

Be Veg Go Green Save the Planet



**We cannot sit there and wait for
a miracle to happen.**

**God needs us to represent Him
in compassion, in a merciful heart,
in the way we live a Godly life,
befitting of God's children.**

The Supreme Master Ching Hai

News No. 206



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Please Wake Up! (Hãy Bừng Tỉnh)

Poem written and recited by Supreme Master Ching Hai
(Originally in Aulacese)

For a world still marked with conflict, where once lush rivers, seas, forests and mountains lie desolate and polluted, Supreme Master Ching Hai has written the following verses of compassion and sympathy from the depth of Her heart. Like a loving mother and a best friend, Master calls upon humanity to return to the noble, caring way of life before it's too late, so that the Earth will blossom into a blissful Paradise in accordance with God's will.

○ world, wake up and behold
Rivers and mountains are in tumult
Burnt forests, eroded hills, desiccated streams
Whither do the poor souls go in the end?

○ great Earth, lessened be your agony
For these tears to wane with the persistent night.
○ seas and lakes, cease not your melodies
Allowing hope for a morrow among humanity.

○ sentient beings, have respite in the realm beyond
Though you departed without any utterance.
Let the throbbing of my heart abate
While I await Earthlings' timely repentance.

○ deep forests, preserve your true selves
Protect the human race in their moments of erring.
Please accept my heartfelt thousand teardrops
To nurture your majestic trees, leaves and roots.

○ heart, relent your sobbing
For my soul to rest in long nights.
Tears dried up and I'm wordless
Weeping in sympathy for the tormented!

○ night, please kindle your source of light
Shine the way for those human souls in darkness
Be serene for my mind to still
And enter emptiness with the miraculous celestial melody.

○ day, stir not sudden unrests
For peace to repose in our very hearts
For humankind's struggles to subside
For the true Self to gloriously shine!

○ heart of mine, lament no longer
Like an insect writhing in the chilling winter.
Calmly wait for a perfect tomorrow
And the day the world turns into Paradise.

○ I cry, I plead, I pray, I beg!
○ infinite Buddhas, Bodhisattvas, angels
Deliver souls straying from the True Path.
Wandering in the endless cycle of suffering migration.

○ brother, wake up at once!
Proudly walk on great seas and rivers
Look straight at the flaming sun
And vow sacrifice to save all beings.

○ sister, wake up this instant!
Arise from places of devastation
Together let's renew our planet
For all to sing joyous songs of oneness.
For all to sing joyous songs of oneness.

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

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

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

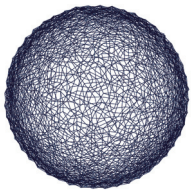
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Humanity is at a critical crossroads as continued indulgence in old habits speeds up global warming. With a heart of love and compassion as well as a sense of urgency, Supreme Master Ching Hai shares Her great wisdom through a new leaflet that awakens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



COP15
COPENHAGEN
UNITED NATIONS CLIMATE CHANGE CONFERENCE 2009

Denmark

Trumpeting the "Be Veg. Go Green. Save the Planet" Message at the 2009 Copenhagen Climate Change Conference

Compiled by Formosa News Group (Originally in Chinese and English)

[Copenhagen] From December 7 to 18, Golden Year 6 (2009), the United Nations Framework Convention on Climate Change's 15th Session of the Conference of Parties, UNFCCC COP15, took place in Copenhagen, Denmark. Listed as one of the 600 observer NGOs, the Supreme Master Ching Hai International Association took part in the two-week summit to spread the vegan message. Initiates from Bulgaria, Canada, England, Formosa, Germany, Hong Kong, Hungary, Ireland, Korea, Macau, Sweden, Switzerland, the United States and other countries came together and worked enthusiastically for the noble goal of saving the planet.

It was anticipated that the number of conference participants would reach 20,000 this year, so the initiates prepared the same amount of gift tote bags with the SOS slogan on them, each containing one of Master's best-selling books: *The Noble Wilds*, *The Birds in My life* or *The Dogs in My Life*, an SOS DVD, a report of Master's climate change interviews, as well as various flyers, and distributed them at popular areas in Copenhagen and outside the



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Bella Center where the summit took place.

Despite the freezing temperatures, our fellow initiates worked from early morning to late at night. Their sincere concern for the world and joyful spirit won admiration from many guests including the Danish policemen who came to ask for our information package and expressed support for Master's ideals of peace, love and the vegan diet as a solution to save the Earth. During the final few days, they also set up a flat screen to play Master's talk on the importance of the vegan lifestyle and related Supreme Master Television programs.

Even though only a few of our Association members were able to enter the conference in Copenhagen, through God's loving arrangement, they encountered many VIPs, including: the United States President Barack Obama, the German Chancellor Angela Merkel, the United Nations Secretary-General Ban Ki-moon, and the newly elected European Union President Herman Van Rompuy. Each was personally given Master's press kit and SOS flyers. Mrs. Angela Merkel, showing her inner respect for Master, embraced her copy of the press kit with Master's photo on the front, as she walked into one of the conference halls.

In addition, the Association-produced film clip of Master calling on all citizens of the world to turn vegan was aired on Danish television channel TV2. Articles of Master explaining the vegan diet as the fastest solution to the climate crisis were also published in the most widely read English newspaper in Denmark, and the *COP15 Post*, a newspaper which was especially edited for the Climate Summit and was given out freely at the venue on a daily basis throughout the conference.



Large posters with the themes of "Peace," "Love," "Joy," and the "Vegan Lifestyle" became the center of attraction, giving our Association members the opportunity to share Master's ideals and the vegan message. Their discussions received large media coverage and many of our fellow initiates were even interviewed by media from different countries, such as the Swedish TV station, French TV station and Porto Rican TV station, thus enabling the message to reach further corners of the world. Before the official closing of the summit, the consensus amongst the media, regarding all the NGOs, was that the Supreme Master Ching Hai International Association was the most dedicated!



On December 12, together with NGOs from all over the world, our initiates joined a six-kilometer walk, demanding of the world leaders to adopt efficient solutions to the global warming dilemma. Wearing yellow jackets and animal costumes, they carried posters and shouted, "Be Veg! Go Green! Save the Planet!" Again





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they attracted the media's attention, and some people from other groups even walked with them to show their support for the ideal. It was estimated that about 100,000 people participated in the parade. It was so touching to see the unity of purpose among everyone there—to work together and save our precious planet.

Seeing many IGO and NGO delegates waiting outside for several hours in the cold weather to enter the venue, the initiates lovingly prepared free vegan sandwiches for them. The pure and delicious food was much appreciated by all—Hindus, Muslims and Buddhists alike; and within just a few days, they distributed 10,000 sandwiches. On the last day, special vegan meals and cupcakes were given to the Swiss delegates, who were quite touched. The initiates also helped prepare a vegan buffet at a five-star hotel where they served more than 100 guests and showed a Supreme Master Television climate change film clip on a giant screen, delivering the Earth-saving vegan message.

By way of the Copenhagen summit, “Be Veg! Go Green! Save the Planet!” echoed throughout the northern countries and the world. Our Association members' peaceful and loving demeanor as well as their dedication to this work left a deep impression on others, especially the Copenhagen



policemen who assisted them greatly during the event. Let's pray that with God's grace, the world leaders will hasten to make laws that promote the compassionate vegan lifestyle so that this amazing planet and all its inhabitants will venture into a harmonious golden era. 🍀

Ireland

Former Miss World Promotes Supreme Master TV and Vegan Diet

By Dublin News Group (Originally in English)



[Dublin] Top model Ms. Rosanna Davison has gone vegan and has been appearing in advertisements for Supreme Master TV to promote this compassionate, Earth-sustaining lifestyle. The former Miss World and the daughter of famous singer Chris de Burgh said, *“A vegan diet is so much better for your health, for the environment generally, and as no animals are harmed, it's cruelty-free.”* On endorsing the campaign to save the planet, she explained, *“There comes a stage when you cannot sit on the fence and continue living a life that will have serious consequences for future generations. I am happy to play my part, however small. If we're going to reverse the damage we've done to our health and the environment, we have to begin now.”* Rosanna added that her father is

also in support of her actions and noble ideal.

Ms. Davison was vegetarian when she worked with Supreme Master TV, and later decided

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to become a vegan. She told the media that the new diet has given her loads of energy and made her feel much lighter. Rosanna's advertisements for Supreme Master TV appeared on a channel called "Living" that airs on Sky Network UK and Ireland, and on TV3, an Irish national television channel, to help raise the awareness of the impact of dietary choice on the planet. In addition, beautiful posters of her and a Supreme Master TV announcement have been put up in every carriage in Dublin's Tram System called Luas for one month and on buses in all the main cities in Ireland, including Dublin, Cork, Limerick and Galway for two months. Five large, eye-catching billboards are also on display at key locations and will be seen by 250,000 of the population in Dublin. 🍀



Reference: <http://www.herald.ie/entertainment/around-town/vegan-poster-girl-rosanna-is-picture-of-perfect-health-1952118.html>

Loving Hut - The First Global Vegan Restaurant Chain in the Making

Compiled by Loving Hut News Team (Originally in English)



Loving Hut

Since Golden Year 5 (2008) when its first restaurant was opened in Formosa (Taiwan), Loving Hut International has been the fastest growing chain of vegan restaurants in the world, leading the ever-progressing global vegan movement. Inspired by Supreme Master Ching Hai's idea of having delicious, nutritious, affordable, compassionate dining easily accessible to everyone, as of April 2010, a total of 122 Loving Hut restaurants have been opened in 19 different countries across North America, Europe, Asia and Australia. Each has some amazing and encouraging stories to tell. The following are but a few.



In the city of San Diego, California, many non-vegetarian customers visit the local Loving Hut restaurant out of curiosity, but they soon become loyal regulars after tasting the food. From *The Daily Aztec*, a local newspaper, editor Nicole Callas describes the wholesome experience in an article entitled, "Vegans: Loving Hut Serves Peace." She says, "*Loving Hut shows that veganism can be so much more than a food preference—it's a way of life.*"

Since its opening, Florida Loving Hut has received wonderful reviews from many individuals, organizations and media. For example, Caroline from Vegetarians of Central Florida wrote in the Meetup Community Review, "*Great find on an Orlando vacation. Food, service, cleanliness, and overall quality FANTASTIC!*" In addition, several newspapers also published encouraging reviews.





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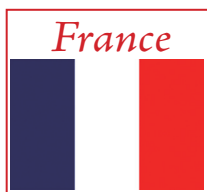


Loving Hut Express is a food trailer run by a team of our Association members based in South East England. It has a spot in a local market place to provide a quick, nutritious, delectable lunch for office workers. The vehicle can also be driven around to cater to visitors at various events. Customers of Loving Hut Express are nicely surprised by the taste and quality of the vegan “fast food” they purchase. Being very mobile, and with its low start-up and running costs as well as very reasonable pricing, this alternative to a restaurant is set to spread the vegan concept to a wider group of people. Upon the success of the first trailer, a second one was launched on May 1 at the famous Rochester Sweeps Festival—the largest May Day celebration of its kind in the country. And a host of other events and occasions are lined up awaiting the arrival of this Loving Hut Express.

The Loving Hut Restaurant in London sees the piloting of another new format—customers are allowed not only to eat as much as they like at their buffet but also left to pay as much (or little) as they like. Though newly opened, it has already established a loyal customer base, and more patrons are coming through word of mouth. Some love the food so much that they have even started to order from the restaurant to cater their parties, events and other special occasions.



Loving Hut Vienna, located close to a bustling railway terminal, has the charming atmosphere of a time-honored Viennese coffee house, complete with an outdoor patio for patrons to relax and enjoy the sun. Ms. Neubauer, a journalist who wrote online at *Spotted by Locals*, expressed her satisfaction at finding not only a trusted and enjoyable vegan eatery but also sustenance that directly addresses global warming. *“The concept is simple: A vegan dish made out of organic ingredients uses 200 times less water than a meat dish. Moreover, it produces up to 94% less CO₂ emission within a year. In the end, it’s all about saving the planet while eating, isn’t it?”* Another customer claimed, *“I am absolutely convinced that the future is in vegan food”*.



Loving Hut Paris, one of the first of these vegan entries in Europe, is well positioned on a main thoroughfare at Boulevard Beaumarchais between two famous squares, Place de la Bastille and Place de la République. French customers are quick to recognize its excellent cuisine. *“In the menu, there is a great variety*



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and it is amazing,” one said. “We left the table with a smile and were already looking forward to coming back in order to discover the rest of what the menu has to offer,” said another.

Germany



While all Loving Huts feature delicious, cross-cultural dishes prepared with fresh and wholesome ingredients, Loving Hut Hannover is especially popular for its meat-free Asian cuisine. One customer commented, “It tastes very delicious.

I’m astounded that it came out so well without... meat.”

Similar feelings are shared by patrons of Loving Hut Munich. “It is so delicious that I must say that I have not had such a taste adventure in 30 years. It is spiced so incredibly well and it’s such good quality food, that I am completely thrilled!”



Spain



Nestled in the heart of beautiful Valencia, a popular city for visitors from around the world, Loving Hut Valencia serves its worldwide clientele with a truly international vegan fare. “Let everyone come, let them taste what real food is!” one customer exclaimed.



Thailand



One day, when a monk came to Loving Hut, he told the staff that the night before, in his meditation, Quan Yin Bodhisattva came to tell him that he should become a vegetarian. That day when he was walking down the road wondering where he could find some vegetarian food, he suddenly saw the big “Loving Hut” sign. So he stepped in. Also on that day, the monk had a burning sensation all over his body. After reading Master’s sample booklet, he prayed to Her that if the vegetarian food served could improve his condition, he would be a vegetarian forever. The burning sensation disappeared completely as soon as he took the first bite of the food. He was very surprised and vowed to keep his promise to be a lifelong vegetarian.



Singapore



January 17 and 18, Golden Year 6 (2009) marked the beginning of Loving Hut’s Catering Services in Singapore. Since its launch, the team has received enquiries from members of the public, community clubs, polytechnical schools and universities, etc., and provided different vegan buffet services for wedding celebrations, family gatherings, birthday parties,





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community events, funerals, seminars and office functions, as well as participated in road shows, carnivals and food sampling events to promote veganism. To date, they have catered for more than 80 events, including the official unveiling of the Berlin Wall exhibition, presenting a sumptuous and colorful variety of vegan dishes, much to the delight of customers.

Our deep appreciation to our beloved Master for Her inspirational idea from which Loving Hut was created, and for Her vision and dedication to a world of peace and harmony. Our heartfelt thanks to all the devoted Loving Hut staff for making this dream come true. We wish that all people will soon join this life-giving circle and enjoy the many delectable, nutritious vegan foods as well as the myriad benefits this conscientious diet brings to our Earth and all her inhabitants. 🍀



To find the closest Loving Hut in your country, please visit: www.lovinghut.com

*To read full coverage of some of these reports, please visit the following links:

Loving Hut Has First-Rate Vegan Food

by Michael W. Freeman, Reporter and Editor

<http://www.theledger.com/article/20091004/REPORTER/910015030/1447?Title=Loving-Hut-Has-First-Rate-Vegan-Food>

Loving Your Body the Loving Hut Way

by Marysol Varela, Orlando Vegetarian Restaurants Examiner

<http://www.examiner.com/x-14525-Orlando-Vegetarian-Restaurants-Examiner-y2009m6d24-Loving-your-body-the-Loving-Hut-way>

Orlando's Loving Hut Offers Another Vegan Niche

by Heather McPherson, Orlando Sentinel

<http://www.orlandosentinel.com/entertainment/orl-calthedish-061209-lovinghut-restaur061209jun12,0,882965.column?track=rss>



Australia

Australian Climate Action Summit 2010

By Melbourne News Group (Originally in English)

[Canberra] From March 13 through 15, Golden Year 7 (2010), the second grassroots National Climate Action Summit was held in the capital city of Australia, Canberra, at the Australian National University. Our Association members from Melbourne and Canberra provided the 300 summit participants with vegan meals, having built on the huge efforts our fellow initiates put in

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when they catered for up to 600 attendees at the 2009 event.

The food was very well received, with more climate activists understanding and recognizing the difference between expressing and actually living a life of compassion for all beings in the Earth's environment. One young man was heard commenting that a motion should be put forward to an entire plenary session to vote on the dumplings from the Supreme Master Ching Hai International Association as the most delicious food ever!

During the meal breaks, vegan nutritional information, DVDs about diet and climate change, vegan health, and the global effects of livestock farming on the planet's environment, as well as SOS flyers and *Eating Up the World* booklets were handed out to participants. Most importantly, it was noted that this year, the majority of the attendees are much more willing to acknowledge livestock farming as a major contributor to global warming.

Due to our initiates' superb vegan catering, the summit organizers gave them the opportunity to address the opening sitting of the full plenary, where our Association members drew attention to the lack of any multilateral, publicly cohesive campaign to address reducing animal agriculture as a major climate solution strategy. The introductory speech was followed by a workshop on food choices and climate change at which a former chief scientist, Mr. Gerard Wedderburn-Bisshop from the Queensland Department of Environment and Resource Management, spoke about the huge quantities of land cleared specifically for livestock grazing. The workshop was well attended and was the starting point for building some fantastic connections with other people highly motivated to build a "food choices and land use" campaign.

As a result of our Association members' efforts at the summit, they were invited to cater for the upcoming National Conference of Environmental Educators later this year. The Australian fellow initiates truly appreciate the opportunity to bring fantastic vegan food, and the critical information explaining the need for moving away from all animal products, to more people at many other events. 🍀



Eating Up the World: The Environmental Consequences of Human Food Choices

By Melbourne News Group (Originally in English)

[Melbourne] Australia is taking a positive step forward as many of her citizens are opening up to knowing more about how their food choices affect the planet. This encouraging move is evidenced by the nation's growing demand for the booklet entitled *Eating Up the World*.

The popular publication is already in its second print run with major sponsorship and distribution help from local members of the Supreme Master Ching Hai International Association. Written by the Vegetarian Network Victoria, *Eating Up the World* covers all aspects of how we



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affect our fragile environment simply through our dietary choices.

In one of the opening paragraphs, the booklet states, “*We are reducing car usage, using energy-efficient light globes, taking shorter showers, and implementing other important actions. While these initiatives have some benefits, they fail to address one of the biggest causes of our environmental problems . . . what we eat.*”

The booklet contains numerous scientifically sourced facts and data, astonishing many people who read it. They did not know that it takes between 50,000 to 100,000 litres of water to produce just one kilogram of beef, while it only takes 2,500 litres to produce one kilogram of white rice, nor did they know that Australia’s livestock, through methane emissions, contribute more to global warming than all the nation’s coal-fired power stations combined!

When it comes to land degradation, nearly 50% of the continent is used for grazing animals raised for human consumption, depleting the soil of nutrients and its ability to reabsorb CO₂, also causing destabilisation of ecosystems and wildlife habitats.

Another startling fact for readers of *Eating Up the World* is the devastating consequences of fishing on our oceans. Fish populations are rapidly declining and large oceanic dead zones have resulted due to destructive fishing techniques.

Plant-based foods are by far a more effective way to feed the people of the world rather than feeding most of the world’s edible grain to livestock. Putting this into perspective, the booklet states, “*The world’s cattle alone consume enough food to feed 8.6 billion people—more than the entire human population.*”

Having received wide distribution in Melbourne and surrounding regions, requests for *Eating Up the World* have come from Perth, Brisbane, Newcastle and even as far as New Zealand. Due to the popularity of the booklet and the speed at which it is being circulated, with assistance from our Association members, the Vegetarian Network Victoria is now considering a 3rd reprint, with the inclusion of a recent report by the Worldwatch Institute about livestock contributing more than 50% of global greenhouse gas emissions, to reach many more people. 🌱

To read *Eating Up the World* and share with others, please go to: <http://www.vnv.org.au/site/files/articles/eatinguptheworldv2.pdf>

Note: Vegetarian Network Victoria wholeheartedly gives permission for the booklet to be translated into different languages and reprinted. Feel free to change data specifically related to Australia to that of your own country. Please include an acknowledgement of Vegetarian Network Victoria as the originator of the booklet in any reprint.



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USA

Celebrities and Health Professionals Lobby Congress to Support Vegetarian School Lunch Options

By Virginia News Group (Originally in English)

[WASHINGTON, D.C.] U.S Representative Jared Polis from the 2nd District of Colorado, along with the Physicians Committee for Responsible Medicine (PCRM), a non-profit health organization, recently hosted a presentation made to Congressional members, as well as doctors, researchers, educators and students, on how nutritious school lunches can improve children's health and reduce overall healthcare costs. The seminar was timely given as The Child Nutrition Reauthorization Act of 2009, which regulates the National School Lunch Program and School Breakfast Program, will soon come up for congressional review. Several presenters and audience members alike had previously attended the Washington, D.C., Climate Change Conference entitled "Humanity's Leap to the Golden Era" held on November 8, Golden Year 6 (2009). When approached for feedback on both events, local musician and author Zaccai said, *"It is plain and simple. Vegan children will save the world!"* 🍀



Making the Transition to a World Sustained by a Plant-Based Diet

By San Francisco News Group (Originally in English)

[San Francisco] After attending the 14th Annual San Francisco Vietnamese Tet Festival in February, celebrating the Year of the Tiger, our Association members organized a Meat-Out seminar entitled "Eating Our Way to World Peace" in the Koret Auditorium at the San Francisco Main Library on March 20, Golden Year 7 (2010). Featured speakers included Dr. Will Tuttle, author of *The World Peace Diet*; Dr. Michael Klaper, health and nutrition expert; Ms. Joyce Tischler, co-founder and general counsel of the Animal Legal Defense Fund; and Mr. Bob Linden, host of the weekly radio program "Go Vegan with Bob Linden." Many people came to listen to the inspiring presentations and to watch video clips that revealed the cruelty of the livestock industry and its dire consequences for our planet. They also had the chance to taste vegan delicacies offered by Loving Hut. Many expressed their appreciation for Association members' efforts and hoped that more events like



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this would be organized in other cities in the future.

In April, our Association members participated in the Cesar E. Chavez Holiday Parade and Festival 2010 in San Francisco. They marched directly behind supporters of California State Assemblywoman and Speaker, Pro Tempore Fiona Ma. Two weeks later, they joined with members of the San Francisco Vegetarian Society to participate in the 2010 Worldwide Vegan Bake Sale at the intersection of Hayes Street and Octavia Street in San Francisco. Passersby were delightfully surprised by the superb taste of cookies and cakes made without any animal ingredients. Many customers gladly agreed to have their initial reaction recorded for Supreme Master Television. Proceeds from the event were given to the San Francisco Vegetarian Society.

Monday in San Francisco is officially the meat-free day of the week. The Board of Supervisors unanimously approved legislation on April 6, declaring the first day of the week Meat-Free Mondays, now known as Vegetarian Day or Veg Day. *"With this resolution, San Francisco can join the growing list of communities that have taken action to encourage citizens to choose vegetarian foods as a way to protect the planet and their health,"* said Supervisor Sophie Maxwell, a vegetarian for 40 years who introduced the resolution. We are thankful for the efforts of the San Francisco Vegetarian Society and In Defense of Animals that resulted in our city and county being the first in the U.S. to pass a Veg Day resolution. May the collaborated work of like-minded groups quicken humanity's transition to a world that is sustained by a plant-based diet and God's boundless love. 🍀



Celebrating Berkeley's 40th Earth Day

By San Jose News Group (Original in English)



[San Jose] As an annual event to celebrate the environmental movement and creatively challenge the destruction of our planet, Berkeley's 40th Anniversary Earth Day was held on April 24, Golden Year 7 (2010), at Berkeley Civic Park. Featured activities this year included demonstrations of biodiesel and electric cars, solar power, farmer's market, climbing wall for kids, vegetarian food, crafts, and community booths.

Our San Jose Association members handed out SOS flyers and DVDs as well as Alternative Living info, which were happily received by the visitors. One sister dressed in a cute animal costume with the "Be Veg, Go Green, Save the Planet" slogan sticker on the front which attracted much attention. They also designed a fun and challenging game titled "Test Your Eco Food Print IQ" that required

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participants to find the answers from the display board next to their booth. Dr. Penny Norman, the president of Science Wiz, and Mr. Mohamed Attali, the president of A&B Clean Planet, a recycle company, also stopped by their booth to express their appreciation for all the work Supreme Master Ching Hai has been doing for the planet.

It seemed that many people at the event are already on a vegan or vegetarian diet, and more people are aware of the global warming crisis. The initiates sincerely believe that with Master's amazing wonders, this beautiful world is at the turning point of being the magnificent home it was meant to be. 🍀



World Wide Vegan Bake Sale

By Ohio News Group (Originally in English)

[Ohio] On Saturday, April 24, Golden Year 7 (2010), members of the Supreme Master Ching Hai International Association in Ohio participated in the Worldwide Vegan Bake Sale.



The bake sale was held outside of the Vegan Café on a busy street and attracted the attention of many passersby. The public library next to the bake sale permitted our Association members to put up a poster and offered their support, saying the cause was close to their heart. The wide array of delicious donated vegan goods such as cherry cheesecake, raspberry chocolate chip cookies, and banana walnut muffins raised a total of \$500! The proceeds were used to buy gifts that were given to the homeless at the Drop-In Center in Cincinnati this past Mother's Day.



Customers were so happy to try the delectable vegan cakes and cookies that they had never tasted before. One lady in conveying her enthusiasm said how wonderful it would be to have a vegan bake sale every month. Many people expressed that now they can eat baked goods without contributing to the cruelty caused to animals by using milk, eggs and butter. 🍀

Costa Rica

Bringing the Vegan Message through Interesting Activities

By Costa Rica News Group (Originally in Spanish)

[San José] On February 21, Golden Year 7 (2010), our local Association members organized a march and a fair in downtown San José, Costa Rica, in order to urge the public to take measures



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to halt the adverse effects of global warming. Joined by different vegetarian and animal defense organizations as well as individuals, the march was two miles long and supported by the local road patrol and the National Red Cross. They received positive feedback from people with some even asking for SOS flyers while still in their cars or on buses. All the main television channels covered this important event.



Located near the lake in La Sabana Metropolitan Park, one of the most popular recreational areas in the city, the fair provided a variety of activities and vegan samples for everyone to enjoy. Many were impressed by the food and took recipes home. Representatives from the Red Cross spoke about how to prevent and act in the event of a natural disaster. Our Association members explained the effects of meat consumption on human health, the environment and climate as well as the benefits of sustainable, organic agriculture. Some of the Supreme Master TV global warming clips were played for the participants. A special area was also set up for kids to draw and play. The crowd very kindly accepted the many flyers that were handed out.



It's our hope that with greater understanding of the consequences of meat-eating, more people will choose the compassionate vegan lifestyle to ease the burden on the planet. 🍀

Mexico

A Successful 2010 IDB-IIC Annual Meeting

By Texcoco News Group (Originally in Spanish)

[Cancun] From March 19 to 23, Golden Year 7 (2010), the Annual Meeting for the board of governors of the Inter-American Development Bank (IDB) and the Inter-American Investment Corporation (IIC) took place in Cancun, Quintana Roo, Mexico. IDB is an organization dedicated to supporting the efforts of Latin America and the Caribbean to reduce poverty and inequality, as well as achieve sustainable and environmental-friendly development.

Invited speakers included Dr. Rajendra Pachauri, Chairman of the Intergovernmental Panel on



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Climate Change (IPCC); Dr. Mario Molina, a leading Mexican scientist and Nobel Laureate in Chemistry; Ms. Mary Robinson, former president of Ireland; Yvo de Boer, Executive Secretary of the United Nations Convention on Climate Change; Juan Rafael Elvira Quesada, Secretary of Environment and Natural Resources of Mexico; and Mr. Eduardo Braga, Governor of the State of Amazonas, Brazil. Many of them addressed the important climate change issue and recommended solutions based on their expertise and research. One they agreed on is that a change in consumption habits on the individual level would play a crucial role in environmental protection.



Ms. Mary Robinson, Former President of Ireland

Dr. Pachauri stressed the importance of adopting an animal-free diet to amend the destruction caused by global warming. He said, *"I support the idea of Meatless Monday,"* and further listed the benefits of implementing this program in many places. He would like to see Mexico be the hosting country for the 16th Conference of Parties (COP) and show the world that it is possible to have economic development as well as care about Mother Nature at the same time.



Ms. Gudrun Kopp, Parliamentary State Secretary to the Federal Minister for Economic Cooperation and Development

At the venue, our Association members distributed hundreds of press packages that included a collection of reports highlighting many aspects of the climate change crisis and an affordable, fast-acting solution, SOS flyers and DVDs, as well as *The Noble Wilds* to all the attendees plus the international and national media. May God's love and blessings continue to work through the leaders of the world so that humankind will soon heed the message of cherishing the Earth's resources and all of its co-inhabitants to save the planet. 🌱

Malaysia

Environmental Carnival

By Kuala Lumpur News Group (Originally in English)

[Kuala Lumpur] In order to encourage individuals to go green in their daily activities, a group of conscientious medical students organized a one-day Environmental Carnival at the prominent National University of Malaysia Medical Centre in Kuala Lumpur on January 9, Golden Year 7 (2010). NGOs, JAKIM (Jabatan Kemajuan Islam Malaysia), the Tzu Chi Buddhist organization, Malaysian Nature Society, WWF-Malaysia, WildAsia, and their main sponsor—Recycle for Rewards—joined hands to offer interesting and colorful activities for visitors of all ages. Our Association members provided free sampling of vegan food and distributed SOS flyers at the Carnival.

The Director of the Department of Environment for the state gave a keynote address at the



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opening ceremony, calling for all caring Malaysians to take “*gentle footsteps and concrete actions*” in order to save and to conserve the environment. The award-winning documentary “An Inconvenient Truth” by Al Gore was presented along with other informative short films on biodiversity and the environment during the event. JAKIM held an interfaith forum titled “A Meaty Issue—Between Halal Food and Vegetarian Food.” A panel from JAKIM as well as medical experts and food nutritionists provided insights on why it is healthier to eat more plant-based fare. Clinical booths were also set up to



provide free check-ups, with friendly medical students on hand to offer timely advice on the healthy diet.



The magnificent array of delicious vegan foods prepared by our Association members delighted the many who flocked to their booth for free samples. Some of them understood that livestock is a major contributor to global warming and intended to cut down on their meat consumption to help save the planet. 🍀

Formosa

A Cultural Exhibition Helping People to Realize the Nobility of Animals

Combined report by Kaohsiung and Changhua News Groups, Formosa (Originally in Chinese)

[Kaohsiung/Changhua] To share Master’s wisdom of living in harmony with all beings in nature, our Kaohsiung and Changhua Centers held two brilliant cultural exhibitions. From January 9 to 19, Golden Year 7 (2010), the Lake Amoura Noble Wilds Visual Exhibition was held at the Kaohsiung Municipal Social Education Center; and from February 26 to March 14, the Eden on Earth—Protect Our Home with LOVE joint art exhibition was held at the Fuxing Granary in Changhua County. Both events featured Master’s precious photos taken at Lake Amoura, to impress the viewers with the beauty of Lake Amoura and the nobility of the wild animals living there. Also on exhibition were Master’s art creations and top-selling animal-related books. The central messages conveyed at both events were: “Love the Animals” and “Be Veg! Go Green! Save the Planet!”



In Kaohsiung, on the first day of the event, Deputy Magistrate Ye Nan-ming of Kaohsiung

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County, Magistrate Zuo Bo-yuan of Changhua County, many government officials as well as personages from the cultural, art, and educational circles participated in the opening ceremony. It was especially encouraging to see the administrative leaders of both counties pay great attention to the “Go Veg to Stop Global Warming” campaign. In his talk, Deputy Magistrate Ye immediately instructed the EPB to promote serving nutritious, vegetarian lunches in all the schools in Kaohsiung County. Magistrate Zuo also announced good news in his speech, which was from the beginning of March, all elementary and high schools in Changhua County would start to implement the Meatless Monday campaign by serving vegetarian lunches. At the Changhua opening ceremony, Master spoke through videoconference, reminding everyone to recognize the nobility of the animals, and thanked them for helping to save the planet.



At both events, the guests not only gained much knowledge, but also were entertained with interesting activities. Tour guides were arranged to explain the meanings behind Master’s creations. In Kaohsiung County, many kindergarten, elementary school, and junior high school teachers were impressed by the profound meaning and educational value conveyed by the themes of this exhibition. Many of them registered with the convener to bring their students for group visits. Therefore, in addition to explaining the pictures, our fellow initiates also arranged storytelling, drawing, mud moulding, and other interesting activities for the children. In Changhua County, our Association members organized bird talk explanations, calligraphy demonstrations, drama



performances, dances by students, lovely animal moulding sessions, health and global warming seminars, interactive singing, and other events, to give the guests a more complete and profound experience of why it is so important to cherish and love the animals God has created for us here on Earth, as well as to protect and preserve our precious planet. 🍀

Religious Groups Coordinate to Support the “Love Our Home by Going Veg!” Campaign

By Taipei News Group (Originally in Chinese)

[Taipei] To celebrate Earth Day on April 22 as well as to advocate eating more vegetables and fruits to mitigate global warming, the Taipei EPB, in coordination with spiritual groups



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as the Tzuchi Merit Association, Dharma Drum Mountain Buddhist Foundation, The Supreme Master Ching Hai International Association, held a “Go Veg to Stop Global Warming” event on April 17 and 18, Golden Year 7 (2010). It was entitled “YES 417 – Let’s Get Together to Protect the Earth and Love Our Home,” held at the National Chiang Kai-shek Memorial Hall Square. The event featured activities that included vegetarian cooking demonstrations, a Green Lifestyle exhibition, family relations enhancing programs, global warming films, and a midnight prayer gathering, inviting everyone to love the Earth by adopting the plant-based diet, by making every effort to save energy and reduce carbon emissions.



Taipei City Mayor Hau Long-bin (left) and VIPs together initiated a “Cool the Earth” ceremony, by pasting around a model of the Earth with the words “Be Veg” “Go Green” “Green Energy” on it, indicating the 3 solutions for mitigating global warming and thus cooling the planet.



Lifelong vegetarian and veteran artist, Miss Tan Ai-zhen (front row, 2nd from left)



Fellow initiates from abroad also participate to provide exotic vegan cuisine for Earth Day celebration

vegan cuisine. At the venue, they distributed about 20,000 copies of SOS Global Warming informative material, encouraging people to go vegan to save the planet. On the evening of April 17, our group members gathered at the National Chiang Kai-shek Memorial Hall Square to hold an overnight

diet, by making every effort to save energy and reduce carbon emissions.

On the first day at the opening ceremony, Taipei City Mayor Hau Long-bin, who himself is a professional dietician, presented a display and spoke about the benefits of raw organic vegetables. He also shared that, after eating more vegetables, his blood lipid level, cholesterol level, and body weight had all gone down, and he was feeling much lighter and more energetic. Mayor Hau appealed to everyone to support the “Love Our Home by Going Veg!” campaign because eating more vegetables is the fastest and simplest way to reduce greenhouse gas emissions.

With support from many religious groups, this grand vegetarian carnival had become very colorful and diverse. There were 94 booths, and our Association members from various parts of Formosa came together to serve a variety of local delights in vegan style. Some of our fellow initiates even came from foreign countries to demonstrate exotic



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meditation session under the starry sky, praying for the planet and sentient beings.

Numerous major media in Formosa reported on the event. Taipei City's EPB commended our Association members for their earnest support. At the venue, some 5,000 citizens signed the "One Vegetarian Day Each Week—Love the Earth" campaign declaration. Fellow initiates were very much encouraged and were very grateful for Master's blessings. 🍀

The Plant-Based Diet Trend Sweeps through Formosa

Report compiled by Formosa News Group (Originally in Chinese)

[Formosa] With appeals from the government, enterprises, and the elite from all circles, more and more people each day are joining the "Be Veg to Save the Planet" force. Especially important are the leadership and motivation from the government, as many of their administrative departments and schools are supporting the "Meatless Day" campaign. Some large corporations and business firms also have added lots of delectable vegetarian delicacies to their cafeteria menu to encourage their employees and the general public to eat more plant-based foods.



