an extensive discussion about the detrimental impacts of meat consumption on both human and planetary health and the benefits of a vegetarian diet based on scientific research and current statistics. In response to Ms. Kings' question on raising awareness of the urgent issue of climate change, Master emphasized the effective role of the media and the





SHINING WORLD COMPASSION AWARD



government in initiating change for larger populations:

“The best solution for our urgent situation right now is a vegetarian diet and it should be openly endorsed and even made into law if possible to protect people, animals and our planet, the only one that we have,” Master said. “And above all, if the government makes it a policy to inform the public and to endorse the vegetarian diet openly, it becomes like a trend to change the bad habit of meat eating and encourage the new good tradition of vegetarian diet.”

Ms. Kings expressed her appreciation to Master for sharing Her wisdom and compassion. She further added that she and her co-host, Mike the Sandman, were both humbled and honored to receive the Shining World Compassion Award. Mike has become a vegan, and feels healthier and more energetic. He commented that after watching Supreme Master Television and hearing the detailed answers Master gave on climate change during the radio interview, he could no longer go down the meat aisle in the supermarket. Mike dedicated another show on East Coast Radio to share his story and feelings about going vegan.

We appreciate the shared concern and efforts of Ms. Kings, Mike and East Coast FM Radio to alert the public to the dire reality of and solution to climate change. We pray that governments and media worldwide will rise to this call and set a trend for millions more citizens to be healthier and happier in a more sustainable, safer new world with the plant-based diet. 🌹

To watch Master’s interviews with East Coast FM Radio aired on Supreme Master TV, please visit:
<http://video.Godsdirectcontact.net/magazine/WOW759.php>
<http://video.Godsdirectcontact.net/magazine/WOW871.php>



Building a Better Future for Afghanistan

By USA News Group (Originally in English)

“There is a way from heart to heart” is an Afghan proverb; thus, it is with love in her heart that Professor Sakena Yacoobi touches the hearts of women and children in Afghanistan. She offers them an education, medical services, and means to better and healthier lives. These capacity-building opportunities are provided through the Afghan Institute of Learning, which she founded



SHINING WORLD COMPASSION AWARD

as a realization of a childhood dream to uplift her co-citizens from suffering.

Professor Yacoobi grew up in Afghanistan but moved to the United States in the 1970s, where she completed a master's degree in public health and served as a professor at D'Etre University in Michigan. In 1990 she returned to Afghanistan. While working in Afghan refugee camps across the border in Pakistan, she again witnessed the suffering and miserable lives of the women and children. The Afghan Institute of Learning, established in 1995, provides educational and health services to over 350,000 women and children every year via educational learning centers, schools and clinics, both in Afghanistan and Pakistan. To date, it has trained over 10,000 teachers to further its capacity-building objective and set up four medical clinics to ensure the wellbeing of the Afghan people. The institute also raises awareness about issues such as human rights, health, peace-building and the environment. It has come to be respected as a model women's organization in Afghanistan and Professor Yacoobi's work has been internationally recognized.



For her noble service to humanity, Professor Yacoobi was honored with the Shining World Compassion Award from Supreme Master Ching Hai on December 20, Golden Year 5 (2008). She was also presented with a gift of US\$10,000 to support her endeavors and the undertakings of the Afghan Institute of Learning. In appreciation of the Award and Master's

generosity, the professor said: *"The award means so much to the people of Afghanistan, to the women of Afghanistan, to the children of Afghanistan, and specifically for me, because this is the recognition of the work that the courageous women of Afghanistan are doing."* She also expressed her special thanks for the important information on global warming.



Thank you letter and receipt from Professor Yacoobi
for the US\$10,000 contributed by Master

We are grateful that Professor Yacoobi has followed her heart in fulfilling the mission that God has given her, to reach out to the needy people in her country and around the world. May Heaven continue to bless her and all her noble endeavors with great success. 🌸



SHINING WORLD COMPASSION AWARD



Create a World Where Animal Welfare Matters

By Boston News Group, USA (Original in English)



On December 16, Golden Year 5 (2008), on behalf of Supreme Master Ching Hai, our Association members were honored to present the Shining World Compassion Award to the World Society for the Protection of Animals (WSPA), an international non-profit organization that “*seeks to build a united global animal welfare movement and to help create a world where animal welfare matters and animal cruelty ends.*” Representing WSPA, Ms. Cecily West, Executive Director of the U.S. Office, accepted the Award letter signed by Master, the beautiful crystal Award plaque, a \$5,000 check as well as many gifts including Master’s books, SOS flyers, DVDs and Supreme Master Television pens.

Ms. West expressed deep gratitude to Supreme Master Ching Hai and said that she and her staff were very surprised and excited to be given such a great award and contribution. Several of them had known of our Association through another event in Chicago a few years ago. They feel very honored to receive the Award and are inspired to carry on with their noble work, helping our animal friends.

May God continue to bless the WSPA staff and volunteers to fulfill their mission, and may all the animals soon live in peace, safety and happiness. 🌸



Ms. West (right) receiving the Award plaque

The Supreme Master Ching Hai International Association	
CONTRIBUTION RECEIPT	
Date:	12/16/08
Name of Recipient (Print):	WORLD SOCIETY FOR THE PROTECTION OF ANIMALS
Address:	89 SOUTH STREET BOSTON, MA 02111
Contribution Amount: (State currency)	\$5,000
Received by (Signature):	<i>Cecily West</i>

Receipt from WSPA for the
US\$5,000 contributed by Master





SHINING WORLD COMPASSION AWARD



Stoves for Darfur

By Award News Group (Originally in English)

Seventeen year-old Spencer Brodsky believes that one individual can make a difference in our world. It was this belief that empowered him to create a humanitarian relief project in 2007 called “Stoves for Darfur,” to provide fuel-efficient stoves for women and families in Darfur and other parts of Africa.

In association with CHF International, a worldwide aid organization, Spencer has been able to provide over 4,000 stoves to date at a cost of only US\$30 each. These stoves allow the families to use 70% less wood to prepare their cooked meals, thus decreasing deforestation as well as saving them time and protecting them from dangers in their search for wood. The CHF project director commented, “These women are so grateful for this initiative.”



Spencer said, “I believe in the power of one. I feel teenagers can make a positive impact in our world. I was taught from an early age about the importance of *Tikkun Olam*, which in Hebrew means ‘to repair our world’. I hope my work will inspire others, whether working individually or in a group, and show that they too can make our world a better place.”

After learning about Spencer’s creative and passionate idea, Supreme Master Ching Hai awarded him a Shining World Compassion Award for his selfless and merciful heart towards those in need. Master also provided a US\$12,000 contribution to his organization to further this noble endeavor.

In his appreciation letter on Feb 2, Golden Year 6 (2009), Spencer said that this Award will forever serve to remind him that “service to others is important and is recognized by those who share the desire for spreading compassion throughout the world,” and that Master’s contribution will be used to help families in some of the poorest areas in Africa. He also said, “I feel women and families in Darfur need to know that they are not alone. We care. Your kindness, and the kindness of others, let me know that I am not alone in this feeling.” May Heaven bless you, Mr. Spencer Brodsky, and all your benevolent endeavors, providing others, especially our younger generation, with a true example of love in action.

Dear Supreme Master Ching Hai,

I was honored to receive the “Shining World Compassion Award” from The Supreme Master Ching Hai International Association. The beautifully inscribed glass award and the framed letter from you, will forever serve to remind me that service to others is important and is recognized by those who share the desire for spreading compassion throughout the world. More importantly, your donation of \$12,000 to CHF International’s Fuel-Efficient Stove Project will help families in some of the poorest areas in Africa. With your help, my project has now exceeded \$120,000 in donations.

As I continue to help make my project grow, I will always remember and appreciate the recognition and the donation received from you.

Respectfully,

Spencer Brodsky

Thank you letter from Spencer Brodsky for the US\$12,000 contribution by Master



SHINING WORLD COMPASSION AWARD



Hospital Promotes Nutritious Vegan Diet

By Taipei News Group, Formosa (Originally in Chinese)



On February 5, Golden Year 6 (2009), on behalf of Supreme Master Ching Hai, our Association members presented the Shining World Compassion Award to Ms. Chang Huang-yu, director of Keelung Hospital's Nutrition Department, for her loving endeavor of taking the lead with her team of dietitians in promoting the vegetarian diet and carbon reduction at the hospital.

An expert dietitian, Ms. Chang held culinary competitions in the hospital and provided guidance

to chefs at other hospitals in preparing delectable animal-free, plant-based meals. Ms. Chang said with great humility that it is her obligation to promote a healthy diet. It is also the dietitian group's goal to advise the public on eating safe and nutritious food. She was very grateful to Supreme Master Ching Hai for Her encouragement, and also thanked Dr. Wu Bo-bin, former director of Keelung's Health Bureau, for accompanying our Association members to the Award ceremony at Keelung Hospital. Having been a vegetarian for over 50 years, Dr. Wu has been promoting the diet for many years. He strongly supports Master's appeal to "Be Veg, Go Green, Save the Planet" and has so far held more than 50 lectures to spread this message around Formosa. Dr. Wu encourages all of us to persist in our endeavor to save the planet!



Ms. Chang Huang-yu (center) and Dr. Wu Bo-bin, former director of Keelung's Health Bureau (left)



SHINING WORLD HERO AWARD



Putting the Lives of Others First

By Brisbane News Group, Australia (Originally in English)

On a dark and rainy night in February 2008, a 41-year-old electrician, Mark Pacey, was driving home to Rockhampton in Queensland, Australia, when his vehicle suddenly veered off the road becoming half-submerged in the rising Gogango River. Luckily, his car was stopped by a log, enabling him to quickly put it in reverse and get off the causeway to a safer area. Concerned about the dangerous road condition, Mr. Pacey went back to have a look. It was then that he saw that a four-wheel-drive vehicle with a trailer had encountered the same problem as he had, but instead of being blocked by the log, it had been carried away by the raging current. The vehicle was sinking quickly, and there was a voice yelling out in the darkness, *"Help! Help me and my family!"*

Mr. Pacey managed to keep his calm to think about what was the best thing to do. He called back, *"Look, mate, I promise you. I'm just going up to the township to raise the alarm and I'll be back."* When he returned with members of the local fire brigade, he put on a miner's headlight,

plunged into the roaring river, and swam about 100 meters before reaching Kelly Bock and her six-month-old baby, Cooper. Eventually, all four passengers were pulled out of the floodwaters and taken to safety. Sadly, Kelly Bock succumbed to the effects of braving the strong currents, shortly after reaching land.

For his incredible heroism and gallant actions, Supreme Master Ching Hai honored Mr. Pacey with the Shining World Hero Award, which was presented by our Association members on December 4,



Mr. Pacey (left) receiving the Award plaque

Golden Year 5 (2008). In the Award letter, Master wrote: *"For selflessly responding to those in danger, for your fearlessness, compassion and bravery, and for being a noble role model, we hereby applaud and celebrate the life-saving heroic deeds of Mr. Mark Pacey, Godfather and Guardian*



SHINING WORLD HERO AWARD

Angel of baby Cooper.” In addition to the letter and crystal plaque, Mr. Pacey also received a Hero jacket and a selection of Master’s publications. Being a humble man by nature, he said, *“Thank you. I never really expected any awards; just to be able to help is good.”*

We extend our deepest admiration and respect to Mr. Mark Pacey. May God’s infinite grace shower abundant blessings on you, your family and all those whose lives you have touched. 🌸

References:

<http://www.news.com.au/couriermail/story/0,23739,23248429-3102,00.html>

To watch Supreme Master TV’s interviews and coverage of this Award presentation, please visit:

<http://video.Godsdirectcontact.net/magazine/EE912.php>



Miracles Made with Love

By New Jersey News Group, USA (Originally in English)



Mr. Jonathan and Mrs. Sharon Rosenberg

On March 28, Golden Year 6 (2009), Mr. and Mrs. Jonathan Rosenberg, the founders and executive directors of Tabby’s Place, a cage-free sanctuary in Ringoes, New Jersey, received the Shining World Hero Award from Supreme Master Ching Hai. This Award was presented in recognition of their outstanding noble and compassionate efforts towards providing a safe and loving sanctuary for cats in hopeless situations.

Mr. and Mrs. Rosenberg created Tabby’s Place in 2003 in memory of their beloved cat named “Tabby,” a stray that was adopted by the couple but later died because of untreatable cancer. To commit themselves to creating Tabby’s Place, Mr. Rosenberg resigned from his job and the couple put in more than US\$2 million out of their own pocket. The cat residents in the sanctuary



SHINING WORLD HERO AWARD



in the sanctuary. These are the treasured miracles made with love at Tabby's Place! With the help of donations and volunteer workers from all over the world, the sanctuary has rescued almost 700 cats, with approximately 550 being successfully re-homed.

The Award ceremony was held at Tabby's Place by our Association members from the New Jersey and Pennsylvania Centers. In addition to Master's Award Letter and the beautiful crystal Award plaque, Mr. and Mrs. Rosenberg were also presented with a monetary contribution of US\$5,000 for Tabby's Place as well as many other gifts from Master, including Her books, DVDs, CDs, vegan chocolates, a Hero T-shirt and a custom-made Heroine jacket. Our members also shared homemade vegan cookies with the couple, the other staff members and volunteers at Tabby's Place.

During the Award ceremony and in a follow-up letter, the couple expressed their heartfelt appreciation to Master for Her support, saying, *"It takes someone special to care for the most vulnerable cats, and we are all grateful that our kitties have you as a friend. From darling diabetic Ringo, to paraplegic Tashi, to Donny the kitten, we thank you for every cat you've helped us to rescue and place in a loving forever home."* They also offered an open invitation to Master to come and visit Tabby's Place.

Thank you, Mr. and Mrs. Rosenberg, for creating such a heavenly place for our feline friends. May your gracious example of love in action be an inspiration to more people in the world to treat our all co-inhabitants with such kindness and consideration. 🌹

come primarily from public shelters where they had been scheduled to be euthanized. At Tabby's Place, they are provided not only a loving home, but also medical and surgical treatment, thus allowing old, chronically ill or handicapped cats to live full and happy lives. According to Mr. Rosenberg, some cats that were assessed by professional vets to have only a couple of months to live have lived much longer



Thank you letter from Mr. Rosenberg of Tabby's Place for the US\$5,000 financial contribution from Master

To watch Supreme Master TV's interviews and coverage of this Award presentation, please visit:
<http://video.Godsdirectcontact.net/magazine/AW987.php>



SHINING WORLD HERO AWARD



In Memory of a Young, Brave Soul

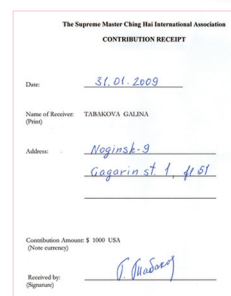
By Moscow News Group, Russia (Originally in Russian)

One day last November, when seven-year-old Zhenya Tabakov and his 12-year-old sister, Yana, were home alone in the town of Noginsk-9 in Moscow Region, a robber with a knife entered their apartment. In order to save Yana from the intruder's unwelcome advances, Zhenya seized a knife from the kitchen, causing the man to release his sister so that she could run to the neighbors for help. However, Zhenya himself did not survive the wounds he sustained from the robber, who was later caught by the police.

Russia's President Dmitry Medvedev honored Zhenya with the Order of Courage medal. During an award ceremony held in Noginsk-9, Mr. Alexander Bastrykin, Chairman of Investigatory Committee at the Public Prosecutor's Office of the Russian Federation, presented the medal to Zhenya's mother. Governor Boris Gromov of the Moscow Region also attended the ceremony. In memory of Zhenya, his school, N 83, placed his photo on the desk he used. Later a special plaque will be attached to the desk and only the best pupils will have the honor of sitting at this desk.

Upon learning of Zhenya's unhesitating bravery and swift noble action in defending his sister, Supreme Master Ching Hai honored him with the Shining World Hero Award, which was presented to Zhenya's mother on January 31, Golden Year 6 (2009) by our Association members. Along with the crystal plaque, a US\$1,000 check, Master's books in Russian and English as well as several DVDs were also presented.

May the young and courageous soul of dear Zhenya rest eternally in God's grace and may his noble heart be remembered with much love. 🌹



Receipt from Zhenya's mother for the US\$1,000 contributed by Master

Reference:

http://www.russiatoday.com/Top_News/2009-02-03/Boy_who_died_saving_sister_from_rapist_awarded.html?page=40



SHINING WORLD HERO AWARD



A Model Pioneer of Health and Fitness in Iran

By Iran News Group (Originally in Persian)

On November 10, Golden Year 5 (2008) representatives of the Supreme Master Ching Hai International Association presented the Shining World Hero Award to Dr. Gholamali Beski of Iran in recognition of his devoted service to promoting vegetarianism and courageous efforts shedding light on the causes of global warming and sickness in his country.

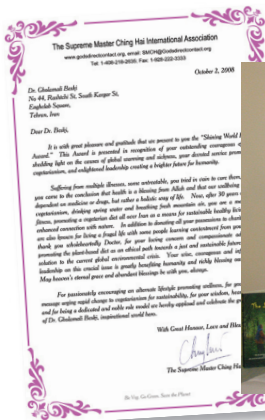
Thirty years ago, after trying in vain for many years to cure his own multiple illnesses, Dr. Beski turned to a raw vegetarian diet and became a model of health and fitness. He has come to the conclusion that health is a blessing from Allah, and that our wellbeing is not dependent on medicine or drugs, but rather on a holistic way of life. In an interview with Supreme Master Television, he said, "Diseases are a symptom of our disrespectful behavior towards nature, as our diet is out of harmony with what God has decreed upon us."

Over the years, Dr. Beski has committed himself to promoting a healthy way of living and environmental protection. He has been urging ministers and VIPs to take action to prevent deforestation. The media have published and broadcasted his speeches. And now, as a renowned Iranian physician and

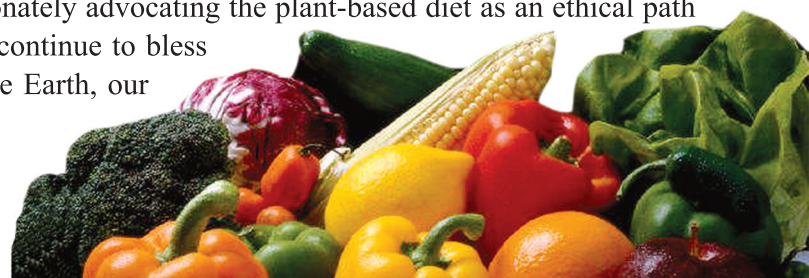
vegetarian, he travels to different cities in the country to lecture on environmental issues, climate change, and the benefits of a vegetarian diet to raise public awareness.