The Formosan Government is the key facilitator behind this fast-growing wave to "Be Veg to Save the Planet" movement. The Ministry of Education issued notices to county and city governments, urging them to promote serving nutritious, plant-based meals at least one day every week in all elementary and high schools nationwide. In addition to improving the health of the students, it will also teach them, by example, to respect and to love the planet. Yuan's legislative department also passed a resolution recommending that all educational institutions, under various municipal governments, support the "Be Veg and Reduce Carbon" campaign by establishing one "Meatless Day" every week. Showing excellent leadership, the Yunlin County Municipal Government acted promptly, so the other government departments and schools in their area would also follow suit.

All elementary schools in Yunlin County have, from the second half of last year, implemented advocated the "at least one meatless day each week" movement. The Guilin Elementary

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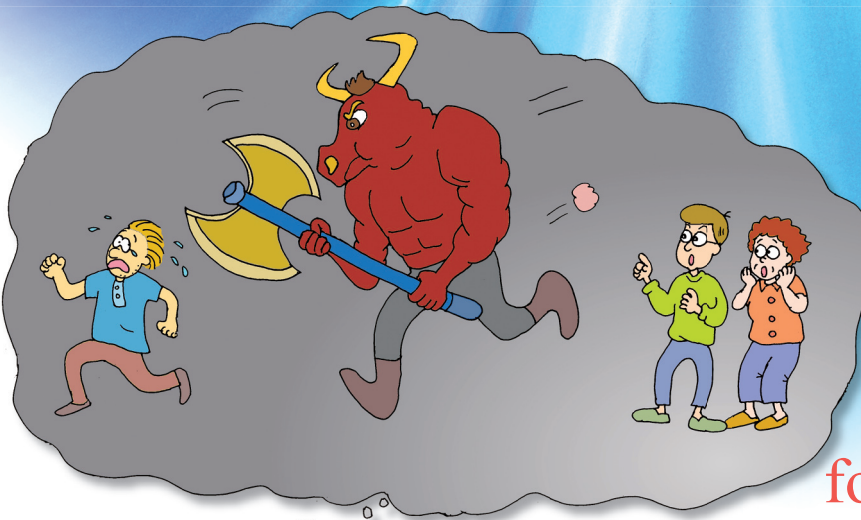
School in Guhang Township at present has included three meat-free days a week. About half of the teachers and students eat plant-based meals every day. All the children in that school are familiar with the concept of saving the planet by being veg. When their principal suggested treating a few students who had done well on their winter vacation assignments with a beefsteak dinner, they politely declined, saying, *“We do not want to eat meat. We want to save energy and reduce carbon emissions.”* For the field trips in this semester, the person in charge of the program originally planned to provide students with hamburgers, but they unanimously objected and told the teachers that they didn’t want to do anything harmful to the Earth.



Apart from Yunlin County, the elementary and high schools in Hsinchu County, Hsinchu City, Miaoli County, Taichung County, Changhua County, Chiayi County and Jinmen County have been providing one vegetarian meal every week for their students. Chiayi County is going to make every Friday the “Go Green, Reduce Carbon, Healthy Vegetarian Day.” In addition to those areas, Keelung City, Taipei City, Taichung City, Nantou County, Tainan County, Tainan City, Kaohsiung County, Kaohsiung City, Pingtung County, Ilan County, Hualien County, and Penghu County are going to launch their “Meatless Day.” The Mayor of Kaohsiung City even personally recorded a voice message stating the importance and impacts that observing at least one meatless day each week will have on protecting the environment. The announcement will be aired publicly to all citizens throughout the city via speakers mounted on waste management vehicles.

As for non-governmental institutions, more and more companies and businesses are supporting the “Be Veg! Go Green! Save the Planet!” idea. The Chida Aluminium Manufactory has been serving vegetarian meals one day every week for more than six months. As early as in 2003 during the SARS epidemic, the Universal Container Terminal Company had started serving plant-based dishes in their staff cafeterias. After six years, the health condition of their employees has improved noticeably. Besides eating meatless lunches while at work, these people are also becoming more accustomed to preparing veg food at home. There is even more good news! The Taiwan Advertising Council, a non-profit organization consisting of some 62 enterprises and individuals, recently funded and produced a 30-second advertisement—“Eat Less Meat! Save the Earth! Save Formosa!”—and since April 1, has started airing it on various major television channels. They have also printed relevant posters, which are being displayed in more than 10,000 shops that are showing their support for this campaign.

We thank the Formosan Government for their enlightened leadership, and our fellow initiates for their continuous efforts in advocating the plant-based diet to mitigate global warming. May the day soon come when everyone on this beautiful island is a proud, compassionate vegan! 🍀



Be Veg for Our Own *Spiritual Benefit*

By Brother initiate Vinh Lai, California, USA (Originally in English)

Recently, as I was watching the Hong Kong Climate Change Conference entitled “Global Unity: Together in Saving Lives,” I heard Master say: *“If you believe in Heaven and hell, you should stop the meat business immediately, like yesterday. Because nothing good awaits you in the life after if you cause suffering to others, be it human or animals.”* Her words of wisdom triggered a memory of a dream I had about 21 years ago, just shortly after I became a vegetarian, and hadn’t known about Supreme Master Ching Hai yet.

In my dream, I visited hell with my mother. There all the gates were open; however, no one was able to leave. Then I saw a big half-man and half-ox monster, swinging a huge

axe chasing a man with all its might as if it wanted to catch him and kill him. Feeling sorry for this person, I tried to stop the monster by blocking it from moving forward and at the same time told my mother to take this man out of the gate. She did so safely. I remember she asked him: “Mr. Ngô, what are you doing down here?” Just then, I woke up from the dream.

Later, out of curiosity, I asked my mother if she knew a Mr. Ngô, because I never heard of this person before. My mother confirmed that she knew a Mr. Ngô who used to be an animal farmer when he was alive. He raised pigs and cows, slaughtered them, and sold their meat in the market. When I told her about the

dream I had, she was shocked and said, “What you saw is real. Raising animals and killing them for meat is really sinful.”

Not long after that, my mother became a vegetarian. Hearing my story, some of my relatives also drastically cut down on their meat consumption. Even a friend’s family gave up their meat restaurant business and started to encourage people to keep a more plant-based diet.

From my experience, I can testify that Master’s words are absolutely true; that nothing good awaits us in the life after if we cause suffering to others, be it human or animals. I would like to say to everyone that for the sake of your own spiritual benefit, **please stop supporting the meat business and be veg!** 🍀



“Children’s Health and a Sustainable Planet” Jeju International Conference

By Korea News Group (Originally in Korean)

Jeju Island, the largest island in South Korea, is blessed with breathtaking natural beauty—fresh air, clean water, pure seas and volcanoes of various sizes—further embellishing the landscape. The island is noted not only for its natural heritage sites but also for its efforts to protect them through expanding such green endeavors as solar and wind energy. Moreover, it is the first province in Korea that enacted an eco-friendly *School Meal Program* and started serving locally produced food in schools. Now, it’s taking the lead in protecting the Earth and future generations by actively tackling global warming. In September, Golden Year 6 (2009), its Provincial Assembly declared to have an organic vegan day once a week in accordance with the Intergovernmental Panel on Climate Change’s (IPCC) recommendation.

On September 21, a conference entitled “Children’s Health and a Sustainable Planet” was held on Jeju Island. Chaired by Mr. Song Dae-Jin, the Head of the Jeju Coalition for Children’s Health, and co-organized by 49 non-governmental organizations (NGOs), the conference was attended by government dignitaries, such as: the Honorable Mr. Kim Tae-Hwan, the Governor of Jeju Special Self-Governing Province; Mr. Yang Seong-Eon, Superintendent of Jeju Special Self-Governing Office of Education; Reverend Cha Heung-Do, Chief of the People’s Coalition for Children’s Health; Professor Im Jae-Taek, Chief of Korean Society for Eco Early Childhood Education; and Mr. Kim Tae-Seong, Chief of Jeju Agenda 21. They were joined by many environmental and medical experts, as well as hundreds of educators, parents, youths and civil and religious group audience members. The conference was covered by the media—TV News channels MBC, KBS, CBS; Arirang radio; newspapers *Hankook Ilbo*, *Hankyoreh*, *Yonhap News*, *Jeju Ilbo*; and internet news *Media Jeju* and *Jeju Sori*. Supreme Master TV broadcasted the event live through satellite for its global viewers.

VIPs who extended their warm support and regards through video included Dr. Rajendra K. Pachauri, Chairman of the UN IPCC; Mr. Satinder Bindra, the Director of the Division of Communications and Public Information of the UN Environment Programme; and Dr.





Carolyn Lukensmeyer, Founding President of Global Voices. In his speech, Dr. Pachauri particularly highlighted how a reduction in meat consumption will bring huge benefits to the health of humans and the planet. And to make this necessary lifestyle change, he believes that people should not rely solely on the government. He said, *“The feeling has to come from within. It is NGOs, it is civil society and it is the community itself that have to create awareness on what the benefits of a reduced meat consumption pattern would actually be.”*

Distinguished experts from around the world shared their valuable messages either in person or via video. Mr. Joop Oude Lohuis, the Manager of the Climate and Global Sustainability Unit for the Netherlands Environmental Assessment Agency, who has conducted extensive research on the relationship between climate change and dietary change, noted livestock industry’s tremendous contribution to greenhouse gas emissions and anthropogenic land use. He concluded that if dietary changes on a global scale could happen between 2010 and 2030, then the situation on our planet would stabilize.

Mr. Lee Yong-Jung, a highly respected teacher and the Policy Chairperson of the Jeju Coalition for Children’s Health, delivered a passionate speech in which he said, *“I think we have to change our education goals to ‘food, virtue and health,’ because public education needs to be designed for the body, mind and spirit. The thing that prevents us from doing this is our habitual lifestyle red tape and our political culture. In nature, no mother would hurt her own child. However, we humans, the crown of creation, make our children sick. This is a real shame and I believe it is a collective crime. Ensuring our children’s health is not a matter of choice but rather our minimum duty and obligation.”*

Dr. Michael Greger, Director of Public Health and Animal Agriculture for the Humane Society of the United States, gave his expert opinion on diseases originating from factory farmed animals, including swine flu, bird flu and mad cow disease. *“The entire relationship between the animal kingdom and the human kingdom is coming under stress. In this age of emerging diseases, we now have billions of feathered and curly-tailed test tubes for viruses to incubate and mutate within, to create billions more strains of pandemic roulette. Along with human culpability, though, comes hope. **If changes in human behavior can cause new plagues, well then changes in human behavior may prevent them in the future.**”*

Also sharing their knowledge on the benefits of the plant-based diet and the detrimental effects of the meat diet were several esteemed





medical leaders: Dr. John A. McDougall, Founder and Medical Director of the nationally renowned McDougall Program; Dr. Neal Barnard, Founding President of the Physicians Committee for Responsible Medicine; acclaimed physician and nutritional expert, Dr. Joel Fuhrman; and Dr. Hwang Seong-Soo, a famous Korean neurosurgeon at the Daegu Medical Center.

During the Q&A session, along with other experts in fields of health, medicine and organic farming, the event's special guest of honor, Supreme Master Ching Hai, answered a variety of questions from the audience through videoconference.

Dr. Bu Sang-Il, Chairman of the Jeju Provincial Party of the Grand National Party, and vice-chairman of the UNESCO Korea Jeju Association, was concerned that being a well-known international tourist destination, Jeju is vulnerable to contagious diseases, and he asked about useful ways to protect the island from the H1N1 influenza. Dr. Barnard pointed out that animal factory farming is the breeding ground of the viruses that caused avian flu and swine flu, and there is some evidence to suggest that raw pork that is purchased and handled may actually spread live viruses. He concluded, ***"To keep our families as healthy as possible from influenza and other infections, we really want to avoid supporting the animal industries."***

Dr. Greger, when answering a question on strengthening the immune systems of children, stated clearly, ***"Eating a plant-based diet, a vegan diet, may protect us not only from future pandemics but from the current pandemic as well."***

While offering Her thoughts and wisdom to the questioners and the audience, Supreme Master Ching Hai highlighted the importance of the organic vegan lifestyle in awakening ourselves to compassion which is ***"in line with Heaven, with values that are echoed in many spiritual paths and religious teachings, such as the followers of Buddhism and Confucianism, as it's written in their scriptures."*** She urged Jeju to go vegan, ***"Don't just be a model province; be a one, true, heroic, courageous model for the whole world."***

When invited by Mr. Lee Yong-Jung to share the most recent updates about climate change, Master acknowledged the frightening prospect of runaway global warming, the frightening aspect that nations will not do enough to stop it. However, She also expressed Her hope in deep emotion, saying, ***"I feel that the world is changing. I feel that the leaders are listening. I feel that the people of the planet want to save their home. I feel that they love their children. I feel that they will do something to save their children."*** She asked Mr. Lee to join Her in prayer so that all people





on the planet wake up in time to save everyone.

In response to a question from Mr. Jua Yong-Cheol, an award-winning journalist from Jeju Sori, Master listed the top five ways to deal with global warming that people can carry out in daily life: 1. Be Veg, 2. Go Green, 3. Be Frugal, 4. Do Good Deeds, 5. Pray. Regarding the role of the press and media, Master said, *“Be a fine example for the world. This is exactly the role the media should have, like that of a true, honest friend to human society, warning everyone of any harmful situation; bringing new connections and data to light, like the urgent link between meat and global warming; giving chances for people to choose a better way of life; and being a brave voice, a heroic voice, especially for the voiceless, including animals who suffer so much.”* She called for the noble service and leadership of the media.

In conclusion, Master urged all the NGOs, governments, media, the public, every single individual, to get involved in joining the veggie trend and in spreading the veggie news, because *“our planet is a house that is burning. If we don’t work together with a united spirit to put out the fire, we will not have a home anymore. One hundred percent of the world’s people must be veg, soon, to save the planet.”*

Many participants expressed their gratefulness for being informed about the importance of keeping a vegan diet to people’s health and the planet. One conference attendee, Mr. Kim Sang Jin said, *“I would like to become a committed vegan like many people here. I met Supreme Master Ching Hai for the first time through this event. I was able to understand Her profound thoughts on the vegan diet and the sustainable future of the Earth, our planet, and was also able to feel Her love towards children, animals and living creatures. She is a great human being.”* Mr. Song Dae-Jin, the Head of the Jeju Coalition for Children’s Health, stated that the conference was beyond his expectations, *“Supreme Master Ching Hai’s words and the audience’s feedback were really great. And I felt that a pure heart really works, indeed. I felt the warm interaction of sincere hearts during the conference.”*

We thank the organizers and participants of this successful gathering, as our gratefulness also goes to Supreme Master Ching Hai for sharing Her concern and valuable guidance. May all the world’s children inherit a safe planet and healthy future through the life-sustaining organic vegan diet. 🌱

To watch Supreme Master Television’s coverage of this videoconference, please visit:
<http://video.Godsdirectcontact.net/magazine/WOW1143s.php>





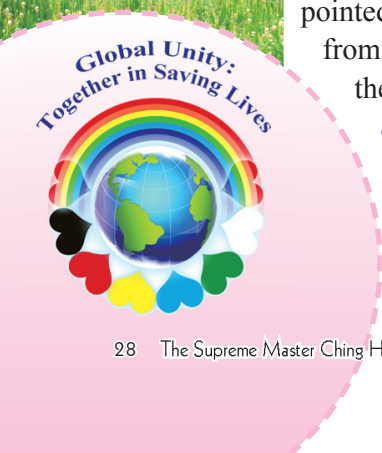
“Global Unity: Together in Saving Lives” Climate Chang Conference in Hong Kong

By Hong Kong News Group (Originally in English)

The Moon Festival in some Asian cultures is a day of family reunion and community unity in addition to enjoying moon cakes that signify the wish for perfection. On this auspicious day, October 3, Golden Year 6 (2009), a gathering was held featuring discourses by prominent scientists and other speakers from China, Hong Kong and Formosa (Taiwan), as well as representatives of government, media and non-profit organizations. Eminent guests in attendance included: Dr. Enboa Wu, Vice President of the Hong Kong Applied Science and Technology Research Institute; Rev. Fung Chi Wood of the Hong Kong Anglican Church; and Ms. Judy Chen, Chairperson of the Hong Kong Ocean Park Conservation Foundation. The talks reviewed current evidence of global warming, the swine flu pandemic and proposed solutions. Supreme Master Ching Hai accepted the invitation as the honored guest and graciously responded to questions from the audience via videoconference. Her thoughts deeply reflected the event's theme, “Global Unity: Together in Saving Lives.”

By citing scientific evidence and inner meditative knowledge, Master confirmed the concern from Mr. Fung Chi Wood, a Christian priest and vegetarian, that if humanity does not immediately tackle the issue of global warming with concerted effort, our planet will end up like Mars and Venus. However, Master noted, ***“I am hopeful. I have a positive feeling that it won't happen to us, to Earth, but we all must work; we cannot sit there and wait for a miracle to happen. God needs us to represent Him in compassion, in a merciful heart, in the way we live a godly life, befitting of God's children.”***

Regarding the question from vegetarian animal communicator and founder of “Animal Talk,” Mrs. Rosina Maria Arquati, on abolition of animal slavery, Master pointed out that animal farming is beyond slavery, it's a death row sentence marked from birth. In addition, we treat animals in such a merciless way that makes us humans the cruelest beings on the planet. She said, ***“The entire cruel system could be abolished for animals, just as we did 150 years ago, if we convince ourselves and others who are not informed yet, because human beings are born noble, loving and kind. We have just been misled, we have just been misinformed, we have just been too busy to think. So if we inform them, inform ourselves of the cruel reality, very cruel reality, and be a shining example of compassion, be***





Special Report

Hong Kong

a vegan, then I'm sure we can make this tragic, yet needless practice disappear for good, abolished forever. And all beings will live in peace, harmony and happiness, fearless of one another."

Ms. Peggy Poon, a system analyst and a vegetarian, raised a practical question on what things can be done to help and motivate people in the meat industry to make the career change. Master explained that first of all, in the face of such a global catastrophe, we have no choice but to change. *"Either we change, or we will all go."* Second, the meat business is not a lucrative business. If not for government subsidies, many animal farmers and meat restaurants would have gone bankrupt long ago. Third, meat contains all kinds of bacteria that breed diseases. In addition to that, for the majority of workers in the business, it's not a safe working place. She further provided many examples of animal farmers who made the change in their career. *"In all these cases, the people involved are doing just fine, even better than ever before,"* She reported. In conclusion, Master said, ***"It's high time we turn away from the harmful, unsustainable meat business and go toward a more civilized, more efficient, more sustainable, more humane means to earn a living, namely organic vegan farming, or vegan restaurants, vegan products, vegan product selling, etc. . . because nothing good awaits you in the life after if you cause suffering to others, be it human or animals."***

A highlight of the gathering was a touching ceremony honoring Bobsy, the founder of the veg-promoting Save the Human campaign, with the Shining World Hero Award from Supreme Master Ching Hai, along with a US\$2,000 contribution and a hero jacket. In tears, Mr. Bobsy graciously accepted the Award. He stressed again that *"the healing of the Earth and the healing of the human spirit are one and the same. And we should have the courage to be the change we want to see in the world."*

The evening closed with a vibrant music concert celebrating the Moon Festival holiday and its spirit of oneness and love. We are full of gratitude to Supreme Master Ching Hai who offers genuine concern and clarity for humanity at this turbulent time. May Heaven bless our heroic vegan actions until we see all lives saved and inherent noble qualities manifested and upheld once again. 🍀

To watch Supreme Master Television's coverage of this videoconference, please visit:
<http://video.Godsdirectcontact.net/magazine/WOW1163s.php>

To watch Supreme Master TV's coverage of Mr. Bobsy being honored with the Shining World Hero Award, please visit: <http://video.Godsdirectcontact.net/magazine/EE1184.php>





“Protect Our Home with L.O.V.E.” Climate Change Seminar

By Taichung News Group, Formosa (Originally in Chinese)

On October 11, Golden Year 6 (2009), our Association members in Formosa held a “Protect Our Home with L.O.V.E.” Climate Change Seminar at the National Chung Hsing University in Taichung. More than three thousand attended the event that gathered the suggestions and ideas of both local and international professionals, which were transformed into recommendations for practical actions regarding L.O.V.E.: Lifestyles of Health and Sustainability (LOHAS), Organics, Veganism, and Ecology. Also on display at the venue was the “L.O.V.E. Natural Living Art Exhibition,” which was jointly set up by 28 groups including The Taiwan Wilderness Society.

The seminar began with talks by respected worldwide climate change experts, including the Chairperson of IPCC, Dr. Rajendra K. Pachauri, who sent a short video that expressed his sympathy to the victims of the August 8 flood disaster in Formosa, and also suggested a very effective solution for mitigating global warming—reduce the consumption of meat. Other speakers including Mr. Philippe Roch—former Director of the Swiss Agency for the Environment, Forests and Landscape (SAEFL), Ms. Live Kleveland—Legal Advisor and Press Contact of the Norwegian Animal Protection Alliance, Mr. Gilberto Natalini—Member of the City Council of San Paulo, Brazil, and Ms. Amelita S. Navarro—Mayor of Santiago City in the Philippines, all expressed their determination in protecting animal rights, and wished the seminar a great success.

The President of the National Chung Hsing University, Dr. Shaw Jie-Fu, gave a speech reminding people to pay greater attention to the impact of global warming and climate change on Formosa. The first session of the seminar highlighted “The Impact of Global Climate Change,” and the two main speakers were Dr. Liu Shao-chen, Director of the Research Center for Environmental Changes, Academia Sinica, and Professor Liu Zhong-ming, Director of the Global Change Research Center of National Taiwan University. Dr. Liu pointed out that, should we fail to curb greenhouse gas (GHG) emissions, global temperatures will rise 4 degrees and the top 10% of heavy rainfall in Formosa will increase by 5.6 times. Deeply concerned, he further stated that, if global warming continues, the drought conditions in Formosa will become worse as well, and there will be water shortages every spring. Also in southern Formosa, where there is almost no rain in winter now, the region could suffer from drought all year round in the future. In conclusion, Dr. Liu asked Supreme Master Ching Hai, “Are there any concrete ways to reduce GHG emissions?” Master replied, “According to the latest research findings, the livestock industry contributes to more than 50% of GHG emissions. If we can all become vegans and stop raising livestock, this 50% of GHG will be reduced immediately.”



Ms. Amelita S. Navarro,
Mayor of Santiago City,
Philippines



Dr. Shaw Jie-fu,
President of the National
Chung Hsing University



Professor Liu Shaw-chen



Professor Liu Zhong-ming



Special Report FORMOSA

The second session of the seminar focused on “Living in Harmony with Nature.” The first two presenters were Mr. Lin Hong-ruì, founder and general manager of the largest Chinese vegetarian Web site in the world—www.suiis.com, and Mr. Lin Xu Wen-er, Director of the Persimmon Cultural Enterprise Co. Ltd. and Vegeplanet.com. Both shared inspiring talks with the audience. In answering the question raised by Mr. Lin Xu Wen-er, Master said resolutely, ***“If we want to save our planet, our home, we must stop meat production at all costs!”***

The third speaker was Miss Tan Ai-zhen, a vegetarian, artist and animal activist. With great sincerity she said, *“I became a vegetarian because I couldn’t bear to eat the little animals.”* Through living and interacting with the animals, she found that they not only have emotions and intelligence, but also have a lot that we can learn from them. Next, Mr. Luo Hong-xian, a man who switched from raising pigs to organic farming, and eventually became a vegan, shared with everyone the inspiring story of this turning point in his life, and advised other livestock farmers to also make the same change. Master commended Mr. Luo for being a shining example, for making the compassionate choice, the heroic choice—foregoing the livestock business and adopting the vegan diet. Master said if people can give up eating meat, the world will become heaven.

In addition, it was a great honor to have Mayor Amelita S. Navarro of Santiago City, Philippines speak at the event. What is outstanding about Mayor Navarro is that on May 25, Golden Year 6 (2009), her City Council passed a resolution advocating the animal-free diet as a chief measure of mitigating global warming and improving public health. When interviewed by the media, she said, *“Before the Philippines takes part in the Copenhagen Conference at the end of this year, we have already passed the Santiago City’s Resolution to officially promote the vegetarian diet as a solution to Global Warming in Santiago City. We hope that through supporting Supreme Master Ching Hai’s call to Be Veg! Go Green! Save the Planet! which is the most effective solution, we can find a chance of survival for the next generation in the Philippines and in the world.”*

Many attendees were profoundly inspired after knowing the truth about global warming and its relevant solutions. Professor Liu Shao-chen said during an interview, *“We must do our utmost to advocate the animal-free diet. I hope this seminar today will receive due attention from the public, and thus motivate them to become vegetarians.”* The Taiwan Television (TTV) News Team exclusively covered the event and broadcasted selected footage on their “Discover Taiwan Anew” program on October 24. Insightful ideas contributed by climate change experts at the seminar were published in the China Times and 5cg.com.tw.

Both the working staff and guest attendees were very grateful for being able to participate in this extraordinary and wondrous event that conveyed one very important message: Each of us can do our part to save the planet from this crisis by changing the way we live. The whole world should adopt the L.O.V.E. (LOHAS, Organic, Vegan, Eco) lifestyle as soon as possible to create a bright future for ourselves and our descendants. 🍀



Mr. Lin Hong-ruì



Mr. Lin Xu Wen-er



Miss Tan Ai-zhen



Mr. Luo Hong-xian



“Organic Vegan for Prosperity and to Save the Planet from Climate Change” Conference in Indonesia

By Indonesia News Group (Originally in English)

On October 22, Golden Year 6 (2009), a conference entitled “Organic Vegan for Prosperity and to Save the Planet from Climate Change” was held jointly by the Environment Ministry of Indonesia and our Association in Indonesia with Supreme Master Ching Hai as the special guest of honor. More than 500 guests, comprised of local government officials, scientists, teachers, students, representatives from various media groups, public figures and our Association members, attended this event at Manggala Wanabhakti National Museum of Forestry located in central Jakarta.

Mrs. Sri Hudyastuti from the Ministry of Assistance for Economic and Poverty Alleviation gave the opening speech on behalf of Mr. Rachmat Witoelar who is the Head of the Indonesian National Council on Climate Change and former Indonesian Minister of Environment. The talk outlined the climate condition in Indonesia and the need to take quick action in creating a mitigation program. Mr. Witoelar encourages all people to make every effort possible to establish a sustainable environment rather than to depend on other parties to overcome the climate change problem.

Following that, a video featuring the urgency of the planetary crisis as well as some of the most simple and cost effective solutions was introduced to the audience. A respected representative from the National Council on Climate Change, Mrs. Amanda Katili Niode, presented the facts on global warming and their impact on our life. Dr. Hira Jhamtani, an associate of the Third World Network and a passionate environmental researcher based in Bali, shared her views on the benefits of an organic diet as a means of improving the welfare of farmers and society as a whole. Dr. Anton Budiono, a navy physician and expert in natural therapy, explained the advantages of a raw organic vegan diet in maintaining good health. The last speaker, Professor Aris Ananta, Ph.D., a senior researcher at the Institute of South East Asian Studies in Singapore (ISEAS), elaborated on the determinants of the availability of food based on speculative economy, demand and supply.

The highlight of the event was the question and answer session through live videoconference with Supreme Master Ching Hai, addressing many urgent issues regarding the climate crisis. To encourage Mr. Budhiharto, a wildlife activist at Cikananga Wildlife Center, who is a Shining World Compassion Award recipient, to go veg, Master listed the benefits of the plant-based diet including fitness, performance, strength, endurance and intelligence, in addition to helping save the world. She said that to make the vegan lifestyle a trend in society, we can't afford to wait for the



Mr. Budhiharto,
Shining World Compassion
Award recipient





Special Report INDONESIA

government to create it, we have to start from ourselves and then further influence others.

Mr. Haji Chaerudin, a farmer and founder of Sangga Buana Environmental Farmers Group, asked how to make more people understand the ancient philosophy that *“nature is not inherited but is our legacy for our great grandchildren.”* Master commented that many religious beliefs also describe the role of humans as the stewards or caretakers of the planet. She challenged the audience to ponder the question, *“Is there any law from God, from Allah or from our physical law stating that we have the right to destroy the habitats of the wild, and then kill them if they come near?”* She continued to say, *“I hope you and the audience can agree that the legacy to our children should include our promise, our vow, our law, to refrain from killing animals or making them suffer in any way.”*

Master also took the chance to inform the audience that since the tsunami in 2004, more than 60 Indonesian islands have become submerged and it’s forecasted that 2,000 more islands may sink below the sea over the next decade due to global warming. Furthermore, the rising sea levels are forcing people to lose their home and to go begging elsewhere. She pleaded for everyone to make changes while there is still time, to avoid such disastrous consequences as losing the whole world and our lives altogether.

Mr. Hadianto, an Indonesian travel agent and vegan, asked, *“How should we human beings develop? Is there or will there be a limit to this development? How should society be built?”* Master responded that we should not lose ourselves in the material aspects of life without paying attention to our moral standards and spiritual development as well. If we have the spiritual eye, we can see the growth patterns in past civilizations, both on Earth and on other planets. *“The planets that were saved from destruction, like Venus, were saved because their societies became vegan.”* She explained, *“There were four Venuses—only two of them were saved because their societies became vegan. The other two Venuses were destroyed—one is completely gone, the other is boiling hot and uninhabitable—because they were not vegan. The two Venuses were saved because they became vegan. Many planets that did not survive, like Mars, perished with meat still in their mouths, between their teeth. So, it is up to us . . . If we alone are vegan, we ourselves will change at least, and if there are enough of us, our society will change.”*

During the conference, the Indonesian version of Master’s international bestselling book *The Birds in My Life* was officially launched. Guests were entertained with musical performances by well-known local musicians as well as traditional dances, and were treated with a delicious vegan feast afterwards. Many people were highly impressed by Master’s compelling words of wisdom and decided to make changes in their lives. Event participant Adeline said that she plans to go vegan, even though it’s hard to change that habit, *“but if we care to try, there is nothing that we cannot do.”* Actress and model Ms. Francine Roosenda shared, *“I’m very inspired by what Master Ching Hai said . . . if that very noble intention can help do something to save this planet, then why not? And I’m willingly going to do that and help.”*

We thank God for another successful climate change conference, and pray that a global vegan community will grow through continuous endeavors to save our magnificent Earth. 🌱

To watch Supreme Master Television’s coverage of this videoconference, please visit:
<http://video.Godsdirectcontact.net/magazine/WOW1220s.php>

The Supreme Master Ching Hai News No. 206 33





“Humanity’s Leap to the Golden Era” Climate Change Conference in Washington, DC, USA

By USA News Group (Originally in English)



Dr. Michael Greger



Dr. Stephen Schneider



Dr. Ruby Lathon

Through Heaven’s mercy and grace, on November 8, Golden Year 6 (2009), a very special celebration to herald an unprecedented human evolution to greater love and compassion took place in Washington, DC, the capital city of the United States of America, home to Nobel Peace Prize Laureate, President Barack Obama. At the luxurious Grand Hyatt Hotel, honored guests and dignitaries were invited to celebrate the dawn of a new era together with beloved Supreme Master Ching Hai as the guest speaker.

The conference unfolded in a relaxed ambiance with the attendance of scientists, ambassadors, State and Federal politicians, NGO executives, teachers, members of the various media, entertainers, CEOs, academic professors, and honored dignitaries. Among the diplomatic representatives were His Excellency, Ambassador Izben Williams of the Embassy of St. Kitts and Nevis, and His Excellency, Ambassador Banny DeBrum of the Embassy of the Marshall Islands. A true hero in the political world from the early 1970s, former US Senator, Mr. Michael Gravel, was joined by hundreds of fellow initiates—mostly from the USA but also as far away as China, Korea and Taiwan—eager to be a part of this momentous occasion.

Throughout the conference, musical performances and enlightening entertainment of world-class performers whose artistic talents inspired awe, joy, love, laughter, tears and appreciation were enjoyed by all. This well received and precious event was broadcast to a live, global audience on Supreme Master TV.

Although UN Secretary-General Ban Ki-Moon was unable to attend the conference, the office of the UN Secretary-General graciously conveyed His Excellency’s heartfelt message to Supreme Master Ching Hai and best wishes for a successful event. Many enlightened speakers, either in person or via video address, shared their knowledge with the audience, drawing great appreciation from the guests.

Pre-eminent climate change scientist, Dr. Stephen H. Schneider, who contributed to all four Nobel Peace Prize-winning United Nations Intergovernmental Panel on Climate Change Reports, talked mainly about the fact that climate change is human caused, and that to preserve the planet, it is urgent that we (humanity) take immediate action to drastically reduce greenhouse gas emissions and avert further unnecessary planetary damage.

Ms. Maneka Gandhi, Member of the Indian Parliament continuously since 1989, and former Minister of Environment and Forests





for India, urged all citizens to stop eating meat. In a touching appeal to halt the gruesome and inhumane animal killing on the planet, she declared, *"Your ham sandwich is killing me. Your ham sandwich is killing the Earth."* Ms. Gandhi made a sincere plea to humanity to take urgent action to restore dignity and mutual respect to all life.

Dr. Noam Mohr, currently an adjunct professor of Physics at New York University Polytechnic Institute, shared his expertise on the importance of a little understood facet of the climate change equation—that a vegan diet would result in an 80% reduction in global warming mitigation costs between now and 2050. His evidence truly reinforces the fact that this Earth-sustaining plant-based diet is the primary, cheapest and most immediate solution to the climate catastrophes facing our planet.

Other conference speakers included Dr. Michael Greger, expert on swine flu and infectious diseases; Dr. Ruby Lathon, who serves as the Nutrition Policy Manager for the Physicians Committee for Responsible Medicine; Dr. T. Colin Campbell, author of *The China Study*; Mr. Jens Holm of Sweden, former Member of the European Parliament; Dr. Peter Carter, founding director of the Canadian Association of Physicians for the Environment; Ms. Hazel Henderson distinguished futurist; and visual artist, Akiane Kramarik.

The MCs shared with the audience and viewers the latest study by World Bank environmental experts Robert Goodland and Jeff Anhang, called *Livestock and Climate Change*, published by the Worldwatch Institute. Their research concluded that **over 50%** of global greenhouse gases are attributed to the livestock industry.

All participants and viewers then wholeheartedly greeted Supreme Master Ching Hai who shared Her love and wisdom in a touching message. *"I have a special place in my heart for the United States of America and her citizens, shining examples of the democratic spirits. I'm always impressed by this young nation that has excelled in strength and leadership through her people's sheer determination, sincerity and faith. And I believe that the courageous actions needed at this urgent time would be led by Americans. Your high standards of integrity and deep love for your families and country will bring about the crucial steps needed to save our precious planet, our home, the one we want for our children and grandchildren. May this important event be fruitful and beneficial to the participants and the world. Thank you all for being here. God loves us all. God bless you."*

Supreme Master Ching Hai had many additional heartfelt words for the audience. Following Her answer to a question on "Is climate change an opportunity for us to make an unprecedented leap in evolution?" the Supreme Master invited all to pray that everyone wakes up in time. She said, *"...I pray day and night that the Divine manifests in the physical realm and wakes up the leaders of our nations, wakes up the religious heads, wakes up everyone in*



Maneka Gandhi



Dr. Noam Mohr



A full coverage of the event by Van Hoa magazine in its January - February 2010 edition.





time, so that they understand the urgency of our situation and that they understand the solution of some of this dangerous crisis we are facing.”

In response to Mr. David Canther’s positive report that during his relief work activities, the line for vegetarian food was warmly welcomed by the people and relief organizers, Supreme Master Ching Hai lovingly exclaimed how happy She was to hear about such good people with noble hearts and doing such good work. She further explained the role of all the wondrous animals and their presence on Earth to bring Divine love to this planet. *“The animals are so close to God. We humans can hardly imagine... So please, I ask you, go and find out what really happened to the animals in those slaughterhouses. I would call it a mass murder house. If you do, it’s likely that they will no longer end up on your plate. The unimaginable, horrendous treatment of the babies—baby cows even, baby seals, baby chicks—will make you shudder with horror.”*

Full of loving kindness and deep concern for humanity’s leap to the Golden Era, Master stated, *“We must all rise to what is needed by the planet now and to what we know we can be. The time has come for us to change, evolve, grow, and stand tall as the rightful crown of creation. The benevolent rulers, protectors and Heaven’s children on Earth, I pray that each of us may walk away from this important event much more encouraged, much more knowledgeable, readier than before to go forth in the direction of righteousness, justice and love. Together, let us make the unprecedented leap into the Golden Era, to the time of compassion, harmony, kindness and true peace that await us.”* Supreme Master Ching Hai’s unconditional love, insights and wisdom inspired the audience with renewed, deep appreciation for the Divine connection in humans and animals alike, for all are children of God.