In expressing his appreciation to Master for all that She has done for humanity, he said, "I kneel down before the magnitude of Her loving care and work. After lecturing and researching in this field for 70 years, I am so grateful to have found a great being like Her. I sincerely hope that Supreme Master Ching Hai will accept our invitation and honor our country with Her presence."

We thank Dr. Beski for compassionately advocating the plant-based diet as an ethical path towards a sustainable future. May Allah continue to bless him for his selfless work in caring for the Earth, our home.



Dr. Gholamali Beski





SHINING WORLD HERO AWARD



Boy Honored for Saving Father in Emergency

By Michigan News Group, USA (Originally in English)

On February 14, Golden Year 6 (2009), initiates from the Michigan Center were privileged to meet 12-year old Jason Noorthoek Jr. and present to him, on behalf of Supreme Master Ching Hai, the Shining World Hero Award in recognition of his courageous rescue of his injured father from under their family car.

On an October evening last year, Jason's father was underneath his car trying to replace a fuel filter and gas tank. In his haste to complete the task, he had not properly secured the front wheels and the car rolled off the forklift that was supporting it, hitting his head and trapping him underneath. Unable to reach him on his cell phone, Jason went outside and found his father trapped and having trouble breathing.

Jason calmed his distraught sister and mother, and had them call emergency services. Meanwhile, he overcame his fears in operating the forklift, a machine he had used only once before, and succeeded in lifting the car off his dad's body on his second attempt. His courageous action may well have saved his father's life, said Mike Rexford, the fire chief for Kent City/Tyrone Township, who arrived shortly after he received the call and found Jason Sr. in a semi-conscious state and having breathing difficulties.

For his heroic deed, Jason received an Award plaque, a framed letter signed by Master, a yellow jacket bearing the appropriate word "Hero," as well as various other gifts and Master's publications. He had already received a check for \$2,000 from Master in December so that he could spend it on Christmas presents.

Jason was modest about his heroic accomplishment, but when his father demonstrated for us how difficult it is to operate the forklift, this truly brought home what a clever, clear-thinking, courageous hero Jason is.

Jason and his family members



The Supreme Master Ching Hai International Association CONTRIBUTION RECEIPT	
Date:	10-20-2008
Name of Recipient (Print):	Jason Noorthoek Jr.
Address:	15840 Boucher street Kent City mi 48500
Contribution amount (Check number):	2000
Received by (Signature):	JASON NOORTHOEK JR II

Receipt from Jason for the US\$2,000 contribution by Master.



SHINING WORLD HERO AWARD



Three Men Save Drowning Man

By Brisbane News Group, Australia (Originally in English)

Supreme Master Ching Hai honored three gentlemen from Surfers Paradise in Queensland, Australia, each receiving a Shining World Hero Award for risking their own lives to save another. On October 3, Golden Year 5 (2008), a vehicle plunged 10 meters into the ice-cold Nerang River, leaving the driver unconscious. Mr. Andrew Fisher, Mr. Johan Malm and Mr. Cameron Wilson sprang into action as one of them held a torch while the other two jumped into the freezing water, struggling with the strong currents for 20 minutes before finally pulling the driver out of the submerged vehicle. Then they spent another 10 minutes making sure no one else was in the car. Fortunately, the driver was revived by paramedics at the scene and then taken to hospital.

On December 14, our Association members from Brisbane presented the Awards to the three rescuers on behalf of Master. Mr. Malm said humbly, "It's just one of those things, you're not really a hero, you act instinctively and accordingly ... just hoping that people would've done the same for me if I would be in that car." The three were greatly surprised when they each received US\$500 from Supreme Master Ching Hai. One of them joked, "Santa came early, I think."



The three heroes (left to right) Mr. Johan Malm, Mr. Cameron Wilson and Mr. Andrew Fisher

Thank you, brave gentlemen, for being exceptional examples of heroism and risking your own lives to save another.

The Supreme Master Ching Hai International Association CONTRIBUTION RECEIPT	
Date: December 14, 2008	Date: December 14, 2008
Name of Recipient (Print): Cameron Wilson	Name of Recipient (Print): Andrew Fisher
Address: 25 Macquarie Ave, QLD 4209	Address: 5 Raymond Avenue, Bundall QLD 4217, Australia
Contribution Amount (New currency): AUD\$780	Contribution Amount (New currency): AUD\$780
Received by: [Signature]	Received by: [Signature]

Receipts from the three awardees for the US\$500 contribution from Master



SHINING WORLD HERO AWARD



The "Miracle" Dog Skipper

By North Carolina News Group, USA (Originally in English)

A brave and intelligent Peekapoo puppy named Skipper was honored by Supreme Master Ching Hai for saving his human companion's life from a fire.

Last May 10, when Ms. Johnson was taking a nap, a fire broke out in her home. Seeing smoke from outdoors, neighbors screamed and banged on the front door to get Ms. Johnson's attention, but it was to no avail. At this dangerous moment, Skipper got on top of her and started licking and scratching her. He finally woke her up. By that time, the house had filled with black smoke and she could hear the sound of glass breaking. Ms. Johnson couldn't see. She held Skipper in her hand and felt her way down the hall. The house was destroyed, but both of them were saved.

In recognition of Skipper's life-saving action as well as demonstration of unconditional love, representatives of The Supreme Master Ching Hai International Association from Charlotte held an Award ceremony at the Goldsboro Fire Department on October 19, Golden Year 5 (2008). Skipper was presented with a Shining World Hero Award plaque and gifts, which included two Skipper Hero jackets, a dog bed, a framed letter from Master, vegetarian dog food, veggie bones and US\$100 for doggie snacks. A clock was also presented to former Fire Chief Alvin Ward of the Goldsboro Fire Department.



Ms. Johnson said that she was immediately drawn to Skipper's personality when she got him a year ago. "He loves people. He loves children," she said. And since she brought him home, he has always been very attentive to her as well. Ms. Johnson now calls Skipper her "miracle" dog and said he was just God-sent.

News article reporting on the Award presentation in the News-Argus:
http://www.newsargus.com/news/archives/2008/10/20/lifesaver_pup_honored_for_courage/

To watch Supreme Master TV's interview and coverage of this Award presentation, please visit: <http://video.Godsdirectcontact.net/magazine/AW946.php>



SHINING WORLD HERO AWARD



Willie, the Amazing Life-Saving Parrot

By Colorado News Group, USA (Originally in English)

Hannah, a two-year-old toddler has developed a close friendship with a parrot named Willie, who is her babysitter Megan's beloved animal companion. This relationship proved itself one day when Hannah was being taken care of by Megan. She momentarily left the room and suddenly heard Willie loudly flapping his wings and squawking repeatedly, "Mama! Baby!" This was something he had never said before. Alerted, Megan came rushing back to find Hannah turning blue. She was apparently choking on something she had eaten. Megan quickly did the Heimlich Maneuver and was able to save Hannah's life.

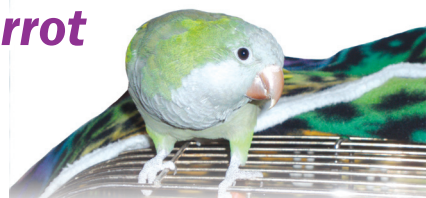
On March 14, Golden Year 6 (2009), for his intelligence, loyalty and friendship, our Association members presented Willie the Shining World Hero Award from Supreme Master Ching Hai along with US\$200 in gifts, which included many healthy vegan foods and snacks, toys, shampoo and a \$100 gift certificate to a pet shop. Megan accepted the presents on behalf of Willie, and she also gladly received Master's books and DVDs.

Megan wrote Master a lovely letter on Willie's behalf, which says, "Thank you, Supreme Master! I appreciate all the wonderful gifts you gave me... I was simply doing what any watchful best friend would do. I knew that mommy would understand that my best friend Hannah was in great trouble... Mommy hung your letter right above my favorite perch."

In describing her loving relationship with her animal companion, Megan wrote, "Willie means so much to me and I would be lost without his unconditional love! He has always

been my hero as he got me out of a very depressed time in my life." She thanked Master for making it known throughout the world just how precious our beloved co-inhabitants are.

A hero's salute to you, Willie, for your wise life-saving act and loving heart! We wish you many happy celebrations of life as we are reminded of the noble spirit and intelligence of our many animal friends.



Willie perched on Megan's arm with Hannah and her mom.



Receipt for the US\$200 gift for Willie from Master



PROTECTING RAINFORESTS *for* Indigenous People

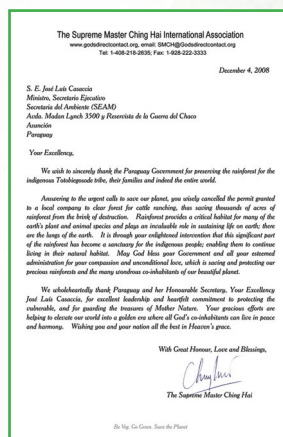
(Originally in English)

Following legal action taken by environmental advocacy groups, Paraguay's Minister of Environment, Dr. José Luís Casaccia, recently announced cancellation of a permit granted to a company to clear a rainforest for cattle ranching. This wise action of the government not only preserved the forest as home to the indigenous Totobiegosode people, but also saved thousands of acres of treed land that provide a vital habitat for many of the Earth's plant and animal species and play an invaluable role in sustaining life on Earth.

Master wrote a letter of appreciation to Dr. Casaccia to sincerely thank him and the Paraguay Government for preserving the rainforests for the indigenous people, the environment and the entire world. Dr. Casaccia responded in a letter, saying that he is truly grateful for the support and recognition, which would strengthen his Ministry's positions

to continue the difficult task of fighting for the conservation, protection and improvement of our environment every day.

We applaud the fair decision of the Minister of the Environment in Paraguay. May we all strive to safeguard the balance of such treasures as the rainforests and the sanctuary they provide to indigenous persons and other wondrous beings of our planet. 🌸



Reference:

<http://www.cnn.com/2008/WORLD/americas/11/14/paraguay.indians/index.html>



MEDICINES

Global Inspires Travelers to Help Remote Communities

By USA News Group (Originally in English)

While traveling through Nepal on a photographic project, Janice Belson came across children with blindness and missing fingertips, a nutritional problem that she learned was caused by vitamin A deficiency. In her eagerness to help these children and other less fortunate people around the world, she came up with a creative but wonderful idea of inspiring travelers to give back to the communities they visit. Medicines Global, a unique, non-profit organization, was thus established. Headed by Ms. Belson as executive director, the organization has sponsored several expeditions delivering much-needed medicine and food to faraway places across the globe since 1999.

During a recent delivery of medical supplies to remote villages in the Himalayas, participants discovered that glaciers had receded rapidly since their previous visit, a change that they associated with global warming. A kindred spirit who wants to preserve

the beautiful Earth, Ms. Belson attended the 2008 Hollywood Climate Change Conference and was so highly impressed with the event's message that she became fully vegetarian.

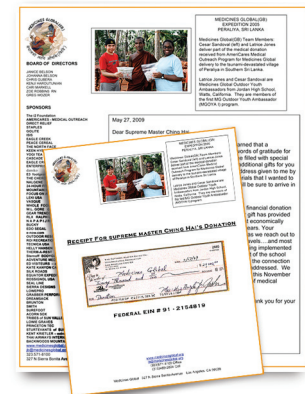


On December 12, 2008, she was among the special guests invited to the launch of Master's newest book, *Celestial Art*, in Fountain Valley, California. As a professional photographer, Ms. Belson was deeply touched by the balance and perfection in all of Master's works. She graciously accepted an interview by Supreme Master Television, sharing the noble ideals of Medicines Global as well as stories of her worldwide

travels to offer compassionate aid to people from the cold of Siberia to the warmth of Ecuador. She was delighted to receive a letter and a number of inspirational gifts from Master. A few weeks later, Ms. Belson received US\$20,000 from Supreme Master Ching Hai to further her work in bringing medicine to children in remote parts of the world.

She was so surprised and touched by the unexpected gift.

Following is a letter from Ms. Belson thanking Master for recognizing the endeavors of love and benevolence undertaken by Medicines Global over the past decade.



Receipt and thank you letter from Ms. Belson for the US\$20,000 contributed by Master



Dear Supreme Master Ching Hai, आर्य औषधि (रिपोर्ट)

My life has been profoundly influenced by learning about your life changing work through my association with some of your wise followers. A phone call a few weeks back with the words that Supreme Master had some gifts for me accompanied with a request for my continued participation in the preparation of the SMTV interview on Medicines Global... those words made me feel as if I were in a swirling cloud. I floated through a week of trying to get needed photos to the SMTV team which turned into the blessed program on Good People, Good Works.

Then Pamela arrived with your treasures. I am deeply honored and humbled by your recognition of Medicines Global's work with adventure travelers and also your recognition of the Medicines Global Outdoor Youth Ambassador (MGOYA) program. Your generosity focusing upon Medicines Global is the much needed support we need to push our ideas forward as I continue into our 10th anniversary year. Your kindness and compassion is so needed everywhere in these challenging times and I am grateful that you chose to acknowledge Medicines Global.

Last week, we instituted MGOYA 3 in the newly formed Global Studies Program at Fairfax high school... While all this was materializing, I was blessed to be absorbing the DVDs you sent... replaying them all 3-4 times... reading the 2 books you sent me, reviewed several times the exquisite Celestial Art book.... So as your energy is flowing so strongly here... I still feel inadequate to express the immense joy you have given by honoring Medicines Global. I feel a strong spiritual tie to you in my humble way as a working humanitarian, artist and educator.

We continue to influence travelers on ways to give back to countries they visit (answering dozens of information email requests a month). We will continue our yearly expeditions with youths and adults, delivering medical supplies. We will continue climate change education, create strong alliances...and so much of this because of the powerful SOS Conference, July 26, 2008, leading to the Medicines Global SMTV production that will be the highlight of our inaugural e-newsletter celebrating 10 years of Medicines Global.

Thank you for helping us celebrate 10 working years of Medicines Global's efforts to protect and help preserve our precious earth and its children.

*I hope to sit with you in the not too distant future.
In great gratitude,*

*Janice Belson
Executive Director
Medicines Global*



A Letter of Gratitude and Shared Concern from the Philippines

(Originally in English)


Supreme Master Ching Hai has found a close ally in the Archbishop of Tuguegarao, His Excellency Diosdado A. Talamayan, D.D., of the Philippines regarding Her worldwide efforts that encourage adopting a plant-based diet as a means to stop global warming. Having recently received the Supreme Master's SOS flyers and DVDs on the urgent matter of climate change from our Association members in the Philippines, the Archbishop was deeply touched by Master's concern for the future of humanity.

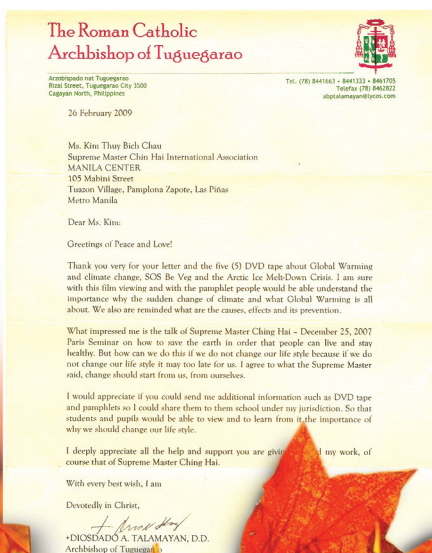
On February 26, in response to all the informative materials he had received, Archbishop Talamayan wrote a letter of appreciation. The following is an excerpt from his letter addressed to our Association's Manila Center in the Philippines:



"Thank you very much for your letter and the five DVDs about global warming and climate change, SOS Be Veg and the Arctic Ice Melt-Down Crisis. I am sure with this film viewing and with the pamphlet people would be able to understand the importance why the sudden change of climate and what global warming is all about. We also are reminded what are the causes, effects and its prevention. What impressed me is the talk of Supreme Master Ching Hai – December 25, 2007 Paris Seminar on how to save the Earth in order that people can live and stay healthy. But how can we do this if we do not change our lifestyle, because if we do not change our lifestyle it may be too late for us. I agree with what the Supreme Master said, change should start from us, from ourselves."

Hoping to draw the attention of students to the importance of a new alternative lifestyle, the Archbishop requested additional information in the form of DVDs, audiovisual tapes and pamphlets that he could share with schools under his jurisdiction.

We are touched and strengthened by the words and actions of Archbishop Talamayan of Tuguegarao, Philippines. May God continue to bless him abundantly. 





A NEW LEASE on LIFE with Sign Language!

By Surrey News Group, UK (Originally in English)



Gill Hodge is an Animal Behavior Expert at the RSPCA owned Little Valley Animal Shelter in South West UK. Because of her dedication and love, a Dalmatian called Zoe was able to have a new lease on life through learning sign language. Zoe has been deaf since she was born and this disability made her timid and prevented her from bonding with her previous human companions. Gill managed to gain Zoe's trust and began a unique training program of commands through sign language. Zoe now knows all the basic commands that a dog with hearing would know. She has gained confidence and now has a new and loving home.

It is for this unique and dedicated work that Master sent Gill Hodge a letter of appreciation and a US\$5,000 (£3,470) contribution to the RSPCA Little Valley Animal Shelter. Master also enquired if there was another dog at the Shelter with hearing difficulties called Blue. Having been informed that Blue has also found a happy home, Master lovingly gave beautiful doggie coats, dog beds and toys, along with veggie dog food and "green" bones as gifts to the two deserving canines.

The following is an excerpt from the letter of thanks that Gill Hodge personally wrote to Master:

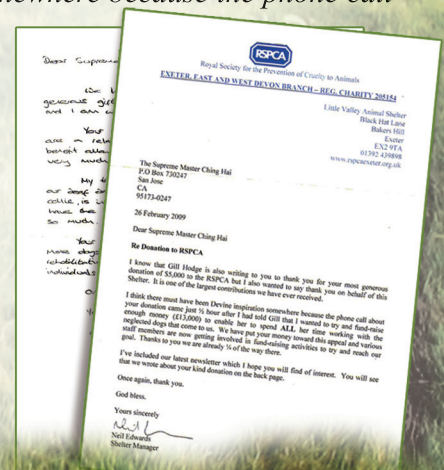
"Your generosity is so much appreciated. Your generous financial contribution will allow more dogs to come into our care and benefit from our rehabilitation, so go on to become happier more content individuals. Once again, many thanks."

A letter of gratitude was also received from the management of the Shelter:

"I also want to say thank you on behalf of this Shelter. It is one of the largest contributions we have ever received. I think there must have been Divine inspiration somewhere because the phone call about your donation came just ½ hour after I told Gill that I wanted

to try and fund-raise enough money (13,000) to enable her to spend ALL her time working with the neglected dogs that come to us. We have put your money toward this special appeal. Thanks to you we are already ¼ the way there!"

We thank Gill Hodge and the Little Valley Animal Shelter once again for their valuable work; and may many more dogs continue to benefit from their wholehearted efforts of love and dedication.



Thank you letter from the RSPCA Little Valley Animal Shelter



Practicing Selflessness *to* Honor O u r O w n PERFECTION

Spoken by Supreme Master Ching Hai
Gathering in Europe
March 8, 2009 (Originally in English)

I expect you to be perfect. I always do. No matter how long you've been initiated, I always look at you, and I always expect perfection. Maybe I'm a little bit harsh to you in human standards, but that's the way you are: you are perfection!

So if you don't do anything good now, if you don't do anything to your perfect expectation in this lifetime, you'll have to come back again, even if you are my disciple, because you yourself will not accept imperfection, because you are perfection. There's no God to kick you down from Heaven. There's no karma; there's no Maya king who'll even drag you down. No more. If you are my disciple, you will be exempted from that. Even if you do something wrong and you have to pay

before you die, that will be done; but you will not accept yourself. When you go to Heaven, you will see everything clearly and you won't accept yourself as an imperfect being, so you'll have to come back again and do it until you're happy with yourself. Do you understand me? (Audience: Yes.)

So everything we have to do, we do it to our utmost perfection, and quietly, humbly, as much as possible. No need showing off, no need telling people, and don't make a big deal out of nothing. And don't use Supreme Master Television or Master's work or Center work as an excuse to burden other people. Do you understand me? (Audience: Yes.) Are we clear? (Audience: Yes.) Are we clean? (Audience: Yes.) Good! We have to be clean because if we aren't doing that, it is similar to people outside who take bribery or who are using their position to do something to make it comfortable for themselves; then we are not anything different. We just sit there wasting time. That's why some people ask me, or some people don't ask me and someone else asks me for them, "Oh, they sit in meditation four or five hours a day." I say, "What for? The world is in trouble, and you sit there four or five hours a day, doing nothing, only two of you." You know, boy friend, girl friend, and then make a little bit of money, and live enough, have a house, comfortable, sit all day. The world is in trouble, people are dying of hunger every day, children, old, young, able-bodied with no work to do, cannot find work, because of global warming or the global economy, or because of incapable leaders who make them suffer. And the animals are tortured every day, and you sit there four or five hours a day, thinking nonsense.

When
you're selfish,
you can sit
thousands
of years,
and you
go nowhere.

I'm not sure that you can sit four or five hours a day, and concentrate and all that, and get up to the higher level, no! When you're selfish, you can sit thousands of years, and you go nowhere. Do you understand me?

All these years I teach you, even in a different lecture, a different tone, different way or formulation, it's all about selfless love. And this is the time you should exercise these selfless lessons that you have learned. And if you haven't exercised it by now, there's no chance you'll exercise it again. Not every planet is going into almost extinction like this so that you can go out and rescue it and then get merit.

This is the greatest chance you have. Of course it's a very sad thing that our climate is getting warmer, and our globe is going into trouble. It's a very sad thing. But on the other hand, it's your great opportunity to prove that you're worth it.

We've been eating food from the world all this lifetime, until we grow up as 20, 30, 40 years old, and how much did we repay society? So don't make excuses for me. You are my disciples. You make me proud. You make me proud with your right conception, with your honesty with yourself. Honesty with yourself is the hardest thing to do, but you have to do it. There's no other way you can progress, if you're not honest with yourself; because I am not there to check you out every day. Even if I'm there, I will not tell you. It's your choice, to be honest with yourself or not. I only give you guidance; you guys have to be honest. But it's your choice, it's your life. You decide what you do. You decide how you translate this selfless love into action. Everyone says, "Oh, I love Master! Oh, I love all the people, I love the animals!" Then do something about it. Talking is cheap.



Translating Love into Action

So, the way we can measure ourselves or anyone is by action. By the fruit, the tree will be known. If an apple tree is just standing there, broadcasting from all over his body, on all the branches hanging there: “I am an apple tree, apple tree; I’m a fantastic apple tree,” but he has never produced one apple, what do you think? Isn’t that funny?

So, just being a disciple, or being a so-called saint, and sitting there four or five hours a day, idling around, taking care of yourself only, that is not the way to live a human life, not to talk about a saintly life. Nowadays sometimes you have easy access to computer, and you can earn money easily; some of you are smart and you earn money easily without working too much. But then you should use that blessing to go out and help other people; wake them up, or do something for them. Do it together or do it alone; do something to help the world. Because God blessed you, so you use it to bless others. Just like the water tank got filled with good, clean water. Then that water tank is to be distributing water to the whole household, or the whole city, not to keep it for himself; it would be rotten and bad.

So it’s not just good to sit or listen to the tape, where Master says, “Oh, we have to be unconditional” and then go out and tell everyone, “Oh, you have to be unconditional, you’ve got to be selfless.” You must be first. You cannot expect your neighbors to do it. Example is more than preaching, better than preaching, so we have to do what we can, the best we can.

Do not be too comfortable in your blessed position, because then you won’t go anywhere.

Later when you go up to Heaven... You won’t go to hell, of course, because you did nothing wrong, and you are my disciple, surely you’ll be in Heaven, fine. That I can promise. But you will look, when you go up, and you’ll see all other saints, disciples, your brothers and sisters, go up, up, up, up, up to the higher level, and you sit in the lower third area. Third level, but a low third, and you look at them going up, and you look back at your record of your life, because every life is recorded to the minutest detail. The whole universe knows what you’ve been doing, even if you do it in the dark. So when you look at your

record - oh, you will feel terrible, you will feel absolutely ashamed of yourself, that no God can even comfort you! No Almighty power can tell you, “Oh, it’s okay, kid, you’re alright, you’re just human.” Of course, everyone forgives you, because in Heaven, there’s no hatred, no unforgiveness. Everyone is looked upon kindly by all beings in Heaven. But you, yourself, born from perfection, will not accept your imperfect action. That’s why

people come back again and again, into a human world, or any world, to redress their past mistake. But when we go down, forget again, we get tempted into a different comfortable zone or situation. It’s nice: You just have a boyfriend or girlfriend and are cooped up together, all day kiss, kiss, hug, hug, for example, and then you’re too comfortable; you earn a little, enough money, easily, and have a home or something. That is okay under normal situations, but the world is aflame, and animals are suffering every day. I could not bear to look at the Tuesday (Supreme Master TV) program. I look at it, I scream, and I cry so much. Sometimes I have to look, to reinforce my heart even more, but how can anyone enjoy? You can; of course you can

By
the fruit,
the tree
will
be known.

enjoy your privacy and your blessed situation, but use some of it to help others.

Audience: Every day, I can feel like the same way, the suffering of this world...


Yes. Never mind. Feel suffering is okay, but go do something. Do the best you can, the best thing to your conscience, not to me, not to the animals, not to the world even. You do until you feel that, "Okay, I'm a good human, and I'm a good follower of the teaching of the saints. I'm a good Buddhist, or I'm a good Christian..." You have to truly know it, not just making an excuse for yourself.

Practice Unconditional Love Until It Is Second Nature

It's very easy: Just try it and then it becomes like your second nature. If you don't try it, it will never reawaken within you. You tried vegetarian then; now it becomes your nature. You cannot eat meat otherwise; you can't, not even if people force you or give you money, you can't do it. It's become your habit now, your nature. And also your intellectual understanding of the vegetarian, compassionate diet, that makes you so firm in your decision. I guess sometimes, you remember before you ate this and that, but you will never go and eat it now. Like you remember chicken or fish or whatever, but you will never go back to eating it. It's just a habit of the mind thinking, that's all, but you know it's wrong. Yes, not because of taste, even not because Master says so, but now you are firmly in your moral understanding; your intellectual understanding accepts it, your heart knows it's a good way, so you won't ever go back to eating meat. Not because it's forbidden or anything else even, you just know it.

We have to be strong, because we are the children of God.

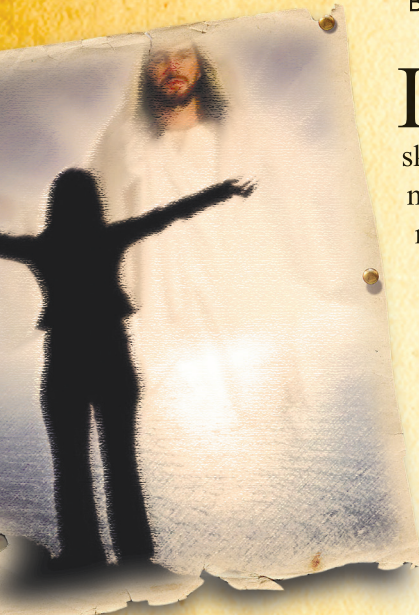
The same with love in action: if you do it, you understand the meaning of it. First, it's good for you because of your spiritual elevation. Second, of course, it's good for others. So anything you do, you do for yourself first. We don't do it in that attitude, of course. But I just want you to know that whatever you do for anyone, don't expect him to thank you, and don't expect me to praise you. I sometimes do. I say, "I'm proud of you," and all that, but don't take it. Of course I encourage you, but whatever you do is for yourself. Anything good you do comes back to you manifold, so you must understand this concept. So anything you do, don't expect anything, and then you get it, because you do everything for yourself. You know, like attracts like. That's why husband and wife stay together. If they have a lot of common sense, a lot in common, then they stay longer. You see what I mean? Opposites may attract, but similarities endure and stay longer if you have some more things in common together.

We can do anything we want. We have to be strong, that's it; we are God! Or, at least we are God's children. God's children are God's children. We're not human children; we're God's children. Jesus told you that. And Buddha said you are Buddha: "You have Buddha nature inside. I can be Buddha; you can be Buddha." So behave like God's children; behave like Buddha. Don't make any excuse to me, because it's not my life. I'll go to Heaven, so it's up to you to come with me or not come with me. There's no excuse at all. What for would you make excuse to me? I could say "Okay," or "Not okay," but it's your life. We have to be strong, because we are the children of God; we're the children of the Buddha. 



Inner Peace: the Grace of the Master

By sister initiate Laura Chen Rivera, Costa Rica (Originally in Spanish)



I grew up as a Catholic and all I wanted was to be happy. Once I had a dream of Jesus Christ. His body was glowing as He walked across the sky, looking at me with a warm and beautiful smile. In the dream, I felt so much joy and asked Him to stay with me. I often wondered why I had only moments of happiness but no inner peace. It wasn't until I was guided to a lecture given by Supreme Master Ching Hai in Costa Rica that I realized I was cut off from the source of blessings that Jesus Christ left in my heart. I also came to the understanding that Master's teachings were the same as the Biblical teachings of Christ. Since I received initiation from Master and started practicing the Quan Yin Method of meditation, I have felt tremendous inner peace, happiness and unconditional love, and know I have arrived at the right place.

About 10 years ago, my life was in chaos due to financial difficulties, legal problems and the loss of my home to fire, yet I still retained my inner peace and faith in Master. Her words "This will pass.

Nothing is forever! The truth will make you free!" constantly resonated in my mind.

Just before an international retreat in Korea, my house was completely burned to the ground. Everything was reduced to ashes except Master's photo and my passport that was behind it. It was a miracle that only these two things were saved, which was why I was able to attend the retreat to be with Master. Every time I go to a gathering like this, I always feel like I am in Heaven, and when I return home, I have the courage to continue to face the responsibilities of my life on Earth.

On that summer morning during the retreat, more than 2,000 fellow initiates greeted Master as She passed by in a mini-golf cart, looking like a loving mother who has come to see Her children. After a few moments, She turned, looked at me, and said: "Laura, come!" I followed Master to Her living quarters and as we conversed over fruit and tea, I realized that She knew about the fire and the suffering that I was going through. She was very sympathetic and loving, as usual. She asked Her attendant to take me to the Celestial Shop to choose something warm to wear; and when She gave me an envelope filled with money, I felt really embarrassed, because I knew that Her money came from Her own work and was to be used for humanitarian missions. At Master's insistence, I accepted Her gift with much gratitude in my heart.

In the afternoon, after group meditation, Master told everyone about the fire accident and asked me in public: "How much money do you need to rebuild



Native vegan tamales sold
very well at Christmas.

your house?” Again I was embarrassed; and because I did not know much about construction, shyly I gave an estimate of four million Colones (about US\$14,000). Not long after I returned to Costa Rica, I received the money from Master. In addition to what She had already done for me, Master also allowed me to stay in Her home at the local Center. No words could express how thankful I was to Her for all these great blessings.

Later, I sold the land where my house once stood and established a small business that makes vegan “tamales” to sell through a big supermarket chain in Costa Rica. Between Christmas 2008 and February 2009, we redesigned our package label to include “Be Veg, Go Green, Save the Planet” and “Food for Life,” doing what little we could to help spread Master’s message to people of this world. I remain eternally grateful to Master for helping me get through the tough times in my life, for Her loving guidance, and for giving me the opportunity to better myself each day and to be more noble in serving others through love in action for all of Earth’s co-inhabitants. 🌸

SAVE THE PLANET: GO VEG. BE GREEN

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SPECIAL



REPORTS

“SOS - SAVE THE PLANET” Videoconference in Mexico

By Mexico News Group (Originally in Spanish)



Through the enthusiastic collaboration of initiates from the United States, México, Costa Rica, Brazil, Paraguay, Argentina, Formosa, Korea and other countries, the “SOS-Save the Planet” videoconference with special guest Supreme Master Ching Hai was held on March 6, Golden Year 6 (2009), in Xalapa, the capital city of Veracruz, Mexico. The event attracted more than 1,250 guests and was broadcasted live on Supreme Master TV and Oliva Radio; it was also covered by local media such as *Avan Radio*, *Noticable Xalapa*, *News from the Government of the State of Veracruz*, *Diario Zona Sur*, *AVC Noticias*, *Informate Poza Rica*, and *El Golfo*.

Distinguished guests included State Governor Fidel Herrera Beltrán and City Mayor David Velasco Chedraui and his wife Mrs.

Mariana Munguía. Both Governor Beltrán and Mayor Chedraui praised Supreme Master Ching Hai’s humanitarian work and shared with the audience details of the local environmental and health programs and projects.

In his speech, Mr. Chedraui recognized global warming and climate change as the main challenge facing humanity today. He said, “*Our commitment as a government is to achieve the protection of all our surroundings to ensure our future and present generations a clean and healthy environment where they can*





SPECIAL



REPORTS

live in peace and harmony with their planet.” He expressed the determination of Xalapa City to “follow the direction set by Governor Beltrán, whose great environmental vision has resulted in Veracruz being the first state in the country with an action plan to fight climate change.” He invited everyone “to be a part of this great ecological crusade, one in which we must all participate with the goal of preserving, taking care of, and protecting our natural resources to attain an environment that is totally clean, healthy and sustainable.”

Governor Beltrán conveyed the deep love the people of Mexico have for the planet, their water, soil and skies, and their will to do everything within reach to save our world. He further pointed out that the founding fathers of Mexico were, “the Indians to the North of Veracruz, the Huastecs; the ones in the middle of the state, the Totonacas – the flyers; and the ones in the South, the

Olmecs. All of them loved nature, loved their land, loved their culture, loved their religion, and were basically vegetarians.” The Governor

repeatedly expressed his support for Master’s noble endeavor of saving the planet. In his final words, he said, “I believe on behalf of everyone here, and all of those who live in Xalapa, in the State of Veracruz, in Mexico, in Latin America, that we back

your efforts. We encourage you to keep doing the same you have been doing, and to back the Kyoto Protocol, to take all possible action together with the political concern and the political backing that you have been building.”



Governor Fidel Herrera Beltrán

Several overseas VIPs, including Legislator Tien Chiu-chin of Formosa (Taiwan), Senator Heherson T. Alvarez of the Philippines, and Vice President Edward McMillan-Scott of the European Parliament, conveyed their appreciation through video

to Supreme Master Ching Hai for Her noble endeavors, and expressed their concern and determination to save the planet from a major catastrophe. EP Vice President McMillan-Scott announced that he has abstained from eating meat one day a week since the end of 2008 to help reduce greenhouse gas emissions from the livestock industry.

Supreme Master Ching Hai graciously greeted all the guests. She stressed once again that the vegetarian or vegan diet is the best solution to mitigate global warming and “that is really ‘love in action.’ Not only love for the animals but truly love for our planet and our children, the future generation.” She strongly encouraged people to forego their taste for the meat-eating habit, which is detrimental to their health; and promised that if they do that, the planet will heal itself and we will have an even better world afterward.

Master later answered a wide range of questions posed by teachers, students, journalists and scientists, many of whom are vegetarian. She took the opportunity to elaborate on the deeper meaning of vegetarianism which essentially reversed the mental attitude, the





SAVE THE PLANET: BE VEG, GO GREEN

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conception that has resulted in so much destruction to our environment and addressed the deepest cause of global warming which is the violent karma.

"If we nourish life, we also can have life and happiness. If we destroy life, then we cannot expect health, long life and happiness in return," She said.

Regarding the question on newly found rich oil deposits in Mexico, Master enlightened everyone by saying that if we stop 80% of global warming by going vegan, we can continue to have oil and cars. *"We have not invented enough instruments for transportation and other uses, so we may continue to use the oil if we have it,"* She said. *"Of course, it's better if we don't use it; but at the moment, we must use it. If we just leave all the meat, animal production alone, then we can use anything. And Mexico can make use of this advantage of oil to elevate the standard of living of the people."*

She once again called upon the governments and the media to promote the vegetarian diet, and suggested that the citizens remind the government and take action themselves as well. Master noted the importance of the teaching profession saying that *"an entire generation of young students can be inspired through one teacher's beneficial approach. The most correct way to teach the children is through the moral standard of the spiritual way of living."*

Mr. Elfego Riveros Hernandez, director of Radio Teocelo, asked about the feasibility of a comprehensive contingency plan to halt environmental destruction that involves the local governments, businesses, scholars, the press, schools and civic organizations.