As the event came to a close, everyone was treated to more heavenly music of violins, harps and pianos that filled the conference hall, in addition to acrobats forming swans with their bodies. Welcoming the uplifted audience guests after the program was a grand vegan banquet. The impact of the conference on those who attended was summed up by an awestruck gentleman who raved about the content of the program and the food by saying, *“I’m never going to be the same again.”* The two Mongolian “swans” expressed their heartfelt inspiration to become vegans. A professor from Georgetown University later sent an email, commenting, *“Congrats and thanks for a wonderful program today. I have participated in so many national and international workshops but today’s program stands out among them. It was superb. I learned a lot and hope I will promote the same cause.”*

Thank You, our immensely Beloved Supreme Master, for Your infinite blessings, and for bestowing on us opportunities like the Washington DC Conference where we can grow together and share, with fellow noble saints from around the globe, Your love and wisdom to inspire unprecedented evolution to save our world. We pray that the blessings from this gathering will send waves of love to every nation to elevate humanity into the Golden Era, and we look forward to celebrating together a shared dream for the planet to continue in peace, beauty and love! 🍀

To watch Supreme Master Television’s coverage of this videoconference, please visit:
<http://video.Godsdirectcontact.net/magazine/WOW1241s.php>





A Change of Heart

From Dairy Farmers to Compassionate Vegans

Compiled from Supreme Master TV Program (Originally in Persian)

On June 25, Golden Year 5 (2008), Supreme Master Television received a letter addressed to Supreme Master Ching Hai from Mr. Mehran Houshmand who lives in Rasht, the capital city of the northern province of Gilan, Iran. With much love and sincerity he wrote, “. . . Master, ever since I’ve known of your benevolent work, teachings, lectures and way of thinking about all beings, I’ve gradually changed. I owned a dairy farm and had plans for it for the next 50 years, but your talks and words touched me so much that I’ve been following a complete vegetarian diet for the last six months. I think I am the first person in Iran who has stopped his animal husbandry business to reduce environmental pollution. I hope this encourages others to do the same, and we can see more animal farms closing every day in all countries around the world.”

At first, Mehran and his brother Mehrdad

were pleased to provide society with dairy items produced from the 40 milk cows that they raised on their ranch. However, after they watched programs on Supreme Master Television, the kindhearted siblings realized that not only was their way of life environmentally unsustainable, it also caused great suffering to the animals. Having to endure incessant daily milking, a lack of exercise and cramped living conditions, these beautiful giving creatures very often became ill. The newborn calves were taken away from their mothers and fed hay, alfalfa, all sorts of concentrates and other drugs, which were harmful to them. Because the cows were constantly kept pregnant, to force them to produce large quantities of milk, they were frequently calcium deficient, making it very common for them to break their hips or legs. In addition, the brothers began to perceive the sentient and sensitive nature of these loving beings and realized the severe

*Mehran and Mehrdad
made a very important decision,
to change their lifestyle*



emotional distress this business was inflicting on the cows.

As they became painfully aware of the damage that their dairy farm was causing, Mehran and Mehrdad made a very important decision, to change their lifestyle. Explaining to their family the benefits of closing the farm, to the environment and to all people on this planet, as well as being a great service to humanity, they unanimously agreed. One compassionate action led to another and the two brothers have now become vegans. In an interview with Supreme Master TV, Mehran mentioned that this new compassionate way of life is a great comfort to him, *"When you are vegetarian, your relationships with your fellow beings are better, and this feels very good. I would like all people in the world to experience being a vegetarian so that we can save the planet."*

The brothers now support themselves through more environmentally friendly endeavors. Mehran works for the Gilan Provincial Government at the General Bureau for the Environment as an environmental expert responsible for protecting the Anzali Lagoon and its wildlife from fishing and hunting. Mehrdad has found a new career at the recently opened "Kolbeh Mohabat" vegan restaurant, which means "Loving Hut" in Persian. It is the first establishment of its kind in the entire country.

Mehrdad said, *"Here, I feel very happy. The people who I work with are very nice and highly elevated. They promote veganism ..., and this motivates me every day to encourage others to become vegan."*

Through their influence, Mehran and Mehrdad's parents and two of their sisters have adopted the plant-based diet. At work, Mehran's colleagues now enjoy vegetarian food when having lunch with him, with some expressing interest in becoming fully vegetarian. During Supreme Master Television's 3rd Anniversary Celebration, Master recounted Mehran's touching letter to the attending guests. She expressed these words of praise for his noble example of courage and compassion, *"I want to reply to this person in a much more affectionate way, but I was running out of words. So I would just tell him something like, 'Oh I love you and God bless you. You're so wonderful.' ... I was so touched, so happy."*

The Houshmand brothers are heroes working for the betterment of our shared planet, our animal brethren and humanity. Their bravery symbolizes the true freedom of heart and conscience which their fellow citizens value highly. We are grateful to Mehran and Mehrdad Houshmand and all farmers around the world who have made the switch from raising livestock to more loving occupations. Blessed be your benevolent hearts and selfless endeavors. 🌱

To watch Supreme Master TV's complete program, "A Change of Heart: From Dairy Farmers to Compassionate Vegans," please visit:

<http://video.Godsdirectcontact.net/magazine/AW1178.php>

Forego Harmful Business



FOR

the *Planet-Saving Lifestyle*

Spoken by Supreme Master Ching Hai, Videoconference: Global Unity: Together in Saving Lives, Hong Kong, October 3, 2009 (Originally in English)

First of all, we have to know that we have no choice but to change. We have no choice—either that or the planet! Either we change, or we will all go. There's no choice anymore. If we don't stop the livestock-raising and meat-eating practices, we will not be able to save the planet, including them and their meat business. So, I think we have to choose between our lives and a career.





Q: *Being veg to save our planet is the most urgent and feasible action we can take. However, we should also care for the livestock raising industry, non-staple foodstuff industry, and related businesses like transportation, wholesale/retail, catering, and others who have established vested interests in the business. The impact and change might be great for them. Even if the government is willing to put aside economic considerations, some people may still have a hard time coping with the shifts in their area of expertise, investments, habits, etc. I would like to ask Master, what can be done so that they will be able to restart a new business and be willing to change?*

SM: Thank you! Thank you for your question, and thanks for your consideration for others. It is true, that we have to take into consideration those people who are in the businesses that you have mentioned and how they would change their lives. But it's not difficult.

First of all, we have to know that we have no choice but to change. We have no choice—either that or the planet! Either we change, or we will all go. There's no choice anymore. If we don't stop the livestock-raising and meat-eating practices, we will not be able to save the planet, including them and their meat business. So, I think we have to choose between our lives and a career. We have to survive first. We have to think of the planet's people as a whole, not just some business. It is truly that urgent.

Given this critical necessity, those people who are economically tied to the meat industry would be willing to change, if they were properly informed and know how important it is to change their lifestyle and their career. They have many strong

motivations. For example, the first is to save the planet from a climate catastrophe, to save all lives in this world. If we don't stop it, we will continue on a course towards total disaster and mass extinction, affecting everyone, whether you are in the business of meat, transportation for it, or other jobs related to the meat industry or not.

Second, the industry that we are talking about is a bad business. It is not lucrative at all for the whole planet, or for anyone. It's a most inefficient business. In Chinese, we would say "a losing business ('Kui Ben')." Now, the meat industry is not a very lucrative business, with very high production costs for electricity, water and grains that have to be wasted to produce the same amount of so-called "food," which is replaceable and better. We have better food than meat. If the government didn't give the meat industry any subsidies, then the hamburger that some people eat—produced by clearing forests in India alone—would cost US\$200! Not just 99 cents like you buy it in some shops. It would cost US\$200—the real cost of a hamburger.

Now in the US, even before the swine flu impacted the pig farming business, the pig industry was losing billions of dollars. Why? Because they could not afford the grain to feed their livestock due to the high food prices; and the food prices are

Meat Business is a Losing Business



getting higher and higher nowadays. So how do they survive? Your tax money goes to the government, the government subsidizes them—that's how they survive. So it's a losing business. Everywhere, from the US to China, the government has to subsidize animal farmers by paying them at least tens of billions of US dollars every year! Tens of billions of US dollars every year for the meat industry! And where does the money come from?

Audience: Taxpayers!

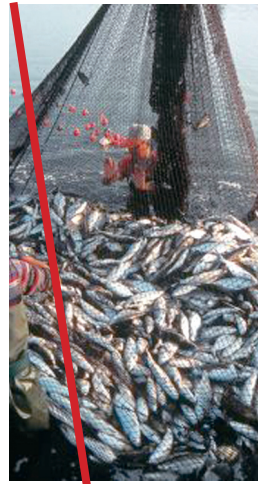
SM: Taxpayers, yes, correct! You are so smart. Your money! Your money from your hard-earned daily, sweating, and tears to earn that precious substance that we call “money” to feed yourself, to take care of your family, to protect your children, your relatives and friends. This money has been draining into the meat industry in order to keep them alive, and then when you buy some piece of meat you think, “Wow! So cheap! A hamburger—99 cents! My God!” Then you keep going to the hamburger shop. But that's your money that you're eating.

If you could eat that and be healthy and happy, then it would be reasonable. But it's not. These hamburgers and beef burgers contain all parts of the animals that you don't know where they even come from, and contain all kinds of bacteria and all kinds of diseases.

If you want information from the medical journals or medical scientists, they will tell you all this. Not only do we pay a lot of tax money into subsidies for the meat industry, we pay a lot more tax money for the hospitalization, for the burying of our loved ones, for the heartache that we have to bear our whole lifetime for losing one of our dearest, or many of our dearest. Okay, life and death we can't avoid, but the suffering in between—the hospitalization, the poking, picking, injecting, breathing machine, oxygen supporter, etc.—all this suffering is unnecessary for our fragile body to bear. If we avoid meat, we will avoid all that, the money for hospitals and medicine.

Not only that, before we get the medicine, we make more animals suffer by experimenting with them—by vivisection, by injecting chemicals into their bodies, by making them suffer, torturing to no end—just to obtain the medicine that we feel is safe for human use. And again, it's still not safe for human use. All this suffering, all this tax money, paying again and again; and you're working day and night to make ends meet, just to survive, and all this money goes into different directions. It doesn't help you at all. It's just wasting resources, finance, national strength, and human health and happiness. It's just a waste. It's just a very, very bad business.

So, you see, the meat industry is terrible, terribly harmful to us in every imaginable situation, in any imaginable aspect. Now, if the subsidies stop going in support of them, the farmers of the animal-raising industry could not make ends meet with their business. They would have gone out of business already. So, I suggest the government not give any more subsidies to the animal-raising industry. Instead, tell them to convert to vegan farming.



Meat Eating is Detrimental to our Health





Organic Farming is “In”



Now besides all that, for the majority of the workers in the meat business, it's not a safe workplace either. It's one of the most dangerous jobs with some of the highest rates of injury and exposure to chemicals and diseases, like influenza, swine flu, bird flu, etc., and mad cow disease, which is always fatal, always deadly. Mad cow disease, up to now, we can't even cure. For anyone who contracts mad cow disease, their life is terminated.

Now we have to ask ourselves: Is it all worth it? This is not to talk about the effect on the meat consumers in terms of all the sicknesses—cancers, diabetes, heart disease and other health problems. Almost all diseases that you can name come from the meat diet or related industry. So, given a better choice of livelihood, wouldn't we choose the one that helps ourselves and others stay healthy, over a profession that makes people and ourselves sick and die young? Would you say yes or no?

Audience: Yes!

SM: Thank you. Thank you so much.

I have suggested before that we should talk to the farmers—write to them, even go to them one by one if you can afford it—to try to show them that there are better alternatives, such as growing organic vegetables. Nowadays, organic food is very much in demand, very “in.” Many people turn into vegetarian or vegan now. And everyone knows organic vegetables are very healthy.

You see, if you eat organic vegetables, you will hardly have to go to the hospital, and all that money we can save for better education for the children, for better care for the elderly, and for building more beautiful roads, more equipment, inventions, and use it more for sustainable energies for free for everyone. Free energy for everyone, free education for all the children, free care for all the elderly, and free food for all the one billion, at least, hungry people in the world. The benefit has no ends. I can write 10 thousand books about the benefits of the vegetarian diet and the harms of the meat industry. But I'll let you do the research a little bit, because you know all the good techniques nowadays with computers and information on the Internet.

You mentioned that we should also care about the people who have been in the meat industry and that it may be difficult for them to change. It's not so. There are many who are converting themselves into organic farmers right now. In Ireland, the Agriculture Minister even wrote to all the farmers in Ireland to tell them to convert themselves to organic vegetable farming, and they'll even subsidize them. Right now, there's a huge percentage of farmers converting to organic farming. I am so happy for Ireland.

Now, as another example for your reference, there was one American pig farmer who had owned many pigs all crammed into a filthy factory farm. After being visited by the famous vegan author John Robbins—you probably know him, the famous ice-cream heir who left his father's multi-million dollar ice cream business in order to go into a vegan direction—this farmer suddenly remembered that in his childhood he truly loved one pig as his close friend and companion. But he was forced to deny and forget this loving feeling due to the pressure of his family and society . . . you know, tradition, business from the father. But after realizing it, he could no longer abuse the gentle pigs one second more. He decided to quit. So instead of raising pigs, he bought a small organic farm and sells organic vegetables; and he's doing fine! He's still alive! And his heart is still more alive than ever, I guess. As a side job, he brings his 10 pet pigs—he has 10 as his pets that he kept from his old farm—and often visits schools now, to show the children how intelligent and friendly pigs really are, so the children will not eat the pigs, for example. Not only does he not raise pigs anymore, he goes in the opposite direction to protect the animals.

There was a rancher, he's a Texan. In Texas, they raise a lot of cows and that's where the word "cowboy" comes from. He owned a big ranch of cows but then suddenly he changed because he had cancer from meat. After he treated himself, he became vegan, and now he's an animal advocate. He goes everywhere lecturing, telling people the truth, the real truth, the cruel truth and the bad business truth about raising animals. He's a very staunch advocate for animals. His name is Howard Lyman. He's from Texas. He was a guest speaker once or twice on Supreme Master Television. You can download his interview again. It's still in the file to download if you want to know about him.

Recently in Iran, there was a dairy cow farmer—he even wrote to us telling his story—who also decided that he needed to change his career to help the planet and his own conscience. So, he made sure all his cows were adopted into good, safe homes to live the rest of their dignified lives. Now, he works at a vegan restaurant.

Another story comes from Formosa (Taiwan) where a pig farmer just became vegan after watching Supreme Master Television and realizing that he wanted to protect the environment and avoid bad karmic retribution for himself and his family. So right now, you know what he is doing? He is keeping all his pigs as spoilt family-member pets, for life; and he is switching to a different kind of farming.

In all these cases, the people involved are doing just fine, even better than ever before. But I suggest that all the people who keep their pigs or cows as pets, I think we should sterilize them so that we don't continue to breed too many animals, because then we would be in the same position as right now, or even worse if they



**It's High Time
to Switch to
the Compassionate
Lifestyle**



keep multiplying. It took a great amount of courage in the beginning to change their whole life career around, but all of them would guarantee that it was worth it, more than worth it. It's worth the great freedom of their heart, their spirit, and happiness of their family as well, and health.

Nowadays, there are more and more good opportunities for the farmers, retailers, transporters. They just do the same: instead of transporting pigs, they transport organic vegetables. The farmer retailers could switch from the meat business to organic vegetable farming. Returning to traditional organic farming methods is already proven successful in Africa, for example, and in some places like the Americas, Europe, and Australia. Organic vegan farming is growing very, very fast, and is very, very profitable right now, because there is a growing demand. People are more informed about the harms of meat and more informed about the benefits of a vegetarian diet. So organic vegan vegetable farming should be very, very good for anyone who wants to switch business. On Supreme Master Television, we also feature a whole section about organic farming, on our website as well, at www.SupremeMasterTV.com. On this website, we share a lot of info about how to do organic farming, which is very profitable, uses less water, is a lot less work,

and is very beneficial to our health, to the workers and to the planet. So please, feel free to take a look and discover for yourself the great benefits of harmonious farming.

It's high time we turn away from the harmful, unsustainable meat business and move toward a more

Be Veg! Go Green! Plant Organic Vegetables!

civilized, more efficient, more sustainable, more humane means to earn a living, namely organic vegan farming, vegan restaurants, vegan products, vegan product selling, etc. Everything to do with compassionate living is good for you and it's pleasing to Heaven. And it will save the planet. It's not just good business, it will save the planet, and it will save countless lives, now and in the future, including the ones involved in the meat business. That's why the Buddha named the meat business as one of the five businesses that people should not engage in. Do you want to know the other four as well?

Audience: Yes.

SM: The other four are: business in weapons, business in human trafficking, business in intoxicants and business in poisons. All these harmful businesses are bad for you, now and in the future.

If you believe in the life hereafter, if you believe in Heaven and hell, you should stop the meat business immediately, like yesterday, because nothing good awaits you in the life hereafter if you cause suffering to others, be they humans or animals. You will have multiple suffering in return, and for a long, long time. So instead, these people in the meat industry should join in the trend, which has already begun and expands hugely every day, I am happy to say. Thank you. **Be Veg! Go Green! Plant Organic Vegetables!** 🍀

To watch the Supreme Master Television's coverage of this videoconference, please visit: <http://video.Godsdirectcontact.net/magazine/WOW1163s.php>



SAVE
OUR
PLANET



United Nations

Recommends Tax on Livestock

By USA News Group (Originally in English)

A report issued by the United Nations Food and Agriculture Organization (FAO) recommends levying fees for livestock as a way to reduce this sector's emission of greenhouse gases, currently estimated at 7,000 billion tons of CO₂ equivalent annually. Moreover, livestock raising is known not only to impact human health but also to cause enormous damage to ecosystems, biodiversity, land, forests, and water quality.

The State of Food and Agriculture report calls for market-based policies such as taxes and subsidy reductions that would cause producers to minimize environmental damage by being required to absorb its costs. FAO Director-General Jacques Diouf stated that the rapid growth of the livestock sector unfortunately has thus far had little oversight, with current estimates forecasting that without a change in course, the number of livestock cattle alone will increase 70% to 2.6 billion by mid-century.



Director-General Diouf

Director-General Diouf and United Nation's Food and Agriculture Organization, we laud your recommendations for such planet-protecting policies. May governments across the globe be motivated to implement measures such as these for the benefit of all the Earth's inhabitants. 🍀

Reference:

<http://www.fao.org/docrep/012/i0680e/i0680e.pdf>


Stop



Animal Cruelty

THE MEAT INDUSTRY *Threatens Our World*

Compiled from the *Stop Animal Cruelty Series* on Supreme Master Television (Originally in English)



The Meat Industry Threatens Our World is a book written by Fabrice Nicolino, a French journalist and environmental advocate. After being published in late 2009, the paperback has received great attention in France as it is the first work ever in French that investigates the nation's factory farms. In this book, Mr. Nicolino explores the history of the bloody and violent livestock industry as well as the savage practice of factory farming and its tremendously negative effects on humanity and our world. He also analyzes the manufacturing of animal products across the globe and concludes that the entire system is a definite and present danger to the survival of humanity and our planet.

In an interview with Supreme Master Television, Mr. Nicolino mentioned that people involved in the animal farming business want to make the most money possible from these animals and therefore do not treat them as living beings, ignoring their basic needs to move, run, have friends, and breathe the air outside. The sickening truth behind the meat industry is purposely hidden from the world. Many people are simply unaware that the neatly packaged corpses for sale were once actual living beings that were inhumanely raised and then murdered. Mr. Nicolino wants the public to know exactly where meat comes from and how the animals are treated.

During the discussion, Mr. Nicolino described the life of cows in a dairy factory farm as an example. A couple of days after calves are born, they are taken away from



Stop



Animal Cruelty

their mothers and the milk intended for the babies is now sold for human consumption. These female calves will be sentenced to the same fate as their mothers; that is, being continually impregnated through artificial insemination and repeatedly injected with hormones to force them to produce unnatural quantities of milk, with utterly devastating health consequences such as mastitis, a painful inflammation of the mammary glands. Male calves are usually kept completely immobilized so that their meat will be white instead of pink or red, and after a few months they are killed.

Mr. Nicolino also described a poultry farm, where chickens are jammed by the thousands into small, dark enclosures, never to see the sun, and live in utter filth as their waste is rarely, if ever, removed. They are fed massive doses of drugs to make them grow faster and just to keep them alive as diseases are rampant in their appalling living conditions. These illnesses do not stay confined to these facilities; rather, they eventually spread to humans—with lethal consequences!

As pointed out by Mr. Nicolino, meat is detrimental to human health. Nowadays, many studies show unmistakably the links between a high consumption of red meat or cooked meats and very serious diseases such as obesity, diabetes, cardiovascular illnesses, and certain types of cancer. The livestock industry is leading us towards a global, planetary catastrophe. Meat is also destroying the principal ecosystems of our world. Mr. Nicolino reported that in Brittany, France, a region where an enormous amount of animals are concentrated on only seven percent of the landmass, there have been regular tides, in summer and now in winter also, of scientifically reported nitrogen toxic green algae on the coast for the last 30 years, most of which is caused by animal manure run-off into the rivers going to the ocean.

In addition, Mr. Nicolino believes that there is a deep connection between slaughterhouses and the dreadful way that humans are treated in certain crises and appalling wars. He said, “In France, we kill more than a billion farmed animals every year to feed the French people, more than one billion, and they are not only killed but killed in terrible and barbaric conditions. So, this outbreak of barbarity in a society with a peaceful appearance, a democratic appearance, a happy appearance, well what consequences does that have exactly?”

Mr. Nicolino sincerely wishes the world would wake up immediately to unite against the savage factory farming system, and encourages action now to end the unfathomable suffering and anguish of our animal friends.

We salute Mr. Fabrice Nicolino for his work of bringing the attention of the people of France and beyond to the immediate need of a new era filled with peace and loving care for all God’s magnificent creatures. May this beautiful time soon come to pass. 🍀



To watch Supreme Master Television's interview with Mr. Fabrice Nicolino, please visit:
<http://video.Godsdirectcontact.net/magazine/AW1251s.php>



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.



A STEADY AND CHARISMATIC VOICE FOR VEGETARIANISM

By Award News Group (Originally in English)

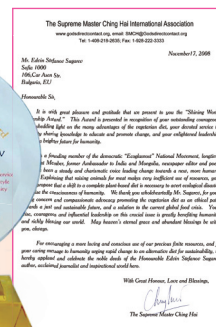
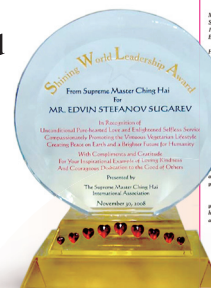
As a founding member of the Bulgarian democratic "Ecoglasnost" National Movement, longtime Parliament Member, former Ambassador to India and Mongolia, newspaper editor, and poet, Mr. Edvin Sugarev has been a steady and charismatic voice leading change towards a new, more humane world. Being a vegetarian, he supports that kind of diet as a morally preferred lifestyle.

He believes that beyond the meat industry is a deeper question to be addressed. He said during an interview with Supreme Master Television, "... the problem is mental, in a human's way of thinking, and that's what should be changed. For me, the most important is a person's moral choice: Do they want to be an enemy of all living things on this planet, do they want to conquer everything so as to become a ruler, or do they want to live in harmony with this world respecting all other forms of life?"

In recognition of his outstanding, courageous efforts shedding light on the many advantages of the plant-based diet, Supreme Master Ching Hai honored Mr. Edvin Sugarev with the Shining World Leadership Award, which our Association members presented to him on November 17, Golden Year 6 (2009).

We thank Mr. Sugarev wholeheartedly for his loving concern and compassionate advocacy of the vegetarian diet. May more government leaders and citizens alike awaken to the planet-supporting benefits of this kinder way of life. 🍀

To watch the interview with Mr. Edvin Sugarev covered by Supreme Master Television, please visit: <http://video.Godsdirectcontact.net/magazine/NWN735c.php>



SHINING WORLD LEADERSHIP AWARD



US BAN ON FISHING IN THE ARCTIC

By Award News Group (Originally in English)

In what is being viewed as a landmark decision, the North Pacific Fishery Management Council from Anchorage, Alaska has voted unanimously to ban commercial fishing in the entire Arctic Ocean, from Canada to the Bering Strait. The Council spent two years creating a management plan that would control the influx of fishing fleets to protect this fragile environment from potential harm.

In March, Golden Year 6 (2009), to recognize the enlightened leadership in conserving the ecological systems of the Arctic, Supreme Master Ching Hai presented the North Pacific Fishery Management Council with the "Shining World Leadership Award." A letter of admiration and a beautiful plaque were sent to Mr. Chris Oliver, Executive Director of North Pacific Fishery

Management Council. In an interview on East Coast FM Radio, Supreme Master Ching Hai expressed Her full support of fishing bans and the vegetarian diet to preserve our interconnected ecosystems.

Our most sincere thanks to you, North Pacific Fishery Management Council, for your leadership in safeguarding our oceans and the lives within them. We pray noble actions such as yours will inspire many more for the sustainable future of our shared global home. 🌱



CALLING TO BAN IVORY AND FUR TRADING

As the former Attorney General of Kenya and 2008 Gusi Peace Prize laureate for philanthropy, Mr. Charles Njonjo, Chairman of the Heritage Insurance Company Limited, Kenya, has added considerable weight for the call to ban ivory trade, fur trade or anything that would involve harming animals. At the 2008 Gusi Peace Prize ceremony, he said, *"You must not export ivory. Ivory belongs to the elephant. It's more beautiful when it's on the elephant. Fur trade, ivory trade, anything to do with animals should be banned."*

To recognize his exceptional animal protection efforts, Supreme Master Ching Hai honored Mr. Njonjo with the Shining World Leadership Award in March, Golden Year 6 (2009).

We thank you, Mr. Njonjo, for your compassionate leadership, defending the lives of these innocent beings through your exemplary noble idealism and heartfelt care. God bless you for all you've done and for your constructive contribution to humanity. 🌱



SHINING WORLD INVENTION AWARD



TEENS RECOGNIZED FOR CONTRIBUTION TO CLEANER WATERWAYS

By Ohio News Group, USA (Originally in English)

On July 19, Golden Year 6 (2009) in Ohio, USA, our Association members presented Ship 41, a local Sea Scout group, the Shining World Invention Award along with a US\$10,000 contribution on behalf of Supreme Master Ching Hai. This Award was given in recognition of the team's inspiring creativity and outstanding achievement in cleaning up our precious ocean fronts.

Sea Scout Ship 41 won first place in the Interlux Waterfront Challenge, a nationwide contest promoting projects that enhance the environment. The youngsters developed a device called the "flotsam scoop," which removes floating garbage from marina or dock areas. The approximately five-pound scooping gadget is a half-bucket made of aluminum mesh attached to the end of a lightweight telescoping handle. The group is now offering the invention free of charge to anyone who would like to use it. The Ohio Department of Natural Resources ordered 21 of them to distribute to their marinas. In developing this tool, the scouts learned a principal that can be applied to other environmental issues, which is "keep it simple." Richard Gash, the skipper of Sea Scout Ship 41, said, *"Ofentimes the solution is staring at you right in the face."*

The group enthusiastically thanked Supreme Master Ching Hai for Her generous gift and gave Her one of their team hats. They said the Award would *"help spread the word, because all it really takes to make the world a better place is for people to get out and start doing it themselves."*

Thank you, Sea Scout Ship 41 team, for your simple and effective innovation that helps restore our coastal and inland waters! Your example is an inspiration for all of us, as everyone can make a positive difference. 🍀

The Supreme Master Ching Hai International Association CONTRIBUTION RECEIPT	
Date:	July 19, 2009
Name of Receiver:	Sea Scout Ship 41
Address:	301 Lakeside Ave Lorain, OH 44052 USA
Contribution Amount:	US\$ 10000.00 (Ten thousand dollars)
Received by:	Sea Scout Ship 41 Richard Gash, Skipper <i>[Signature]</i>

Receipt from Sea Scout Ship 41 for the US\$10,000 contribution by Master



To watch Supreme Master TV's interview and coverage of this Award presentation, please visit:
<http://video.Godsdirectcontact.net/magazine/EE1108.php>



SHINING WORLD INVENTOR AWARD



GROUNDBREAKING DISCOVERY – TITANIUM OXIDE CRYSTALS

By Brisbane News Group, Australia (Originally in English)



Professor Max Lu of the ARC Centre of Excellence for Functional Nanomaterials at the University of Queensland in Brisbane, Australia, and his research team have discovered a groundbreaking, cost-effective method of capturing the sun's rays and converting them into energy. Titanium oxide crystal materials are used to generate clean energy by absorbing sunlight and transforming it into electricity. The crystals can be sprayed onto a flat surface producing a more efficient and cost-effective solar panel. The principal of how this material works to produce electricity can also be utilized to purify air and water. The world can expect a dramatic reduction in energy costs with this pioneering invention.

Supreme Master Ching Hai honored Professor Max Lu and his research team with the Shining World Inventor Award for developing this innovative method of acquiring solar energy and for adapting it to water and air purification in everyday use. Our Association members from Brisbane presented the beautiful plaque and some of Master's latest publications, DVDs and CDs to Professor Lu and his team, on behalf of Supreme Master Ching Hai, at the University of Queensland, on December 19, Golden Year 5 (2008). The Professor was extremely grateful for the Award and gifts saying, *"Please thank Supreme Master Ching Hai. I really appreciate this recognition. Thank you."*

May heaven bless Professor Max Lu, his dedicated staff and all their noble work that brings much benefit to the environment and preserves our planet's precious resources. 🍀



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

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



SHINING WORLD INVENTOR AWARD



SOLAR POWERED REFRIGERATOR HELPS THE LESS FORTUNATE

By Surrey News Group, UK (Originally in English)



On August 5, Golden Year 6 (2009), our Association members from Surrey traveled to Leeds in West Yorkshire, UK, to present the Shining World Inventor Award to Ms. Emily Cummins, a third-year Business Management university student. The Award was bestowed by Supreme Master Ching Hai for Emily's life-changing invention, the solar powered fridge, an appliance that can be used to assist those in developing nations and for transporting medicines in hotter regions.

Emily has won many accolades for her inventions and by chance, at a conference to receive one of those awards, she heard a powerful speech about the effects of climate change. Following that, she immediately went to work and developed the solar powered fridge, which can cool itself like the human body after sweating and can be constructed using local materials.

Traveling to many places in southern Africa, Emily tested her design and showed others how to build it. She said, *"I have encouraged people to start their own businesses. So, instead of me or some large organization taking every small amount of money you would make from one of these fridges, it has given people the opportunity to create their own jobs, which to me is the best feeling of all."* Emily now speaks at many educational institutions, conferences and affairs, and is an ambassador for Speakeasy4schools, an organization which runs enterprise events in academic establishments across the UK.

Upon receiving the beautiful crystal Award plaque, Emily said it is now her favorite of all her awards. She was also delighted to receive Master's best-selling books and other publications. Our best wishes to you, Ms. Emily Cummins. May heaven continue to bless you and all your noble endeavors that enhance the lives of others. 🍀

To watch Supreme Master TV's interview and coverage of Ms. Emily Cummins' Award presentation, please visit: <http://video.Godsdirectcontact.net/magazine/EE1108.php>





SHINING WORLD COMPASSION AWARD



RECOGNIZING A NOBLE ANIMAL WELFARE WORKER

By Melbourne News Group, Australia (Originally in English)



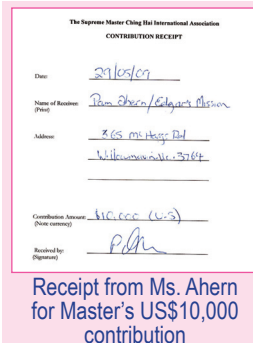
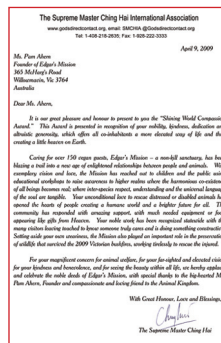
rich inner lives, intelligence, and compassionate, loving natures with visitors. Pam also does media events with the animals so that the public can come to realize the noble qualities of beings typically regarded as sources of food.

The bushfires that struck the state of Victoria, Australia, in February, 2009, brought Ms. Ahern's work to Supreme Master Ching Hai's attention. And in May, hearing that Pam was tending to fire-affected animals, Master contributed US\$2,000 to the Mission and granted her the Shining World Compassion Award.

Ms. Ahern expressed her gratitude to Master in a letter, saying, *"Through your most generous assistance, we will be able to help many more animals, and are indeed encouraged to continue our work in these difficult times. I thank you for recognizing not only my efforts but those of the many other people who also work to make the world a better place for all. Thank you for what you do and make possible."* Touched by Pam's sincerity, Master added an additional US\$8,000 to Her contribution.

Our local Association members presented the Award and gifts to Pam on Master's behalf.

We sincerely thank Ms. Pam Ahern and the animal Ambassadors at Edgar's Mission, and hope that we can soon say "mission accomplished" with respect to saving farm animals' lives. 🍀



To watch Supreme Master TV's interview and coverage of this Award presentation, please visit:
<http://video.Godsdirectcontact.net/magazine/AW1092s.php>



SHINING WORLD COMPASSION AWARD



THE PAJAMA PROGRAM: PROVIDING SWEET DREAMS FOR CHILDREN IN NEED

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



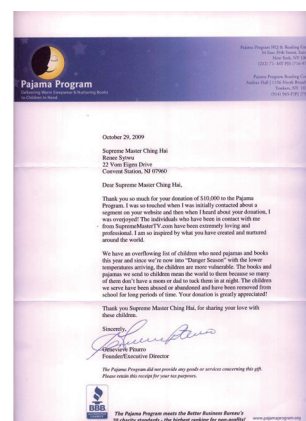
For many youngsters, bedtime is a happy, loving experience as they slip into cozy pajamas and listen to stories mom or dad reads them. But sadly, for some disadvantaged children there is no such nightly routine. A New York based non-profit organization—Pajama Program—helps the less fortunate children climb into warm pajamas and enjoy a nurturing book before going off to dreamland. The Program was co-founded by Alice Quirk and Genevieve Piturro in 2001 and since then, over 350,000 comfortable, new sets of pajamas have been distributed

to less privileged children around the world. Now, the Program has more than 70 chapters and many volunteers in the USA and affiliate chapters overseas in about a dozen countries.

About 10 years ago, the Program's executive director, Ms. Piturro, was working in a high-powered position in New York City, but she kept wondering if that was really everything that she should be doing in life. Later, she met a man who encouraged her to find her real life purpose and this man eventually became her husband. Soon, Ms. Piturro began volunteering at local shelters, group homes, and other facilities that cared for disadvantaged, orphaned or foster children. She noticed that none of the children had pajamas. They simply slept in their daytime clothes. She then asked herself how to give these less fortunate little ones the same sense of security she had felt at bedtime and she prayed to the Universe for guidance. One evening while she was riding home on the subway, the words "pajama program" suddenly popped into her head. Ms. Piturro realized that her mission was to ensure that the underprivileged children she worked with had new pajamas

and good books for bedtime, thus providing not only material comfort but also giving emotional support to the youngsters.

In recognition of the Pajama Program's benevolent work, Supreme Master Ching Hai honored this wonderful organization with the Shining World Compassion Award along with a kind-hearted contribution of US\$10,000. To thank them for their noble, uplifting work, our Association members also presented Ms. Piturro and the Program with Master's international #1 bestselling books *The Birds in My Life*, *The Dogs in My Life*, and *The Noble Wilds* on October 31, Golden Year 6 (2009). Ms. Piturro was especially delighted with *The Dogs in My Life*, saying "I've always wanted a



Thank you letter and receipt from Ms. Genevieve Piturro for the US\$10,000 contribution from Master



SHINING WORLD COMPASSION AWARD

dog of my own, so I'll have to look through and pick one." She told Master in a thank you letter that she was very inspired by what Master has created and nurtured around the world. She greatly appreciated Master's contribution, because there was an overflowing list of children who need pajamas and books when lower temperatures arrived, and the children are more vulnerable.