Master responded with a 7-step proposal: 1) Be vegetarian as individuals, 2) Ban meat and publicize the vegetarian diet as governments and media, 3) Subsidize organic farming, 4) Plant vegetables and trees, 5) Be frugal, 6) Spread the news, and 7) Meditate and pray.

In wrapping up the event, Master gave an up-to-date, comprehensive report on the effects of climate change in Mexico from beach erosion to severer weather conditions, from drought to desertification. She concluded, *"I've finished my report, but the damage is not finished here. Please do something; for your country at least."*

The conference was a great success. Many people were shocked by the new information and are ready to act to save the planet. Weeks after the event, our Mexico Association members are still receiving letters and calls from individuals and schools, asking for further information on climate change, and hoping that there will be more similar events in the future. With Master's blessing, may the trend of the compassionate lifestyle continue to grow in Mexico and restore the country's beautiful vegetarian tradition.



Mayor David Velasco Chedraui



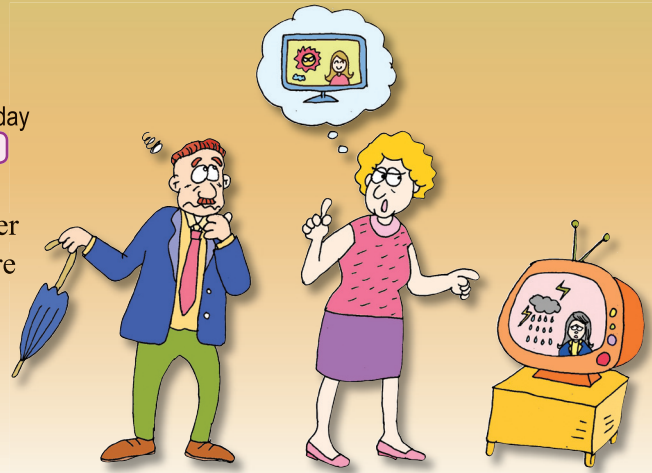
News media covering the event

Trusting Matter

Spoken by Supreme Master Ching Hai, Dec. 27, 2007, Paris 4-day International Retreat, France (Originally in English) DVD#819

The husband says to the wife, "The TV weather forecast is not correct. Yesterday it said there would be rain today, but there is not a drop at all."

So the wife says, "I told you already that this TV set is too old to be trusted." 🌸



Superior Skills

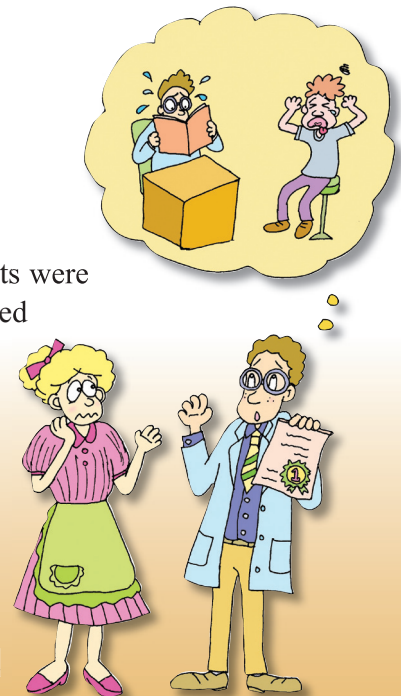
Spoken by Supreme Master Ching Hai, Dec. 27, 2007, Paris 4-day International Retreat, France (Originally in English) DVD#819

Dr. Smith felt that he was unlucky because none of his patients were ever cured. His wife also felt very strange, and then she asked him one day: "Darling, why are none of your patients ever cured? People say your skills are inferior."

Dr. Smith said: "No, no, no, it's not like that. I graduated from the medical college with distinction. My skills are superior, but the patients are inferior. That's the problem."

So the wife said: "Really, how can your patients be inferior?"

The doctor said: "I treat them according to the medical books, but they don't have the illness according to the medical books." 🌸



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

<http://video.Godsdirectcontact.net/magazine/jk203-1.php>

<http://video.Godsdirectcontact.net/magazine/jk203-2.php>

Ching Hai Soars Above the Fray
March 08, 2009

In September 2008, the Nice-Matin, the hometown newspaper of France's fifth largest city, asked, in bold frontpage headlines, HAS A DANGEROUS SECT SET UP CAMP IN OUR REGION?

The accompanying two-page inside spread of articles and pictures left little doubt as to the conclusion the reader should draw... The former head of the 'Renseignements Généraux' (intelligence service) was quoted as saying that the group has been on France's official list of dangerous sects since the early 1990s. Why? According to the French public has been conditioned to respond to the same source... the French public has been conditioned to respond to the same source... influence its members to act against their own best... teachings of this... and come from

Guénady



Media Reports

SAVE THE PLANET: BE VEG, GO GREEN

Supreme Master Ching Hai Admired for Raising Global Awareness and Hope

(Originally in English)

In the online news magazine, The American Chronicle, France-based journalist Guénady paid tribute to Supreme Master Ching Hai's efforts in alerting the world to the critical situation of a warming planet and for offering much-needed guidance as well as hope. The following are excerpts from the article she wrote in English, titled "Ching Hai Soars Above the Fray":

"In fact, it is Ching Hai and her followers who, almost single-handedly, have forced the worldwide media to – finally – report the story, untouched and untouchable for years, of what the most eminent scientists say about global warming... For we have not been told that the melting of the poles simultaneously creates toxic methane gas 'chimneys'

in the polar seas. By the time the poles are gone, scientists estimate there will be so much toxic gas in the atmosphere that our earth will no longer sustain life as we know it now... But Ching Hai's position is that there IS still hope. The meltdown CAN be stopped, even at this late hour. Our planet CAN be saved. How? By reducing global warming – fast— and one easy step which each individual can take, without asking any permission, investing in any material or consulting anyone, is to stop supporting the industrial production of animals for human consumption, which, it is estimated, contributes to more than 18% of the total greenhouse gases responsible for global warming."

In providing a brief

background as to why humankind was led on to the path of the senseless destruction of innocent animals' lives, Guénady exposed some truths about the industrialization of animal production for food after the Second World War and how meat consumption was promoted to the public as a healthy way of living, though in actual fact causes many illnesses and diseases. Following this discussion, she said of Master:

"But people like Ching Hai, by their very natures, disperse the confusion that clouds the issues. Ching Hai attracts mainly ordinary people with her teachings, although there are also intellectuals and members of society's elite who have heard and responded, out of social consciousness..."

Melting Arctic Ocean Raises Threat of 'Methane Time Bomb'
Scientists have long believed that thawing permafrost in Arctic soils could release methane, a potent greenhouse gas. Now they are finding that methane begins to bubble up from the ocean.



ABOUT THE AUTHOR
Susan Q. Stranahan is an award-winning journalist who has written about the environment and energy for more than three decades. She was a staff writer for the Philadelphia Inquirer from 1972 to 2000, is the author of "Susquehanna, River of Dreams," and has written for numerous publications, including the Los Angeles Times, Washington Post, Fortune, Time, and O. J. Simpson. She lives on Chebeague Island, Maine.



SAVE THE PLANET: BE VEG, GO GREEN

Media Reports



And as Guénady informs us in her article, other media are finally taking heed of our planetary crisis and reporting what the scientists have been telling us about the melting ice and methane gas:

"It is interesting to notice that, only a few weeks ago, BBC world service radio took up the subject of the methane gas chimneys for the first time. Friends in the States tell me the media there is now, at long last, also reporting on the

problem." Reputable sources like The New York Times and Yale University have also printed recent reports.

Guénady concluded on an encouraging note, that there is still time to avert this impending global catastrophe:

"Let us hope that Ching Hai is right and that there is still hope that Humanity will, once again, survive a crisis that is, ultimately, of its own making."

Indeed, Supreme Master

Ching Hai's extraordinary endeavors and leadership have inspired many to make the life-saving change needed to save the planet. We wholeheartedly thank journalist Guénady for her bold, informative and supportive article, and join the author in her optimistic outlook that we not only will triumph over this planetary ordeal, but with Heaven's grace, will create an even better world for all co-inhabitants. 🌸

http://www.nytimes.com/2008/12/04/science/earth/04meat.html?_r=1&ref=world (TIMES)

<http://e360.yale.edu/content/feature.msp?id=2081> (YALE)

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.



Văn Hóa Magazine

Features Master's Words of Wisdom on CLIMATE CHANGE

(Originally in Aulacese)

Văn Hóa Magazine, headed by editor and publisher Lý Kiến Trúc, is considered to be a great contribution to the Aulacese (Vietnamese) community. In its February-March 2009 issue, the magazine features the article, "Supreme Master Ching Hai and Her Global Warming Alarm Bell" which presents the urgent matter of global warming, with excerpts from Supreme Master Ching Hai's insightful remarks and advice given during numerous videoconferences with our Association members as well as dignitaries and the public.

The article begins by quoting Master's revelation on the destruction of Mars and draws a parallel between the final days of Mars with the current critical state of climate change on Earth. Based on a plethora of solid scientific data, the article clearly points out that the animal farming industry is the main cause of global warming. A number of solutions to climate change were also given: "The sustainable energy created from nature such as wind, water, air, solar and ocean waves; planting more green trees; prayer; or trying to save electricity, water, fuel and paper, are effective solutions that She has initiated to curb global warming. But the most immediate, most important, fastest, most effective, and simplest solution is the vegetarian diet."

The article further elaborates on the philosophical meaning of vegetarianism, "It is not by coincidence that there are many enlightened leaders, vegetarian elite from ancient times to modern times who all have the same message – that is peace and love of the non-violent." "... vegetarianism is not only the solution to saving

the planet, but it is also the voice of our human conscience, the language of the kind, compassionate and generous heart, and at the same time is the feelings of millions upon millions of other fragile beings. As the noblest being in the universe, could we be able to live on the blood and tears of our co-inhabitants?"

In conclusion, the article confirms its support for Supreme Master Ching Hai's dream for the world, which would grant all inhabitants a profound peace as well as secure the planet's future.

"The dream is so simple, yet so noble! We pray that thousands of people will comprehend your aspiration, and understand your pain to quickly change their hearts and minds. All it takes is to eat vegetarian, to become a vegetarian, and choose the vegetarian lifestyle. Then everything will settle down. Natural disasters will no longer happen, and especially global warming will also vanish."

One day, when our co-inhabitants are no longer subject to being killed, how highly civilized our Earth will be! The question is: 'Are we ready for the vegetarian lifestyle now?' The answer is: 'Now or it is too late.'"

In praise and appreciation, our hearts resonate with the earnest and hopeful message conveyed by Văn Hóa Magazine. We too are ever grateful for Supreme Master Ching Hai's beacon of guidance and confidence in humanity to meet the climate challenge. May similar, noble-minded media everywhere join in the call for the vital choice of veg, so that all may soon live in heaven while on Earth. 🌸

VEGETARIANISM: THE PEACEFUL WAY TO LIVE

Light of Love Guides Inmates to a Brighter Path

By Taipei News Group, Formosa (Originally in Chinese)

For more than three years, members of our Association have been conducting spiritual counselling and life skills sessions at the Sindian Drug Abuse Treatment Center by introducing the Quan Yin Method of meditation, teaching the Convenient Method, holding healthy vegetarian cooking classes and English classes for the inmates. Our work has received commendation from the officials. Many inmates accepted God with an open and sincere heart and were able to overcome their drug addiction with great determination and perseverance. Here are some of their stories they shared with us.

During his stay at the Center for drug abuse, Mr. Xie learnt some culinary skills from our vegetarian cooking classes. After he was discharged, he got a job at a vegetarian restaurant where he met Mr. Li, the chef of the restaurant, who was




amazed at the inconceivable power of the Quan Yin Method that transformed Mr. Xie into a new person. Mr. Li then approached our fellow initiates to learn more about Master's teachings. Together he and his wife later decided to switch to a pure vegetarian diet and began practicing the Convenient Method. Now Mrs. Li has received initiation and Mr. Li is planning to join the Quan Yin family as well. They both regard it their greatest blessing to come into contact with the Quan Yin Method and Master.

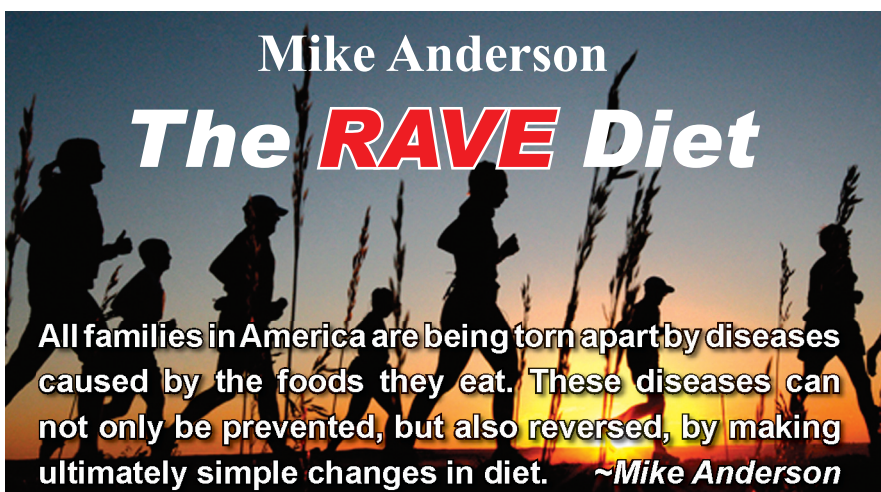
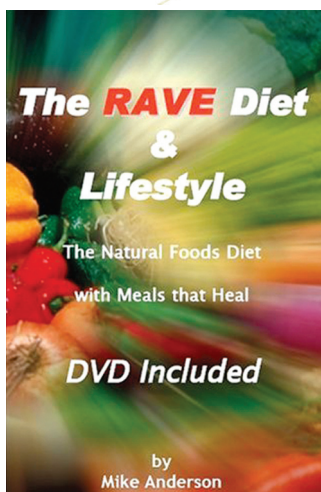
Mr. Zheng was serving his sentence at the treatment center for drug abuse and criminal offence. After attending our spiritual teaching classes and learning the Convenient Method, he has decided to become a pure vegetarian and to meditate every day. He even encourages fellow inmates

to become vegetarian and to meditate with him.

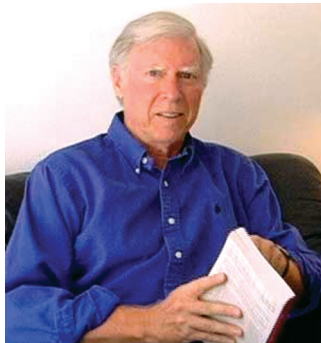
Some time after Mr. Lin and Mr. Cao had been attending our spiritual teaching sessions, they were transferred to other prisons. From there they often wrote to ask for more information about preventing global warming with a plant-based diet, and about the Quan Yin Method. They feel deeply that Supreme Master Ching Hai is like a Lighthouse guiding them to higher levels. They are now strong enough to encourage other inmates to also do their part to Be Veg, Go Green, Save the Earth. Their hope is that our Association can extend similar spiritual services to the prisons where they stay, so that God's Light can shine on more needy friends.

We are very grateful to Master for Her infinite blessings and love for all sentient beings. 





Compiled from Supreme Master Television



Mike Anderson is a vegan and author of “The RAVE Diet and Lifestyle.” The term RAVE is an acronym which stands for: No Refined foods, No Animal foods, No Vegetable oils, and No Exceptions and Exercise. Mr. Anderson is also the producer of three powerful films on health and eating -- “Healing Cancer from Inside Out,” “8 Minutes,” and “Eating.”

The introduction to the “Eating” DVD, which over 20 million people have watched, states: “My father died of cancer. My step-father died of heart disease. My mother has severe osteoporosis. My sister-in-law’s diabetic. A friend of mine was just diagnosed with breast cancer. My neighbor’s on heart medicines and cholesterol-lowering drugs. All this sound familiar? What’s not so familiar is that these health problems were caused by eating habits. In fact, eating is the biggest cause of disease, disabilities and death in the US today and according to the Surgeon General eating kills 2 out of 3 Americans every year.”

After years of research and interviewing some of the top doctors in nutrition, including Dr. Dean Ornish, Dr. Caldwell Esselstyn, Dr. John McDougall and Dr. Joel Fuhrman, here is a sample of what Mr. Anderson has discovered:

1. Degenerative diseases are killing 80% of the population.
2. By adopting the vegan RAVE diet, a person can reverse virtually any degenerative disease including cancer, heart disease, Type 2 diabetes and osteoporosis.
3. When Asian countries adopt Western meat and processed food eating habits, these degenerative diseases increase dramatically within their population.
4. Before 1900, American diets consisted of bread, potatoes, corn, oats, rye, barley meals, beans and other vegetables, fruits and whole grains bread, and they rarely contracted these diseases.
5. Livestock depend on food loaded with pesticides and then are injected with more chemicals





- and antibiotics -- 95% of the pesticides within our bodies come from meat.
6. People eat fish because of Omega 3, but plant foods have plenty of Omega 3.
 7. Unhealthy refined foods include white bread, white sugar and vegetable oils.

Mr. Anderson is against refined vegetable oils because all their nutrients are destroyed during processing, which includes bleaching and deodorizing. When we use refined oils for cooking, the heat turns the oil into a toxic substance. Fried cooking oil isn't a natural food, and has been linked to increased chances of cancer and heart disease. Water is a good substitute for cooking instead of oil.



He explains the negative effects of meat in simple terms, "Animal-based diets clog arteries and restrict blood flow and oxygen throughout the body. When the heart isn't getting oxygen, it's called a heart attack. When your brain doesn't get oxygen, it's called a stroke. When you deprive the tissues and cells in your body of oxygen, the underlying cause of all cancers are created. **The one thing an animal-based diet does best is kill people.**"

During the 20th century, society changed. As animal foods became more affordable due to government subsidies, Americans switched from their natural plant food diets to animal-based diets. This started the biggest dietary change in human history and brought with it a new era of eating-related diseases. By the 1950s, Americans were suddenly dying of heart attacks, and by the 1990s cancer had become a household name.