May Heaven bless Ms. Genevieve Piturro and all the others involved in the Pajama Program, which brings nurturing and joy to young children in need. And may the comfortable pajamas, good books, warm hugs and love from the volunteers give the little ones sweet dreams every night! 🍀

Reference: <http://www.pajamaprogram.org/dcball.html>

To watch Supreme Master TV's interviews and coverage of this Award presentation, please visit: <http://video.Godsdirectcontact.net/magazine/EE1346.php>



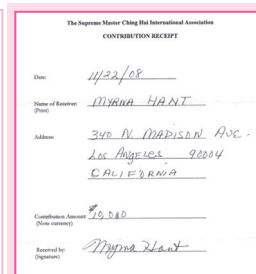
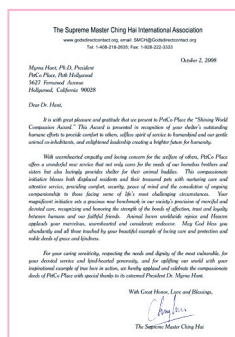
CARING FOR THE HOMELESS AND THEIR ANIMAL FRIENDS

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

Founded by People Assisting The Homeless (PATH), Petco Place is a regional, non-profit organization providing services to homeless individuals and their animal companions throughout Los Angeles County. It is estimated that five to ten percent of people living on the streets have a pet, and many of them usually turn down housing when forced to choose between their pet and a roof over their head. In this shelter, however, their loyal friends are provided with food and veterinary care in kennels close by, thus allowing them to go out to look for a job with peace of mind.

Supreme Master Ching Hai honored Petco Place's outstanding humane effort with the Shining World Compassion Award, which was presented to the President of PATH, Dr. Myrna Hant on November 22, Golden Year 5 (2008). In addition to the crystal plaque, Dr. Hant also received a generous contribution of US\$10,000 from Master along with Her best-selling books *The Dogs in My Life* and *The Birds in My Life* as well as one of Her beautiful paintings. Dr. Hant and her staff thanked Supreme Master Ching Hai for Her benevolent support. They wholeheartedly enjoy helping people make the transition back to society in a dignified way, whilst assuring them that their animal friends are safe and well.

Bravo and congratulations, Petco Place and Dr. Myrna Hant! May many more follow your noble example in providing care for both humans and their animal companions, and in respecting the love and bond shared between them. 🍀



Receipt from Dr. Myrna Hant for Master's US\$10,000 contribution



SHINING WORLD COMPASSION AWARD



WATER FOR PEACE, WISDOM FOR LIFE - THE BARKA FOUNDATION

By Burkina Faso News Group (Originally in English)



The BARKA Foundation, based in Massachusetts, USA, and Burkina Faso, is a non-profit organization co-founded by Ina and Esu Anahata that reaches out to the people in West Africa to improve the quality of their lives. BARKA is an African word meaning “thank you, please,” an expression of blessing and gratitude. In 2004, after making several trips to Africa, Ina and Esu Anahata decided to do something to help the people of Burkina Faso, a small country with a population of 15 million in West Africa. They established The BARKA Foundation and set out to assist the country in achieving the United Nations Millennium Development Goals by 2015. The first step the Foundation took was to provide the local people with a steady source of clean water. Neither Ina nor Esu had any background in doing humanitarian and organizational work. Yet, they set aside their careers and changed their lives with great courage to follow the call from deep within their hearts.

To raise funds for building water facilities and to spread the peaceful message around the world, The BARKA Foundation launched “Walk for Water” events in both the US and Burkina Faso. In spring 2009, while planning an event for their first water well in Burkina Faso, Ina and Esu met Danny Garcia, founder of the charity Global Walk and an ordained minister as well as a vegetarian. Over the past 13 years, he walked over



40,000 kilometers across five continents, promoting world peace and children’s rights. Together, Global Walk and The BARKA Foundation launched the Peace, Water & Wisdom Walk to raise funds, in particular for drilling this first water well.

The 800-kilometer journey of the Peace, Water & Wisdom Walk started at the United Nations Plaza in New York City, USA, on May 11, Golden Year 6 (2009) and culminated in Bangor, Maine, on May 30, passing through 20 northeastern US cities in 20 days. It was during the Walk that the collaborating groups received news about Supreme Master Ching Hai’s contribution of US\$20,000 in support of their compassionate, noble work.



Thank you letter from Mr.
Danny Garcia



SHINING WORLD COMPASSION AWARD

When describing the moment he heard the news, Danny said emotionally, *"I just collapsed, and I put my arms on the door, and I started to cry, because I felt that God had heard my prayer."* *"I believe that God created everyone,"* he said regarding his walks, *"and I walk for all people. It doesn't make a difference what religion they are, what color they are, what country they come from."*

Ina commended, *"This is beyond our wildest dreams. This whole evening, the gifts of everyone who has been involved, and Supreme Master Ching Hai really affirmed to us that what we're doing is truly living life on purpose and watching out for our brothers and sisters around the planet who do not have clean water to drink. This means all the world to us and it's just the beginning."*


In appreciation, Esu said, *"Thank you, Supreme Master Ching Hai. We are deeply, deeply touched by your generosity, by your willingness to do something very extraordinary, to make a very generous donation to a group of people that you didn't even know before, and just must have sensed or had some kind of faith that what we were doing was good. We were touched by your extraordinary act of generosity and we are full of gratitude. Our hearts are overflowing."*

From September 18 to 21, 2009, The BARKA Foundation launched another walk, to celebrate the Peace, Water & Wisdom Concert & Festival in Burkina Faso. This Walk was accompanied by performances that presented the beauty of traditional cultural spirit. The event also overlapped into The International Day of Peace. To mark the first day of the Walk, The BARKA Foundation was honored with the Shining World Compassion Award from Supreme Master Ching Hai. With heartfelt joy, Ina and Esu expressed their thankfulness again to Supreme Master Ching Hai and in reply, Master conveyed the following message to them:

*You're a blessing to our world. God knows it all. God connects us all.
With all my love & respectful salute.
CH ♥♥♥*

And to Mr. Danny Garcia, Supreme Master Ching Hai also conferred the Shining World Compassion Award for all his altruistic and courageous efforts in creating a kinder world.

The co-founders of The BARKA Foundation will always imagine a brighter, fulfilling future for the people of Burkina Faso and in doing so, help to shape a more joyous world. May Heaven continue to bless your great dreams and laudable endeavors with resounding success, until peace is the center of every human life on Earth. May more people be awakened to live a noble life, as Esu put it, *"to find what gift you have for the world and to not judge it, but to just go and live it to the fullest, because the world needs your contribution."* 🍀



Address: Suite 201, 1010 15th St. NW, Washington, DC 20005 Phone: (202) 546-7000
Fax: (202) 546-7001 E-mail: info@barka.org Website: www.barka.org

Date: 01/01/2010

Dear Supreme Master Ching Hai,

Your compassionate gift to The BARKA Foundation was an answer to prayer. It proved to us that our work will find the abundance necessary to be sustainable. It was a confirmation that we are on the right path, and I provided hope and inspiration for many. Your gift leads to an act of love, solidarity and blessing.

The funds from your donation will make it possible for BARKA to help in their walk in Burkina Faso—the land of many. We offer you the gratitude of the Burkina who will be the primary beneficiaries of your kindness. We hope every day you will come to visit culture of peace.

We were excited to learn about Supreme Master Television and the positive, constructive programming it broadcasts. As you know, we are Christians. Accompanying you in the walk with you is an important part of BARKA's vision. We look forward to exploring and deepening our relationship with Supreme Master Television and future collaboration.

The people we met from Supreme Master Television were all beautiful light beings, in both appearance and being. From the Holy Spirit, a powerful vibration of peace, love and wisdom. Their beauty is manifest in your work as a spiritual leader. We honor you for the work you are doing in the world, and thank you again for enabling our work to grow and prosper.

Our next project is the Peace, Water & Wisdom Concert & Festival that will take place in Ouagadougou, Burkina Faso on September 24th, 2010, the International Day of Peace. The concert will be broadcast worldwide to a billion people and linked with a simultaneous concert in Beijing, China. It is designed to raise funds for BARKA's children's projects, as well as to raise awareness of Burkina Faso's peace and to promote a global culture of the spiritual understanding to reach first through the world. We would like to speak with you about this event as it may interest you and our TV network. We also would like the opportunity to meet and thank you in person.

You have inspired our hearts very deeply. BARKA is West African blessing of gratitude and respect.

Barka,
Esu & Ina
Co-Founders, The BARKA Foundation

The Supreme Master Ching Hai International Association
CONTRIBUTION RECEIPT

Date: 5/10/10

Name of Donor: The Garcia Family

Address: P.O. Box 68
Hyattsville, Md 20786

Contribution Amount: \$20,000.00 US

Received by: Ina & Esu Garcia
5/10/10

Thank you letter and receipt from The BARKA Foundation for Master's US\$20,000 contribution



SHINING WORLD COMPASSION AWARD



CREATE A BETTER WORLD FOR ELEPHANTS

By Bangkok News Group, Thailand (Originally in Thai)



Ms. Sangduen Chailert (second from right)

Ms. Sangduen Chailert, affectionately known as Lek (small), is from Baan Lao, a village north of Chiang Mai, Thailand. Years ago, her grandfather, a traditional healer, was given a baby elephant from a patient as an expression of gratitude for saving his life. Lek named the elephant Togkum (Golden One) and their friendship sparked a love and respect for elephants that was to shape the course of her life.

After graduating from university, Lek worked in the tourist industry where she became more aware of the plight of the elephants in Thailand as well as the abuse and exploitation to which they were often subjected. Finding the situation unacceptable, Lek began to champion the rights of the Asian elephants by raising public awareness of their situation and coming to the aid of sick and mistreated elephants throughout the country.

In 1995, Lek used raised funds to buy land and establish the Elephant Nature Park, a sanctuary for elephants. Today, more than 30 elephants roam freely in the natural environment of the Park, and enjoy the love, respect and freedom. These previously abused and neglected creatures are now able to live out the rest of their lives in peace and dignity. The Park is also home to some 30 cows and buffalos, almost 100 dogs, 70 cats, 24 gibbons as well as many birds, monkeys, bear cubs, boars, frogs and fish; even crickets and insects are considered precious to Lek. Most of these animals had been abused, hurt, harassed or orphaned from animal farms and slaughter houses, and their numbers are on the rise.

Apart from running the Park, Lek operates an emergency medical unit, the Jumbo Express, racing to help elephants in distress whenever she gets a call. She also uses these opportunities to provide hill tribe people with medicines, toys for the children, clothes and educational support. Being a vegetarian, Lek offers a healthy and delicious vegetarian buffet to all the visitors, volunteers, mahouts (elephant handlers) and employees at the sanctuary. Many of her staff who used to eat meat have now switched to the plant-based diet. She has also initiated a program called “Vegetarian Passport,” the funds from which are used to publish a vegetarian handbook in different languages to encourage people not to eat meat, eggs or dairy products.

For her kind-heartedness and tireless work, Supreme Master Ching Hai bestowed upon Ms. Sangduen Chailert the Shining World Compassion Award and US\$10,000 to assist her work with Elephant Nature Park. Representatives from our local Supreme Master Ching Hai International Association visited the elephant sanctuary in Chiang Mai on September 13, Golden Year 6 (2009), to present the Award and contribution to Ms. Chailert together with Master’s publications. Lek





SHINING WORLD COMPASSION AWARD

expressed her gratitude to Master for acknowledging her endeavors in saving the elephants, and her determination to carry on with her mission. She said, *"Without elephants, Thailand would be like an empty country... I will help elephants until I die; I'll never stop."*

Bravo, Ms. Sangduen Chailert! May Heaven bless you for your devoted care of the precious elephants of Thailand. May all animals thrive in safety and happiness, surrounded by love. 🍀

References: <http://www.elephantnaturefoundation.org>

The Supreme Master Ching Hai International Association
CONTRIBUTION RECEIPT

Date: 13 September 2009

Name of Recipient (Print): Sangduen Chailert

Address: Elephant Nature Park
4 Wichitmita Road, Chiang Mai
Thailand

Contribution Amount: 10000 (Ten Thousand US Dollars)
(Note currency)

Received by (Signature): [Signature]

Receipt from Ms. Sangduen Chailert for Master's US\$10,000 contribution



CREATING A BEAUTIFUL AND LOVING HOME FOR STORKS

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

In the village of Long Thành Mỹ near the capital city of Âu Lạc, farmer Nguyễn Văn Ký generously transformed half of his family's property of rice fields into a paradise and safe haven for thousands of storks and other wildlife.

Upon watching flocks of white storks flying back to his garden every evening to spend their night, he came upon an idea of planting more bamboo trees to build sleeping quarters for them. Even in times of hardship, the compassionate Mr. Nguyễn kept the land as a sanctuary for storks, whom he discovered were landing in his coconut groves instead of others nearby, knowing that these feathered friends would find peace, protection, and the love of his family. Now after nearly 40 years, the refuge for these glorious birds, due to Mr. Nguyễn's dedicated efforts in protecting and saving these noble beings, supplies the Nguyễn family with a bountiful harvest. The Hồng Ký Ecological Garden, as it has come to be known, today employs 20 workers and is visited by hundreds of people each week.

Touched by Mr. Nguyễn's generosity and noble actions, on June 1, Golden Year 6 (2009), on behalf of Supreme Master Ching Hai, our local Association members presented him the Shining World Compassion Award, US\$10,000 to help him meet the costs of caring for our precious co-inhabitants, a letter from Master thanking him for his kind-hearted work with the animals, and a selection of Her publications.

Thank you Mr. Nguyễn for compassionately providing a loving home for storks and many other wildlife. May Heaven bless you and your family with a peaceful, happy life. 🍀

The Supreme Master Ching Hai International Association
www.gardenofpeace.com, www.master.org/suprememaster.org
Tel: 1-408-282-2030, Fax: 1-408-222-2333

May 21, 2009

Mr. Nguyễn Văn Ký
1514 Chung Hsi Co Cong
77 Ph. Chi Minh, Quan 9
TP. Hồ Chí Minh, Việt Nam

Dear Mr. Nguyen:

It is with great pleasure and gratitude that we present to you the "Shining World Compassion Award." This Award is presented in recognition of your outstanding compassion in providing shelter and protection for our feathered friends, and your selfless spirit of service to the environment that helps create a brighter sustainable future for all of Earth's inhabitants.

Compassionately responding to the needs of storks finding on your property over many years, you have created a sanctuary where they would be safe. Generously setting aside half of your family's land for these glorious birds who you care for in a devoted position to do so, gives that you must also support a family of 11 children, is a testament of your unconditional love and caring soul. It wasn't easy, but your dedication to protect these precious beings brought abundant blessings. You managed to reorganize your space, including the fields with ponds, and planting coconut and fruit trees. Today your labors of love have evolved into the Hồng Ký Ecological Garden, an place that contains 20 ponds, and is home to 10,000 birds and other co-inhabitants residing there in peace and harmony. By saving their lives, Heaven has made your sacrifice a true heroic deed. We encourage you to continue to share and encourage the public to care for nature, as you have done.

For passionately creating, planting your charitable garden, selfless kindness and selfless service to the wellbeing of our co-inhabitants, and for being a dedicated and noble role model, we hereby applaud and celebrate the compassionate deeds of Mr. Nguyễn Văn Ký, whose unconditional and unconditional with a heart of gold.

With Great Honor, Love and Blessings,
[Signature]
The Supreme Master Ching Hai

Ngày: 1/6/2009

Buổi chiều

Tên tiền là: Nguyễn Văn Ký; chủ nhân là: Hồng Ký; ruộng long thành Mỹ; diện tích: 1/2 ha; chủ nhân: 1/2 ha; \$10,000 USD (10 nghìn đô la) do Thành Hải và Hoàng Ký gửi tặng, tiền giúp của cô chủ nhân Nguyễn Văn Ký và giúp của chủ ruộng sinh thái Hồng Ký.

Trân trọng và thành kính chào chủ nhân Hải và Hoàng Ký.

Ký tên:
[Signature]
Nguyễn Văn Ký

Receipt from Mr. Nguyễn Văn Ký for Master's US\$10,000 contribution



SHINING WORLD COMPASSION AWARD



A KIND-HEARTED JEWISH AMERICAN HELPS AFRICA

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

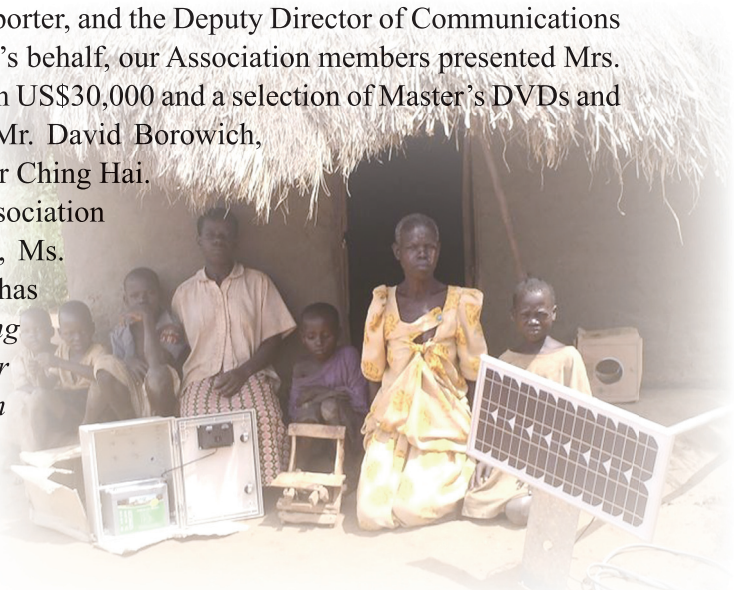


After witnessing the hardship of the African people during her travels, Israeli-born Mrs. Sivan Achor-Borowich founded the non-profit organization Jewish Heart for Africa in January 2008. The New York-based group brings sustainable Israeli technologies to rural African villages to help conserve water, curb climate change, and support economic development.

Jewish Heart for Africa's first initiative, Project Sol, provided solar energy to villages in Tanzania, Ethiopia and Uganda. The solar panels are purchased at cost price from Israel. This low maintenance and sustainable energy allows health centers to have refrigeration for medicines, provides lighting to schools and clinics, and enables water pumps to operate. For instance, in Shangaroo Village in Tanzania, people can now get water from three taps around the township instead of spending six hours daily gathering water from a great distance. It is estimated that at least 30,000 people had benefited from the new power source last year. The group's next undertaking, Project Agro, will work in conjunction with Project Sol and use Israeli innovations to improve water use in farming and food production.

In recognition of her devotion and care for others, Supreme Master Ching Hai honored Mrs. Sivan Achor-Borowich with the Shining World Compassion Award. A ceremony was held on June 25, Golden Year 6 (2009), at the Summer Gala in New York. The attendees included Sivan's parents and husband, the Tunisian Ambassador, an Israeli reporter, and the Deputy Director of Communications for the U.S. Representative to Israel. On Master's behalf, our Association members presented Mrs. Achor-Borowich with a crystal plaque along with US\$30,000 and a selection of Master's DVDs and books. After the ceremony, Sivan's husband, Mr. David Borowich, expressed interest in learning more about Master Ching Hai.

In a follow up correspondence, Association Executive Director of Jewish Heart for Africa, Ms. Rachel Isholfksy, wrote that their organization has grown significantly in the last year—*"bringing light, clean water, improved education, and proper medical care to 70,000 more people. This growth*





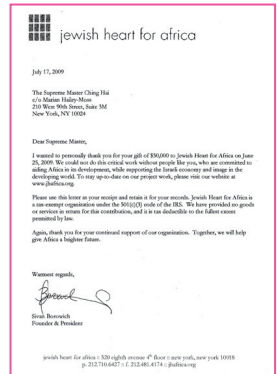
SHINING WORLD COMPASSION AWARD



in need, and may all Earth's inhabitants soon live on a happy, abundant and viable planet. 🌱

has been in large part thanks to the Supreme Master's gift. We are greatly indebted to the Supreme Master for the kindness she has shown us, and would welcome any opportunity to speak with her in the future and thank her for all that she has made possible."

Our thanks go to Mrs. Sivan Achor-Borowich and the staff at Jewish Heart for Africa. May God bless your work on behalf of Africans



Thank you letter and receipt
for US\$30,000 from Mrs.
Sivan Achor-Borowich



behalf of Supreme Master Ching Hai. Master also contributed US\$10,000 (GBP£6,100) to the sanctuary, which will help feed the animals for the next year.

Dr. Morrell is a very accomplished woman, who received her degree in anthropology from Cambridge University and her Ph.D in geography from University College London. She is the author of three spiritual books about Huna, an ancient wisdom and spiritual practice of Hawaii. Since 2005, The Living Ark Animal Sanctuary has provided a comfortable and loving home for rescued farm animals, which had either fallen sick or otherwise would have been slaughtered. The sanctuary runs solely on donations, and people who work with the animals are volunteers.

A great lover of animals, Dr. Morrell's deep connection with these caring co-inhabitants enables her to communicate easily with them telepathically. She said, "Our



FOR THE LOVE OF ANIMALS

By Surrey News Group, UK (Originally in English)

On November 23, Golden Year 6 (2009), our Association members were honored to present Dr. Rima Morrell, an animal communicator and founder of The Living Ark Animal Sanctuary on the Isle of Skye in Scotland, with the Shining World Compassion Award on





SHINING WORLD COMPASSION AWARD



animal companions have an enormous amount of love for us. There is always love there, and within that love there are many different messages.” She was able

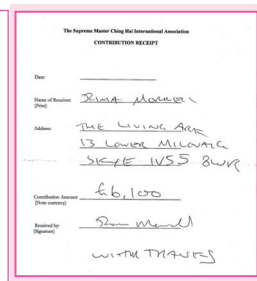
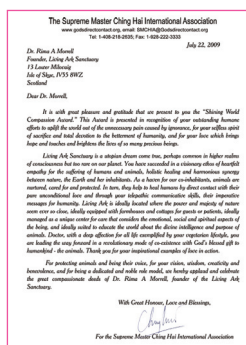
to relate some messages for humans that she had received from the sheep, pigs and cats living in the sanctuary, and even those from whales that are really showing themselves around the Isle of Skye.

She stressed that it’s important for people to give up their bad habits, such as eating meat, and to start to do good things that bring grace. She explained, “*Every time*

you eat meat, that is an animal which has suffered terribly and died that you are eating and turning into the contents of your body. And in fact, it’s really, really important to make another choice. Open your heart, never ever refuse to help others, and don’t make choices that will lead to death, lead to destruction, lead to killing.”

Having received the Award plaque and a signed appreciation letter from Master, Rima later wrote in an email, “*Thank you so much for the Award. That’s really wonderful. I shall treasure that.*” She was also very happy to receive Master’s contribution, books and other publications. We wish Dr. Rima Morrell the best of luck in her noble work and plans to extend the sanctuary to be able to rescue more of our beautiful and innocent animal friends! 🍀

To watch the special program, “Messages from the Animals: Dr. Rima Morrell & The Living Ark Sanctuary” on Supreme Master TV, please visit:
<http://video.Godsdirectcontact.net/magazine/AW687s.php> (First time)
<http://video.Godsdirectcontact.net/magazine/AW1080.php> (Second time)



Receipt from Dr. Rima Morrell for Master's US\$10,000 contribution



A MOVIE STAR DEVOTED TO BRINGING JOY TO TERMINALLY ILL CHILDREN

By Formosa News Group (Originally in Chinese)

On October 10, Golden Year 6 (2009), at the Sheraton Hotel in Taipei, our Association members, on behalf of Supreme Master Ching Hai, presented the Shining World Compassion Award to Mrs. Gila Almagor, a renowned Israeli movie



SHINING WORLD COMPASSION AWARD

star and successful author. This Award is to commend her charitable and loving endeavors in bringing joy to destitute and terminally ill children. Also invited to the Award ceremony was Mr. Raphael Gamzou, Representative of the Israel Economic and Cultural Office in Taipei (ISECO).

Mrs. Gila Almagor is the Founder of the Gila Almagor Wishes Foundation that has been taking care of many destitute children suffering from terminal cancers for the past 32 years. Furthermore, to create opportunities for the sick kids and their emotionally strained family members to have fun together, the Foundation takes them on trips to other countries every two years. Mrs. Gila Almagor expressed heartfelt joy and appreciation upon receiving the exquisite crystal Award plaque, thank you letter, gifts and US\$5,000 contribution from Master. She mentioned that the charitable funds will be used to help more needy and sick children.

The Foundation also extends its care to the healthy children of families with severely ill children because on many occasions they tend not to receive as much attention as the seriously ill sibling. Mrs. Almagor explains, *"So we take the sick children and their whole families to go on trips, enjoying the green grass and the seaside; let them have some laughter and somehow forget about the hospital."* Regarding her work, she humbly said, *"I found that I have not given any strength to the children. On the contrary, it was I who have gained strength from them. I think that this Foundation is my life achievement."*

Not only has Mrs. Almagor been a vegetarian since the age of 14, she has also influenced some of her friends to adopt this compassionate lifestyle. She feels the world should change their attitude towards other beings, *"Animals have the right to live like we humans. I know that many regions in the world are in famine, not enough food, but it doesn't mean that we have to kill the animals."* *"We must teach the children to treat the animals and the great nature with love, and that should be included in the school curriculum. I think all the natural disasters happening in the world now are punishments for humans. Before it is too late, we must change our diet. Be Veg! Go Green! Save the Planet!"*

We applaud and cheer this radiant vegetarian movie star, Mrs. Gila Almagor, for rendering so much kindness and care to terminally ill children, and for setting an outstanding example of love in action. 🌱



Mr. Raphael Gamzou, Representative of the Israel Economic and Cultural Office in Taipei (ISECO) (3rd from left), Mrs. Gila Almagor (center), ISECO staff and our Association members

The Supreme Master Ching Hai International Association	
CONTRIBUTION RECEIPT	
Date:	10.2.03
Name of Donor (Print):	GILA ALMAGOR WISHES FOUNDATION
Address:	22, ROAD 11, TAIPEI 10045, TAIWAN
Contribution Amount (Print currency):	FIVE THOUSAND US \$.
Received By (Signature):	Gila Almagor
GILA ALMAGOR WISHES FOUNDATION RECEIVED FROM THE ASSOCIATION	

Receipt from the Gila Almagor Wishes Foundation for the US\$5,000 from Master

To watch Supreme Master TV's interviews and coverage of this Award presentation, please visit: <http://video.Godsdirectcontact.net/magazine/EE1157.php>



SHINING WORLD LOVING-CARE AWARD



Jasmine with her loving caretakers receiving the Shining World Loving-Care Award

animals with motherly love and comfort, and keeps them clean and warm, which is most beneficial for their healthy development. Over the years, she has been surrogate mother to five fox cubs, four badger cubs, fifteen chicks, eight guinea pigs, two puppies and fifteen rabbits. Recently, the 50th orphan to come under her care was a young deer.

To applaud and celebrate Jasmine's great loving deeds as mother and friend to all, Supreme Master Ching Hai bestowed on her the Shining World Loving-Care Award. Master wrote these touching words in Her letter. *"You look past the outer appearances and see the heart of every animal or human visitor. Jasmine, you yourself have the sweetest and softest heart that melts at the sight of a fellow being in need."* In addition to the Award plaque, Jasmine also received a beautiful coat, a lovely dog bed, US\$200 worth of green veggie bones, plus US\$5,000 in veggie and vegan food for the animals at the sanctuary. Geoff and Stacey were given Master's international best-selling publications, *The Dogs in My Life*, *The Birds in My Life*, and *The Noble Wilds* along with DVDs and CDs.



Jasmine in a special Doggie Coat from Master, smiling big

Geoff and Stacey sent this message in return, *"We would like to say a huge thank you to Supreme Master Ching Hai for all Her help and support. As the sanctuary is run completely on donations, the support has been a great help. Jasmine would like to say a huge thank you for her Award, coat, bed, treats and all the food that was brought for all her furry and feathered friends at the sanctuary."*

What a truly kind soul Jasmine is, to selflessly nurture these orphaned babies! May all animals be appreciated and provided the loving care they deserve, for they really are Heaven's blessing to us all. 🍀



JASMINE, A MOTHER AND FRIEND TO ALL

By Surrey News Group, UK (Originally in English)



On June 17, Golden Year 6 (2009), our Association members had the honor of meeting one of this world's heavenly creatures when they traveled to Nuneaton in England to present the Shining World Loving-Care Award on behalf of Supreme Master Ching Hai to Jasmine the Greyhound.

Jasmine was found abandoned in 2005 and was brought to Nuneaton Warwickshire Wildlife Sanctuary, where she has been under the devoted and loving care of Geoff and Stacey. Her condition soon improved, and she turned out to be the most caring and grateful resident at the sanctuary. To this day, she immediately takes charge of any orphaned animals that arrive at the site and is always eager to greet visitors, especially children. Jasmine showers the baby

The Supreme Master Ching Hai International Association
www.godsdirectcontact.org email: SMCH@GodsDirectContact.org
Tel: +44 (0)1829 500100 Fax: +44 (0)1829 500100

March 12, 2009

Jasmine, the Goddess
C/o Nuneaton Warwickshire Wildlife Sanctuary
70 Church Rd.
Nuneaton, Warwickshire
CV11 4BA, United Kingdom

Dear Jasmine,

It is with great pleasure and gratitude that we present to you the "Shining World Loving Care Award". This Award is presented in recognition of your loving care and attention towards your rescued animal family that has provided us humans with a beautiful and touching example of harmonious living, and for bringing much comfort and relief to your fellow beings.

Your compassion and heartfelt concern towards our animals at the Nuneaton Warwickshire Wildlife Sanctuary is inspirational. Knowing that just as the most compassionate, loving, sensitive, experienced human and his/her family, you would be helped down with empathy and understanding. Your acceptance of our love and care is a spiritual and divine, immediately granting them with a loving life and a smile. They are then blessed by your loving acceptance and divine comforting love, so that you have not only helped them stay warm and cozy. A variety of animals enjoy your devoted care and over the years, you have been caring for over 100 animals, 40 of which are 15 adults, 2 puppies and 15 kittens. Recently, the 50th orphan to come under your caring was a young deer. You look past the outer appearances and see the heart of every animal or human visitor. Jasmine you yourself have the sweetest and softest heart, which melts at the sight of a fellow being in need. Thank you for your selflessly nurturing and loving care, and your personal example of unconditional selfless love towards all, an extraordinary model of purity and goodness.

For providing exceptional care and comfort, nurturing and brightening the lives of your animal children, and for being a tender and selfless mother, you have captured and captured the great loving heart of Jasmine, Mother and Friend to All.

With Best Wishes and Love,
The Supreme Master Ching Hai

The Supreme Master Ching Hai International Association
CONTRIBUTION RECEIPT

Date: 12/03/09

Name of Recipient (Print): Nuneaton and Warwickshire Wildlife Sanctuary

Address: 70 Church road, Nuneaton, Warwickshire, CV11 4BA, ...

Contribution Amount: £250.00 (Pound currency)

Received By: Stacey Clark (signature missing/traceable)

Receipt from Stacey for Master's US\$5,000 contribution



SHINING WORLD HEROINE AWARD



Ms. Joseph and her husband

act and self-sacrificing spirit touched Supreme Master Ching Hai's heart who in turn granted her the Shining World Heroine Award.

On February 15, Golden Year 6 (2009), in front of over 50 guests from all over the city, including her husband, friends and the people she rescued, Ms. Joseph proudly received the Award, US\$3,000 for repairing her damaged home, Master's publications and a Heroine T-Shirt presented by our Association members on behalf of Supreme Master Ching Hai at Le Plaza Hotel in Port-au-Prince. When Master's appreciation letter to Ms. Joseph was read aloud to the audience, it was interrupted several times by thunderous applause. Ms. Joseph thanked Master for the Award and the wonderful gifts. In a follow-up letter, she expressed her deep respect and admiration for Master's work and also said, *"It is my experience that you are truly a good friend of the Haitian people."* The event encouraged and inspired her to spread the same message of love through her own association, "Organization for the Development of Haut Byenak (ODHB)."

A hero's salute and God bless you, Ms. Islande Bonne Joseph, for your warm-hearted courage and kindness. Wishing you every success in all your noble endeavors as we pray that the lives of the good people of Haiti will soon return to normal. 🍀



People Ms. Islande rescued during Hurricane Ike and other guests at the Award Ceremony



BRAVE WOMAN RESCUES NEIGHBORS DURING HURRICANE

By Florida News Group, USA (Originally in English)

Ms. Islande Bonne Joseph, a native of Gonaïves, Haiti, bravely guided some 50 people from the flooded streets to a ladder leading up to the safety of her roof, when Hurricane Ike brought dangerously surging waters to the city. Her courageous

Islande Bonne Joseph
Rue de la Poste 49
Gonaïves, Haiti

March 17, 2009

Mr. Thomas Ngo
145 SE 17th St
Cape Coral, FL 33906

Dear Supreme Master Ching Hai International Association,

It is with great pleasure and immense gratitude that I write to you today. It is my honor to accept this distinguished award and your generous contribution of US\$3,000 USD for home repairs. My heart is marked by your visit to Haiti and I cannot at this time find the words to truly express the respect and admiration that I feel for the work of the Supreme Master Ching Hai.

It is my experience that you are truly good friends of the Haitian people. It is my hope that we can continue to remain in contact with one another, as your institution has given me a great deal of courage and hope. In fact, the message that your institution has inspired in me has manifested through my work with my own organization, Organization for the Development of Haut Byenak (ODHB). If you wish, I can share more with you about the work of my organization in our next communication.

Please accept my heartfelt thanks for the important event that you bestowed upon me and for the opportunity to learn more about your important work.

Respectfully, and with great love and blessings,

Miss Islande Bonne Joseph

Thank you letter from Ms. Joseph for the US\$3,000 contribution from Master



SHINING WORLD HEROINE AWARD



HEROIC ACTIONS AND SELFLESS LOVE

By Kenya News Group (Originally in English)



Pokot female students to attain a full education.

In her native Kenya, FGM is a largely accepted practice on teen girls of Pokot, who drop out of school and get married, often forcefully, soon after the cut. Teresa has been worked tirelessly for the past several years to teach girls and boys about its negative health, psychological and social consequences for women. As an off-shoot of the advocacy clubs set up across Kenya by charity World Vision, she established Anti-Female Genital Mutilation/Early Marriage Advocacy Clubs. With the help of teachers and classmates, Teresa has recruited approximately 200 boys and girls in 13 schools to educate the community about the adverse consequences of FGM. Each member of the clubs works to influence at

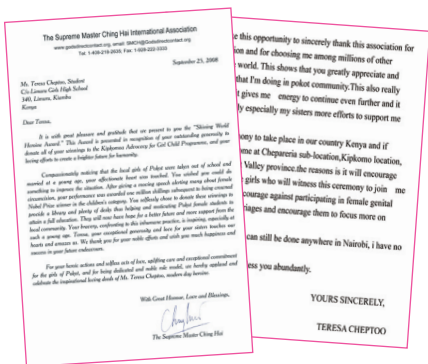
least two girls to say “no” to FGM and early marriage, and to encourage two boys to support the girls’ decision. They also convince their parents, relatives and neighbors to abandon these harmful traditional practices and adopt alternative rites of passage for the girls.

In recognition of Teresa’s brave advocacy against FGM and her outstanding generosity, Supreme Master Ching Hai granted her the Shining World Heroine Award and US\$2,000, which was presented to her by our Association members in October, Golden Year 6 (2009). In a thank you letter, she expressed her heartfelt appreciation for the Award,

“I would like to take this opportunity to sincerely thank this Association for the great appreciation and for choosing me among millions of other children all over the world. This shows that you greatly appreciate and recognize the work that I’m doing in Pokot community. This also really encourages me and it gives me energy to continue even further.”

We salute you, Teresa, for your heroic actions, selfless love and commitment in helping the girls of Pokot, as well as for being such a dedicated and noble role model. 🍀

To watch Supreme Master TV’s interviews and coverage of this Award presentation, please visit:
<http://video.Godsdirectcontact.net/magazine/NWN1257c.php>



Teresa Cheptoo received a US\$2,000 contribution from Master to support her noble work.

SHINING WORLD HERO AWARD



RAELEE THE HERO TERRIER

By Florida News Group, USA (Originally in English)

Recently an anecdote of a dog saving a human life made the headline in the local St. Petersburg Times, Florida. It all started when Stacy Savage found a stray terrier dog in front of a school. While trying to find the canine's caretaker, Stacy's neighbor Ms. Yolanda Segovia offered the dog, named RaeLee, a temporary home. In just four days, RaeLee had already befriended the family. He loved roughhousing with Azaiah, Ms. Segovia's 10-year-old son, yet was gentle to Christian, her elder son who has Down's syndrome and an array of other ailments.

On one of the days when Azaiah was out and Ms. Segovia was outside on the deck, RaeLee appeared at the screen door barking frantically. As she opened the door, the dog immediately raced back towards the boys' room. There Christian was slumping over in a writhing seizure with blood oozing from his nose and mouth. She instantly gave him CPR, and only then did RaeLee stop yelping. Later Ms. Segovia told Stacy, *"The neurologist said Christian would have died*

Several days later when RaeLee's caretaker Randy came to pick him up, he saw Christian's sadness at the thought of losing his new friend, so Randy decided to leave the dog with the family. Indeed, it was fortunate that RaeLee stayed with them, especially for Christian, as this wonderful animal companion has saved his life many times since then.

For his heroic deeds, Supreme Master Ching Hai conferred the Shining World Hero Award on RaeLee. Randy's family joined the Segovia's in their home for the presentation, on November 12, Golden Year 6 (2009). Yolanda accepted the Award plaque, an appreciation letter signed by Master, Her publications and many other gifts including a dog bed, vegan dog food and bones, and a check of US\$500 on behalf of RaeLee, as he ran around happily in his new HERO jacket.

After the presentation, everyone enjoyed a vegan luncheon provided by our Association members. In an emotional voice, Ms. Segovia thanked Master for Her great Award and love toward RaeLee. She also expressed her interest in becoming a vegan for the love of animals. 🍀



The Supreme Master Ching Hai International Association

www.smc-hai.com www.smc-hai.org www.smc-hai.com

1000 2nd Street, Suite 200, San Francisco, CA 94107-1200 415-398-2200 Fax: 415-398-2201

October 12, 2009

Re: the letter

Cs Yulanda Segovia to Steve Sauer

7362 S of Placerville St

Placerville, CA 95667

Date: 10/12/2016

Dear Ms. Segovia:

It is with much pleasure and gratitude that we accept on your part, the "Shining World Here

Around". This Award is presented to individuals of great personality, achievement, success, courage, devoted dedication and strong sense of morality, providing us all with a shining example of God's Infinite Love.

As you have requested, the certificate of your award, along with a letter of commendation, is being processed to be mailed to you.

After being presented from Placerville, you may wish to add any appreciation of the award to the certificate for your use in Shasta or Placerville or any other location.

On your first day in your new home, you had already been blessed with your spiritual gifts and abundance. You have also received the special word of Christ to embrace and love all people.

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SHINING WORLD HERO AWARD



HERO SPEAKS OUT AGAINST SMOKING

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



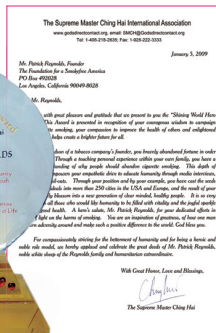
Mr. Patrick Reynolds is one of the nation's most influential advocates of the anti-smoking movement. He has helped remind millions of people around the world of the dangers of this very addictive substance. A grandson of tobacco tycoon and cigarette manufacturer R.J. Reynolds and a former pack-a-day smoker, Patrick saw his father, oldest brother and other relatives die from cigarette-induced emphysema and lung cancer.

Concerned about the widespread death, disease and economic hardship caused by tobacco, Patrick first spoke out publicly in Congress against the tobacco industry in 1986. Soon he was asked by the American Cancer Society, the American Lung Association and many others, to give presentations advocating smoking bans and new programs to prevent youths from starting. His powerful speeches, lectures as well as appearances in the media helped to pass early laws dividing restaurants into smoking and non-smoking sections. In 1987, he testified again in Congress, joining the many voices that helped bring about the first 2-hour ban of smoking on all US domestic flights. In 1989, he established the Foundation for a Smoke-Free America, based in Los Angeles, to educate people about the harms of smoking and tobacco use.

Mr. Reynolds' actions have earned him the praise and admiration of the World Health Organization, which honored him with a special award in 1988, and Chicago's Mount Sinai Hospital Group, which named him Humanitarian of the Year in 1989.

Today, Patrick continues his advocacy and is a frequent lecturer at colleges, high schools and middle schools. He gives advice on how to quit this harmful habit-forming drug to audiences of all ages and backgrounds, and has successfully lobbied for bans on smoking in public places. His influence extends internationally as he pushes for higher taxes on cigarettes as well as free education and smoking cessation programs.

For his dedication to improving public health and helping enact anti-tobacco laws, Supreme Master Ching Hai granted Mr. Patrick Reynolds the Shining World Hero Award, which was presented to him by our Association members on April 4, Golden Year 6 (2009), in Los Angeles, California, USA. Upon accepting the beautiful Award plaque along with a custom-made HERO jacket, Mr. Reynolds said, *"Supreme Master Ching Hai, thank You so much for recognizing our struggle against smoking. I hope to support the wonderful work that You are doing around the world to raise consciousness about global warming, about tobacco use, and the other good works that You are doing. I honor You and I recognize who You are in this world."*





SHINING WORLD HERO AWARD

We deeply thank you, Mr. Patrick Reynolds, for making it your life's mission to campaign against smoking and to empower people to quit. We sincerely wish you all the best, with Heaven's abundant grace, as you continue to inspire individuals around our planet now and for generations to come. 🍀

To watch Supreme Master Television's interview with Patrick Reynolds and the Foundation for a Smoke-Free America, please visit: <http://video.Godsdirectcontact.net/magazine/EE989.php>

To view Patrick Reynolds' special program on "A Talk with Your Kid about Smoking," please visit: <http://video.Godsdirectcontact.net/magazine/AW1033s.php>



♥♥♥♥♥♥♥♥♥♥ CHAD LINDSEY, A SUBWAY GUARDIAN ANGEL AND REAL-LIFE ACTOR

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

In August Golden Year 6 (2009), on behalf of Supreme Master Ching Hai, our New York Association members presented the Shining World Hero Award to Chad Lindsey, an American actor, who has worked on Broadway and on television shows such as *Law and Order*. He was even interviewed on the *Rachel Maddow Show* for saving the life of a person at Penn Station subway stop in New York City.

Several months earlier, Chad saw a man accidentally fall onto the subway tracks. Without giving it a second thought or having concern for his own life, he immediately dropped everything and jumped down to help him. The man was bleeding, so Chad called for assistance. Then sensing that a train was approaching, Chad quickly moved into action and lifted him up off the tracks to safety, similar to his own real-life acting role. Seeing that the man was being tended to, Chad humbly ignored the deed, melted back into the anonymity of the city, and went about the rest of his day as if nothing out-of-the-ordinary had happened.

To commend his remarkable instincts, agility, strength, boundless courage, and humility, Chad Lindsey was given a beautiful crystal Shining World Hero Award plaque, a bright yellow HERO jacket especially made for him, and a gift bag of Master's publications. Following the presentation, Chad mentioned that the falling of the stranger onto the subway tracks and the rescue all happened in a flash. He didn't have time to think. His natural response was to help. Chad also said he got his inner strength from his parents who respect and love nature. He tries in his own way to remind people that we're all responsible for caring for our mother earth. As a side business, he and his roommate sell T-shirts with "Nurture Nature," "Gaia Loves You," and "Do Good" imprinted on them. Thank you, Chad, for being such a caring and noble role model for your fans and all alike. 🍀





SHINING WORLD HERO AWARD



THE AMAZING TREK TO BAY CLIFF

By Michigan News Group, USA (Originally in English)

Gene Fletcher of Michigan, USA, is a courageous fourteen-year-old boy with scoliosis and cerebral palsy, who drove 100 miles in his motorized wheelchair in 2009. He raised over US\$20,000 for the Bay Cliff Health Camp, where he has been an enthusiastic camper for the last six years.

Bay Cliff Camp is a non-profit organization which has been in operation for more than 75 years. It offers physical, occupational, speech and music therapies to 180 campers with varying disabilities each summer, as well as gives them the opportunity to take part in a wide range of activities that include boating, swimming, dancing, and much more.

With that highly successful feat behind him, Gene is now up for a new challenge. He recently launched his "2010 Trek to Bay Cliff" campaign with support from his family and friends. His exceptional endeavor earned him the Shining World Hero Award, a US\$10,000 contribution from Supreme Master Ching Hai, along with a framed letter of recognition and a HERO jacket, which he received on September 25, Golden Year 6 (2009). In Her letter, Master commented that Gene is like a little Superman in disguise, "You have most certainly proved that what people call disabilities are merely differences – and it is differences that make life more vital and interesting, and Gene, you are making a difference to our world."

This Award was a pleasant surprise for Gene and his parents, who wholeheartedly encourage him and are exceedingly proud of his accomplishments and his giving spirit. Gene's father wrote back to Master, thanking Her for the generous contribution and said the money will be used to support his continuing efforts to help Bay Cliff Health Camp and other kids with disabilities meet their needs. The theme for his 2010 campaign is "Show the Magic," and Mr. Fletcher added, "He [Gene] will be travelling to the Upper Michigan area and hopefully, lower Michigan to spread his magic." We wish Gene great success in his new adventure. May his heroic acts continue to inspire people to live life with a sense of purpose and hope. 🍀



Thank you letter from Gene's father
for Master's US\$10,000 contribution





SHINING WORLD HERO AWARD



BOY RISKED LIFE TO SAVE FAMILY

By Philippines News Group (Originally in English)



Rodney Berdin, a thirteen-year-old Belison Secondary School student in the Philippines, plunged into the raging Sibalom River greatly swollen by Typhoon Fengshen (Frank), to save his family. After first swimming out to his younger brother and bringing him back to a tree to hold on to, he then managed to catch up with his mother and younger sister who were being washed away by the intense current. Having struggled for five hours to keep them afloat in the turbulent waters, finally they all grabbed onto a piece of driftwood and with that, were able to reach shore three hours later. Rodney's noble deed was congratulated by President Gloria Macapagal-Arroyo herself and other Philippines government officials.

Upon learning about his heroic and courageous act, Supreme Master Ching Hai graciously conferred upon Rodney the Shining World Hero Award. On October 22, (Golden Year 5) 2008, our Association members went to Antique Town, in Iloilo Province and presented Rodney this prestigious Award. In the presence of Governor Sally Perez, Mayor Vicente Piccio, Deputy Mayor Christopher Piccio, television crews from ABS-CBN, representatives from local Society Committees, town officials, Rodney's family members as well as the principal, teachers and students from Belison Secondary, Rodney happily received the beautiful Award plaque, a letter of acknowledgement, US\$2,000, a Hero T-shirt and a selection of Master's publications.

The Supreme Master Ching Hai International Association CONTRIBUTION RECEIPT	
Date:	October 22, 2008
Name of Recipient:	RODNEY BERDIN
Address:	Barangay, Belison, Antique, Philippines
Contribution Amount:	US\$2,000
Received by (Signature):	Rodney Berdin

Receipt from Rodney for the US\$2,000 contribution from Master



Rodney, together with his mother and younger brother, receiving Master's gifts



Two Certificates of Appreciation for Master from the Belison Municipality, in gratitude for Her humanitarian assistance to the Berdin family

In her speech during the Award ceremony, the school principal expressed her gratefulness to Master, saying, "She is truly a Saint who has given Rodney an invaluable gift." Well done Rodney, for being a gallant and noble role model for young and old alike. May you and your family enjoy many more precious, peaceful and happy moments together. 🍀

To watch Supreme Master TV's interview and coverage of this Award presentation, please visit: <http://video.Godsdirectcontact.net/magazine/EE821.php>



SHINING WORLD HERO AWARD



OFFICERS AND CIVILIANS TOGETHER SAVE VICTIMS WITH SELFLESS SPIRIT

By Formosa News Group (Originally in Chinese)



Inspector Ryan Monongdo (right), Mr. Rhuniel Kyle Venerayan (left) and Mr. Rhubert Venerayan (second on left).

When their hometowns were hit by floods, Inspector Ryan Monongdo and two teenage brothers, Rhubert and Rhuniel Kyle Venerayan from San Jacinto Town, as well as Mr. Noel Jarabata of Mangaldan Town bravely partook in the rescue operation oblivious of the dangers to their own lives. In recognition of their heroic actions, on November 12, Golden Year 6 (2009), our Association members from Taipei went to the Philippines and presented the Shining World Hero Award to each of the four heroes, together with Master's appreciation letter, publications and hero T-shirts.

Inspector Ryan Monongdo recalled that after the typhoon and heavy rains, residents of San Jacinto Town were trapped by the turbulent, fast-rising flood waters. As he had limited manpower in the police station, when he spotted the Venerayan brothers passing by, he quickly asked them to join the rescue force. The two brothers, who had been trained in the Reserve Officers' Training Corps, joined the work team without hesitation. Together, they rescued 130 residents using floating mattresses. Although the two siblings were only in their teens, they were very determined and courageous. Throughout the night, withstanding the cold waters, they continued to bring the people to safety. Inspector Monongdo emphasized that it was due to the concerted efforts from the two young brothers and his police colleagues that the work went on around-the-clock, allowing them to successfully transfer the victims to a safe area. Both the Inspector and the Venerayan brothers were deeply grateful to Supreme Master Ching Hai for honoring them with this Award, with the elder brother, Rhubert, even requesting many SOS flyers to distribute in his school.

When Typhoon Parma struck Mangaldan Town, Mr. Noel Jarabata was told that the neighboring village was hit by a flood and required basic necessities. He quickly carried food and water to the people there. To do this, he first tied one end of a long rope to himself and the other to an electricity pole, then waded across the turbulent waters, bringing the much needed items to the many villagers. Mr. Jarabata expressed his sincere gratitude to our Association and other groups who often rendered relief in the Philippines, helping disaster victims such as himself and other local people. He was also very thankful to Supreme Master Ching Hai for encouraging him with this Award, and wished Her longevity and good health. 🍀



Mr. Noel Jarabata (right) and his wife





SHINING WORLD PROTECTION AWARD



THE GUARDIAN OF TANAYIKU—PASTOR KAO CHENG-SHENG

By Taichung News Group, Formosa (Originally in Chinese)

Situated in the southern region of Formosa, Tanayiku was originally an eco-conservation area for the Tsou aboriginal tribe. However, due to excessive development and hunting activities, the rich and abundant Tanayiku was completely destroyed, leaving behind only a dead creek. Under the leadership and advocating efforts of Pastor Kap Cheng-sheng and the Tsou aboriginal tribe together they restored this land to its original glory as a holy place of peace and serenity where no living beings are harmed and all living forms are respected. Now, the Tanayiku Nature and Ecology Park has become a paragon of successful conservation. Numerous tourists have come to appreciate the beautiful re-emergence of new life as well as the tranquil and spiritual ambience.

Commending Pastor Kao Cheng-sheng's outstanding conservation work for the beautiful Tanayiku, which encourages people of the world to establish a harmonious relation with nature, our Association members went to Tanayiku on December 29, Golden Year 6 (2009), to present the Shinning World Protection Award to him on behalf of Supreme Master Ching Hai, and to thank him for his contribution to eco-conservation.



Pastor Kao Cheng-sheng (left)

Pastor Kao said, during the interview with Supreme Master Television, that he had attended the "Protect Our Home with LOVE" climate change seminar, and saw the touching scene of Master shedding tears, begging the world to wake up and stop hurting the Earth. He said, "I am grateful to the Supreme Master for Her efforts over the years. God has seen Your efforts. I also am sending You my best wishes. I want to tell the whole world that they must love the nature created by God and stop harming it. Harming nature is harming ourselves. So, Supreme Master, here I accept Your Award and I will try harder to advocate the message to convince more

people to become vegetarian, because vegetarian is the best diet. To live a healthy and happy life, we have to be vegetarian. All the audience worldwide, we have to become vegetarians and protect the environment. Only then can we save the planet that we are living on." 🌱

To watch Supreme Master TV's interviews and coverage of this Award presentation, please visit:
<http://video.Godsdirectcontact.net/magazine/EE1304.php>

VEGETARIAN ELITE



A Wise and Compassionate Councillor of York

Compiled by UK News Group
(Originally in English)

*If thousands make
a personal change,
the effect is far,
far greater.*

~ Mr. Paul Blanchard

Mr. Paul Blanchard is a well-supported Councillor of York after having been re-elected for a second four-year term in 2007 by his constituents. He was also recognized for his achievement in promoting animal welfare. Mr. Blanchard was previously a vegetarian, but after learning about the immense cruelty involved in dairy and egg production, he made the transition to vegan and has since enjoyed increased energy, better health and lost a few extra, unwanted pounds of weight.

Two or three years ago, after reading about how a councilman in Chicago had successfully banned the sale and production of foie gras within the city, Mr. Blanchard decided to organize a similar movement in York and launched a website called "Stopbirdtorture.com" to raise awareness about the production of such a so-called delicacy. His campaign was so



successful that it received national and international media coverage, and up to 40,000 people visited the site. As a result, seven restaurants in York stopped selling foie gras. In recognition of his achievement, the animal welfare group PETA (People for the Ethical Treatment of Animals) awarded Mr. Blanchard the "Most Progressive Politician Award" in 2008.

Being aware that people's dietary choices have a significant impact upon the climate and the Earth's limited resources, Mr. Blanchard said during an interview with Supreme Master TV, that more should be done to inform the general public of just how much damage their desire for cheap meat has upon the planet. He believes in human beings' inherent goodness and that many have a naturally moral conscience. Therefore, if the facts regarding the dietary influence on the climate were to be brought strongly to the public's attention, there would be a spontaneous reduction in the consumption of meat.

Mr. Blanchard fully supports the idea of Western governments taking a lead in this matter and would like to see more vegan MPs, as well as MPs in general, becoming increasingly aware of animal wellbeing issues and including them in their work, especially given the environmental consequences. Commenting on the growing trend in ethical consumerism, he said *"We can already see that consumers are looking for more ethically sourced products, in terms of fair-trade, in terms of animal welfare, and so on, so the demand is there. I think the supply just needs to change to react to that demand, and indeed take a lead."*

Mr. Blanchard emphasized the importance of individual choice. He said that if thousands make a personal change, the effect is far, far greater. He called for vegetarians to think about switching to veganism as it is not such a difficult step, but it does have a great impact, considering the cruelty involved in the dairy and egg industries. Being determined to work for the noble cause of animal welfare, he said, *"One of the reasons why I get out of bed in the morning is because it does need more and more people speaking up for this cause. I think it's the next thing that's going to change in terms of the evolution of consciousness of humanity."*

Bravo, Mr. Paul Blanchard, for your wise and courageous leadership. May more people share your vision of an elevated vegan world and switch to the compassionate diet. 🌱

To watch the Supreme Master Television interview with Paul Blanchard, please visit:
<http://video.Godsdirectcontact.net/magazine/VEG1220.php>

Elevation of the Soul 

Supreme Master Ching Hai's Latest DVD's

Summaries for the following DVDs are available on our online bookshop Web site: <http://www.smchbooks.com/> (English/Chinese)

DVD-853 (Spoken in English, with 23 choices of subtitles)

Interview with Supreme Master Ching Hai by East Coast FM Radio
Ireland, August 31 and November 30, 2008

DVD-854 (Spoken in English, with 23 choices of subtitles)

Media Interviews with Supreme Master Ching Hai:
- James Bean of Spiritual Awakening Radio
- Bob Lebensold of Environmentally Sound Radio
- Ms. Andrea Bonnie of Irish Independent Newspaper
U.S.A. and Ireland, July 29, September 11 and November 21, 2008

DVD-855 (Spoken in English, with 21 choices of subtitles)

Supreme Master Ching Hai on the Environment: Going in the Noble Direction
Auckland, New Zealand, August 19, 2008

DVD-867 (Spoken in English, with 26 choices of subtitles)

Save Our Earth Conference 2009
Seoul, Korea, April 26, 2009

DVD-872 (Spoken in English & Spanish, with 24 choices of subtitles)

Let's Make the Change - Protect the Environment
Veracruz, Mexico, June 4, 2009





Letter of Appreciation



A NEW BEGINNING for Proper and Kind Treatment of Animals

By USA News Group (Originally in English)

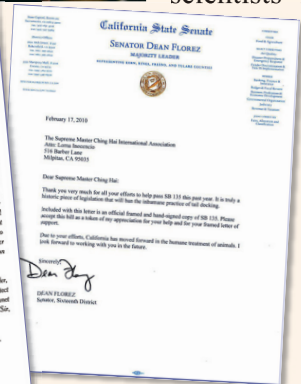
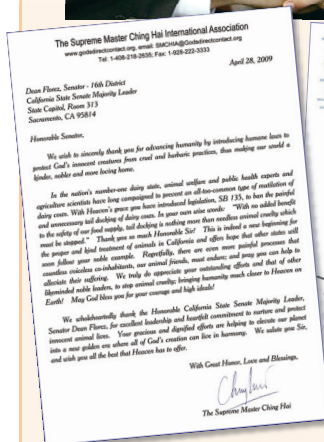
In California, the number-one dairy state in the USA, animal welfare and public health experts as well as agricultural scientists have long campaigned to prevent an all-too-

common form of mutilation of dairy cows. Last year, State Senate Majority Leader Mr. Dean Florez introduced legislation SB 135, to ban the painful and unnecessary practice of tail docking. He said, *"With no added benefit to the safety of our food supply, tail docking is nothing more than needless animal cruelty which must be stopped."* This bill, which has been signed into law by the governor, become effective January 1, 2010.

Supreme Master Ching Hai conveyed

Her deep appreciation to Mr. Florez in a letter, thanking him for his outstanding efforts to stop animal brutality and barbaric practices, thus making our world

a more humane, peaceful and loving home. She wrote, *"This is indeed a new beginning for the proper and kind treatment of animals in California and offers hope that other states will soon follow your noble example. Regretfully, there are even more painful processes that countless voiceless co-inhabitants, our animal friends, must endure; and pray you can help to alleviate their suffering."* In return, Mr. Florez sent Master a letter expressing his gratitude for Her support and an official, framed, hand-signed copy of the SB 135 Law. 🍀



Signed SB 135 Law: Animal Abuse: Tail Docking



The Giving Heart of a Young Boy

By Ohio News Group, USA (Originally in English)

Residing in Toledo, Ohio, 12-year-old Zach McGuire is seemingly just an ordinary all-American boy, but he possesses an extraordinary heart of generosity and kindness. In 2005, following the aftermath of Hurricane Katrina which ravaged New Orleans, Louisiana, Zach, who was only 6 years old at the time, set up a Kool-Aid drink stand and raised a total of \$480 to assist with the relief work. He was named Citizen of the Month by the Mayor of Toledo for his benevolent act. Two years later, when disaster struck Findlay, Ohio, Zach set up his drink stand once again, with the sign "Kool-Aid for Flood Aid," to help those affected by the flood. Then after wildfires raged in California, Zach, by selling hot cocoa, raised over \$1,000 to aid the victims.

Recently, Zach's own family has been affected by the economic downturn. Upon knowing that his father, Thomas McGuire, a licensed contractor had been unemployed for a time, he said, *"Dad I want to help. I've been blessed with all these toys and I would like to sell them and help out with paying the bills around the house."* He sold some \$2,000 worth of his toys, including his "Thomas the Tank Train Set." CNN News covered his story.

Touched by Zach's altruistic deeds and loving kindness to strangers in need and his own family, he was presented with a Letter of Salute and a gift of US\$3,000 from Supreme Master Ching Hai on November 22, Golden Year 6 (2009). Master wrote, *"Your amazing ability to rise to a challenge when necessary is what true heroes are made of young Zach! ... We wish your wise words would reverberate throughout the world, especially nowadays when humanity must unite to love, protect, and support each other."* In addition, Zach was given Master's international #1 best-selling books, *The Dogs in My Life*, *The Birds in My Life*, and *The Noble Wilds*, along with various DVDs and CDs.

Upon receiving this recognition and the gifts, our young hero said, *"I would like to say thank you to Supreme Master Ching Hai for this wonderful gift and I hope this check helps us out with whatever we need."* Mr. McGuire also expressed his gratitude to Supreme Master Ching Hai for Her support, saying that it was all a blessing from God. Zach's goodwill and spirit of sacrifice are truly a noble example for children and adults everywhere. 🍀



Receipt from Zach's father for Master's US\$3,000 contribution.

To watch Supreme Master TV's interview and coverage of the presentation of the Letter of Salute, please visit:
<http://video.Godsdirectcontact.net/magazine/EE1220.php>

Heroic California Firefighters Honored

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

In May, 2009, the Jesusita Fire burned more than 8,733 acres in Santa Barbara County, California, destroying or damaging approximately 80 homes and resulting in at least 30,000 people being evacuated.

During the rally that followed, firefighters from six counties raised funds for survivors and burn organizations. In supporting the firefighters' heroic efforts to protect the lives and homes of citizens, Supreme Master Ching Hai contributed US\$11,000 to the Santa Barbara and Ventura County Firefighters Quest for Burn Survivors. It was presented on June 4 by our Los Angeles Association members at the Santa Barbara County Fire Department, along with gift bags and an appreciation letter signed by Master.

In return, Rally 2009 Chairman, Mr. Scott French, wrote a thank you letter to Master, saying, *“On behalf of the Firefighters, Quest wishes to express a deep thanks and appreciation to you, Supreme*

[illegible][illegible]

Thank you letter and receipt from Firefighters Quest for Burn Survivors for Master's US\$11,000 contribution

reciation to you, Supreme Master Ching Hai, for your wonderful contribution and acknowledgement of the job and sacrifice that Firefighters make for the community.”

Sadly two months later, firefighters Tedmund Hall and Arnaldo Quinones lost their lives in the line of duty. Both men were working the large fire in the San Gabriel Mountains north of Los Angeles, that destroyed approximately 89 buildings, burned 160,577 acres, and caused thousands of residents to flee. Hearing of the tragedy, Supreme Master Ching Hai sent Her love and another check of US\$10,000 to the Los Angeles County Firefighters Memorial Widows and Orphans Fund which was delivered by our local Association members on September 24. The Los Angeles County Fire Department expressed their sincere gratitude for Master's generous



Mr. Mel Hokanson received Master's contribution on behalf of the Los Angeles County Fire Department.



contribution and pledged that 100% of it would be presented to the Hall and Quinones families.

We pray for the protection of those living in the Los Angeles area as well as the heroic firefighters who face the region's dangerous blazes, and hope that such disasters will diminish through our increased kindness to all of Earth's co-inhabitants and the environment. 🌱

COUNTY OF LOS ANGELES
FIRE DEPARTMENT
FIREFIGHTERS MEMORIAL COMMITTEE, INC.

October 7, 2009

Supreme Master Ching Hai
International Association, Los Angeles Center
P.O. Box 9602
El Monte, CA 91734

Dear Master Hai:

APPRECIATION

On behalf of the County of Los Angeles Firefighters Memorial Committee, I would like to take this opportunity to thank you and express my sincere appreciation to you for your generous contribution to the Widows and Orphans Fund.

As you know, a special fund was established to assist the families of our recently fallen firefighters, Captain Ted Hall and Firefighter Specialist James Quinones for which 100% of your donation will be presented to the Hall and Quinones families.

It is this type of support that allows us to help in some small way the families of Captain Hall and Firefighter Specialist Quinones who gave the ultimate sacrifice.

Sincerely,
Mel Wickham
MEL WICKHAM
Treasurer (Identification #95-4175714)

Mel

1330 N. EASTERN AVE.
LOS ANGELES, CA 90045
1315.861.4535

The Supreme Master Ching Hai International Association
CONTRIBUTION RECEIPT

Date: 09/24/2009

Name of Recipient (Print): Mel Wickham

Address: Los Angeles County Fire Department
1420 N. Eastern Avenue
Los Angeles, CA 90045

Contribution Amount: US \$ 10,000.00
(Please write in figures)

Received by (Signature): Mel Wickham

For Cash Only
No Cash Refunds
No Cash Exchanges
No Cash Withdrawals
No Cash Transfers
No Cash Deposits
No Cash Withdrawals
No Cash Transfers
No Cash Deposits

Thank you letter and receipt from the Los Angeles County Fire Department for Master's US\$10,000 contribution

A Haven for All Animals

By New Zealand News Group (Originally in English)

The Sanctuary in New Zealand was established by Shawn Bishop and Michael Dixon to provide a loving home for rescued animals and injured wildlife. On this 32-acre property in the hills of Matakana, north of Auckland, Shawn and Michael look after donkeys, goats, pigs and ex-battery chickens, as well as have a special interest in caring for native birds that are injured or orphaned. The birds are support-fed until they successfully establish themselves back into their natural habitat, which is the aim of The Sanctuary. The couple also runs a vegetarian bed and breakfast on the property that is ideal for animal lovers and helps to raise funds for these loving creatures.

To thank Shawn and Michael for creating a safe place for our precious co-inhabitants, Supreme Master Ching Hai sent a letter of appreciation to them. In addition, a US\$10,000 gift from Master was presented by our Association members to Shawn at the Sanctuary to further the work she and Michael carry out, helping, rehabilitating and re-homing animals in

need. Shawn was overwhelmed by Master's generosity and wrote a touching letter in return. The following is a portion of her letter:

The Supreme Master Ching Hai International Association
CONTRIBUTION RECEIPT

Date: August 1st 2009

Name of Recipient (Print): Shawn Bishop

Address: 141 Green Wilson Rd
RHS
Worksworth, New Zealand

Contribution Amount: US \$10,000
(Please write in figures)

Received by (Signature): Shawn Bishop

Receipt by the Shawn Bishop for the US\$10,000 from Master





Letter of Appreciation

Dear Supreme Master Ching Hai, and the International Association,

July 2009

I am writing to thank you from the bottom of my heart for your wonderful, delightful, unexpected support!! When the package you sent to us arrived, the first thing I saw was the books and DVDs. I thought, "What a lovely surprise." Then I read the letters from Supreme Master Ching Hai and from the International Association, and for a moment the world stood still. I experienced such a rush of emotions that I would find it difficult to put into words: joy, relief, disbelief, and gratitude all vied for dominance. I think Joy won . . . and then I sat down and had a good long cry!

I just don't know how to tell you how much your support means to us, to the work we do, and to me personally. I honestly feel as though someone has lifted a weight from my shoulders. For the next year at least, I can concentrate on caring for and loving the animals under our protection, without the constant worry of how to manage financially. That makes a HUGE difference to me on so many levels: practically, emotionally, and spiritually. How can I thank you for such a blessing?

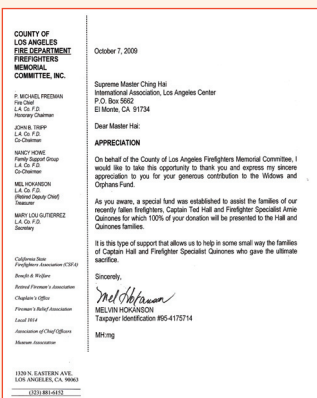
As much as I appreciate the financial assistance, of equal importance to me was the knowledge that someone else truly understood and appreciated what we do with and for the injured and orphaned birds and abused animals. It is such a privilege to be able to help them, and to share our lives with them. To have our efforts acknowledged and honoured in such a way touched me incredibly deeply. I now carry the feeling of loving support that you have provided, in place of where the weight and worry used to be. Thank you so much for making that difference.

I promise you that every cent of your generous donation will be used to the best possible advantage for the beautiful beings we care for.

You have given us the greatest of gifts—love, acknowledgement, and support. These gifts have lifted our hearts and our spirits, and on behalf of my husband, myself and all the animals at our Sanctuary, I thank you.

Most Sincerely,

Shawn Bishop
The Animal Sanctuary



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.

Loud and Clear

Spoken by Supreme Master Ching Hai, Oct. 27, 2007, Paris 4-day International Retreat, France
(Originally in English) **DVD #817**

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that finally allowed the elderly man to hear 100%. A month later the elderly gentleman went back to see the doctor and the doctor said, "Your hearing is perfect; your family must be really pleased that you can hear again." The gentleman replied, "No, not really. Well, I haven't told my family yet. I just sit around and listen to conversations, and so far I have changed my will three times." 🍀



Please visit the following websites to enjoy the original soundtracks of these jokes, and to also share the joy of Master's humor with those around you: <http://video.Godsdirectcontact.net/magazine/jk206-1.php>

Good Qualities

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

The girl said, "The man I marry must stand out in company, must be musical, must tell jokes, like dancing, and stay at home every night." So the mother said, "You don't want a husband, you want a television set." 🍀



Please visit the following websites to enjoy the original soundtracks of these jokes, and to also share the joy of Master's humor with those around you: <http://video.Godsdirectcontact.net/magazine/jk206-2.php>

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Book Department

E-mail: divine@Godsdirectcontact.org
Fax: 1-240-352-5613 or 886-949-883-778
(You are welcome to join us in translating Master's books into other languages.)

Online Shops

Celestial Shop: <http://www.theCelestialShop.com> (English)
Eden Rules: <http://www.EdenRules.com> (Chinese)

News Group

E-mail: lovenews@Godsdirectcontact.org

Spiritual Information Desk

E-mail: lovewish@Godsdirectcontact.org
Fax: 886-946-730-699

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Loving Hut vegetarian restaurant
<http://www.lovinghut.com/>

HOW TO CONTACT US

The **Ego** *Separates Us* from *Our True Self*

Wisdom is really important; and ego, we have to cut it.

The less ego, the better. It is a pity
because we don't really need this ego.

The "I" that knows everything already,
the "I" that is expert in this and specialist in that --
we don't need all that.

Because if we don't have them, then we are more smart.

We will become more intelligent, smarter, really.

Spoken by Supreme Master Ching Hai, International Gathering
December 6, 2008 (Originally in English)

The only reason I can do many things well and that everyone likes is because, perhaps, I have very little ego or none. I keep checking myself to see if any ego pops up. Perhaps the reason that your ego doesn't go away is because you don't have the chance to rub with other people, like no one checks you, no one fixes you; no one tells you what's wrong with you because you don't do anything with other people. Or, you are in a very high position outside in the society, like you are a boss or some director, manager, whatever; you are the one who tells everyone what to do all the time, and no one ever talks back at you. Also, sometimes even as a practitioner, you have no chance to be corrected by anyone else. But don't be offended; cut that ego off. Okay?

It's not enough that you meditate. You've got to be exposed to many situations to grow up. You have to go out and also react to the reality in order to have more intelligence. Meditation helps also, but if you don't have a chance to polish it, then it doesn't work.

If anyone at all scolds you, or even wrongly accuses you, be thankful for that person. That's good for your humility,

actually; and even if it's not true, it's also good for you. At that time, you check yourself out and then you know how much ego you have. If at that time you just still say, "Oh, I'm such a good person, why does he say like this and like this?" And you complain all day, and then you'll begin to hate that person, then still it's no good. Anyway, if someone corrects you in any way, that's really good for you. You learn from that mistake, and you become better and better.

No one is bad, just ego is bad. Truly the ego is the worst enemy of everyone. Many people like to keep it, that's the problem. If you listen to this ego too much, you forget your great Self, your intelligent Self, your wise wisdom Self. That is the only problem. It's a pity if you keep listening to the ego, like you know too much and all that. Then you don't know your real Self. **The main problem is the ego separates us from our true Self, from the one who truly knows everything. If we just think we know everything about this world, then we don't know our Self. That's the greatest problem with the ego.**

The ego is the greatest enemy. Sometimes the ego destroys a marriage, destroys a relationship, destroys a friendship, destroys the love between mother and son, or father and daughter even, because the ego causes conflict all the time—doesn't want to do anything that is pleasing to the mother or father or pleasing to the partner, just wants to do the thing that causes trouble. Day after day like this, if a partner always causes trouble, then of course the relationship is broken. You cannot remember anything but bad things about each other—bad souvenirs, bad events, bad results, anything—but never good. So, of course the relationship cannot live this way, the marriage cannot continue.