Mr. Anderson found the problem lies with government subsidies to the unhealthy food industry: sugar, meat and dairy. Our governments are paying these industries tens of billions of dollars to produce food that is causing us to get sick and then in turn, the government has to spend billions more dollars on trying to cure diseases from the foods they support! It is a vicious cycle that doesn't make sense. Mr. Anderson's solution to immediately improve the nation's health: **Stop these government subsidies.**

Moreover, he has also researched livestock's contribution to global warming. "The number one source of methane is the animals we raise and eventually eat. So, the good thing about methane is that it only stays in the atmosphere for eight years. If people would cut back on their consumption of animal products, it could recycle out very quickly. There could be a more immediate impact on global warming, on cooling."

Thank you, Mr. Anderson, for your thorough research and creative endeavors to inform the public about the harmful effects a meat diet has on human's health and our planet. 🌸

** Although vegetable cooking oil is undesirable for health reasons, it is still part of a vegan diet.*

To view more about Mike Anderson and the RAVE diet, please visit his website: <http://www.ravediet.com>

To view Supreme Master Television's interview with Mike Anderson, please

visit: <http://video.Godsdirectcontact.net/magazine/AW907s.php>

Global warming resource: <http://ezinearticles.com/?Cancer,-Diet-and-Global-Warming-With-the-Producer-of-Healing-Cancer-From-the-Inside-Out&id=1534772>

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."

USA

Love Delivered to Disaster Victims and Our Animal Friends

By Midwest Relief Team, USA (Originally in English)

● ● Ice Storm Relief ● ●

On January 28, 2009, an ice storm hit the Midwest affecting over half a million homes in Tennessee and Kentucky. Many counties in both states were without power and some areas without water. Kentucky suffered the most damage with a great number of its citizens relocating to nearby shelters.

Supreme Master Ching Hai immediately sent US\$30,000 to assist the victims of the ice storm. Thousands of personal necessities were purchased by the local initiates such as soap, wash cloths, shampoo and different kinds of food which were packaged in Alternative Living bags together with Master's informative SOS flyers. After speaking with representatives at each shelter, additional urgent supplies, including flashlights, bottled water, blankets, pillows as well as snacks were also purchased.

Two relief teams formed by the Midwest initiates were dispatched to effectively help people. In the remote town of Hornbeak, Tennessee, many trees had snapped due to the severe ice storm and extremely cold weather, cutting power lines and making the situation very difficult. The team was able to provide those at the shelter with the most needed supplies at just the right time. The

recipients could not believe that Master Ching Hai, who was so far away, was concerned about their situation. To the Hornbeak Fire Department, the team also contributed US\$1,000 to assist in their relief work.

When they arrived in an elementary school in Kentucky where over two hundred residents were staying, team members immediately began to prepare warm, delicious vegetarian meals for them. The most touching feedback received was from the many





children who smiled joyfully when they were served the special vegan spaghetti with French bread. In response to the envelopes of financial assistance given, one child happily exclaimed, "Wow! I feel so rich!"



RECEIVES ASSISTANCE. — This Via of Ohio, a member of The Supreme Master Ching Hai International Association, recently presented Hornbeak resident Chandra Davis with a check for \$2,000 to continue her animal cruelty studies and training. The group was in Ohio County offering assistance after the ice storm. The organization offers assistance to areas in need and is often the first to respond. After the 9/11 tragedy in New York, association members were not only one of the first groups granted access to Ground Zero, they were allowed to stay for several weeks, serving food and coffee every day to the relief workers and others. The Supreme Master Ching Hai International Association was also first out the country after Hurricane Katrina, Rita and Wilma and in Indonesia in 2005 for relief efforts after the tsunami. Mrs. Davis said Supreme Master Ching Hai believes in helping people help animals and to end animal abuse.

A report published in The Union City Daily Messenger, a local Tennessee newspaper, covered the activities of The Supreme Master Ching Hai International Association. Apart from the most recent ice storm relief work, the article also mentioned the Association's relief efforts during the September 11 tragedy in New York, Hurricanes Katrina, Rita and Wilma, as well as the 2005 tsunami relief efforts in Indonesia. Mrs. Davis said that Supreme Master Ching Hai not only helps people, She also cares for the animals in this world.

At Crittenden County Elementary School in Marion, Kentucky, which was also serving as a temporary shelter, the county superintendent, Dr. Rachel Yarbrough, volunteered her time. Being such a supportive and open-minded lady, she helped the initiates to pack relief bags and hand them out to each person at the shelter. Meanwhile, everyone was greatly touched by Master's concern and care, and some even cried while being interviewed. Many said that they had been at the shelter for over a week and that this day was by far the best for them. The kitchen helpers were very pleased to work with our team and invited them to return anytime to prepare delicious vegetarian food again. The initiates also visited many of the local families who had no electricity and offered them flashlights, SOS flyers and financial assistance, which were received with great surprise and appreciation.

After learning that the director of the Kentucky no-kill "Paws, Claws & More Animal Rescue/Transport" animal shelter needed help to buy six generators to keep the 70 rescued dogs and 30 birds warm, the team offered them US\$2,000. They also gave US\$500 to the Grayson County Humane Society Animal Shelter.

When Master read about these two animal shelters and the personal letter from Mrs. Chandra Davis, a volunteer at the Hornbeak Fire Department, asking for help, She immediately provided additional funds. Upon learning that Mrs. Shannon Lacewell, director of Paws, Claws & More Animal Rescue/Transport, had driven a long distance to purchase the needed generators



Mrs. Shannon Lacewell was overwhelmed to receive Master's additional financial assistance and Master's books.

for her shelter, Master immediately sent another US\$5,000. Mrs. Shannon Lacewell was brought to tears when she received Master's additional financial assistance and books. She said she would continue to learn more about the plant-based diet and would likely become completely vegetarian in the near future. The volunteers at the Grayson County Humane Society Animal Shelter were amazed and very thankful to be given the US\$2,000 fund. Mrs. Davis was overjoyed to receive US\$5,000 from Master on March 7 to complete her education and her dream of becoming a Nationally Certified Humane Investigator. She sends her love and sincere thanks to Master, and promises to work hard at combating animal cruelty nationwide.

●● Flood Relief ●●

On March 15, the Midwest relief team again reached out to the northern towns of Ottawa and Findlay, Ohio, which suffered from a storm-related flood, bringing with them Master's love and a US\$15,000 contribution. In the most affected area of Ottawa, the team distributed supplies and envelopes containing US\$100 each to 32 individuals and families. In Findlay, they presented

US\$2,000 to Mrs. Susan Hollington, the director of a no-killing animal group, Teddy Rescue Inc. This organization takes care of abandoned dogs and just recently had rescued a beautiful one with three legs. Everyone the team met was deeply touched by Master's concern, many were brought to tears, and some said that God had sent angels to their houses when they were most in need, just like a dream.

●● Tornado Relief ●●

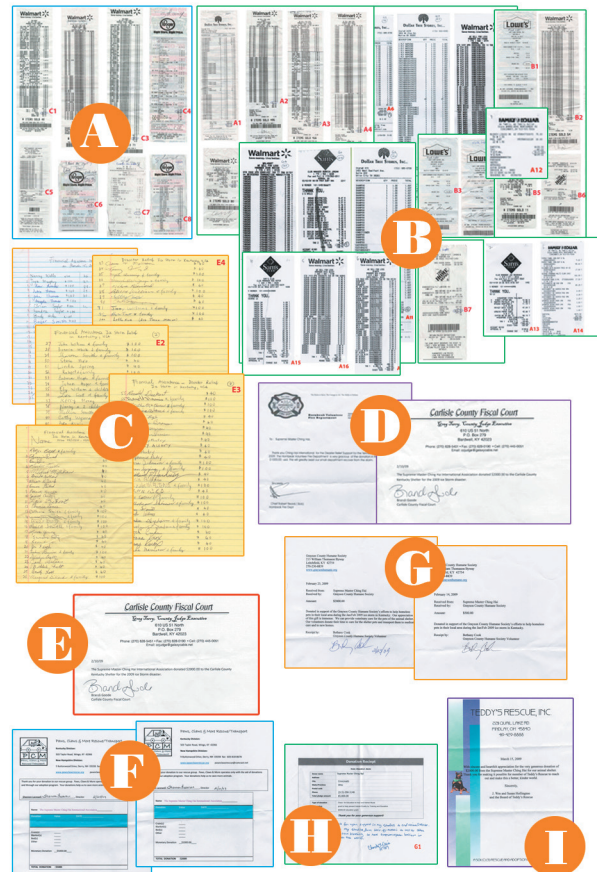
On April 10, a tornado with winds of 165 miles per hour hit the town of Murfreesboro, Tennessee, completely destroying 100 homes and severely damaging another 150. Our Midwest relief team arrived in the affected area with Master's benevolent contribution of US\$20,000 on April 16, and went door to door offering much-needed supplies such as gloves, garbage bags, socks and flashlights as well as cash assistance. The recipients felt a great sense of relief and were filled with joy. Many stated: "God must have watched over us because many of us were hiding in our closets while our homes were blown away by the tremendous winds... This is a true miracle!" Due to the local government's efficient work, not all of the funds offered by Master were needed this time.

The Midwest relief teams were grateful to Master, who once again offered them opportunities to learn and grow spiritually. They thank Her for the love and compassion She gives to all, including our animal friends.



Expenditures by Supreme Master Ching Hai for the Ice Storm, Tornado and Flood Relief Work in Midwestern USA

Description	Amount (US\$)	Receipt
Food	908	A
Relief supplies (toothbrushes, toothpaste, towels, socks, shampoo, soap, hand sanitizer, gloves, flashlights, batteries, mops, scrubs)	9,315	B
Financial aid to the victims	24,980	C
Financial aid to Hornbeak Fire Department	1,000	D
Financial aid to Carlisle County Fiscal Court	2,000	E
Financial aid to Paws, Claws and More Rescue	7,000	F
Financial aid to Grayson Co. Humane Society	2,500	G
Financial aid to Mrs. Chandra Davis	5,000	H
Financial aid to Animal Teddy's Rescue	2,000	I
Total	US\$54,703	



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

High School Students Take Initiatives to Help Young Children

By Minnesota News Group (Originally in English)

In support of the “H2O for Life” project, the Youth Extending Service (Y.E.S.) Club in Wayzata High School, Minnesota, has initiated various projects to help solve water problems for schools in less fortunate countries.

Last December, in order to raise a US\$5,000 fund to install a clean water system at Lake Soluton Elementary School in Lake Sebu in the Philippines, Wayzata High School students walked 1.5 miles in the early morning every day in the cold weather, symbolizing the inconvenience that many children all over the world have to go through for water. Upon knowing the news, our compassionate Master contributed US\$3,000 to the program, which was delivered to the school by our Association members on January 23, Golden Year 6 (2009). On March 9, Mary Kay Williams, the Y.E.S. Coordinator, informed the initiates that they have achieved their goal ahead of time. She indicated in a follow-up letter that the financial contribution will make a difference for 278 children at Lake Soluton Elementary School.

The club soon turned their attention to the next project which was to help students from Bido Primary School in Oromiya Province, Regional State, Ethiopia, to which Master generously provided a US\$20,000 fund. On April 17, when the local initiates presented Master’s contribution along with Her publications and SOS flyers to the club, they received a warm welcome from students and staff. They were touched by Master’s thoughtfulness and generosity, and hope one day to thank Her in person. Mary Kay Williams stated that Master’s contribution made it possible to complete

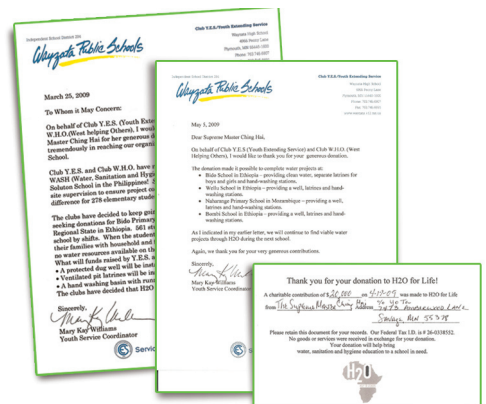


Fellow initiates presenting Master's check to Y.E.S. club member of Wayzata High School

water projects for four schools in Africa. Patty Hall, President and Co-founder of H2O for Life, shared with Master in a thank-you letter, “We have many schools that are in the process of completing their projects. We know that many may not only reach their goal but will exceed their goals

Any additional funds will be used to help all of our global partner schools receive clean water, sanitation and hygiene education.”

Bravo, Wayzata High School students and H2O for Life for taking initiatives to help our younger brothers and sisters in other countries. 🌹



Thank-you letters from Wayzata High School for the US\$23,000 contribution from Master

To read the Wayzata Public School District Newsletter reports on Master's two contributions, please visit:
http://www.wayzata.k12.mn.us/wps/index.php?option=com_content&task=view&id=1483&Itemid=1022
http://www.wayzata.k12.mn.us/wps/index.php?option=com_content&task=view&id=1595&Itemid=1019



Australia

Community Spirit Shines in the “Black Saturday Bushfires”

By Melbourne News Group (Originally in English)

In February 2009, a series of bushfires that lasted for many weeks raged through the state of Victoria in Australia, tragically taking about two hundred lives, destroying thousands of homes and structures, and almost wiping out many towns in north and east Victoria. It is estimated that two million animals have lost their lives, which included domestic as well as those from the unique Australian wildlife in the affected areas. It was the third time the state had experienced such large-scale fire destruction in the last ten years.

Concerned about the dire situation, our compassionate Master generously contributed US\$30,000, which was used to purchase much-needed power generators, tools and other urgent supplies. A big post hole digger was provided to help the community to rebuild their fences to keep their animals safe. Our Melbourne relief team delivered the first five generators to Whittlesea on February 10, which were immediately transferred onto a bush relief vehicle, to go directly to where they were needed. A further eight generators were delivered several days later. The team also lovingly sent some vegan dog and cat food, leads and bowls to the fire-affected areas and the Lort Smith Animal Hospital, which had put out a request on the radio for these items. The Lort Smith Hospital attends to animals requiring surgery and helped many animals who had been caught up in the fires.

Two weeks later, Master contributed another US\$20,000, which came in time to assist various animal shelters that were in desperate need of medicines for severe burns, other dressings and veterinary requirements for the overwhelming number of wounded animals. The initiates visited numerous wildlife shelters and organizations to offer Master’s love and financial assistance. Many volunteers, totally involved in the job of rescuing, rehabilitating and nursing, spent countless hours a day attending to the injured animals. A local veterinarian practice in Whittlesea had a triage set up to cope with the volume of animals affected by the fires. The veterinarian and his colleague decided not to charge anyone for their services as they felt people had lost so much, and sometimes all they



had left was their family and animals. The dedication these people had shown in treating animals in distress was overwhelming and their appreciation for Master's help was humbling.

The citizens of Australia demonstrated outstanding community spirit at this time. They came together to do whatever was required to help both people and animals. A radio channel was dedicated to provide updates on the fire situation and stories around the clock. Many people acknowledged how proud they were to be Australians.

Though most of the fires were started by falling or crashing power lines, it was implied that years of drought and a 50-year warming trend in Australia as a result of climate change were the root cause of this disaster. May people in Australia as well as around the world quickly realize the importance and the urgency of adopting a vegan lifestyle to stop global warming. Thank You, Master, for Your love and benevolence that is always so generously extended to people in time of need. 🌹



Expenditures by Supreme Master Ching Hai for the Wildfire Relief Work in Victoria, Australia

Description	Amount (AUD)	Receipt
Generators	17,990	A1
Cash contribution to Maryknoll Wildlife Shelter	2,000	A2
Cash contribution to Monbulk Kalista Wildlife Shelter	2,000	A3
Cash contribution to Eden Park Wildlife Care	2,000	A4
Cash contribution to The Vet Practice - Whittlesea	10,000	A5
Cash contribution to The Haven - Yea	2,000	A6
Cash contribution to Nigel's Animal Rescue Service	2,000	A7
Cash contribution to the Wilderness Society	3,000	A8
Cash contribution to Wildlife Victoria	2,000	A9
Cash contribution to Southern Ash Wildlife Shelter	5,000	A10
Cash contribution to Help for Wildlife (a national Australian organization)	5,000	A11
Cash contribution to Jirrahalinga Sanctuary	2,000	A12
Gifts for dogs and cat at Lort Smith Animal Hospital (bowls, leashes, vegan dog/cat food, etc.)	853	A13
Miscellaneous supplies and tools	5,889	A14
Total	AUD 61,732 (US\$ 40,568)	



Afghanistan

Afghan Flood Relief Effort Blessed with Master's Love

By Hong Kong Relief Team (Originally in English and Chinese)

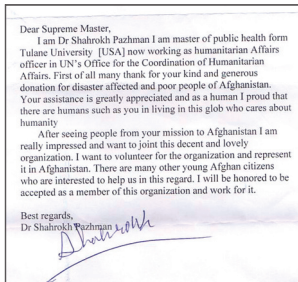
Recent floods have submerged farmland and left people homeless in many regions of Afghanistan. In March of this year, a relief team formed by fellow initiates from Hong Kong arrived in the western Herat Province, bringing Master's love and relief fund of US\$15,000 to assist flood victims in Pashtun Zarghun District.



In Herat City, the team purchased 18 tons of flour, rice and vegetable oil, which was then packed into more than 200 portions. At a meeting with Mr. Said Kamalu dinn, head of Pashtun Zarghun District, they learned that the roads to the affected areas were hazardous. Hence, they decided to dispatch the relief supplies through special channels by trucks, and have them handed out by the local government. Thanks to Mr. Kamalu dinn's enormous help, the distribution work proceeded smoothly. Also after reading our SOS flyers, he highly supported the ideas expressed therein and offered to have them attached to the vegetable oil containers that were to be delivered, and to have 500 copies handed out at his government offices.

The fellow initiates also received considerable assistance with the relief work in Herat City from Dr. Shahrokh Pazhman, Humanitarian Affairs Officer of the UN Office for the Coordination of Humanitarian Affairs. Upon returning to Hong Kong, they sent him US\$5,000 for further relief supply purchases for the people. Dr. Pazhman wrote a letter to Master, conveying his gratitude for Her generous assistance to the flood-affected households and destitute people in Afghanistan. Expressing a wish to join our Association, he wrote: "After seeing people from your group in Afghanistan, I am really impressed and want to join this decent and lovely organization. I want to volunteer for the organization and represent it in Afghanistan. There are many young Afghan citizens who are interested in helping us in this regard. I would be honoured to be accepted as a member of this organization and work for it." After hearing about the prerequisites to learning the Quan Yin Method of meditation, he insisted on receiving the full initiation and decided to observe the vegetarian diet immediately.