This is just phys

ically speaking. Talking about the spiritual level, of course you're even far away from your Self. If you're clinging to your worldly know-how a little bit, even if you don't even know enough and you think you know a lot, and you just cling to that, then you don't know your Self. For example, if you have something in front of you, like even just a thin curtain, you cannot see yourself through the mirror. But if that thin curtain falls down, then you can see yourself clearly. This is the ego problem. It just stands between people; it stands between your real Self and anything else that comes near you. Then it makes everything damaged or ruined or distorted; it is not the real thing anymore.

It's a pity. This is not the thing we should keep. It's our

enemy. The little knowledge that we think we know—that is not our true knowledge. The ego is really hard to get rid of, very, very hard; and it ruins many things in this world. It causes war. It causes enemies and hatred, and ruin of nations. The people who have no ego never want to war with anyone because they can see through the uselessness of those things. So, ego is the worst enemy of everyone in this world.

Animals, they don't have ego. True dogs, for example, don't have any ego. They are so pure, that's why they can love you every minute. Even if you just scold them, they come with wagging tail immediately, the moment you come and love them. They never hold any hatred within their heart for a second. You can see that. So if you want to see the egoless being, look at the dog. Truly it's like that.

Most animals don't have ego at all, until humans interfere and ruin their nature. That's the problem. We humans not only ruin ourselves by our little so-called knowledge of the world, but we also ruin nature, and we also ruin animals. We force them into crazy behavior. I observed it all and I know it. It's the truth. I'm not just telling it from books—it is truly like that. 🍀

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."

El Salvador

Master's Help Reaches Remote Areas

By Costa Rica Relief Team (Originally in Spanish)

On November 14, 2009, our relief team from Costa Rica went to El Salvador with Supreme Master Ching Hai's contribution of US\$10,000 to assist victims of Hurricane Ida, whose heavy rains had provoked landslides and floods, causing many people to lose their lives, homes and belongings.

Governor of the La Paz Department Doris Yanira Barahona

made arrangements for a car and truck to help the relief team reach the most severely affected communities, where they spent five days distributing the food they purchased to those in need with the help of a local government official. When the destitute residents saw the relief team's truckload of supplies, their faces beamed brightly and they were moved to tears. Expressing their sincere gratitude that God had answered their prayers, the villagers said, *"Thank you Master, for the food you sent us and for your love. God will bless you for your beautiful, noble heart."*

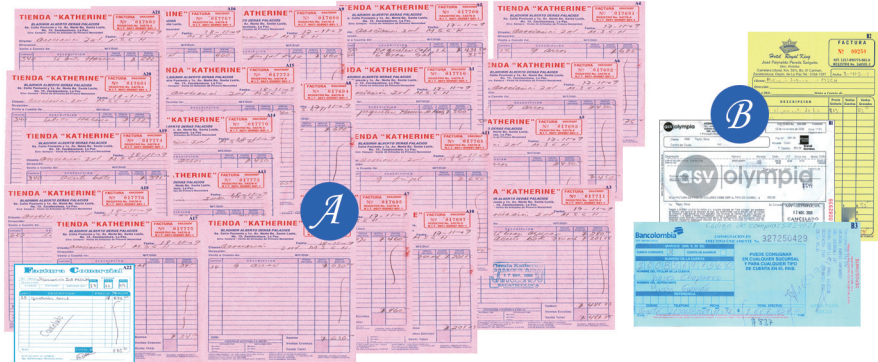
After reading the SOS flyers, the local people promised to eat less meat, try to become vegan, and cultivate more organic



food to help halt global warming. The team members extended their heartfelt thanks to the governor, local officials and volunteers who helped in the relief effort, especially civil protection lawyer Mr. Nelson Yanes, whose valuable assistance enabled them to reach the most remote villages. 🌱

Expenditures by Supreme Master Ching Hai and Her International Association for Hurricane Relief Work in El Salvador

Description	Amount (US\$)	Receipt
Food (rice, beans, flour, cooking oil, salt, sugar, etc.)	9,910	A
Travel expenses (transportation, hotel, etc.)	1,433	B
Total	US\$11,343	



Peru

Warm Clothes Help Children Brave the Harsh Winter

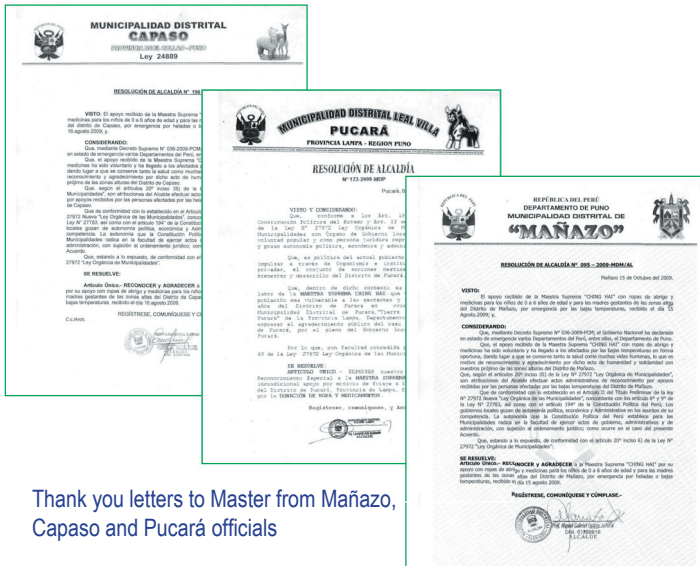
By Peru News Group (Originally in Spanish)

In August 2009, freezing temperatures in Peru left the country's vulnerable children unable to cope with the cold, and some young lives were lost due to pneumonia. Upon hearing of the tragedy, Supreme Master Ching Hai contributed US\$15,000 and asked our local Association members to form a relief team to distribute warm clothes and medicine to those in need.

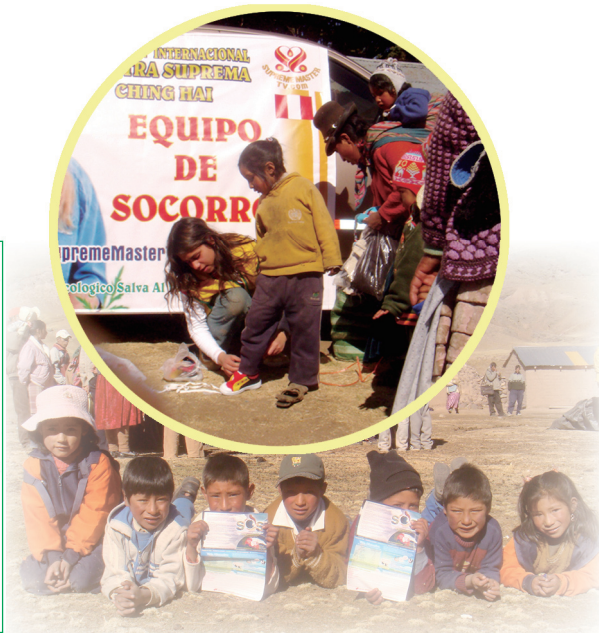
The team traveled to Lima and prepared 1,900 bags of relief goods for kids according to age. The packages were distributed in the coldest, high-altitude regions of Mañazo, Capaso, Santa Rosa of Masacruz, Paratia and Pucará. The children were overjoyed with their new clothes and their mothers expressed deep gratitude to Master for Her help. After receiving the sample booklets and SOS flyers, many of the women took the opportunity to learn more about the vegan diet and global warming. May God bestow upon everyone



on this planet a mother's love and compassion, so that we may care for each other and all living beings. 🌱



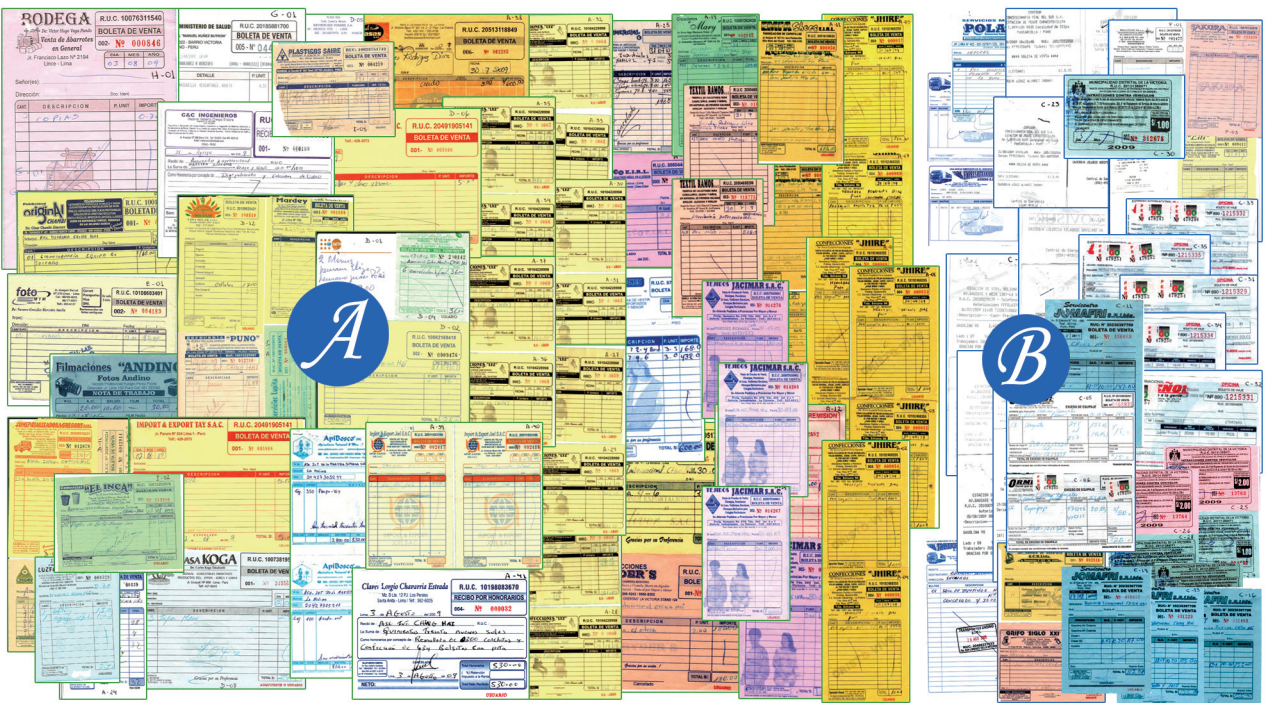
Thank you letters to Master from Mañazo, Capaso and Pucará officials



Expenditures by Supreme Master Ching Hai for Winter Relief Work in Peru

Description	Amount (PEN)	Receipt
Relief supplies (food, medicine, clothing, vitamins, bags, etc.)	38,503	A
Miscellaneous expenses (gasoline, packaging, tolls, parking fees, telephone costs, etc.)	5,885	B
Total	PEN 44,388 (US\$15,536)	

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



Guatemala

A Gesture of True Brotherhood

By Costa Rica News Group (Originally in Spanish)

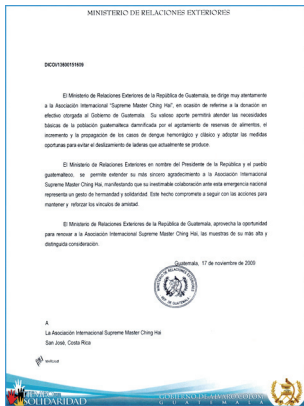
On November 17, Golden Year 6 (2009), Supreme Master Ching Hai International Association members from Costa Rica attended a ceremony organized by the Guatemalan Government and the Formosa (Taiwan) Embassy in Guatemala in appreciation of Supreme Master Ching Hai's US\$140,000 contribution which was used to ease famine conditions in Guatemala and to help prevent the spread of dengue fever.

Guatemala's economic crisis due to climate-change-induced crop losses has caused chronic malnutrition in 43.4 % of their children under the age of six. During the ceremony, the government officials and guests showed great interest in the scientific and statistical data on global warming presented by our Association members, who also introduced the same information to 90 students at the University of San Carlos the following day. The inquisitive students and their teachers also obtained magazines, DVDs and other materials on vegetarianism and climate change.

Mr. Estuardo Roldán, Guatemala's Vice Minister of Foreign Affairs sincerely thanked Supreme Master Ching Hai on behalf of the President and the Guatemalan people for Her "gesture of brotherhood and solidarity," taking the opportunity to express their deepest wish to form bonds of friendship. 🍀



During the ceremony, Mr. Estuardo Roldán, Guatemala's Vice Minister of Foreign Affairs, expresses his gratitude to Master for Her generosity and compassion.



Thank you letter from the Ministry of Foreign Affairs of the Republic of Guatemala (Originally in Spanish)



Receipt and thank you letter from Ing. Ivan Pérez, Director of the National Coordinator for Disaster Reduction (Originally in Spanish)



Pictured (from left to right) are Guatemala's Vice Minister of Foreign Affairs, Mr. Estuardo Roldán; Taiwan's Ambassador to Guatemala, Mr. Adolfo Sun; Guatemala's President of Agriculture and Livestock; an official from the Guatemalan President's office; three of our Costa Rican Association members; and another official from the Guatemalan President's office.

Mexico

Mexico Receives Master's Caring Relief

By Monterrey and Texcoco Relief Teams (Originally in Spanish)

In summer and autumn 2009, Mexico was overwhelmed with hurricanes, floods and landslides that destroyed houses and crops. Upon learning of the disasters, Supreme Master Ching Hai compassionately contributed relief funds, and our Mexican Association members went to the devastated regions to offer assistance.

Hurricane Relief Work

On June 23, tropical storm Andres strengthened into the Pacific season's first hurricane which struck Mexico with heavy winds and rain. Two relief teams traveled separately to Tecpan de Galeana Guerrero in central Mexico and the northern city of Cuauhtémoc in Chihuahua. Together with the local Civil Protection offices, they helped affected people living in remote areas. In Tecpan Guerrero, a woman who had lost her husband during the disaster was deeply grateful for Master's loving aid and concern. In Cuauhtémoc, Chihuahua, a boy who had lost his entire family received several bags of food and an envelope with funds to support himself. When he received Master's gifts, he too was extremely touched by Her blessings and love. A total of 500 bags of food supplies and envelopes containing relief funds were distributed to those in need.

On August 31, category 5 hurricane Jimena hit the Baja Peninsula in northern Mexico. On September 11, our Mexican Association members promptly delivered 1,050 allotments of food and water to the victims in the most ravaged areas of Mulege and Comundu.



Flood and Mudslide Relief Work

Following downpours and flooding in central Mexico during the first week of September, 1,500 people were evacuated from their homes. In Mexico City, 20 districts in the southern borough of Magdalena Contreras were inundated with a mudslide, causing the greatest devastation and loss of life. On September 9, to ease the

suffering of those in pain, our relief team purchased and delivered first aid kits and emergency medications, as well as conveyed Master's heartfelt sorrow and prayers for their quick recovery.

In November, severe floods that swept through the Tabasco State cities of Huimanguillo and Cardenas resulted in some 32,500 residents having to be evacuated, over 50,000 left homeless, and some losing their lives. In neighboring Veracruz State, 850 families were also rendered homeless. When our team arrived in Huimanguillo, the victims were beginning to return to their homes but had lost all their possessions, so food supplies were distributed. In Las Choapas, as the relief team handed out 3,000 bags of food in the flood afflicted regions, lifting everyone's spirits, they noticed that the local people were very curious about the beautiful Supreme Master Ching Hai.

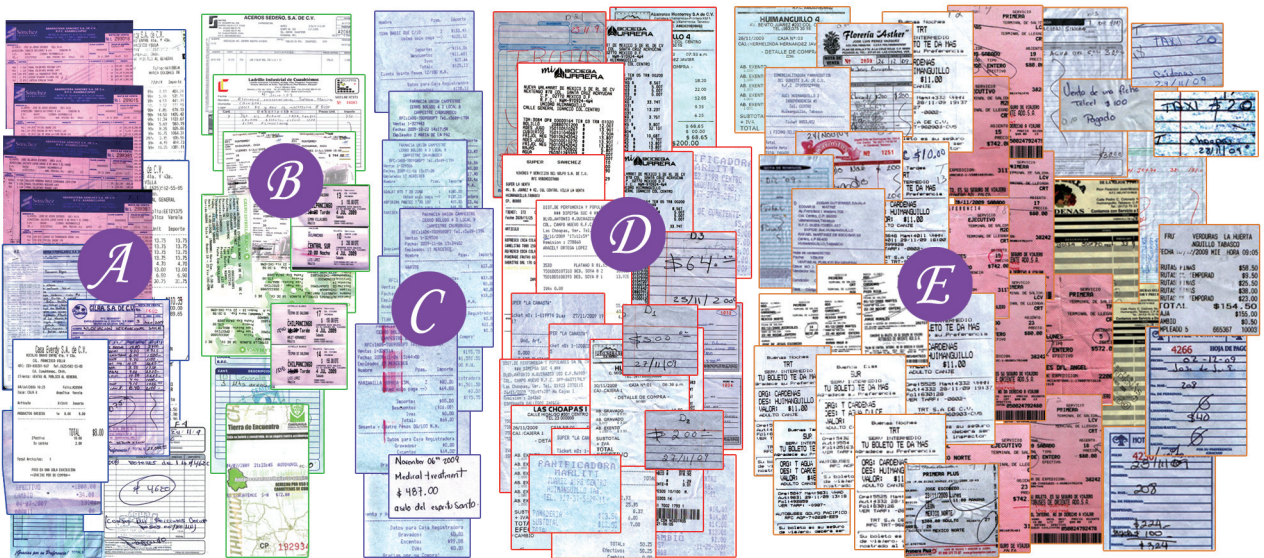
Throughout these activities, all the recipients were very grateful for Master's loving aid, with some even shedding tears. We pray that those affected will soon regain stability in their lives, and that such weather extremities subside through people's kinder actions toward all beings. 🍀



Expenditures by Supreme Master Ching Hai for Hurricane, Flood and Mudslide Relief Work in Mexico

Description	Amount (MXN)	Receipt
* Food (rice, beans, cooking oil, canned food, drinking water, flour, salt, sugar, cookies, sweets, etc.) * Daily necessities (soap, shampoo, detergent, toilet paper, etc.)	269,736	A
Construction materials and labor fee for repairing houses and building bathrooms	8,538	B
Medical expenses (medicines, first aid kits, medical treatment, etc.)	2,699	C
Cash contributions to flood victims	27,177	D
Miscellaneous expenses (photocopies, phone cards, transportation, etc.)	10,685	E
Total	MXN 318,835 (US\$25,626)	

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



Brazil Master Helps Brazilians in Tornado and Flood Recovery

By Brazil News Group (Originally in Portuguese)

In an unusually violent tornado that struck Brazil in September 2009, four people lost their lives, 852 were injured, and 312 evacuated from their homes. After hearing of the disaster, Supreme Master Ching Hai provided relief funds and asked our local Association members to go to the most affected counties in the state of Santa Catarina.



The Deputy Mayor (right) and Secretary of Administration (left) attentively listened to our relief team member's explanations on the root cause of global warming.

In Guaraciaba, both the Deputy Mayor and Secretary of Administration showed great interest in the *SOS flyers* and the message of changing to a plant-based diet to save the world from global warming. Later, they kindly arranged a car and a driver for our relief team, so that they could reach the most severely affected communities in the region to distribute cash envelopes to those in need. The team then visited Guataparema, Guatapar, Linha Tigre, Linha Sede Flores and Linha Welter, providing financial assistance,

Love In Action



SOS flyers, sweets for the youngsters, and comfort for the distressed families. Medicine was also bought for children with fevers. When local channel TVBV heard about the rescue work, they interviewed our Association members and a highly positive report on their efforts was aired.

Then in January 2010, with Master's loving concern, our relief team from São Paulo Center visited Morro da Carioca, one of the areas most affected after incessant rains led to overflowing rivers and mudslides around the Rio de Janeiro region. The disaster caused the loss of 19 lives, with over 200 people being forced to leave their homes and numerous others left injured and homeless.

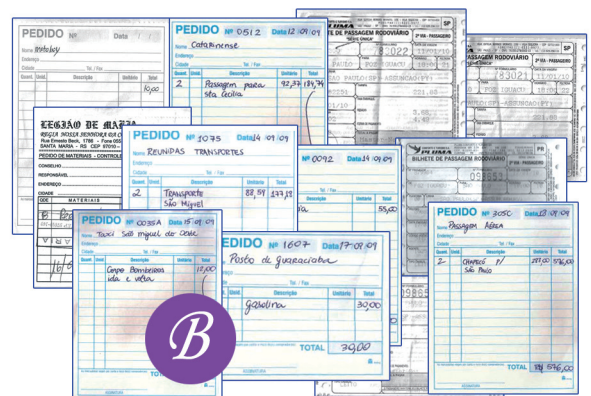
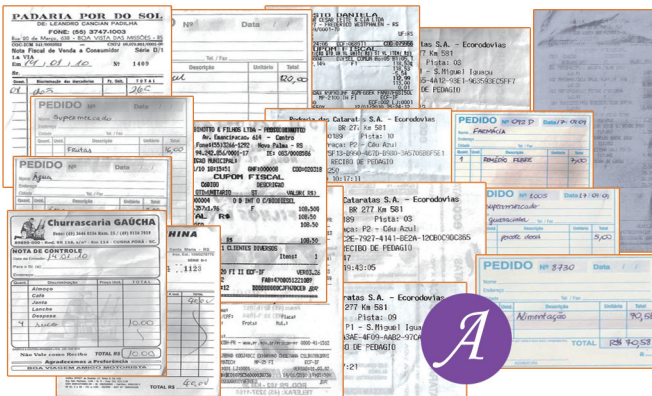
The relief team assembled 110 kits containing much-needed items and *SOS flyers*. They set out for Agudo City to distribute the supplies and financial

assistance to those who had lost loved ones in the disaster. They also brought comfort to despairing families with loving members still missing after 8 days. At the next stop in the city of Nova Palma, where the flooding had destroyed 12 bridges, as well as damaged 96 homes and 4 dams, the team delivered financial aid and relief kits along with Master's love. The people were very happy and grateful to Supreme Master Ching Hai, thanking Her immensely for the help. We pray that all such disasters will cease as more change to the humane and eco-friendly vegan diet. 🍀



Supreme Master Ching Hai International Association Expenditures for Tornado and Flood Relief Work in Brazil

Description	Amount (US\$)	Receipt
* Food, drinking water, sweets, etc. * Daily necessities (toothbrushes, toothpaste, soap, detergent, sponges, cleaning cloths, disinfectant, toilet paper, shampoo, etc.) * Medicine	1,596	A
Transport of relief supplies as well as relief team members' accommodation and other expenses	1,125	B
Cash contributions to the victims	1,800	
Total	US\$4,521	



Kenya

God's Love Helps Kenyan Flood Recovery

By Kenya News Group (Originally in English)

In spring 2009, heavy rains and flooding in Kanyipir and Homa Bay in Kenya destroyed houses and crops, severely disrupting the livelihood of approximately 1,300 people. Upon learning of the disaster, Supreme Master Ching Hai compassionately contributed US\$15,000, and our Tanzanian Association members traveled to the affected areas to conduct relief work.

When the relief team arrived in the area's mountain villages, they distributed vegetarian food supplies, blankets and mosquito nets along with SOS flyers. They also explained the link between extreme weather events and global warming and how the plant-based diet benefits the world by alleviating climate change.

In November, El Niño-induced rainfall in Magarini and Malindi in Kenya again destroyed houses and crops. Over 1,300 people were rendered homeless. Upon hearing of these events, Supreme Master Ching Hai contributed US\$10,000 for the purchase of food and mosquito nets, which Association members handed out to villagers who were deeply thankful for Master's loving care and support.

Heavy rains continued to fall across the northern parts of Kenya up to the end of 2009 and into 2010, causing major floods and landslides that left 30,000 people in urgent need of relief. In response to this dire situation, Supreme Master Ching Hai contributed another US\$10,000 in January, and our local Association relief team went to the affected areas where they offered aid to the most vulnerable.

As the grateful villagers of Lodwar in northwestern Kenya received their supplies, they sang the following song in deep praise to God:



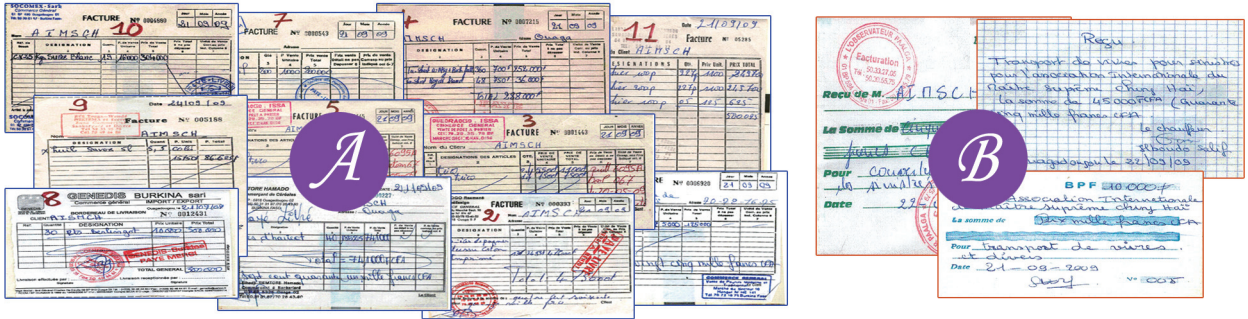
*Today is the day,
A day when God Himself meets His people.
So many have come and gone, leaving nothing behind.
Big persons have come, VIPs have come,
Churches, organizations and many others, never to come back.
But today, it's God Himself,
Nothing but God, who has visited us and provided for us.
Glory to the Almighty.
God has come. 🍀*

Description	Amount (KES)	Receipt
Food (rice, potatoes, cooking oil, maize, pasta, flour, beans, salt, vegetables, etc.), supplies (soap, matches, mosquito nets, blankets, etc.) and transportation expenses	2,604,014	A
Total	KES2,604,014 (US\$35,036)	

Expenditures by Supreme Master Ching Hai for Flood Relief Work in Burkina Faso

Description	Amount (XOF)	Receipt
Food (beans and sugar)	3,201,150	A
Relief materials (clothing, buckets, school supplies, etc.)		
Miscellaneous expenses (gas, packaging, publishing newspaper articles, etc.)	118,700	B
Total	XOF 3,319,850 (US\$ 7,501)	

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



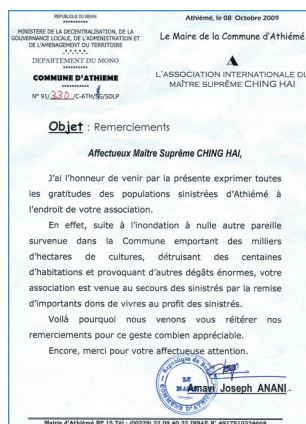
Benin

Flood Victims Appreciate Master's Love

By Benin News Group (Originally in French)

In July and August 2009, the West African nation of Benin experienced devastating floods that damaged 2,000 homes, a health center and other buildings, leaving at least 11,000 residents homeless. A state of emergency was quickly declared.

Upon learning of the disaster, Supreme Master Ching Hai compassionately contributed US\$10,000 to help in the relief effort. On September 4, in bringing Master love to the victims, our Benin fellow initiates distributed much needed food to approximately 2,000 households.



Thank you letter from the
Mayor of Athieme

Unfortunately, more severe floods struck the country in late September, which affected 37 villages in the area of Athieme, displaced 23,000 people, took ten lives, destroyed 1,208 houses, and left 5,869 homeless. Our relief team returned to the region on October 9 and with Master's additional US\$3,500 contribution, they bought and handed out more food to the displaced families.

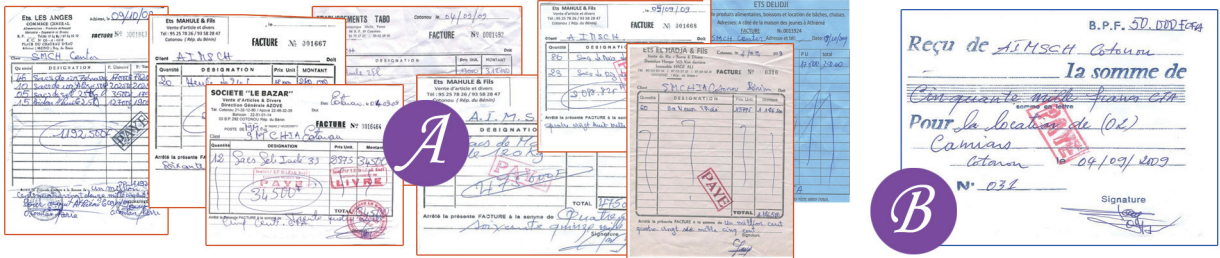
The Mayor and villagers were deeply touched by Master's heartfelt concern and warmly assisted the team. It was very encouraging to hear many express their willingness to become vegan and go green. Afterwards, on behalf of all the people, the Mayor of Athieme sent a letter to Master, thanking Her for the loving kindness and aid. 🌱



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

Description	Amount (XOF)	Receipt
Food (rice, maize, salt and vegetable oil)	5,899,325	A
Transportation	50,000	B
Total	XOF5,949,325 (US\$13,306.54)	

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



Somalia

Master's Aid Reaches Flood-Stricken Somalis

By USA News Group (Originally in English)

In May 2009, torrential rains in Somalia caused severe flooding that claimed the lives of several citizens and injured many others. In addition, numerous buildings were destroyed and hundreds of families were evacuated overnight. Hearing of the victims' urgent need for shelter materials, Supreme Master Ching Hai contributed US\$20,000 to Development Frontier International (DFI), an NGO working with local government personnel to shelter the homeless. The DFI responded with a letter expressing the groups sincere thanks to Master for Her timely contribution.

In October, heavy rains following a drought again produced flash floods in the country, causing over 15,000 people from the town of El-Waq to be displaced. Many makeshift shelters in and around the Somali capital of Mogadishu were also swept away during two days of downpours and flooding. Thousands of people were left in dire need of shelter from the cold, rainy weather as another 6,000 families in the coastal city of Kismayo were affected. In early 2010, Master sent another

US\$20,000 for the purchase of relief supplies and shelter materials to Tostan Community-led Development, along with Her deep sorrow and prayers for the restoration of happiness

and well-being to the Somali people. With God's blessing, may peace reign in Somalia and its citizens live in harmony and abundance. 🍀



Donation Receipt from DFI Development Frontiers International

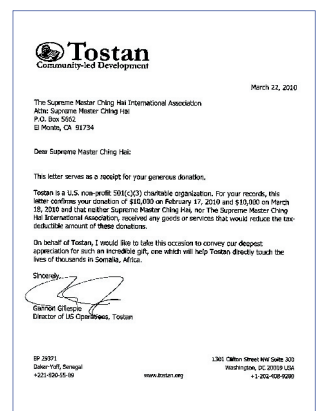
100 B-100 Riverside Blvd Toronto, Ontario M9W 1B7 Tel: 416-792-2395 Fax: 416-792-1415
P.O. Box 280-8663 North York, Ontario M2N 6K6

The Supreme Master Ching Hai International Association
P.O. Box 5662
Brimley, CA 91734

Donor name: _____
Address: _____
City: _____
Phone: _____
Total pledge amount: \$ 20,000.00

Type of donation: (Donation)
Description: (Somalia Town of El-Waq)
Value: _____
(Helping displaced people for shelter material, clean water)

Thank you for your generous support!



Receipt from Mr. Gannon Gillespie, Director of US Operations, Tostan Community-led Development, for Master's US\$20,000 contribution

Thank you letter and receipt from Mr. Aden Abdulle, the Executive Director of DFI, for Master's US\$20,000 contribution

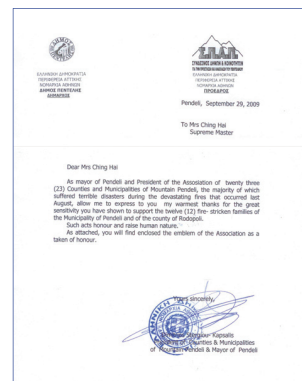
Greece

Fire and Flood Victims Are Comforted by Master's Love

By Bulgaria Relief Team (Originally in Bulgarian)

Carrying Supreme Master Ching Hai's loving concern, our Bulgarian Association members formed a relief team and travelled to Pendeli in the Athenian Mountains of Greece to render aid after fires had devastated local townships in August 2009. Upon arrival, they found that although 17 districts around Mount Pendeli had been affected, the fire had damaged homes only in the towns of Pendeli, Rodopoli and Stamata.

On September 25, with the help from an assistant to Pendeli's Mayor Dimitrios Stergiou-Kapsalis, the team used Master's US\$15,000 loving contribution to purchase and deliver food and supplies to the needy along with Alternative Living and SOS flyers. For some, this was the first aid they received since the fire and they were so thankful to Master for Her care and love that they wept tears of joy. While expressing their gratitude, many said they would write messages on Supreme Master TV's website to thank Master for Her loving help, as well as inform local newspapers about Master, Her Association and their work in the region.



Touched by Master's benevolence, the Mayor of Pendeli gave Master his Association's emblem and a letter of appreciation.

Gift of Love to the Bereaved

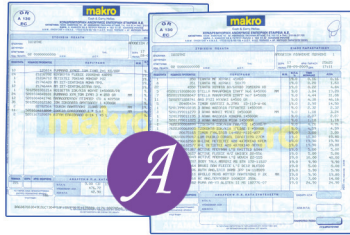
In November 2009, incessant rains caused creeks and rivers to overflow across northern Greece. During the flooding, firefighters rescued many residents stranded in their cars or homes. The raging waters also severely damaged roads, buildings and crops, but disaster relief personnel were able to help those affected, thus easing the situation.

Supreme Master Ching Hai asked our local initiates to lend assistance to those in need and convey Her love. The team then found Mrs. Paraskevi Tsopanoglou who had lost her husband in the disaster. They offered her Master's heartfelt concern for her loss as well as a gift of €1,010 which was delivered on Christmas Day along with Alternative Living and SOS flyers and a sample booklet. Mrs. Tsopanoglou was deeply touched to receive Master's love and thoughtfulness in her family's time of need.

We pray that the vegan diet will be adopted worldwide so as to end such climate-change-induced tragedies, and bring peace and harmony to our planet. 🌱

Expenditures by Supreme Master Ching Hai for the Fire and Flood Relief Work in Greece

Description	Amount (EUR)	Receipt
Food (rice, noodles, biscuits, olive oil, tomato paste and sweets) and supplies (packing bags, blankets, towels, bed sheets and clothing)	1,254.69	A
Cash contribution	9,090.00	B
Relief team members' traveling expenses	640.00	
Total	EUR10,985 (US\$16,200)	



Spain

Firefighters' Families Receive Master's Love

By Valencia News Group (Originally in Spanish)

In July 2009, the provinces of Lérida and Teruel in eastern Spain were ravaged by massive wildfires, during which six fire-fighters lost their lives. On July 28, after the fires were extinguished, a group of our Association members from the Valencia Center travelled to Lérida to convey Master's condolences and love to the six families of the deceased fire-fighters. Two of the families received €1,000 each from Supreme Master Ching Hai, along with a selection of Her books and DVDs. Lérida City's Chief Inspector of Fire-fighters delivered Master's gifts, which were greatly appreciated and served to comfort those who had lost their courageous loved ones. 🍀



United Kingdom

Hope House Children's Hospices Provides Special Care

By London News Group (Originally in English)



Thank you letter from Hope House
Children's Respite Hospices
for Master's £11,668.10 contribution

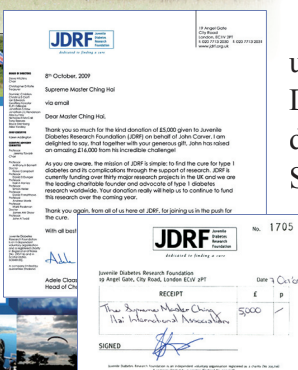
With facilities in Shropshire and Northern Wales, Hope House Children's Hospices care for more than 320 terminally ill children and their families. A July 2009 golf tournament in Wales organized by leading UK ferry company Stena Line Limited and co-sponsored by its contractors and suppliers raised over US\$49,000 for Hope House, bringing the charity group to Supreme Master Ching Hai's attention.