In this relief operation, 2,000 SOS flyers were distributed. As a team, they also contributed US\$500, of their own person funds, to a women's care group that they visited in Herat City.



A letter of appreciation from
Dr. Shahrokh Pazhman,
Humanitarian Affairs
Officer of the UNOCHA



Receipts for relief supply purchases
totaling 505,075 Afghanis (US\$10,000)
and for the US\$5,000 contribution

Gaza

Extend Brotherly Care

By Singapore News Group (Originally in English)

At the end of 2008, the regional conflict caused injury or loss of life to hundreds of people in Gaza, Palestine. Access to medical treatment was severely limited. Concerned about the civilians' welfare, Supreme Master Ching Hai immediately contributed US\$30,000 through the Singapore Red Cross Society to purchase medical supplies for the injured victims. Singapore Red Cross Society Chairman Tee Tua Ba replied in a letter as follows:

"On behalf of the Singapore Red Cross, we would like to express our appreciation to the Supreme Master Ching Hai for the generous donation of US\$30,000 towards humanitarian relief in the Gaza Strip. The money will be used by the International Committee of the Red Cross and Red Crescent Societies for the purchase of medical supplies for their ongoing medical services for the victims of armed conflict. Thank you once again for your strong support towards our humanitarian work."

SINGAPORE RED CROSS SOCIETY
INCORPORATED IN THE REPUBLIC OF SINGAPORE
RECEIVED BY ACT OF PARLIAMENT ENDOWED WITH PRIVILEGES AND GUARANTEES
FOUNDED 1904

GRACIOUS (Gift-Related) Fund
 12 March 2009
 Mr Hie Teck Tsai
 The Supreme Master Ching Hai
 c/o 463 Cayman Road
 #10-01 Asean Centre
 Singapore 309685

Dear Mr Hie

DONATION TO THE GAZA STRIP

On behalf of the Singapore Red Cross, we would like to express our appreciation to the Supreme Master Ching Hai for the generous donation of S\$43,500.00 towards humanitarian relief in the Gaza Strip.

The money will be used by the International Committee of Red Cross and Red Crescent Societies (ICRC) for the purchase of medical supplies for their ongoing medical services for the victims of armed conflict.

We enclose our official receipt no. 160924 for your retention.

Thank you once again for your strong support towards our humanitarian work.

Yours sincerely

 Tee Tua Ba
 Chairman
 Etc.

Receipt and thank-you letter from the Singapore Red Cross Society for the 43,500SGD (US\$30,000) contribution by Master

We are thankful to Mr. Tee Tua Ba and the Singaporean Red Cross Society for their reliable and unconditional assistance to our fellow human beings in need. We pray for the protection and comfort of the Palestinians in Gaza, and that all may unite in brotherly love and care for one another to build a world of lasting peace. 🌸

India

Emergency Aid for Tornado-Hit Villages

By Formosa Relief Team (Originally in Chinese)

On March 31, 2009, a rare tornado and hail storm hit Rajkanika of Kendrapara District in India's eastern state of Orissa, devastating 13 villages, causing several casualties and affecting the lives of more than 10,000 people.

Supreme Master Ching Hai allocated a relief fund of US\$15,000 and instructed our Association members to render relief. On April 6, our relief team from Formosa reached the affected area to assess the situation. From the local government and NGOs, they learned that the Indian government had promptly provided rice and other kinds of food to the people, and contributed 1,000 rupees to every affected household. Basic meals were available at a "free kitchen." After



assessing the situation, our team purchased rice, multi-grain cereal, biscuits, flashlights, lighting equipment, batteries, mosquito nets, soap and bags for distribution to the people.

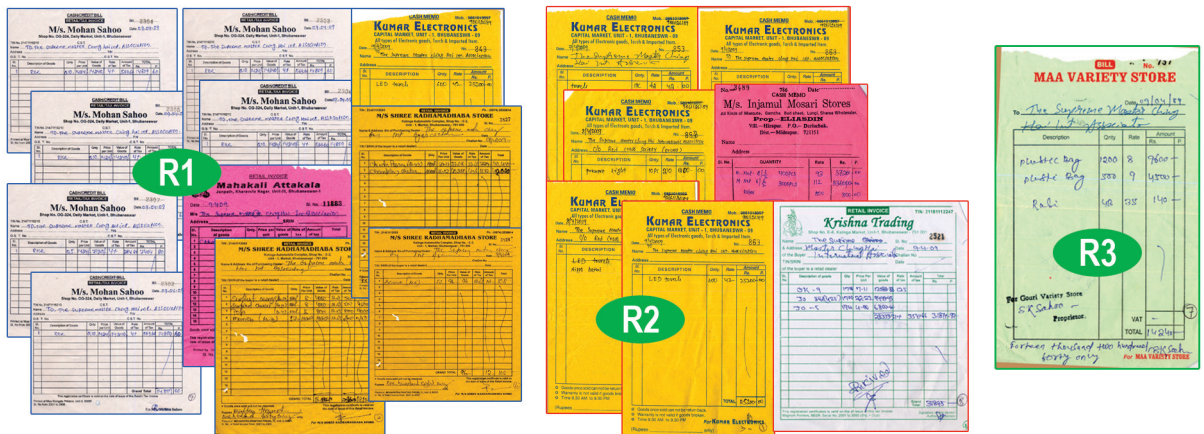
With God's blessing and compassionate guidance, this relief mission was accomplished successfully. The relief team would like to express special gratitude to Magistrate Panda for providing extra police assistance and to Mr. Rajiv for generously giving them free workspace to pack and transport the relief materials. 🌸



Supreme Master Ching Hai's Expenditures for Tornado and Hail Storm Relief in India

Description	Amount (Rs.)	Receipt
Rice, rice milk for infants, multi-grain cereal, biscuits	217,806	R1
Flashlights, batteries, lamps, mosquito nets, soap	520,241	R2
Miscellaneous (packaging, transportation)	7,129	R3
Total	Rs. 745,176 (US\$15,000)	

* Fellow initiates paid for their own transportation and personal expenses throughout the relief operation.



Philippines

Free Medical Service and Relief Activities

By Formosa News Group (Originally in Chinese)

On February 28, Golden Year 6 (2009), the Gusi Peace Prize Foundation conducted a series of charitable activities in the Philippines,



providing free medical service and distributing food and other materials to needy residents in Bucay City, Abra Province. Many organizations, including



Rice, food and medical supplies are ready for distribution.

The Supreme Master Ching Hai International Association, earnestly sponsored this compassionate event that benefited many people. With the US\$30,000 fund contributed by Supreme Master Ching Hai, our Association members purchased medical supplies and rice at respective costs of 700,000 pesos and 730,000 pesos. They also provided free medical service in cooperation with the Gusi Peace Prize Foundation.

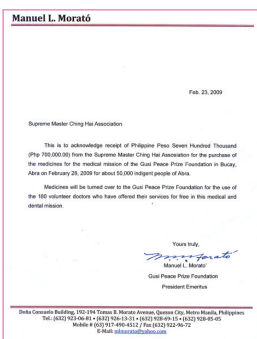


People gather to receive free medical service and relief materials.

On that day, a large number of people arrived as early as 5 a.m. Many local and international celebrities graced the event, including the honorable Mr. Barry Gusi, Chairman of the Gusi



Mayor Bernandez of Bucay (left) distributes food alongside our Association members



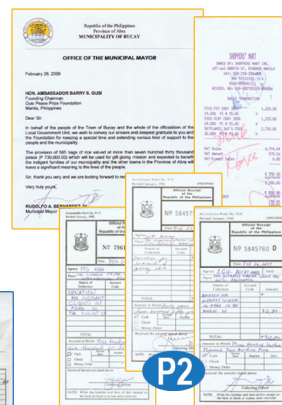
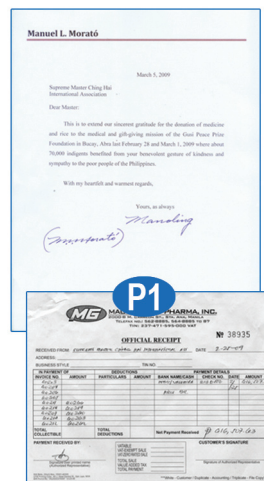
A letter of appreciation from Mr. Manuel L. Morato, President of the Gusi Peace Prize Foundation

Peace Prize Foundation, accompanied by his wife, Dr. Evelyn Tantamco Gusi; Mr. Rudolf A. Bernandez IV, Mayor of Bucay City; and Mr. Manuel L. Morato, President of the Gusi Peace Prize Foundation. To share Master's blessing and love with the people, our Association members also distributed SOS flyers and information about Master along with the relief supplies. Mr. Morato wrote a heartfelt letter expressing his deep gratitude to Master for Her love and contribution, which helped about 70,000 people in the Philippines.

Expenditures for Sponsoring Free Medical Service and Relief Activities in the Philippines

Description	Amount (Peso)	Receipt
Medical supplies	700,000	P1
Rice, sweets	736,620	P2
Packaging	6,050	P3
Total	Pesos 1,442,670 (US\$30,000)	

* Participating fellow initiates paid for their own travel and other expenses.



Au Lac

Restoring the Green Forests

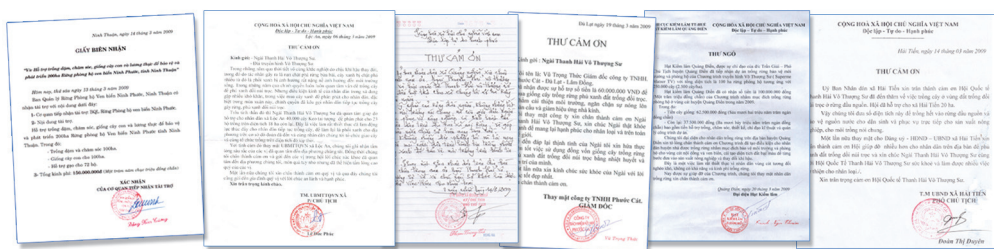
By Aulac News Group (Originally in Aulacese)

With the total US\$50,000 forest restoration fund provided by Supreme Master Ching Hai earlier this year, our Association members from Central and Northern Âu Lạc worked together with the local people and government officials in March Golden Year 6 (2009) to plant over 700,000 trees on 400 hectares of land. With God's grace, the flood-eroded hilltops in Âu Lạc are now being gradually restored with their fresh, new greenery.



Deeply touched by Master's selfless help and boundless compassion, many government officials have expressed their appreciation. Mr. Phạm Trọng Cử, Vice Chairman of Quảng Nghĩa village, Quảng Ninh province, and Mrs. Đoàn Thị Duyên, Vice Chairwoman of Hải Tiến village, Móng Cái city, Quảng Ninh province jointly wrote to Master, "On behalf of people in the area, we would like to thank Supreme Master Ching Hai and wish Her great health as She conducts more charitable activities for humankind." Mr. Vũ Trọng Thức, director of Cát Phước Reforestation Company, Đà Lạt city, Lâm Đồng province, graciously wrote, "Thank you, Supreme Master Ching Hai, for bringing happiness to humankind in the world." Mr. Lê Đức Phúc, Vice Chairman of Lộc An village, Phú Lộc district, said: "This is realistic work, which serves as a motivation to encourage people to continue with their tree planting to rebuild the green lung for Earth."

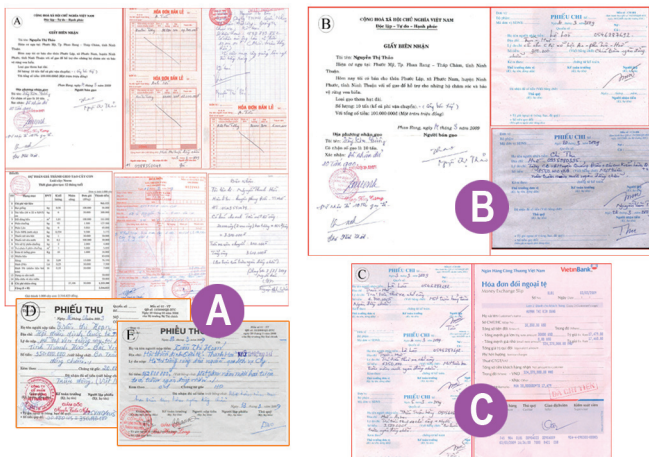
May mutual cooperation such as this continue to help restore our precious Planet Earth.



Thank you letters from the Aulacese Communities receiving Master's forest restoration funds

Expenditures by Supreme Master Ching Hai for the Tree-Planting Project in Âu Lạc

Description	Amount (VNĐ)	Receipt
Trees	729,000,000	A
Planting costs	138,400,000	B
Transportation	9,770,000	C
Total	VNĐ877,170,000 (US\$50,000)	



Indonesia

A Blessed Relief Operation

By Medan News Group (Originally in Indonesian)

Days of heavy rain had caused extensive flooding in Northern Aceh in December 2008, with water levels in some areas climbing 1.5 meters high and many villages submerged. Concerned about the situation, Supreme Master Ching Hai immediately sent US\$10,000 for the relief aid. On December 17, a group of local initiates arrived at the disaster-stricken Lhoksukon sub-district after traveling for six hours from Medan. All through the night, they packed relief aid containing food, supplies and SOS flyers at a rented place.

The next day, accompanied by personnel from the local Red Cross, three initiates went to the disaster area to hand out the packages to each of the village head, while others stayed behind to continue packing. The recipients were very grateful for Master's care and one of them commented



that their relief items were very useful and helpful. The initiates also visited a local shelter in Pantai Bidadari, where 38 displaced families were very happy to see them arrive. They gave 54 relief packages to the village head, who was very touched and said that God will repay Master's compassion. Before they left, the initiates delivered five packages of medicine to the local Red Cross. With Master's guidance and blessing, the relief operation was carried out smoothly. 🌸



Expenditures by Supreme Master Ching Hai for the Flood Relief Work in North Aceh, Indonesia

Description	Amount (IDR)	Receipt
Food (water, biscuits and instant noodles)	47,700,000	A
Daily necessities (sarongs, towels and blankets)	42,521,000	B
Medicine	4,000,000	C
Miscellaneous expenses	2,089,000	D
Total	IDR96,310,000 (US\$8,764)	

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

The Spirit of Sharing

By Indonesia News Group (Originally in Indonesian)

From April 24 to 28, 2009, in order to provide aid for the flood victims in East Kalimantan, our Association members from Bali, Jakarta and Balikpapan formed a relief team and went to Samarinda, where the flood waters had risen up to a meter high, and destroyed about 2,000 homes and many roads. With Master's loving contribution of US\$15,000 and assistance from the local Red Cross, the relief team prepared and delivered by boat 200 baby food packages as well as 1,000 other food packages to the victims in Temindung Permai Village, to the north of Samarinda, an area that hadn't received much help since the flood. The recipients very happily accepted the gifts of food as their houses had been submerged in water for almost a week. In addition, doctors from the relief team, who had brought greatly needed medicines with them, worked together with the Red Cross to provide much-appreciated medical services to about 800 patients.

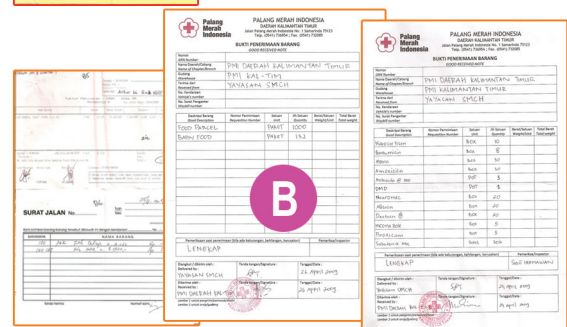
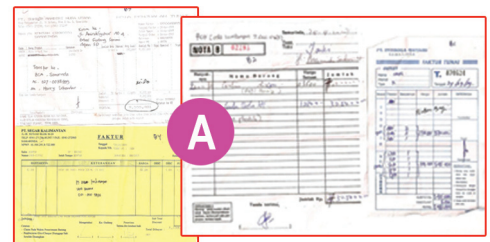
Touched by Master's selfless love, the local people also volunteered to help with the relief work by packing supplies, providing transportation and giving material contributions. After explaining the main cause of global warming and its solution, SOS flyers were also shared with them. The relief team members are grateful to Master

for Her blessings and arrangements that allowed them to successfully complete the four-day relief work.



Expenditures by Supreme Master Ching Hai for the Flood Relief Work in East Kalimantan, Indonesia

Description	Amount (IDR)	Receipt
Food (biscuits, baby food, milk, mineral water, soy sauce, tea)	30,062,000	A
Medicine	7,216,500	B
Total	IDR37,278,500 (US\$3,420)	



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

China An Exemplary Sponsor for Needy Students

By fellow initiates in China (Originally in Chinese)

Mr. Gong Yulin runs a small packaging material factory in Chongqing, southwestern China. For seven years, he has been frugal with his daily expenses and used the savings to pay tuition fees for 15 needy students, a total that now exceeds RMB400,000 (US\$58,000). One of the beneficiaries is now a doctoral candidate. On March 28, Golden Year 6 (2009), our Association members visited Mr. Gong at his home and presented to him a letter of appreciation along with US\$3,000 from Supreme Master Ching Hai. Upon seeing the exquisite art albums and books from the Supreme Master, he and his wife were extremely touched and assured us that they would share these noble and educational gifts with the students when they came back from vacation. They also promised to contribute to world peace.



Mr. Gong Yu-lin (right)



青海无上师国际协会 捐款收据	
日期:	2009年3月28日
接收人姓名: (印刷字体)	龚 董 玉 林
地址:	中国 重庆市 白市驿海龙工业园区 豪兴包装制品厂老板
捐款数额:	3000美金 (人民币21,000)
(注明货币种类)	
接收人:	龚玉林
(签字)	

Receipt from Mr. Gong Yulin
for the US\$3,000 (RMB21,000)
contributed by Master

We sincerely thank Mr. Gong for setting an outstanding example in sponsoring destitute students. Hopefully more people will follow in his footsteps and transform this world into a heaven where everyone loves and cares for each other! 🌸

Chechen Republic Helping the Less Fortunate

By Moscow News Group (Originally in Russian)

After learning of the earthquake in the Chechen Republic, Master immediately sent US\$5,000 in relief aid and on November 22, 2008, a rescue team from Moscow, Russia went to the disaster stricken area to extend Her love and blessings. With the assistance of the local public chamber, they reached out to the neediest people in the rural areas, offering them the financial contribution from Master. Many recipients expressed their profound gratitude to Master for Her mercy and compassion. The rescue team also took the opportunity to tell everyone about Master, Her teachings, the benefits of the vegetarian diet and the urgent climate change situation.



Through the rescue mission, the initiates were deeply touched by the suffering of the less fortunate, an experience that has brought them closer to Master and made them more compassionate towards their fellow citizens. 🌸



Albania

God's Blessings Showered upon the Pure-Hearted Highlanders

By Bulgarian News Group (Originally in Bulgarian)

Concerned about the mountain villagers who were isolated by heavy snowfalls, Master sent 10,000 euros, providing them with much love and comfort.



On March 2, 2009, our Association members from Bulgaria went to Tirana, the capital city of Albania, where they met a local friend Selim, who kindly helped them plan the trip as well as arrange guides and transportation. The following day, after traveling three hours in the mountains, they arrived in the small town of Puke, where, via a translator recommended by Selim, they found out that there were families in the town who had either lost loved ones due to the harsh winter or had relatives living in the very remote and isolated snow-obstructed villages. Thus, they prepared 40 envelopes, each containing 10,000 lekah (87 euros) and a SOS flyer. They visited around 10 families, most of them having no electricity. To those who had many children or were in need of medicine, they gave two envelopes. While offering financial assistance, they also conveyed Master's love and blessings to them. The recipients were all very grateful and happy that someone really cared about them. After meeting the families, the initiates left the remaining envelopes with a pure and sincere local person, and asked him to distribute them when he visited his relatives in the mountains.

On March 28, the initiates returned to Tirana for the second time to seek ways to help. With the assistance of a Red Cross associate, Fatos Hengo, and Mayor Flamor of Shishtavets Village, they prepared the necessary items for 100 families in the village who managed to survive the severe winter storms. Everything was loaded and sent to the snow-capped peaks. While climbing up to the village, the initiates were enchanted by the magnificent scenery, and Mayor Flamor said: "Up there, where we're going, there is nothing but God." Indeed the severe weather conditions have cultivated a very strong will and faith in the Shishtavets villagers, who are mostly Muslims. After spending the night at the house of the mayor's relatives, the initiates distributed the relief packages



in the morning. The poorest families with many children were given extra clothes and sweets. When the school children received candies and socks, they jumped and laughed with joy.

On March 31, accompanied by local representatives of the Red Cross, Association members went to Kukur Village, in the district of Gramsh, where 3,000 hectares of land had been destroyed by the snow. They visited the two families whose houses collapsed and contributed daily necessities as well as 500 euros and the SOS flyers. People were very appreciative of Master's love and kindness.

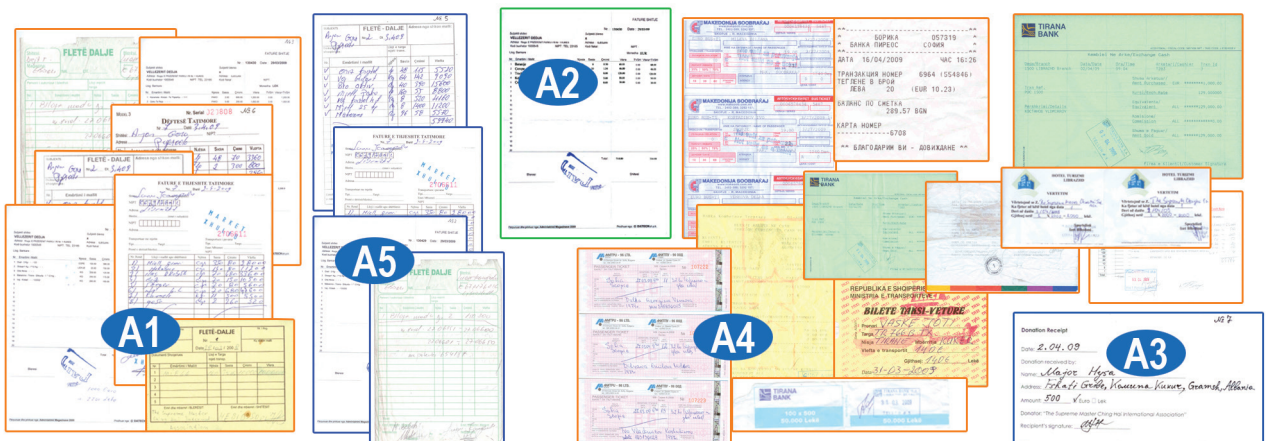


On April 1, fellow initiates proceeded to the next distressed area in Librazhd, Dardhe Village, which was 20 kilometers further into the mountains. Again with assistance from the Red Cross, they bought supplies for all of the 70 households in the village and delivered them by truck. Later, they went to Pevelan Village, where no one had received any aid from the Red Cross or the government; so the initiates purchased and distributed much-needed items for 40 households. To the families whose houses were destroyed or in danger of collapsing, blankets, towels and socks were also provided.

When giving out the relief packages, the team took every opportunity to distribute the SOS flyers, and explain that disasters are a consequence of climate change and to prevent this from happening in the future, it would be better to be vegetarian and to pray. Initiates were grateful to have the chance to bring Master's love and the urgent global warming messages to the pure-hearted people in these remote regions. 🌸

Expenditures by Supreme Master Ching Hai for the Heavy Snow Relief Work in Albania

Description	Amount (EUR)	Receipt
Food (rice, flour, cooking oil, macaroni, sweets and sugar)	€ 2,918	A1
Blankets and clothes	€ 314	A2
Cash contributions in Kukur Village	€ 500	A3
Miscellaneous (washing powder, etc.)	€ 671	A4
Transportation and Accommodation	€ 730	A5
Total	€ 5,133 (US\$ 7192.36)	



Namibia

God's Love Comforts the Souls in Need

By South Africa News Group (Originally in English)

To provide assistance to the flood-stricken in the town of Oshakati, our compassionate Master contributed US\$10,000 for this relief work. It was the second time She assisted the needy people in this town. Carrying Master's love, our Association members from South Africa arrived in Oshakati on March 26, 2009 and immediately purchased supplies and foods according to the recommendation of the Flood Emergency Management Coordination Office (FEMCO). It brought them great joy to see smiles on children's faces when they received the candies.

The next morning, the local "Fruit and Veg" store offered their truck to deliver the relief items after hearing about Master's concern and generosity. With the enthusiastic help of local people and staff from the Red Cross, nearly five tons of food was quickly

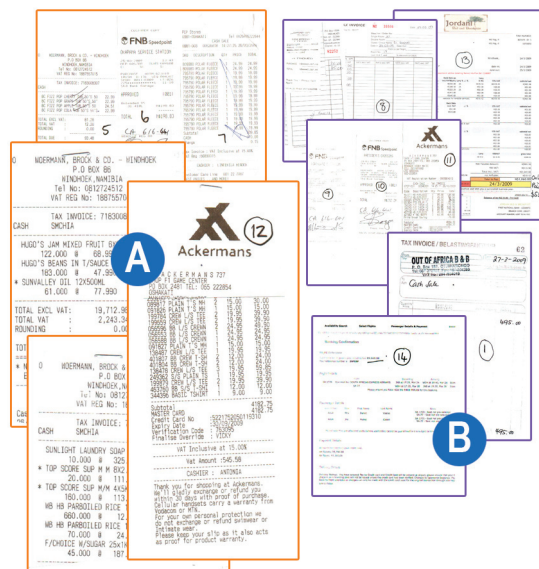
brought to the hands of the needy.

The relief team members would like to thank Master for Her constant guidance, which allowed them to complete the mission in a very orderly and timely manner.



Expenditures by Supreme Master Ching Hai for the Relief Work in Namibia

Description	Amount (NAD)	Receipt
Food (rice, sugar, jam, beans, oil, maize, sweets for children) and supplies (T-shirts, blankets, soap)	72,798	A
Transportation (flights, car rental, fuel) and accommodation	16,366	B
Total	NAD89,164 (US\$9,192)	



Mozambique

Extending Master's Love during Floods

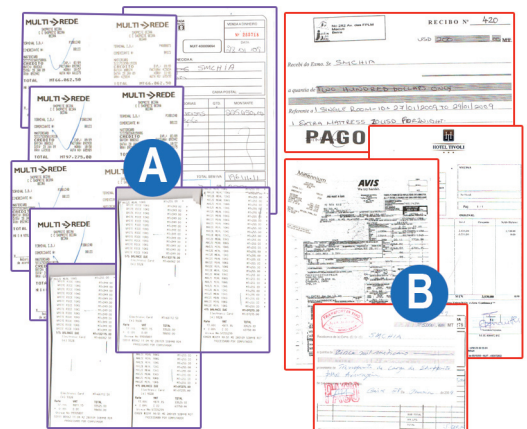
By Johannesburg News Group (Originally in English)

The overflowing Pungue River caused severe flooding in central Mozambique, where water, in some areas, rose above the six-meter alert level. On January 26, 2009, our Association members from Johannesburg, South Africa traveled around 2,000 km to the most serious flood-stricken area of Beira in Sofala Province. They were warmly welcomed by members of the World Food Programme (WFP) and the National Disaster Management Institute - INGC (Instituto Nacional de Gestão de Calamidades), who informed them about the situation and the people's needs. When they visited Tica and Dondo, other areas that had been affected, they found the situation to be more or less under control. With Master's loving financial contribution and the helpful assistance of the INGC, they purchased US\$9,622 worth of food and basic necessities for the people most affected by the flooding in Sofala Province, Mozambique. They also took the opportunity to hand out SOS flyers and Master's sample booklets in Portuguese, which were eagerly received by the recipients. May God's love reach deep into the hearts of the local people and awaken them to a new compassionate vegan lifestyle to avoid such disasters in the future. 🌸



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

Description	Amount (US\$)	Receipt
Food (rice, oil, maize, sugar, jam), soap, blankets and clothes	9,622	A
Transportation, accommodation, supplies and labor	2,493	B
Total	US\$12,115	



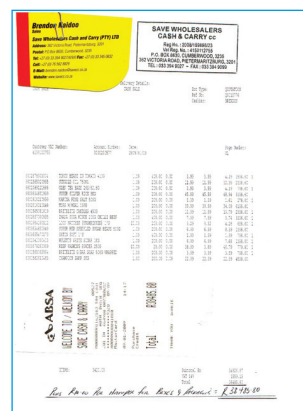
South Africa

Bringing Comfort in Desperate Times

By Johannesburg News Group (Originally in English)

In early January 2009, Kwa-Zulu Natal province experienced a monstrous storm which was described as “one of the worst” by its citizens and officials. There were people struck by lightning, washed away by water, trees uprooted and houses collapsed. About 2,000 were affected, with many who had lost all their possessions. Upon hearing of the tragedy, our beloved Master sent US\$10,000 to aid those in need.

On January 8, our Association members from the Johannesburg Centre traveled about 1,500 km to arrive at one of the most affected areas, a township close to Pietermaritzburg. They received assistance from the Red Cross as well as the Provincial Disaster Management Offices. From the community leader, they were able to get a list of the needed emergency items. After purchasing and packing, around 200 boxes of relief goods, which included rice, oil, sugar, beans and daily hygiene supplies, they were then immediately delivered. People were extremely happy to receive the timely aid as well as the SOS flyers and Master’s sample booklets.



Receipt for relief supply purchases totaling SA Rand 38,485.8 (US\$4,000)



Our Association members would like to thank Master for this wonderful opportunity to assist our fellow brothers and sisters in their time of great upheaval and despair. 🌸

Colombia

God's Love Flows to Those in Need

By Colombia and Costa Rica News Group (Originally in Spanish)

Since December 2008, Colombia has suffered continuous flooding in different regions of the country due to heavy rainfalls, leaving countless local citizens homeless. Deeply concerned



about the flood victims, Master sent a total of US\$100,000 to provide aid and our Association members conducted three relief operations.

On December 19, fellow initiates from our Bogota Center in Colombia went to the Department of Magdalena and delivered 1,375 food parcels to the affected families in the Municipalities of Santa Barbara Pinto, Santa Ana and Remolinos, where water had submerged many homes. With the assistance of the local government, they took boats and canoes and worked late into the night to bring God's comfort to the people.

From February 16 to 26, 2009, joined by the Costa Rica Association members, the Bogota Center organized a relief team to bring aid to those whose lives were extreme disrupted by the flooding of overflowing rivers and the heavy rains which particularly affected 1,350 families in the Municipality of Unguía, Department of Chocó. Together with two representatives of the Local Government House, they visited the neediest villages of Ticole, Cuti, Loma Estrella, Citara, Ciparado, Arquía, Cuque, Tanela, Marriaga, Tumarad, Roto, El Puerto, Titumate, Gilgal, and communities in Unguía center. In addition, the local government generously provided guides and vehicles, and even helped to prepare the food packages.

From March 12 to 22, Costa Rica and Bogota Association members again formed a relief team and traveled long hours by boat to reach flood victims in more than 32 villages in the Municipalities of Barbacoas, Roberto Payan and Maguá Payan in the Department of Nariño. Many members of the Local Government House and the Chief of Barbacoas Fire Station accompanied them to help distribute the food to the hungry families.

All the recipients were very happy and deeply grateful to receive the timely food supplies, as the situation regarding their hunger and great difficulties they were experiencing were getting progressively worse. For them, these things were a gift from Heaven and in their appreciation to Master for Her love, some said, "Tell your Master that She is an Angel from Heaven on this Earth," while others said, "Give thanks to Master Ching Hai from all of us, especially our children who



were desperately hungry. Many times they had gone to bed with their stomachs empty, but these days, at last, they will have enough food. God must have blessed us and blessed Her, because She has a big and compassionate heart."

During the third relief effort, our Association members saw people put Master's SOS flyers on the walls of their homes and asked to keep the banners with Master's picture so that they could put them up in their villages. Everyone was exceptionally attentive when the information about the



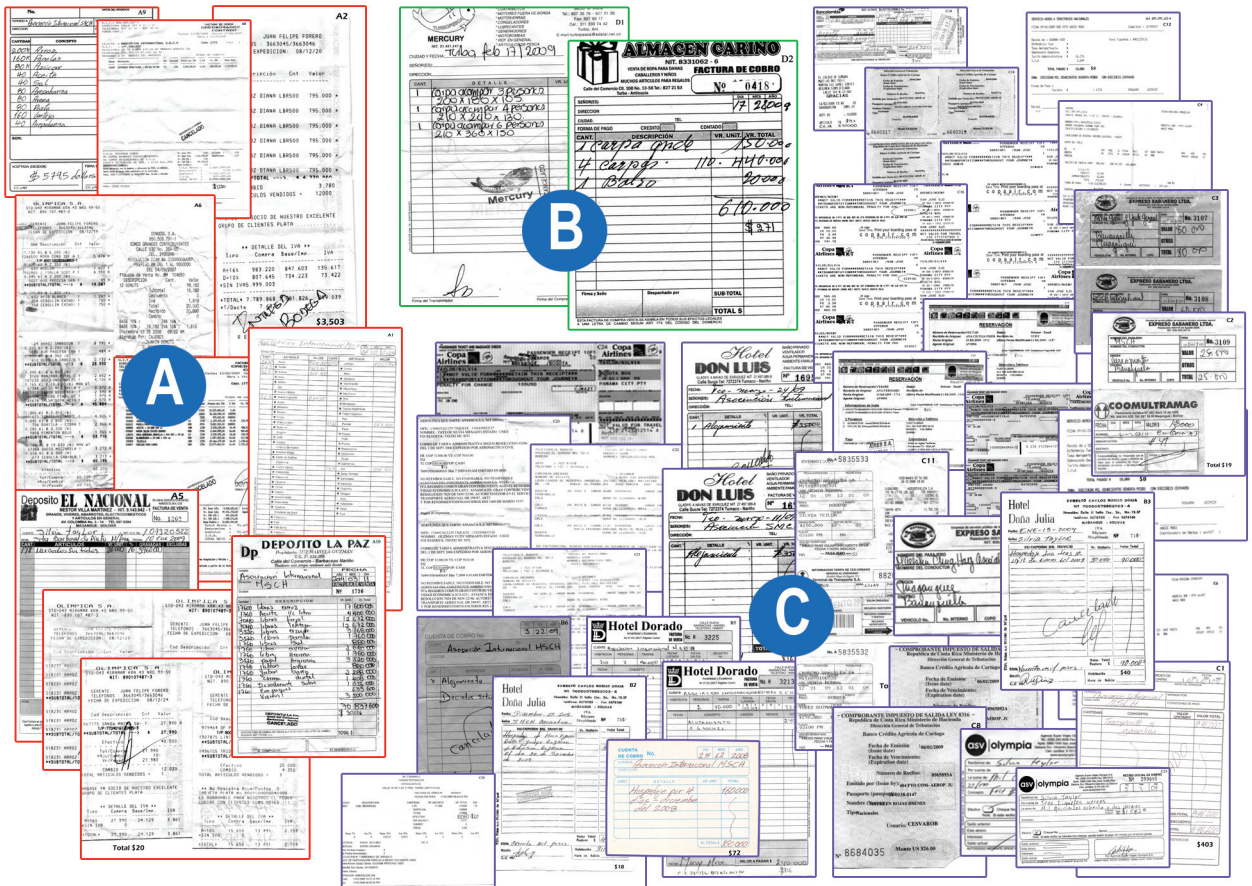


connection between climate change and the vegetarian diet was being explained. The wife of one of the Mayors personally cooked vegan food for the fellow initiates.

The relief team members were very touched by the pure-hearted local people, who, even in their time of great need, help each other as much as they could and recognized God's love for them through Master's gifts. 🌸

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

Description	Amount (Colombia Pesos)	Receipt
Food (rice, flour, vegetable oil, oat meal, corn, beans, lentils, chickpeas, salt, sugar) and bags	212,576,472	A
Tents	1,170,000	B
Miscellaneous (transportation, accommodation, etc.)	18,866,159	C
Total	COP232,612,631 (US\$102,497)	



Panama

God's Love Knows No Boundaries

By Panama News Group (Originally in Spanish)

Throughout the months of November and December 2008, torrential rains inundated certain areas of the Chiriquí and Bocas del Toro provinces in Panama. Upon hearing about the plight of the flood victims, Master immediately sent US\$10,000 to provide aid.