In August, Golden Year 6 (2009), Master lovingly contributed US\$20,000 to the Hope House Children's Hospices. After receiving Her check, the organization's fundraising manager, Sarah Kearsley-Wooler, sent Master a beautiful letter of deep gratitude, thanking Her on behalf of all the families and children who will benefit from Her loving kindness. We are grateful to Hope House and its fund-raisers and staff for their noble efforts. May God bless these compassionate, caring people and their patients.

Flying Bike Crosses the UK for Diabetes Research

On August 1, Golden Year 6 (2009), John Carver bravely embarked on a 1,475-km (917-mile) journey from one end of the UK to the other on his flying bike called a "flyke." It took him eleven days to cover the distance between Land's End, Cornwall, and John O'Groats, Scotland.

Mr. Carver is a school teacher and his motive for undertaking the trip was to raise funds for the Juvenile Diabetes Research Foundation (JDRF), a charity devoted to finding a cure for diabetes in children. Supreme Master Ching Hai supported Mr. Carver's noble effort and bravery with a gift of £5,000 to help the charity. John wrote in a thank you letter to Master, "Your contribution was so unexpected but completely and utterly heart warming—thank you so much." JDRF was also thrilled to receive Master's generous contribution and expressed their deep gratitude in a personal letter.



Thank you letters and receipt from the JDRF and
Mr. John Carver for Master's £5,000 contribution

John intends to take another trip on his flyke in the near future to raise more money for his favorite charity, and we wish him great success and many blessings in his next endeavor! 🍀

Morocco

Master Provides Moroccan Children Wintertime Relief

By Paris Relief Team (Originally in French)

The winter of 2009 has been especially harsh in the middle Atlas Mountain region of Morocco. Upon hearing of the residents' hardship, Supreme Master Ching Hai contributed funds for the purchase of jackets, caps and gloves to protect the children from the cold, along with basketballs for them to play with and sweets to uplift their spirits.



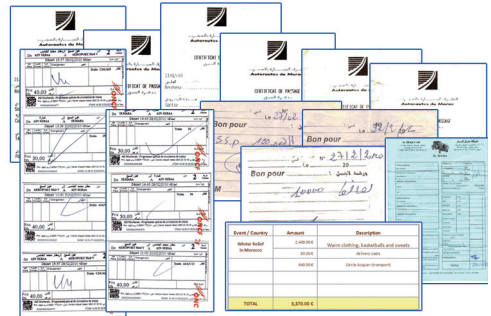
In October, some of our Association members from Paris, France distributed the items at schools throughout the area. The local director of education thanked Supreme Master Ching Hai for Her generosity, wishing Her good health and a long life. The remaining relief supplies were delivered to the children in Douar Chaouia Village in the Ghrab region, where recent flooding had caused considerable damage. The youngsters gratefully received the gifts and thanked Master for Her help.



Bringing Comfort to the Flood-Afflicted Families

On February 20, 2010, two of our Association members from the Paris Center, on behalf of Supreme Master Ching Hai, flew to Morocco to bring aid and comfort to afflicted families of a torrential rain. Dozens of people lost their lives across the country and 300 houses were destroyed. Some people even had to go into the forest to find shelter and a place to sleep.

Our fellow initiates were welcomed by a hospitable vegetarian Moroccan family, who helped them communicate with the local people in a more efficient way. As soon as the team was able to find a car, they went to visit those in dire need to hand out cash envelopes that would help them to repair their houses or purchase necessities like clothes and blankets, as well as offer some loving words of encouragement to them. Overall sixty envelopes (approx. US\$4,300) were distributed. Master's gifts were received with great joy and sincere thanks by all the recipients. One man commented, "If everyone was as generous as your Master, the world would become a paradise." 🍀



Receipt for Master's €6,606 (approx. US\$9,288) contribution for Morocco relief supplies

Samoa

God's Love Comforts Pacific Islanders in Need

By Australia Relief Team (Originally in English)

On September 29, 2009, the islands of Samoa, Tonga and American Samoa suffered a devastating tsunami that destroyed many homes and killed 136 people. Upon hearing of the disaster, Supreme Master Ching Hai contributed US\$20,000 to aid the victims. Our Association members from Australia formed a relief team and went to Upolu, the most populated and severely damaged Samoan island, to bring material and spiritual comfort.

Despite aftershocks and another tsunami warning on the day the team arrived, they were able to locate the Disaster Management Office (DMO) and found that they had already arranged for medical aid, shelter and food for those in need, and that the Samoan people were recovering from the tsunami due to their strong community support system and their deep faith in God. From October 5 to 10, the team worked with DMO to distribute packages containing building and gardening tools and food bowls. To help the local people celebrate White Sunday, a national holiday honoring children, they offered over 600 gift



bags containing things like flowers, cups, toys, biscuits and T-shirts as well as SOS flyers to families and children who were orphaned or hospitalized by the tsunami. In addition, the affected people also received Master's animal books and press kits, which were greatly appreciated.

The Samoans' love of God and family is evident in all their actions. May these beautiful and spiritual people be protected from further disasters. 🍀



Expenditures by Supreme Master Ching Hai for Tsunami Relief Work in Samoa

Description	Amount (WST)	Receipt
Relief supplies (tools, bowls, shovels, saws, hammers, nails, measuring tapes, gloves, crow bars, etc.), food and water	13,463	A
Gift bags for children (toys, cereal, biscuits, juice, sweets, chips, peanuts, bowls, cups, T-shirts, coloring books, crayons, etc.)	33,631	B
Total	WST 47,094 (US\$ 20,067)	

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



Australia Six-Year-Old Helps Save Australian Wildlife

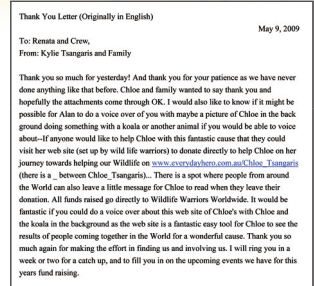
By Brisbane News Group (Originally in English)

On May 8, Golden Year 6 (2009), Supreme Master Ching Hai lovingly supported the fundraising efforts of six-year-old Chloe Tsangaris with a US\$3,000 contribution to the animal-aid group Wildlife Warriors.

Animal lover Chloe raises money and organizes children's activities to support this special organization, which cares for sick and injured wildlife at its veterinary hospital on the site of the late Steve Irwin's Australia Zoo.

The funds were presented at the Zoo by representatives of Supreme Master Ching Hai, along with Master's books *The Dogs in My Life* and *The Birds in My Life*, a selection of Her DVDs, chocolates and a \$100 voucher for the Loving Hut restaurant in Brisbane. Chloe and her family were overwhelmed by Master's recognition and gifts.

We sincerely thank Chloe, for inspiring the public with her shining light of kindness and compassion for our fellow beings. 🍀



Thank you letter from Chloe Tsangaris' mother Kylie Tsangaris



USA

Master Helps in the Effort against Juvenile Diabetes

By New York News Group (Originally in English)

On August 15, Golden Year 6 (2009), initiates from our New York Center were honored to present Juvenile Diabetes Research Foundation (JDRF) volunteers Mark Bernstein and Michael Denmark with a generous contribution of US\$10,000 from Supreme Master Ching Hai. Mr. Bernstein and Mr. Denmark coordinate events that inform the public about type 1 diabetes and raise funds for research to find a cure.

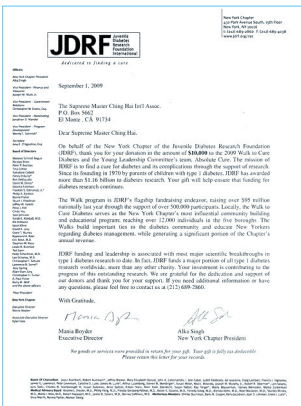


"Each year, approximately 30,000 Americans are diagnosed with type 1 diabetes; over 15,000 are children. That's 35 children every day, approximately one child per hour." (www.jdrf.org) Because diabetes is so prevalent in the US, Mr. Bernstein stresses the importance of regular checkups for the disease.

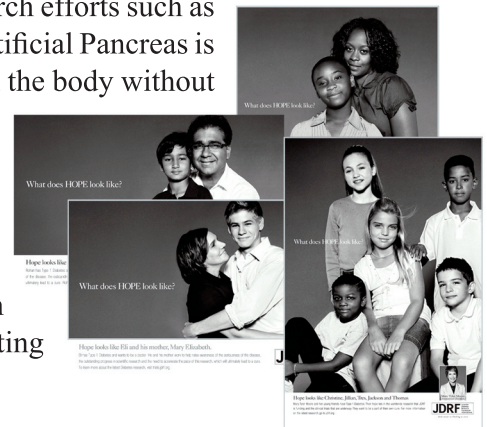
During an interview for Supreme Master TV, Mr. Bernstein and Mr. Denmark thanked Supreme Master Ching Hai and discussed upcoming events such as the Walk to Cure Diabetes held across the US to raise funds and spread the word about type 1 diabetes.

The Foundation also supports research efforts such as The Pancreas Project. The JDRF Artificial Pancreas is a transplant that regulates insulin in the body without the need for daily injections or the use of a pump.

May God bless the JDRF in their efforts to cure diabetes and may all people choose the wholesome plant-based diet in order to enjoy good health and lasting happiness. 🍀



Thank you letter from JDRF for Master's US\$10,000 contribution



Mongolia

Providing Generous and Timely Support to the Needy

By Mongolia News Group (Originally in Mongolian)

In July 2009 Mongolian national and local emergency groups worked around the clock to help victims of flooding caused by heavy rains in several areas of Ulaanbaatar and Gobi-Altai Province. The Bayanzurkh District in Ulaanbaatar was the most heavily affected and Khan-Uul and Songino Khaikhan Districts were also severely damaged. Altogether approximately 1,110 families were impacted by the disaster, with 157 becoming homeless and around 26 people losing their lives.

Upon hearing of the devastation Supreme Master Ching



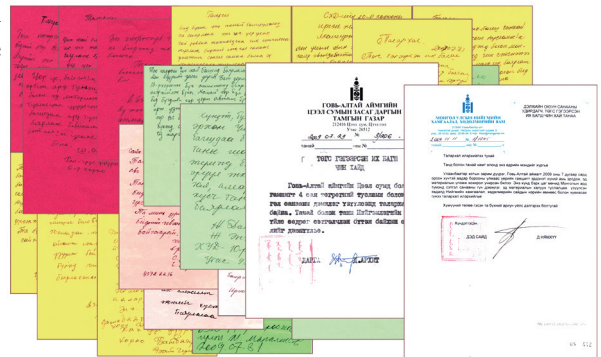
Hai contributed US\$20,000 in funds and asked local Association members to help in the relief effort. The initiates then formed two teams and distributed food and relief materials. Also, 657 children were given school supplies. After receiving the items, many people sent Master letters expressing their immense gratitude to Her for helping them so generously when many had lost all their possessions.



On August 11, 2009, Minister D. Nyamkhuu from the Ministry of Mongolian Social Welfare and Labor sent Master a letter to convey his deep appreciation “for all the financial and material contributions to the people of Mongolia in time of need.”



Baatarnyam Dugar, Chairman of the Bayanzurkh District; Unenbat Lkhamsuren, Deputy Governor of the Khan-Uul District; and Hadbaatar Radnaa, Deputy Governor of the Songino Khaikhan District speak to the public and express their gratitude to Master.

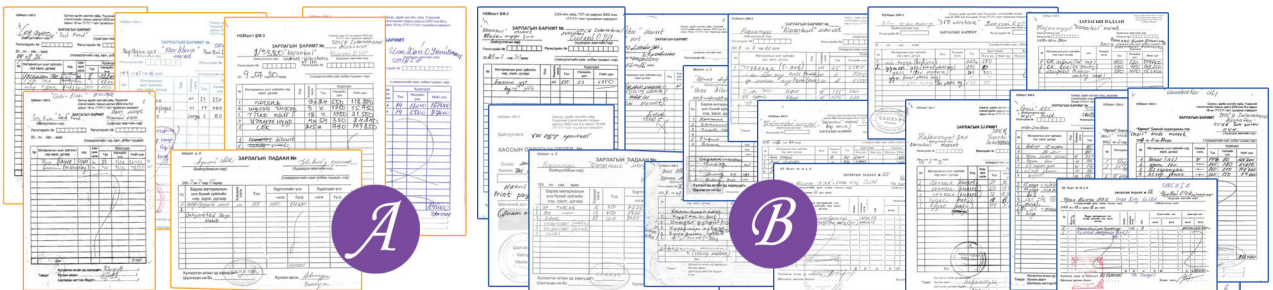


Thank you letters from Minister D. Nyamkhuu from the Ministry of Mongolian Social Welfare and Labor; Mayor Arkhit D. of Tseel Soum, Govi-Altai Province; and flood relief recipients

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

Description	Amount (MNT)	Receipt
Food (rice, sugar, flour, sunflower oil, seasoning, soy protein, soy sauce, biscuits, sweets), beverages (drinking water and juice)	1,601,740	A
Relief supplies (blankets, clothes, socks, underwear, daily hygiene supplies, plastic bags, bicycles, sewing machines, radios, walled Mongolian yurts, stationery), miscellaneous expenses (SOS car stickers, transportation, etc.)	27,398,270	B
Total	MNT29,000,010 (US\$20,000)	

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



Pakistan

Rendering Relief to Earthquake Victims in Pakistan

By Formosa Relief Team (Originally in Chinese)

On October 23, 2009, the Swat District, northwest of Pakistan's capital Islamabad, was hit by a 6.2 magnitude earthquake. Supreme Master Ching Hai sent a relief team and allocated two respective relief funds of US\$10,000 each to help the victims. Before our fellow practitioners in Formosa departed, they contacted the All Green—an environmental group in Pakistan—who promised to give them their support.

Our relief team arrived in Islamabad on November 13. The following day, accompanied by Mr. Abid and Mr. Shahzad from All Green, they travelled to the quake-struck district to assess the needs of the people. Upon knowing the purpose of their visit, the local Commander-in-Chief, Brigadier General Jamal, was very touched and promised to assist them. He told them that they were the first group to enter the affected zone. In addition to providing crucial information, he also sent people to escort them into the deeper region. Since the victims were scattered throughout the mountain area, relief materials were purchased in Khowaza Khela and Matta Villages, where the team also distributed 900 portions of supplies to the neediest and left behind 100 more for those in remote locations. One of the victims, after watching the Supreme Master Television broadcast of the earthquake, wrote a letter to a contact person of our Association, asking for help, and he was informed as to where to go to obtain the relief items.

As the affected area was vast, the military hoped that our group could provide more aid. Upon learning that Master had allocated another US\$10,000 for the relief work, the team immediately made another purchase of 1,000 portions of relief materials, which they entrusted to the military to distribute to the victims, along with 4,000 SOS flyers and 100 sample books in the Urdu language, that were printed locally.

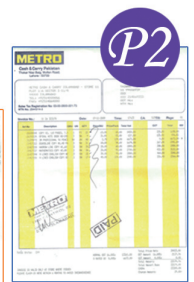
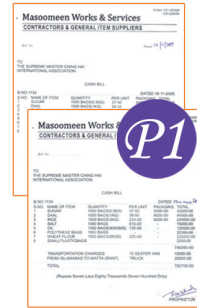
Mr. Abid and Mr. Shahzad from All Green not only gave their unconditional assistance throughout the operation, they also wrote a letter of appreciation to Master, expressing their heartfelt gratitude. They further related that many of their volunteer workers agreed with Master's ideal, and they were willing to eat vegetarian meals two days a week. The relief team are very thankful for Master's blessings, as well as the earnest support of the Pakistani military and All Green, which enabled them to accomplish all the tasks smoothly. 🌱



Expenditures by the Supreme Master Ching Hai International Association for the Earthquake Relief Work in Pakistan

Description	Amount (PKR)	Receipt
Food (rice, wheat flour, lentils, sugar, salt and oil)	1,561,400	P1
Stationery for students (pencils and notebooks)	22,171	P2
Total	PKR1,583,571 (US\$19,010)	

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



Sri Lanka

Sri Lanka Comforted by Master's Love and Care

By Sri Lanka News Group and Formosa Relief Team (Originally in English and Chinese)

In July 2009, gale force winds struck Chilaw, Sri Lanka, causing severe damage to the area. Upon learning of the disaster, Supreme Master Ching Hai contributed US\$10,000 and asked our local Association members to conduct relief work. On August 20, with help from the region's Disaster Management Center and Divisional Secretariat, our relief team distributed much-needed clothing and essential food supplies to the affected families, who joyfully expressed their deepest appreciation to Master for the love and comfort She brought them.

A tornado struck Puttlam Town in Sri Lanka's Northwestern Province on October 3, injuring at least 14 people, uprooting trees, and damaging or destroying nearly 1,000 homes. After hearing about the unfortunate circumstances, Supreme Master Ching Hai lovingly contributed US\$10,000 toward the purchase of relief supplies for the affected families. The local government also provided materials such as roofing sheets and tiles to rebuild damaged roofs. The people of Puttlam sincerely thanked Master for Her deep concern and unconditional love.

The relief team members would also like to thank Cargill's Food City, Chilaw Branch for supplying most of the dry food, preparing 300 relief packages, and helping them with their distribution effort.

Cyclone Ward struck the eastern part of Sri Lanka on December 14, bringing three days of torrential rain and subsequent flood disasters. In the Eastern Province, more than 80,000 households were in desperate need. A team formed by Formosan fellow initiates, carrying Master's love and Her US\$10,000 contribution, arrived in Sri Lanka on December 28 to render relief to the most affected in the Ampara and Batticaloa Districts.

In the Ampara District, our team first contacted Mr. A.S.M. Ziyath, District





Coordinator of the local Disaster Management Center, to assess the situation and the needs of the people. Thereafter, they purchased and packed the basic necessities, and efficiently delivered the materials to the affected area with Mr. Ziyath's assistance.

In the Batticaloa District, the devastation was even more extensive, and stricken households amounted to tens of thousands. After discussions with the local Disaster Management Center, they decided to concentrate primarily on providing relief to 877 affected households in the Mamunai West Division where the bridge leading to the outside world had just been repaired. With enormous help from the regional government, our team successfully distributed the relief material, the surplus of which was given to the local government to

hand out to those most in need in other flood-ravaged areas.

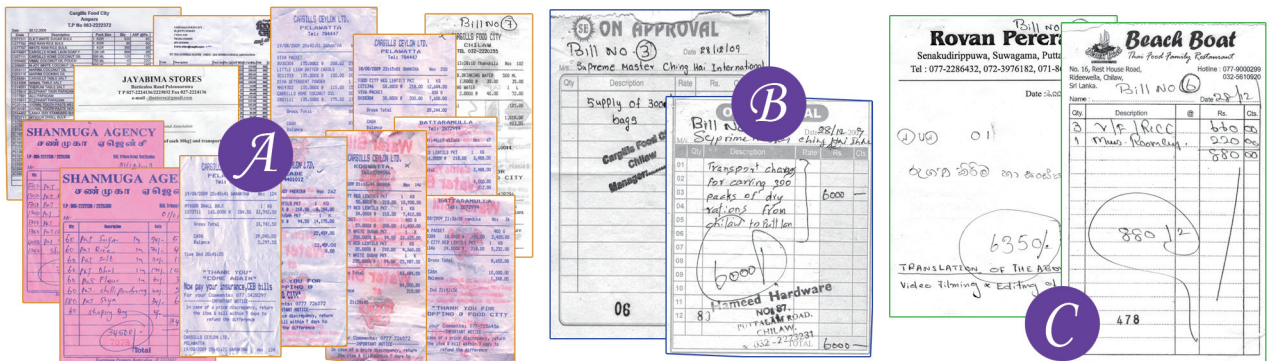
During the relief operation, many people including government officials, bazaar employees and even residents in the affected areas were glad to receive Master's sample book and read it eagerly. May the local inhabitants quickly recover from the shadow of the flood disaster and resume their normal lives. 🍀



Expenditures by Supreme Master Ching Hai for Tornado and Flood Relief Work in Sri Lanka

Description	Amount (LKR)	Receipt
Food (rice, wheat flour, tea leaves, biscuits, noodles, coconut oil, curry powder, red lentils, mung beans, sugar, salt, sweets, drinking water, malted milk, etc.) Daily necessities (mosquito nets, bath towels, bed sheets, pillow cases, paper napkins, tooth paste, soap, detergent, bags, etc.)	3,332,437	A
Transportation for relief materials (vehicle rental, fuel, packing, etc.)	60,622	B
Miscellaneous expenses (photo and video expenses, labor, etc.)	12,730	C
Total	LKR3,405,789 (US\$29,722)	

*Throughout the relief operation, the team members paid for their own transportation, accommodation and food.



Afghanistan

Master's Aid Reaches Afghanistan after Severe Spring Floods

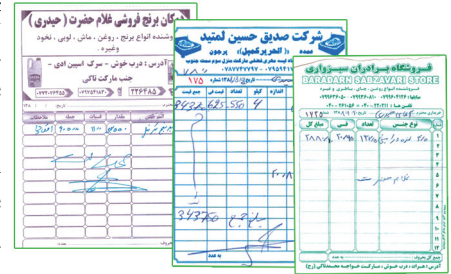
By Macao News Group (Originally in Persian)



From April to May 2009 constant, heavy rains caused flooding in Afghanistan that affected more than 10,000 people, with approximately 150 losing their lives. The floods also damaged over 5,525 hectares of farm land and 4,200 fruit trees. Upon learning of the disaster Supreme Master Ching Hai provided US\$20,000 in relief funds and asked that a team visit the region to render aid, expressing concern over the possibility of more flooding and a scarcity of food in the area.

As soon as conditions permitted, a team of our Association members arrived in the city of Herat, and with the help of United Nations Humanitarian Affairs officers, distributed materials to 550 families, including 392 in the town of Kohsan, central Kohsan District, where the situation was extreme due to flooding of the Hari River. Each family received 25 kg of rice, 4.5 kg of cooking oil and a blanket. The supplies were gratefully received and after our group left the region, the UN officers distributed the remaining items in villages of the Injil District.

Supreme Master Ching Hai delivered Her loving aid through a heartfelt wish to bring comfort to those affected by extreme weather. We pray that such conditions may ease as the world adopts a vegan diet and helps to curb global warming. 🍀



Receipts in the amount of US\$22,305 for relief supplies in Afghanistan

Yemen

Villagers Overjoyed to Receive Flood Relief

By Malaysia Relief Team (Originally in English)

In August 2009, heavy downpours in Yemen caused flooding that destroyed homes, took 17 lives, and forced many families to evacuate as rockslides collapsed buildings. The most severely affected villages were Rada'a, Baidha'a, Malhan in Mahweet Province, Dhuhran in Hajjah Province and Wadi Kaifa in the Najra District. After learning of the victims' plight, our merciful Supreme Master Ching Hai immediately pledged US\$15,000 in aid and requested a relief team be sent to the affected regions.

On October 18, a group of our Malaysian Association members arrived in the devastated areas, to bring comfort to those who had lost family members and lacked food and shelter. Cash allotments ranging from US\$50 to US\$100, together with information on climate

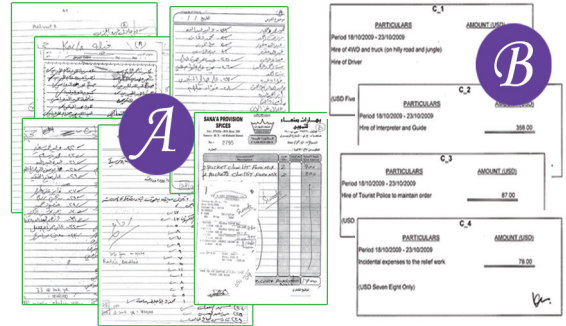


change, were distributed to 151 families. The villagers were overjoyed with the God-sent relief, which helped them repair their homes and meet their daily needs. They asked the team to send their heartfelt gratitude and love to Master.

Thanks to Master's compassionate arrangements and the help of local residents, the five-day relief effort went smoothly. May the pure hearted Yemen people soon understand the root cause of all disasters and turn to the vegan diet to live in peace and harmony. 🌱

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

Description	Amount (US\$)	Receipt
Cash contribution to 151 families	13,902	A
Transportation and miscellaneous expenses	1,098	B
Total	US\$15,000	



India

Master's Love Warms the Bodies and Souls of the Indian Saints

By Taichung News Group, Formosa (Originally in Chinese)

Concerned about the situation of the saintly, spiritual practitioners in northern India, when a strong cold front was sweeping into the region in November 2009, Supreme Master Ching Hai especially allocated US\$20,000 and asked our Association members to buy blankets for them to withstand the cold weather.

Our Association members from Formosa reached Delhi, India, on November 17 and purchased more than 4,000 blankets, which they began to distribute to the saints who gather by the Ganges River banks near Varanasi (Benares) and Haridwar.

When the practitioners in the Santosh Puri Ashram in Haridwar heard that our Association

members were going to hand out several thousand blankets, they cordially helped to spread the news and generously let them use their ashram for the distribution. As the saints were queuing for the blankets, many of them sang holy songs of India to express their gratitude to the divine for Supreme Master Ching Hai's love, who brought them warmth



Receipt for 4,335 blankets, amounting to 905,332 rupees (US\$20,000)

and comfort in the cold winter.

Yogacharya Ganga Puri and Mataji, who help to run the Santosh Puri Ashram, were very grateful to Master for Her charitable deeds. *"I think it's wonderful! . . . Supreme Master Ching Hai is really enlightened and She is sharing Her love with all the suffering people in the world to keep the balance of the world."* 🍀

Rendering Urgent Aid to Disaster Victims in India

Compiled by Formosa and India Relief Teams (Originally in English and Chinese)

During the last six months of 2009, many regions in India had been repeatedly stricken by floods and earthquakes. Upon knowing of the unfortunate circumstances, Supreme Master Ching Hai promptly allocated funds and instructed our Association members to render aid in the affected areas, each time. Our fellow initiates from Formosa and India then conducted relief operations in the following regions: Barpeta District in Assam, Rajkot City in Gujarat, Patna City in Bihar, Pithoragarh District in Uttaranchal, Bahraich District in Uttar Pradesh, Vijayawada in Andhra, Sundarbans in West Bengal, and Nilgiri District in Tamil Nadu.



Flood Relief Work

Barpeta, Assam- When our relief team reached Assam on July 23, with assistance from the local fellow initiates and Mr. Anupam—former Chairman of the local Rotary Club, they purchased the required rice, vegetable oil, salt, vitamins, saris, dhotis, beverages, biscuits and ferro-aluminum roofing, then distributed these items to about 2,000 of the most needy

households in the four most devastated villages in Barpeta District.



Rajkot, Gujarat- On August 6, the team handed out 500 packages containing clothes, towels, food and cooking utensils in the most seriously flood damaged areas of Rajkot, Gujarat.



Patna, Bihar- Following the August 17 distribution of supplies in Saidpur and Sitamarhi Villages near Patna, Bihar, the local newspapers published articles and photos on Supreme Master Ching Hai's relief efforts. The local government provided food and tents to people in the affected regions and the team, assisted by area Rotary Club members, delivered 1,000 packages of clothing, towels, flashlights and extra food. The residents gratefully accepted our group's love and care given on Master's behalf.

In September, heavy rains again caused the major rivers of India's Bihar State to overflow and



The Hindustan and Dainik Jagran newspapers covered Master's flood relief work in Patna, India. (Originally in Hindi)

flood villages, so on September 23, our Association relief team returned to Patna to provide aid. With the help from Rotary Club members, they distributed 1,500 packages containing clothes, blankets, towels, flashlights and staple foods to families, the elderly, orphanages and the local blind center. The items were received with much joy and gratitude.

Uttar Pradesh- On September 14, the team handed out 600 packages of daily supplies and local currency to 100 affected people after Nepal's Sharda River flooded and devastated several villages in the Bahraich, Gonda and

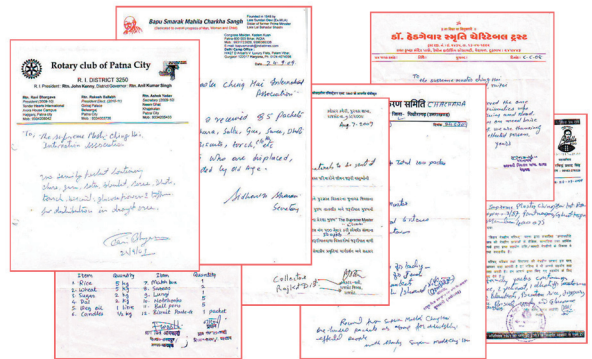
Balrampur Districts of Uttar Pradesh. Fortunately, the local government had already brought tents and most of the food. The village head expressed his sincere thanks to Master for all Her help.

Vijayawada, Sundarbans and Bahraich- On October 9, having received information from the disaster relief command center and the social welfare bureau in Vijayawada City, regarding the 2,000 most severely stricken households, our relief team quickly purchased the required cooking oil, salt, lentils, sugar, tea leaves and spices, then distributed the articles to the victims in the affected area the following day.

Our relief team reached Calcutta, capital of West Bengal State on October 14, where they bought blankets, saris, dhotis, rice, sugar, salt and other material, which were given to 1,500 households in the Lahripur and Binapan Villages in the Sundarbans region. To express their deepest gratitude and love to Supreme Master Ching Hai, the villagers in Lahripur together chanted "Om" loud enough to reach Heaven. Everyone present was touched by their sincerity and pure heart.

In Bahraich, on October 17, with the assistance of the local Lions Club, the fellow initiates purchased rice, salt, saris, wheat flour, tableware, matches, candles, soap, laundry soap, biscuits, sweets, breads and other materials, which were gratefully received by about 2,000 households in the heavily stricken villages of Pipri, Mahsi and Siluta.

Nilgiri, Tamil Nadu - Continuous torrential rains, in early November, had caused severe landslides in Ooty City, Ketti Village and other places in Nilgiri District, Tamil Nadu, in southern India, destroying hundreds of houses and taking the lives of dozens of people. Our Formosa relief team reached the devastated area on November 19 and after having contacted the local government, they learned that the victims were in need of warm clothing. The next day, they bought more than 2,000 pieces of warm jackets, sweaters and children's clothing, of which they handed out 311 pieces to those in need, and then gave various government departments the remainder to distribute to victims in other affected areas.



Thank you letters from village heads, schools and charitable organizations for Master's generous contributions



Earthquake Relief Work

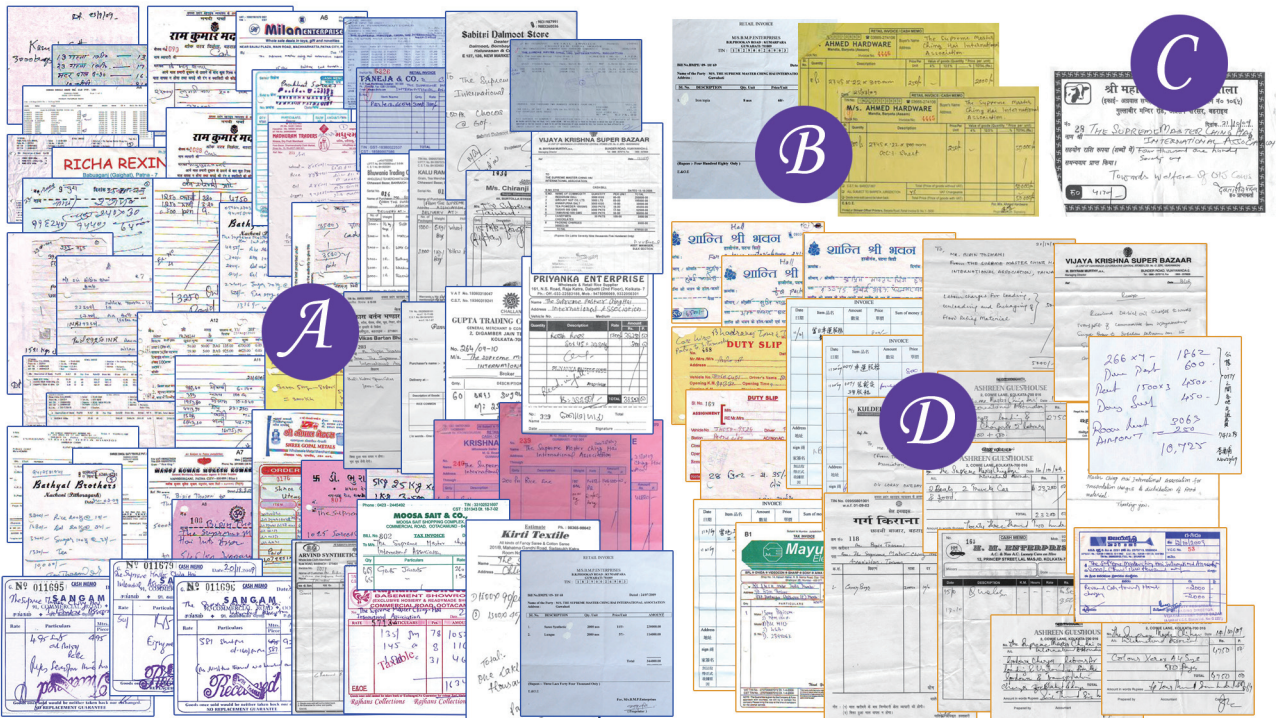
Pithoragarh, Uttarakhand - In August an earthquake that struck Nachani, Pithoragarh, Uttarakhand, India, caused the loss of 43 lives as many were trapped in their homes by a landslide. Since the local government had provided the victims with food and shelter in camps, the team urgently prepared needed daily necessities and other items, and on August 24, went to the heavily damaged Nachani Village to distribute the supplies. They also arranged for more food to be delivered to the affected families each month for the next three months. On the villagers' behalf the leader thanked Supreme Master Ching Hai for Her help, which greatly improved their living conditions. 🌱



Expenditures by Supreme Master Ching Hai for Flood and Earthquake Relief Work in India

Description	Amount (INR)	Receipt
* Food (wheat, rice, salt, sugar, vegetable oil, lentils, tea, cookies, sweets, drinks, vitamins, etc.) * Daily necessities (tableware, stainless steel utensils, flashlights, notebooks, pens, candles, matches, soap, etc.) * Warm clothing and material (blankets, saris, dhotis, towels, jackets, sweaters, children's clothes, etc.)	5,473,123	A
Construction materials (ferro-aluminum roofing)	52,480	B
Cash contribution to victims and a cattle shelter	205,034	C
* Labor, packing and transportation (gasoline, vehicle rental, etc.) * Some relief team members' travel expenses (hotel lodging, taxi fares, food, airline tickets, etc.)	212,176	D
Total	INR5,942,813 (US\$126,932.41)	

* Throughout the relief operation, the Formosa relief team members paid for their own transportation, food and accommodation.



Laos

Relief Supplies and Love Reach Laotians

By Bangkok Relief Team (Originally in Thai)

In October 2009, heavy rains caused flooding that took 16 lives, left 135 missing and injured over 100 in the southern provinces of Laos. Strong currents from the overflowing Sekong River obstructed both rescue and relief delivery efforts.

With sorrow and prayers for the people of Laos, Supreme Master Ching Hai immediately contributed US\$10,000 in emergency aid, and on October 6, 2009, a team of our Association members from Thailand and Laos went to Sekong Province to distribute food and daily necessities to those in need. The next day, the team continued to dispense relief items along with SOS flyers in Lamam District.