As soon as the situation improved and the government allowed civilians back into the flooded area, our relief team from the Panama Center overcame the challenges of the difficult road conditions, drove to Bocas del Toro, a very remote mountainous area, and delivered relief packages to two temporary shelters from January 9 to 12, 2009. Apart from food, clothes and personal hygiene supplies, they also provided diapers, bathtubs and medicine for babies. The additional sweet treats brought much joy and comfort to the children, who had lost everything a few weeks before Christmas. The recipients, who mostly belonged to the Ngöbe Bugle ethnic group, were astonished to know that the beautiful lady in the picture (Master) had heard of their difficulty and sent people to help them. They were very thankful to Master and the relief team members, saying that they were the first to distribute the aid directly into the hands of the people.

With the remaining relief fund, our Association members prepared special gifts for children that included food, clothes, toys and stationery supplies. On April 15, the special gifts were delivered to the Nutre-Hogar Foundation, which provides nutritional and medical care to children suffering from severe malnutrition.

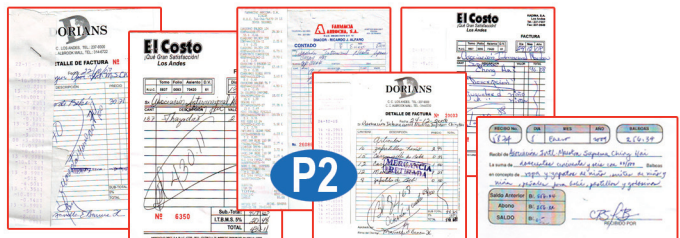
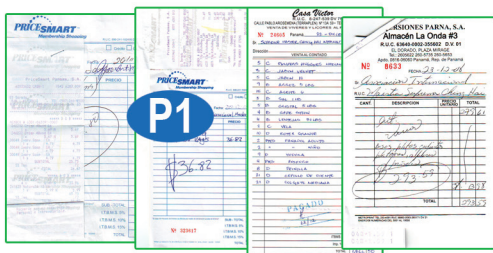
The relief team thank Master, whose love and assistance knows no boundaries, for giving them this precious opportunity to serve our fellow brothers and sisters in need.



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

Description	Amount (US\$)	Receipt
Food (rice, grain, salt, oil, sugar, coffee and sweets), medicine, water, toothbrushes, toothpaste, deodorant, utensils	2,295	P1
Clothes, blankets, toys, baby items (diapers, shoes, creams), notebooks and pencils	2,638	P2
Total	USD 4,933	

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



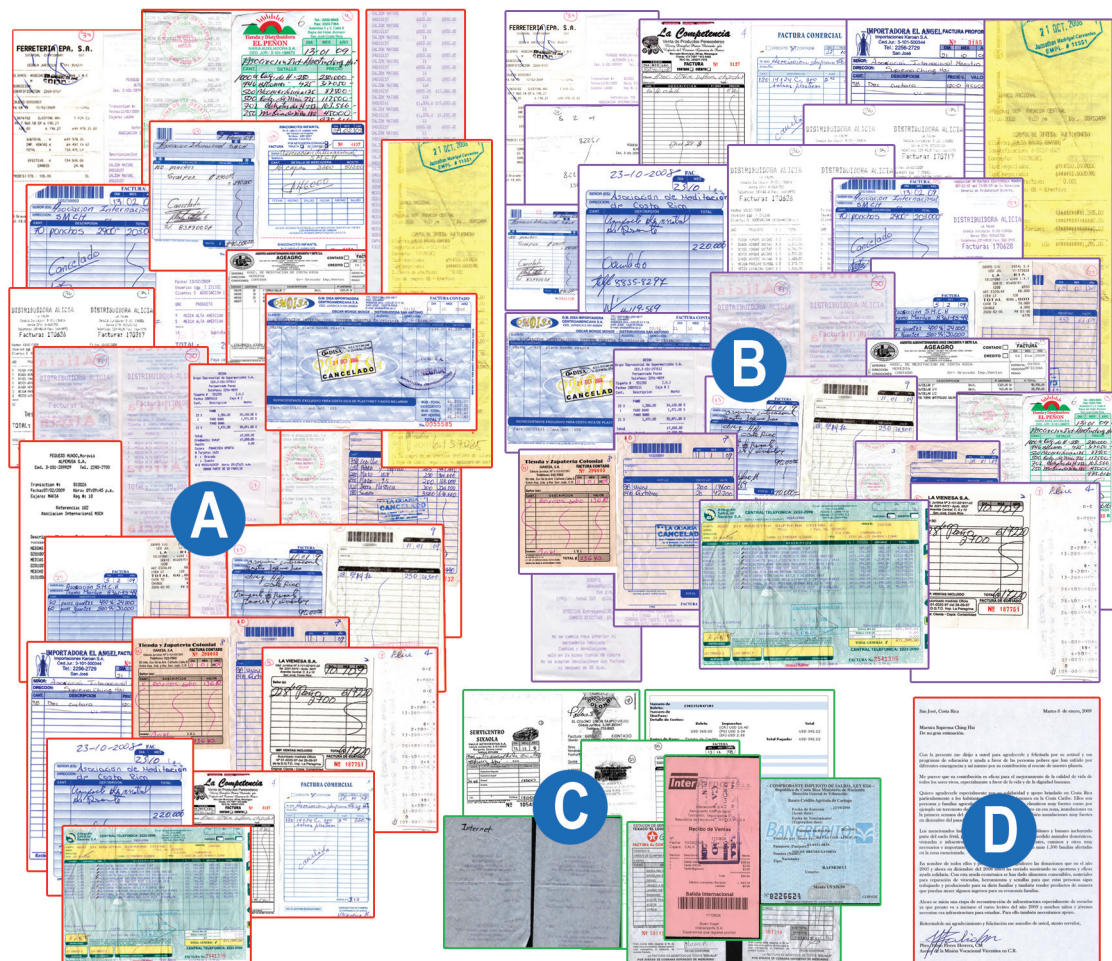
Nicaragua, Honduras, Costa Rica

Expenditures by Supreme Master Ching Hai and Her International Association for the Disaster Relief Work in Nicaragua, Honduras, Costa Rica

Description	Amount (US\$)	Receipt
Supplies (hats, rain coats, sleeping bags, hand and bath towels, socks, gloves, sweaters, underwear, dishwashing sponges, glasses, spoons, frying pans, pots, dishes, cups, plastic bags, hygiene items, bath and baby soap, toothpaste, tooth brushes, diapers)	17,580	A
Food (rice, beans, oil, salt, sugar, lentils, spices, flour, oatmeal, cookies, sweets and coffee), juice and water	8,790	B
Transportation and other (dog food, etc.)	2,046	C
Cash contribution to Father Fabio Herrera-Flores in Talamanca	20,000	D
Total	US\$48,416	

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

* For a detailed report of the relief effort, please refer to News #202



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MP3s

No. CE01 (Spoken in English with Chinese translation)

The Supra-worldly Therapy

Jixiang Temple, Taipei, Formosa, August 3, 1985

No. CE02 (Spoken in English with Chinese translation)

Liberation in One Lifetime

Taipei, Formosa, August 8, 1985

No. CE03 (Spoken in English with Chinese translation)

Meditation Is Food for the Soul

Taipei, Formosa, September 27/29, 1985

No. CE04 (Spoken in Chinese, with Minnanese translation)

The Invisible Work of a Living Master

Wanhua, Taipei, Formosa, June 30, 1986

No. CE05 (Spoken in Chinese, with Minnanese translation)

The Sacred Relationship between Master and Disciples

Wanhua, Taipei, Formosa, July 8, 1986

No. CE06 (Spoken in Chinese, with Minnanese translation)

There Is Essentially No Sin

Taipei, Formosa, July 13/15, 1986

No. CE07 (Spoken in Chinese)

How to Use Our Inner Infinite Power

Madou, Tainan, Formosa, September 24/25, 1987

No. CE08 (Spoken in Chinese)

An Overview of the Diamond Sutra

Madou, Tainan, Formosa, September 26, 1987

~This series includes Master's enlightening discourses delivered prior to Her public lecture tours.





No. 020-1 (Spoken in Chinese)

The Relationship between Material and Spiritual Life

Group Meditation in Hsihu, Formosa, November 20, 1988

No. 020-2 (Spoken in Chinese)

The Lifestyle of a Spiritual Practitioner

Group Meditation in Hsihu, Formosa, November 26, 1988

No. 020-3 (Spoken in Chinese)

A Spiritual Practitioner Lives in Harmony with Nature

Group Meditation in Hsihu, Formosa, November 26, 1988

No. 020-4 (Spoken in Chinese)

The Method of Drying Clothes in Tibet

Group Meditation in Hsihu, Formosa, November 27, 1988

No. 020-5 (Spoken in Chinese)

Giving Others Peace and Fearlessness

Group Meditation in Taipei, Formosa, November 29, 1988

No. 023-1 (Spoken in Chinese)

How to Communicate with the Almighty Power of the Universe

Group Meditation in Taipei, Formosa, December 6, 1988

No. 708 (Spoken in Chinese, with Japanese translation)

A Story about Love

Group Meditation in Japan, July 15, 2000

No. 727 (Spoken in Chinese)

The Lesson of Sharing

Group Meditation in Florida, U.S.A.
December 25, 2001

No. 739 (Spoken in Chinese)

Master's Transcendental Body

Group Meditation in Florida, U.S.A.
May 12, 2002

No. 742 (Spoken in Chinese)

Elevating the World with Spiritual Practice

Videoconferences with Hsihu, Formosa; Hong Kong; China
August 4, August 11, September 15, 2002

No. 805 (Spoken in Chinese and English)

God Created Animals to Help Humans

New Book Release Dual Videoconference in Paris and Taipei
October 25, 2007

MP3s and MP4s

No. 732 (Spoken in Chinese)

The Power of Positive Thinking

Group Meditation in Florida, U.S.A.
December 30, 2001

No. 806 (Spoken in Chinese)

Searching for the Divine Truth

Exclusive Interview by SETTV, Formosa
October 25, 2007

No. 811 (Spoken in Chinese)

World of Elevating Spirits

International 4-Day Retreat, Paris, France
December 24, 2007

MP4s

No. 588B (Spoken in Aulacese)

The Secret of the Past and Future

Group Meditation in Los Angeles, U.S.A.
July 19, 1997

No. 801 (In Aulacese)

An Ancient Love

Singing and Recital of Aulacese Poems



Elevation of the Soul

Supreme Master Ching Hai's Latest DVDs

DVD-516 (Spoken in Chinese, with 12 choices of subtitles)

The Key to Success

Group Meditation in Hsihu, Formosa, December 17 & 31, 1995

Highlights:

Sharing Her own experience and inspiring Buddhist stories, Supreme Master Ching Hai encourages us to fulfill our daily duties and try our best to help others. Master says the key to success is to do things without ego or motive, seeking no rewards and accepting God's will. She also reminds parents to love their children, give them more attention, and help them develop their own inner cheerful and lively spirit to bring vitality and happiness to this world, thereby creating a heavenly realm. Meanwhile, we should also encourage a giving spirit in children as well as fostering their tolerance and sharing.



DVD-836 (Spoken in English, with 21 choices of subtitles)

Supreme Master Ching Hai on the Environment: Vegetarianism is the Solution to Save the World

London, UK, June 13, 2008

Highlights:

According to the UN and scientific reports, carbon dioxide is not the most lethal or the deadliest of all pollutants. Methane is at least 23 times and nitrous oxide approximately 300 times more potent than carbon dioxide in intensifying the greenhouse effect! Livestock is the number one contributor of methane gas emissions, and nitrous oxide is a byproduct of the animal industry.

If we eliminate the most serious cause of global warming, that is, livestock raising, we will be able to save the planet. Thus, we have to stop the killing of man and animals. We have to stop producing animal products, and we have to stop using them. These are the "Three Stops": Stop killing, stop producing, and stop using animal products. And of course, stop eating meat!





DVD-825 (Spoken in Chinese and English, with 16 choices of subtitles)
International Best-Selling Author Supreme Master Ching Hai
at the The Noble Wilds Book Premiere

Taipei, Formosa, February 17, 2008

Highlights:

In *The Noble Wilds*, Supreme Master Ching Hai offers us a rare privilege to visit the special world of animals in the wild. From the quietude and love that encompasses the Amoura Village, to the radiant fauna and flora that abounds in Lake Jadeite, this new book leaves the reader entranced with nature's grace as one is drawn into a heavenly realm to experience God's blessing even while in the physical world. At the Formosa (Taiwan) Book Premiere of *The Noble Wilds*, distinguished guests and members of the media were invited to attend. The author and honored guest, Supreme Master Ching Hai, appeared through videoconference to share with enthusiastic admirers Her insights and fascinating experiences of producing this latest publication.



DVD-838 (Spoken in English and Chinese, with 23 choices of subtitles)
Supreme Master Ching Hai's Heart
-Touch Tour: Eden on Earth Art Exhibition

Formosa, July 5, 2008

Highlights:

The Eden on Earth Art Exhibition—a part of Supreme Master Ching Hai's "Heart-Touch Tour"—features photographs taken by Master during the compilation of Her international best-selling book *The Noble Wilds*. During a live videoconference on the opening day, Supreme Master Ching Hai answered questions from prominent experts and leaders in their fields who had been moved and inspired by Her books. She elaborated on the animal friendships She had made whilst alone in nature, bringing the audience closer to understanding these noble beings' perfection. Regarding the current environmental crisis, Master Ching Hai highlighted the fundamental causes of climate change and revealed that Love is the one eternal message for humankind's survival. "So for those who walk the way of Love, that is, being a vegan, being a good human, they will have Heaven's mercy and protection," She said.



DVD-843 (Spoken in English and Japanese, with 24 choices of subtitles)

SOS: Stop Global Warming Seminar

Tokyo, Japan, July 27, 2008

Highlights:

The “SOS Stop Global Warming Seminar” held in Japan in the summer of 2008 was an international gathering of concerned dignitaries from different fields. Supreme Master Ching Hai graciously participated through videoconference, and shared Her insights of the drastic environmental changes caused by global warming. She emphasized again that we must quickly spread the news of veganism to all people around the world, because that is the only truly effective action we can and should take immediately to save the Earth. Master Ching Hai encouraged everyone, “Please think positive, keep doing what you can to awaken our neighbors, and keep dreaming of a heavenly world in our lifetime that will continue in the next generations to come...” 🌸



DVD-847 (Spoken in English and Korean, with 21 choices of subtitles)

Supreme Master Ching Hai on the Environment: Be Veg, Change Our Destiny, Save the Planet!

Korea, August 8, 2008

Highlights:

In this videoconference with the Seoul Center in Korea, Supreme Master Ching Hai highlighted the importance of spreading the vegetarian way of life to save our world. The Korean people were very optimistic about stopping the global climate crisis, raising questions and offering ideas related to saving our beautiful planet. Supreme Master Ching Hai assured everyone that if the vegan population goals are met, then humans on the Earth will live a more compassionate and sustainable lifestyle in a heavenly atmosphere. She encouraged fellow initiates to practice diligently and serve humankind whenever possible because it is through these voluntary actions that we can change our destiny and that of the world. 🌸




Supreme Master Ching Hai's Latest CDs

CD-CG26 (Spoken in Chinese)

The Wise Choice

Group Meditation in Taipei, Formosa, March 11-12, 1989

Highlights:

Master tells interesting stories about the quest for God and reminds us that God is within us. Whatever we pray for, we should try to find it inwardly. Longing for the most beautiful things, we should look within us. Seeking the Almighty Power, we should search inside ourselves. Master also cites stories of Milarepa and other spiritual practitioners of the ancient times, to encourage fellow initiates to learn to be patient. From Master's words of wisdom, we know how to rediscover our innocent qualities and our own Light, how to distinguish true teachings from false ones and how to raise our children. 



CD-CG27 (Spoken in Chinese)


The Standard of Judging Civilizations' Levels / How to Work for Master

Group Meditation in Tainan and Hsiuhu, Formosa, March 16 and June 5, 1989

Highlights:

Are a powerful army and advanced weapons sufficient to defend our country? How can we tell whether a country is civilized and blessed with merits? Master says we cannot judge by wealth or material progress. Instead, we should observe its spiritual development.

Every fellow initiate loves to do Master's work, but Master emphasizes: "Anyone who helps with my preaching mission in any way, but fails to meditate on the Sound for at least one hour each day and does not recite the Holy Names, then that person will definitely have problems. It is because, if we do not use the power of the Sound meditation to protect ourselves and do not use the Holy Names to build a wall to protect our vibrations, then we are constantly within the Maya's domain and mingling with the Maya!"


Master further points out: "As spiritual practitioners doing meditation, if our mind is not pure and honest, and embraces lowly goals, the Maya would definitely come to deceive us! Besides, if we are not sincere about serving and bringing benefit to others, there is virtually no need to talk about attaining Buddhahood!" Therefore, it is very important for us to check ourselves honestly and keep our spiritual diary truthfully. 



Nectar from the Divine Heavenly Blanc

With immense blessings from Master, we have successfully created a new flavor of Heavenly Vegewine. Based on a special recipe of Supreme Master Ching Hai, Heavenly Blanc is made from ripe, luscious white grapes, refreshingly sweet peaches and exotic spices. This natural beverage is free of alcohol and preservatives.

Heavenly Blanc has a unique aroma. In contrast to the rich and strong Heavenly Red, its light, refreshing flavor of white grapes is in perfect harmony with the subtle fragrance of peaches. During the brewing of Heavenly Blanc, Master gave several tips that resulted in an even more unique flavor.

Heavenly Blanc is a healthy beverage for all seasons and occasions. Served warm, it warms up and energizes the body, making it a nourishing drink for the winter. Adding ice to the vegewine during the summer perfects its taste on the palate, giving an ambrosial experience that awakens the senses. 



Good News

Loving Food - Online Shopping for a Healthy Vegan Lifestyle <http://www.lovingfood.com.tw> has officially made its debut on the web. You may now enjoy shopping at your convenience, relaxing at home while making a purchase of Heavenly Vegewine, vegan food or home-cleaning products.



Supreme Master Ching Hai's

Latest Books

The Birds in My Life

— in Mongolian

I Have Come to Take You Home

— in Mongolian



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