Mr. Phonephet Khiulavong, Vice-Governor of Sekong, sent a message of gratitude to Supreme Master Ching Hai for the kindness and compassion She had shown his people, who also deeply appreciated Her loving concern. We hope the people of Laos will swiftly return to their daily lives and that our efforts to create lighter carbon footprints on the planet will prevent such disasters in the future. 🌱



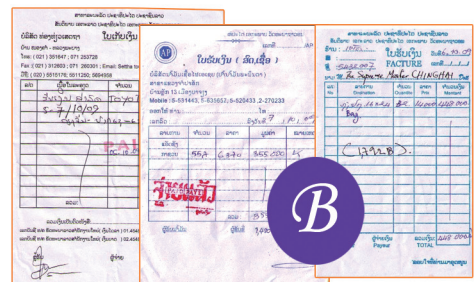
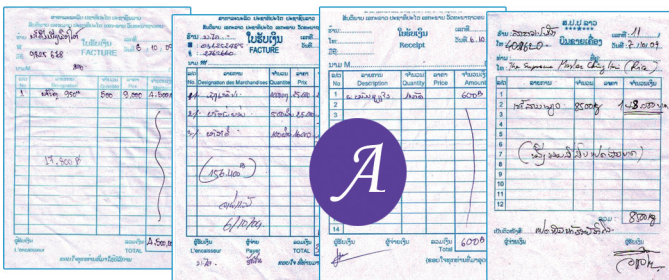
Certificate of Appreciation to Supreme Master Ching Hai from Sekong Province for Her contribution to Laotian flood victims.



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

Description	Amount (THB)	Receipt
Food (rice, cookies, water, etc.) and relief supplies (mosquito nets, blankets, etc.)	322,800	A
Transportation (vehicle rental, fuel, etc.)	19,212	B
Total	THB342,012 (US\$10,264)	

* Throughout the relief operation, the team members paid for their own transportation, food and accommodation.



Turkey

God Takes Care of Everything and Everyone

By Turkey News Group (Originally in Turkish)

In July 2009, heavy rainfall in Turkey's Black Sea region caused severe flooding that damaged many cities and villages. Hearing of the suffering of those who had lost their homes and possessions, Supreme Master Ching Hai immediately contributed US\$20,000 to help ease the situation, and a relief team of our Association members was formed to distribute supplies to flood-affected residents of Samsun Province. As our group traveled back from Samsun to Istanbul, they encountered a man who told them about the city of Giresun and the flooding that had occurred there. He said that in his nearby village almost all the homes had been destroyed by the floods, adding that the victims had received no help. The team then gave the remaining money to those villagers and marveled at how God works—lovingly taking care of everything and everyone.

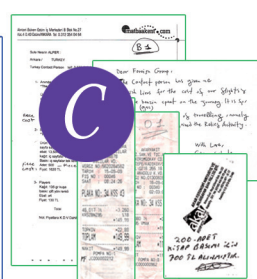
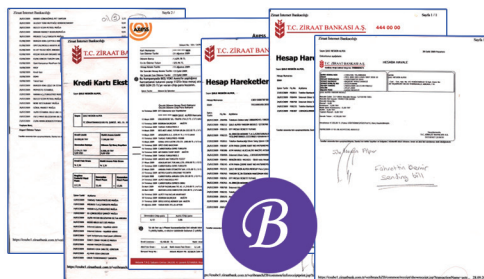
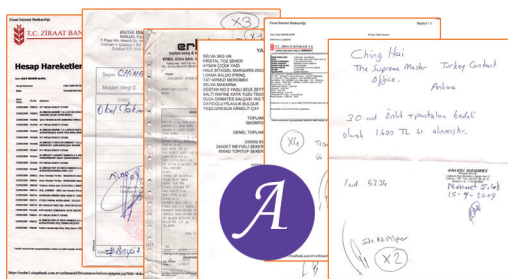


Early in September 2009, Turkey experienced more heavy rains, causing floods that severely affected hundreds of people, and again Supreme Master Ching Hai compassionately contributed another US\$10,000 for relief aid. Association members drove to the flood-devastated area of Tekirdag where they handed out cash envelopes to families in Çatalca, Naip and Kumbağ, enabling them to buy supplies, as well as gave clothing and school uniforms to the children. The recipients conveyed their heartfelt thanks to Master as they joyfully received the gifts. We pray that they and the rest of the world soon adopt the humane, eco-friendly vegan diet to help stop such disasters from occurring. 🍀

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

Description	Amount (TRY)	Receipt
Food (flour, sugar, vegetable oil, rice, vegan margarine, red lentils, pasta, black olives, salt, tomato paste, wheat, tea, herbs, cakes, sweets, etc.)	20,288	A
Children's school uniforms		
Monetary contribution to the victims	19,030	B
Miscellaneous (flyers, transportation expenses)	3,194	C
Total	TRY42,512 (US\$28,767)	

*Throughout the relief operation, the team members paid for their own food, transportation and accommodation.



Nepal

Conveying Master's Love to Landslide and Flood Victims

By Nepal News Group (Originally in Nepali)

From mid-2009 to early 2010, Nepal endured severe floods that brought much devastation and hardship to the people. With Supreme Master Ching Hai's loving contribution of approximately US\$30,000, our relief team from Kathmandu went to the flood stricken areas four times to provide aid and bring Master's love to those in great need.

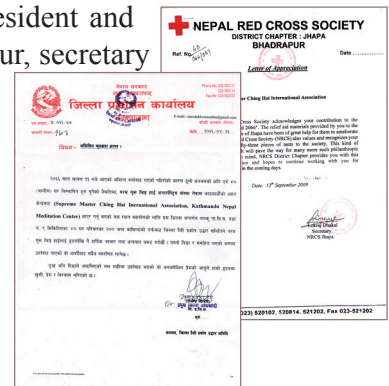
Sankhuwasabha District

On July 26, massive landslides induced by deforestation and torrential monsoon rains struck Tamku Village in Nepal's Sankhuwasabha District. As a local river swelled, causing earth and rocks to carry away four homes, thirteen residents including children and the elderly lost their lives and some 200 people were affected.

With the help of local officials, police and the Nepal Red Cross Society (NRCS), on August 9, Kathmandu Association members travelled to this area, a three-to four-day journey by foot, and distributed relief supplies to the villagers who were on the verge of starvation. They also participated in the local rescue work and gave financial aid to a young girl who had lost her family.

Ms. Usha Karki and Mr. Mahesh Thapaliya, the district President and Vice President of the Nepali Congress, along with Mr. Sher Bahadur, secretary of the community's NRCS, sincerely thanked Master for Her help. Acting Chief District Officer Mr. Rajendra Sigdel, a vegetarian, wrote a letter of appreciation, saying, *"We are deeply grateful for such a blessing in a tragic moment like this. This unexpected magic of love has filled our hearts with happiness, love and hope at a time when we are unstable in our grief and suffering."*

National media such as Kantipur Television reported on our Association's relief activities, commenting that it was the first help the victims had received since the disaster.

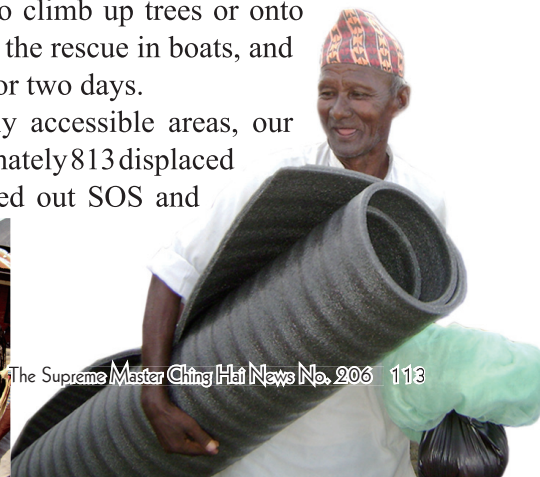


Letters of appreciation from the NRCS Jhapa and the Sankhuwasabha District Administration Office, Government of Nepal Home Ministry for Master's contributions

Jhapa District

From August 19 to 21, heavy rain in the Jhapa District started flash flooding that swept away hundreds of homes, displaced 28,435 residents, and destroyed farm lands. Seven people lost their lives, one was declared missing, and hundreds had to climb up trees or onto rooftops to save themselves. The army and local police came to the rescue in boats, and organizations such as the NRCS provided enough food for one or two days.

Finding that other groups were helping victims in easily accessible areas, our Kathmandu relief team brought much needed materials to approximately 813 displaced families in more remote areas on August 25. They also handed out SOS and





The Pratidin National Daily and Jhapa Post newspapers covered the Association's relief work in Jhapa.

Alternative Living flyers, explained to people the link between meat eating and global warming associated disasters as well as introduced them to Supreme Master Ching Hai.

Everyone was extremely happy and thankful to Master for Her help, and local newspapers such as the Jhapa Post and Pratidin reported on our Association's work.

Bajhang, Achham and Dadeldhura Districts

From October 4 to 6, heavy rains triggered more floods and landslides in far western Nepal, resulting in many lost lives and thousands displaced. Due to poor road conditions

and swollen rivers in the area, it was difficult for the army, police and other groups to distribute relief materials. Our Association members traveled to the Bajhang District on October 16, and with the help of Agriculture Development Officer Mr. Prakash Poudel, Chief District Officer Mr. Rajesh Poudel and others, the team gave rice, pulses and cooking oil to the villagers as well as envelopes of cash to the bereaved and to families most in need. On behalf of the recipients, Mr. Prakash Poudel extended his deep appreciation to Supreme Master Ching Hai for her kind support. The Bajhang District Office of the Nepal Red Cross Society also thanked Master for Her aid.

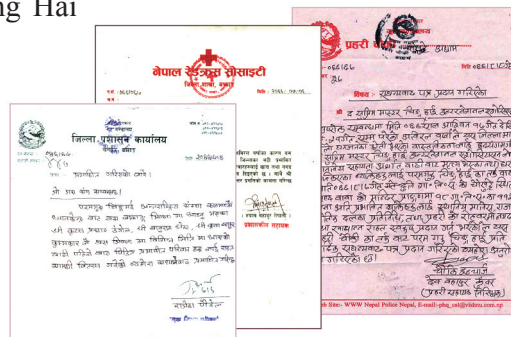


A month later, Master sent additional funds and asked our Nepal Association members to continue the relief work in the Achham District. Arriving on November 18, they learned that hundreds of houses in the area had been destroyed and approximately 18 people had lost their lives due to the flooding. After purchasing relief items with the assistance from local police official Mr. Dev Bahadur Kunwar, the team spent the next few days distributing the supplies and offering cash to bereaved families in Achham and the nearby district of Dadeldhura. The aid was gratefully accepted and local officials sent Supreme Master Ching Hai letters thanking Her for Her generosity and compassion.



Mahottari District

The first week of January 2010 brought severe cold temperatures to the southern Nepalese plains. Most vulnerable were the poor, aged, sick and homeless, who were not prepared for the extreme weather. Sadly, at least 20 people lost their lives in the freezing conditions and hospitals were overwhelmed by a surge of patients



Thank you letters from the NRCS Bajhang, the Bajhang District Administration Office, Government of Nepal Home Ministry, and Achham Police Station (Originally in Nepali)

with cold-related illnesses.

At Master's request, our local Association members formed a relief team and traveled to the Mahottari District, where they bought and distributed 543 blankets to 536 grateful households with Master's US\$5,000 funds. The team worked in cooperation with members of the Nepal Red Cross Society, who later sent a letter to Master, expressing their heartfelt thanks.

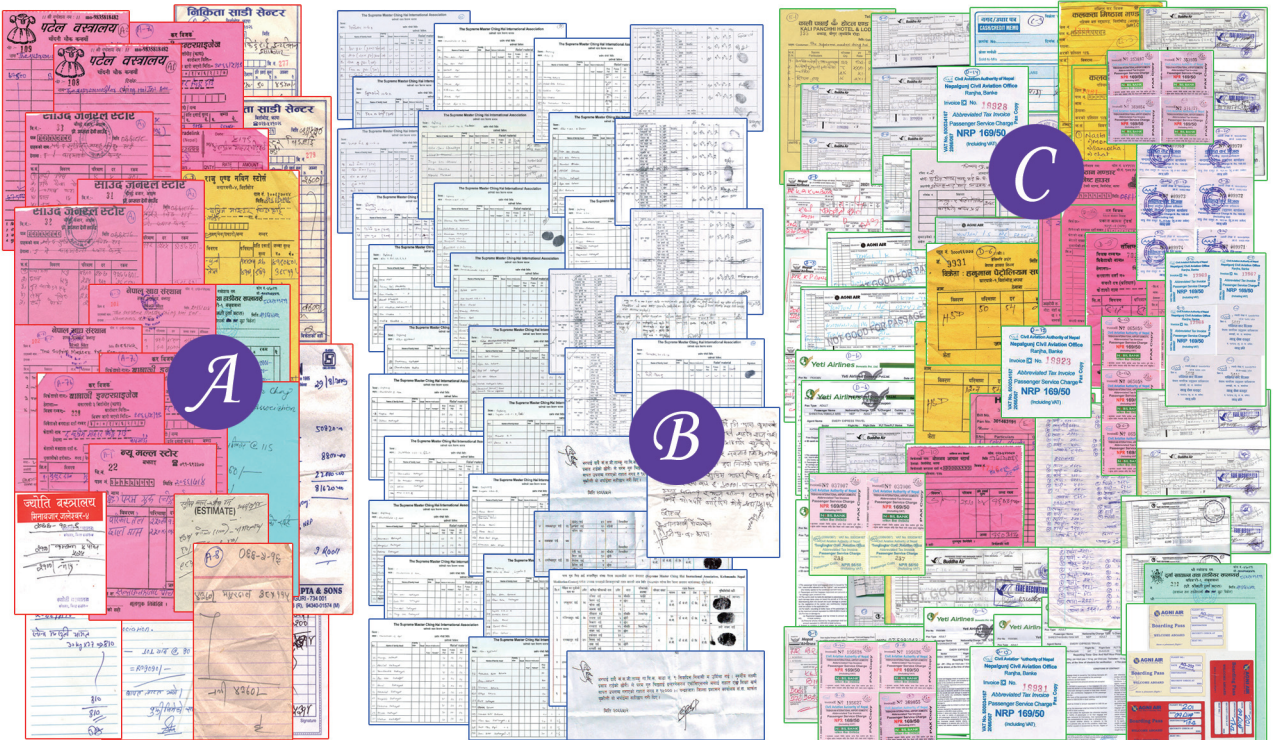
We deeply appreciate the efforts of the officials and personnel working to protect and treat those affected by the severe weather conditions in Nepal. May Heaven bless the victims with a



quick recovery and may such events decrease in number through our greater consideration of each other and the environment. 🍀

Expenditures by Supreme Master Ching Hai for Landslide, Flood and Freezing Weather Relief Work in Nepal

Description	Amount (NPR)	Receipt
Food (rice, bananas, vegetable oil, salt, water, pulses, etc.) and relief supplies (candles, slippers, tents, blankets, mosquito nets, etc.)	1,702,076	A
Cash contribution to the bereaved and elderly	116,850	B
Relief team members' transportation, food and accommodations	385,030	C
Total	NPR2,203,956 (US\$28,826)	



Philippines Helping Typhoon and Flood Victims in the Philippines

Compiled by Formosa Relief Teams (Originally in Chinese)

From September 2009 to January 2010, the Philippines endured several typhoons and storms, causing extensive casualties and property losses. In response to the desperate need of the people, Supreme Master Ching Hai lovingly contributed US\$90,000 and instructed our Association relief teams in the Philippines and Formosa to go and render aid to the affected regions. The teams have since conducted the following six relief operations:



The First Relief Work

On September 26, Typhoon Ketsana devastated Manila, the capital city, and the adjacent provinces. After contacting the Pateros Social Welfare Bureau to find out the areas most in need, the team then purchased four batches of relief goods which they handed out to victims southeast of Manila, in four villages in Pateros Town, two villages in Taguig City, San Juan Village, several small ones in Cainta Town, and ten villages in Binan City.



The Second Relief Work

From October 13 to 15, for victims of typhoon Ketsana and Parma, our relief team purchased rice, oil, vinegar, soy sauce, detergent, etc., which they distributed, along with Master's love, to 5,200 households in San Isidro, Cabiao and San Leonardo in Nueva Ecija Province. On October 16, they gave some medical supplies and vitamin supplements to the Shepherd of the Hills Orphanage in San Antonio Town, bringing much joy to the children.

The Third Relief Work

On October 17, our team purchased rice as well as other relief items, and delivered them to 2,250 needy households in Rosales Town, Pangasinan Province. After learning that there were 6,500 more families in three administrative districts awaiting aid, they conducted another relief operation from October 20 to 22.

The Fourth Relief Work

Many Laguna Province cities and villages surrounding the largest lake in the Philippines underwent severe damage. Having assessed the situation on November 6, our relief team then handed out 5,200 portions of relief materials to four villages in Pila Town, seven villages in Victoria Town, and to the stricken families in Magdalena Town from November 8 to 10.



The Fifth Relief Work

On November 24, tropical depression Urduja brought severe floods to Northern Mindanao and the Visayas. Focusing on Cagayan de Oro City, the area with the most affected families, our relief team purchased rice, salt, sugar, vinegar, soap, etc., and distributed them to victims in three districts and six villages from December 9 to 11, bringing Master's love and much New Year's joy to the villagers. With the remaining 20,000 pesos, the team purchased some basic necessities for an orphanage that provided a place for them to pack the materials.

The Sixth Relief Work

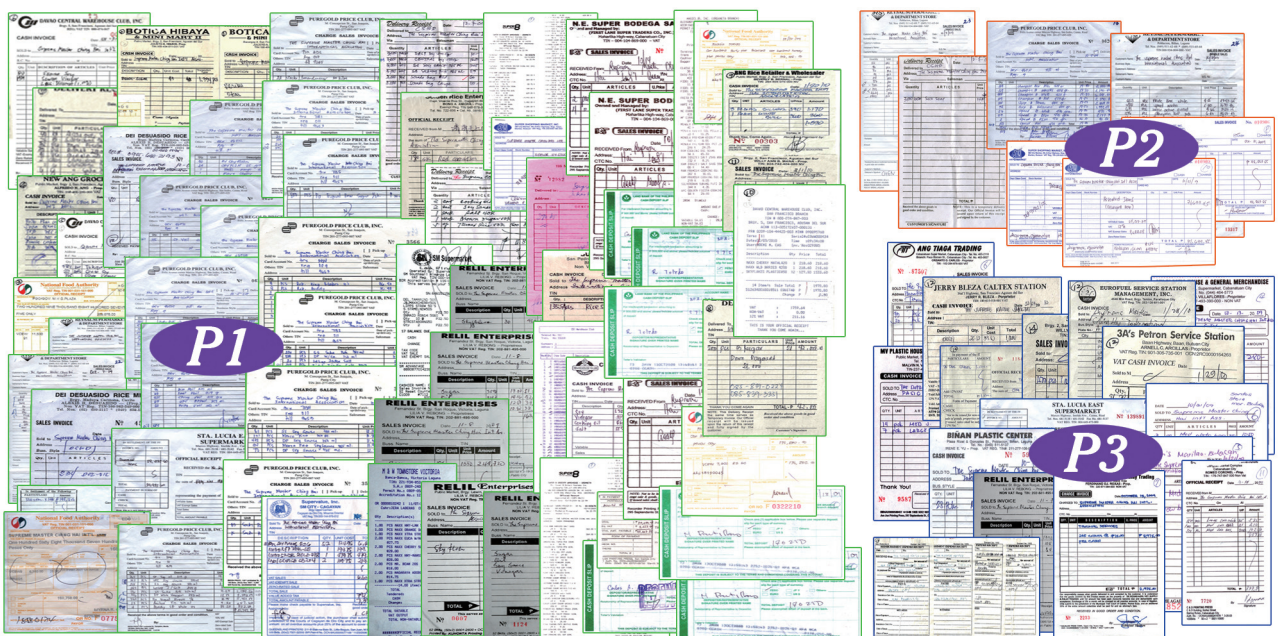
Week long torrential rains caused a flood and landslide in Caraga, Mindanao, in the southern Philippines. On January 28, 2010, our relief team arrived at Butuan City in Mindanao and following a discussion with the City Planning and Development Office, they decided to offer relief goods to those living in the most affected San Francisco Street area. With help from government officials, the team readily purchased and packed the items, handing them out on February 1 to almost 3,000 needy households in seven villages. 🍀



Expenditures by Supreme Master Ching Hai for Typhoon and Flood Relief Work in the Philippines

Description	Amount (in Peso)	Receipt
Food (rice, soy sauce, vegetable oil, vinegar, wheat flour, sugar, salt and biscuits)	3,907,303	P1
Cleaning supplies (laundry detergent, toothbrushes, toothpaste and soap)	268,909	P2
Miscellaneous (transportation and packing bags)	44,446	P3
Total:	Peso 4,220,658 (US\$90,474.98)	

*Throughout the relief operation, the team members paid for their own transportation, accommodation and food.



Âu Lạc

Timely Flood Relief Operations during the Rainy Season

By Âu Lạc News Group (Originally in Aulacese)

In the fall of 2009, a series of torrential rains had caused serious floods in many provinces in southern, central and western Âu Lạc. Supreme Master Ching Hai sent approximately a total of US\$70,000 to our Association members there to carry out the relief work.

September Relief Work

In September, heavy rains ravaged crops and fruit trees in remote areas of the Mekong Delta Region in southern Âu Lạc, causing great distress to local residents. After purchasing supplies, our relief team distributed Master's loving aid to affected households in the villages of Cà Mau, Hòa Thuận, Hòa Lợi and Xeo Phui, as well as in Rạch Giá and Cần Thơ Provinces. The gift packages contained vegetarian food, relief items and envelopes of cash. Financial aid and 1.5 tons of rice were also contributed to hospitals in Cà Mau and Rạch Giá Provinces from Master's fund. One household was given over US\$500 to rebuild their damaged home and others received some cash to help with less serious repairs.

Torrential rains also destroyed many homes and devastated hundreds of hectares of rice and crops ready for harvest in Huế, Thừa Thiên Province in north central Âu Lạc. On September 19, our team



Local government officials appreciate Master's help.



Certificate of Gratitude given to Supreme Master Ching Hai by the Phong Hóa, Đồng Tháp District Government

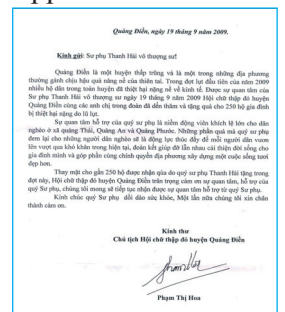


of Association members brought Master's love and support to the affected families with help from the Quảng Điền District Red Cross and Quảng Thái, Quảng Phước and Quảng An village officials. The relief supplies included rice and noodles as well as sweets to lift people's spirits. The team also provided five wheelchairs for the handicapped. The officials deeply appreciated Master's concern. Mr. Lê Văn Hải, Deputy Chairman of Quảng An Village, and Mr. Đặng Toàn Pu, said, "Thank you, everyone, very much! Thanks

to these gifts, we now have more strength to stand up again, because we know that there are many loving, compassionate hearts of understanding and sharing in life."

October Relief Work

In early October, central Âu Lạc again experienced unrelenting rains, with serious destruction inflicted by Typhoon Ketsana, which displaced thousands, caused loss of life, and damaged homes, roads, crops and trees. The relief team went to Tam Nghĩa Village, Quảng Nam Province to hand out rice, soy sauce, instant noodles and blankets along with allotments of financial



Thank you letter from the Viet Nam Red Cross, Quảng Điền District Branch

aid. Next, they traveled to Bình Minh Village, Quảng Ngãi Province, where most houses with mud walls and thatched roofs had been washed away and some families had lost loved ones. The situation was difficult but our Association members were able to distribute much needed supplies and money to help in the recovery.

The relief team continued on to Bình Thới Village, Quảng Ngãi Province where the damage was not that serious. However, some houses and livestock were also carried away by the water. After distributing gift bags and envelopes of cash to the affected households, the team set out for Gia Lai, Kontum Province, where together with our fellow initiates living in that area, they rode motorbikes to remote, heavily affected mountain villages that had yet to receive relief due to collapsed and flooded roads. They distributed Master's aid to families in three villages. Their last stop was the severely affected Lý Sơn Island, Quảng Ngãi Province, where relief items and money were given to the villagers.



November Relief Work

On November 2, Typhoon Mirinae, Âu Lạc's eleventh typhoon since the beginning of the year, struck the provinces of Bình Định and Phú Yên, again causing flooding in many areas and in neighboring provinces of central Âu Lạc. Immense damage was inflicted on people and property. Our relief team immediately journeyed to Bình Định, where many roads were flooded and the area could only be accessed by boat and truck. A hundred packages of relief supplies, containing vegetarian instant noodles, cooking oil, drinking water, sandwiches and envelopes of cash were given to the affected households. The Chairman of the District Front Committee expressed his appreciation to the team, and the people sincerely thanked Master, as they happily received their gifts.

Next, the team went to Vân Canh District, Bình Định Province where many houses, people and animals were taken by the flood resulting from the violent storm. They distributed 100 packages of relief items, each containing a blanket, one kilogram of rice, a liter of cooking oil, a bag of seasoning, bread and an envelope with financial aid. Again the local government officials warmly welcomed Master's gifts and actively helped in the distribution work.

In Phú Yên, where torrential rains had inflicted the heaviest damage, the relief team quickly prepared 100 blankets as well as boxes of instant noodles, drinking water and rice, and offered them



Local government officials facilitate the receipt of Supreme Master Ching Hai's gifts and assist in distributing these relief supplies to victims in Central Âu Lạc.

to households that had lost loved ones and others in need. More aid packages were handed out in Phú Yên Province, An Thạch Village in Tuy An District and Gia Lai and Khánh Hòa Provinces.

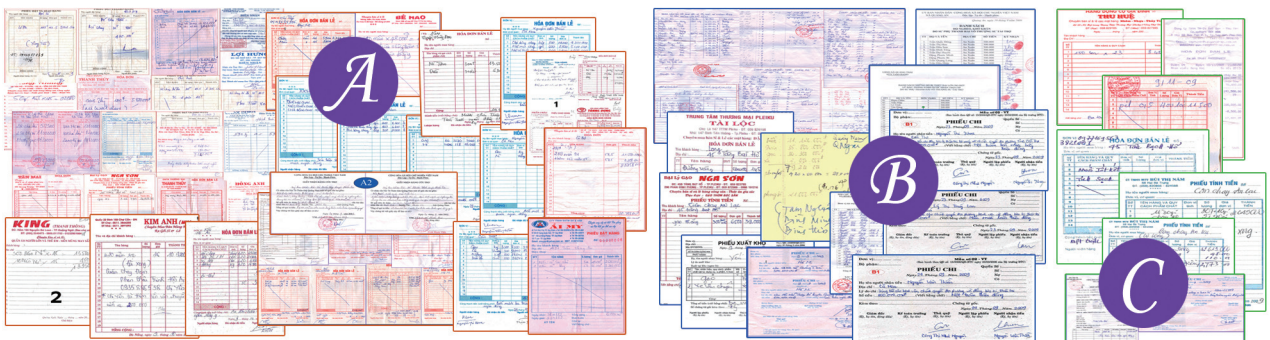
Throughout the relief operation, our Association members shared Master's love and information on the consequences of global warming,

such as the disasters the people had just experienced. The victims listened attentively, with some sobbing. All extended their thanks to Master as well as prayers to God and Buddha to provide Her with abundant health to assist the needy. 🌿

Expenditures by Supreme Master Ching Hai for Flood and Typhoon Relief Work in Âu Lạc

Description	Amount (VND)	Receipt
Food (rice, noodles, cooking oil, sugar, dried veggie protein, bread and sweets), drinking water and supplies (curtains, warm blankets, etc.)	628,529,100	A
Cash contribution to the victims and the local government	622,874,000	B
Miscellaneous expenses (transportation, etc.)	16,000,000	C
Total	VND1,267,403,100 (US\$69,605)	

* Throughout the relief operation, the team members paid for their own transportation, food and accommodation.



Indonesia

Swift Action Brings Comfort to the Needy

By Indonesia News Group (Originally in English)

On May 30, 2009, torrential rains triggered landslides in Tana Toraja, South Sulawesi Province, taking the lives of six people and causing hundreds to be relocated. The local government quickly distributed relief materials to the victims through provincial and district health offices. With Supreme Master Ching Hai's contribution, our Association members from Makassar, South Sulawesi Province, formed a relief team and delivered rice, sugar and biscuits along with Master's publications and SOS flyers to those affected, all of whom deeply appreciated the supplies.

On September 2, a 7.2 magnitude earthquake struck 143 kilometers southwest of Tasikmalaya in West Java Province, devastating several districts. Thousands of houses were destroyed, 100,000 people were left homeless, scores were injured and treated at hospitals, and 11 people lost their lives. Supreme Master Ching Hai asked our nearby Association members to go to the disaster site to help, sending a generous contribution of US\$25,000. Setting up relief teams, our Jakarta fellow initiates traveled to five districts and distributed more than 4,000 aid packages containing food and personal hygiene items, as well as 1,000



baby-supply kits. The people were touched and happy to receive Master's kindhearted assistance, which also enabled a water-treatment plant to be rebuilt in a remote village.

On September 15, after several days of heavy rain which caused the Sulang Aling River banks to burst, flash floods swept through six villages in Mandailing Natal, Indonesia, affecting some 4,000 citizens. Hundreds of houses were carried away, leaving 2,200 homeless, and ten lives were lost. Again at Master's request, our local fellow initiates formed a relief team and purchased items such as instant noodles, mineral water, biscuits, sarongs, blankets and underwear. Four days later, they set out for Singkuang and distributed the supplies, along with SOS flyers, with help from the villagers. Touched by Master's compassion and love, one of the recipients wept openly. Next, the team delivered some relief items by boat to Hutarimbaru Village, which was covered by a half meter of mud.

On December 28, 2009, a tornado swept through Karawang Regency, West Java. It damaged buildings and houses and felled trees, injuring several people. Our Jakarta Center relief team immediately began packing daily necessities and took them to four affected villages. After handing out 176 packages of relief goods and SOS leaflets, they took the opportunity to explain to the villagers the effects of climate change such as an increase in the frequency of tornadoes.

All the victims were deeply touched and grateful to receive Supreme Master Ching Hai's gifts, as they had not yet obtained any aid from the local government or other organizations. Some said they wished to become vegetarians, and asked for extra SOS flyers for their relatives and friends. We pray that more and more people adopt the compassionate vegan lifestyle to ease climate change.

Celebrating the New Year with Firefighters

As a token of appreciation for their dedicated work, our Jakarta Association members visited the Jakarta City Firefighters' Center to offer gift packages to 130 firefighters who were on duty on New Year's Eve. A financial gift was also given to the family of a firefighter who had died on duty.

The Chief of the Firefighters' Center thanked Supreme Master Ching Hai and Her Association,

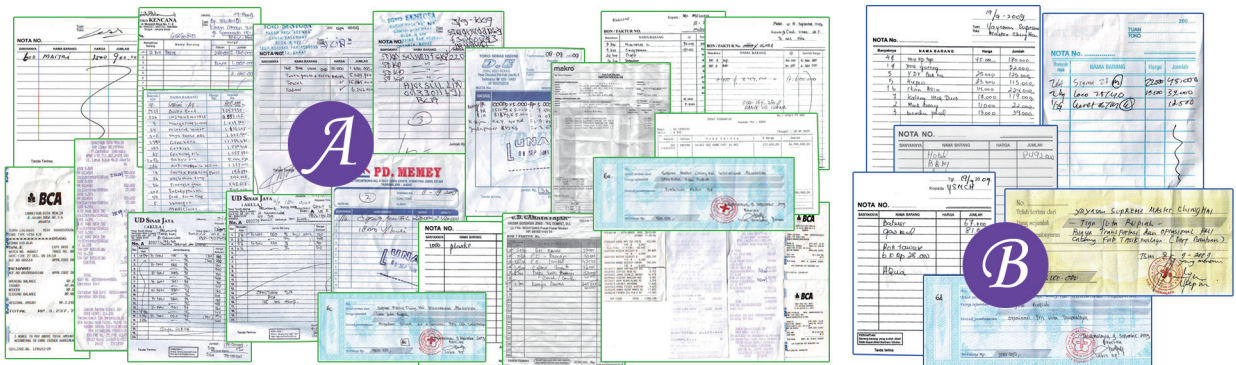
inviting its members to give a global warming presentation to the Jakarta City Firefighters and Disaster Rescue Team. May God continue to bless and protect the firefighters during their noble efforts to save lives and property. 🌱



Expenditures by Supreme Master Ching Hai and Her International Association for Landslide, Flood, Earthquake and Tornado Relief Work in Indonesia

Description	Amount (IDR)	Receipt
* Food (rice, sugar, mung beans, cooking oil, coffee, drinking water, margarine, tea leaves, ketchup, baby food, instant noodles, biscuits, etc.) * Daily necessities (towels, soap, toothpaste, blankets, children's clothes, underwear, sarongs, etc.) * Medicine	284,043,722	A
Miscellaneous expenses (transportation, fuel, etc.)	14,527,000	B
Total	IDR298,570,722 (US\$31,096)	

*Throughout the relief operation, the team members paid for their own transportation, food and accommodation.



China

Bringing God's Love to Those Affected by Snowstorm and Drought

By fellow initiates in China (Originally in Chinese)

Snowstorm Struck Xinjiang

In late January of this year, the northern part of Xinjiang Province was struck by a rare snowstorm. In many areas, the temperatures dropped to as low as minus 40 degrees, and the snow on the ground was over 2 meters deep, the highest in local history. The extreme bad weather seriously threatened the lives and property of the people. Upon knowing of the disaster, Master was very concerned about those affected and instructed our Association members to render relief.

At the end of January, our relief team reached the poorest town in Huocheng County, Yili District, in the north-western part of Xinjiang, bringing God's love and relief funds. This area was heavily devastated by this snowstorm. The leading town officials gathered the victims and destitute households to receive rice, food, cooking oil, coal, and relief cash. When the distribution work was finished, the team then visited several other families to convey Master's care and to distribute a monetary contribution plus some daily necessities.





Serious Drought in Yunnan and Guangxi

This year, Yunnan Province was hit by the worst drought in the last century; many places were desperately short of water. On March 29, our fellow initiates bought 1,200 bucket-size containers of mineral water plus 13 cases of bottled water and delivered them to critically affected Daziyuan Village, Xiaobaihe Town, Luliang County, in Qujing City. In addition to receiving this very much appreciated water, the villagers were also given informative materials about the plant-based diet and climate change, to help them understand the cause of this bad weather and its fundamental solution. The Xiaobaihe Town, Luliang County Disaster Relief Office also received funds from our group members to drill a well for the Shangba Primary School, aiming to solve their water shortage problem as well as bring benefit to the villagers.

Persistent drought has plagued Guangxi Province from August 2009 until spring 2010, the longest ever since the establishment of meteorological records. On April 12, our Association members reached the most seriously affected Bama County in Guangxi Province. After meeting with the Chief of the Civil Affairs Bureau and visiting the villages to better understand the situation, they immediately purchased drinking water and food for the victims, and entrusted the materials to the government for distribution due to the hazardous mountain trails. They spent that night in Bama County and to their delightful surprise, there was a heavy downpour the following morning, the biggest rain since July last year. Everyone was extremely grateful for God's blessing!



Caring for Needy People and Animals

From last November to March 2010, our Association members throughout China, following Master's universal compassionate spirit, rendered help to the needy and cared for compatriots in unfortunate circumstances with practical actions. Offering food, daily necessities, clothes and relief cash to some destitute families, they conveyed Master's love that gave people hope and warmth in their time of need. Our fellow initiates in Yunnan also extended love and concern to our animal friends by providing food for a stray animal shelter and a financial contribution that would cover one year's rent for the sanctuary. 🌱



Place	Description	Amount (RMB¥)	Receipt
Xinjiang Province	Relief work to help snowstorm victims	104,500	C1
Yunnan	Relief work to help drought victims	37,760	C2
Guangxi Province	Relief work to help drought victims	8,540	C3
Yunnan Province	1. 2,000 kg of rice for villagers in the cold and high mountains in Luquan County; 2. Winter clothes, quilts, and stationery for destitute students in Jinping County; 3. Winter clothes for Tibetan compatriots in Ngawa Watusi Tibetan and Qiang Autonomous Prefecture; 4. Visited stray dog shelter in Qunming City and contributed vegan dog food; 5. Visited the physically challenged and the elderly and contributed to them financial aid; Paid one year's rent in advance for a stray animal shelter.	51,530	C4
Qinghai Province	Visited the poorest areas in Yushu Tibetan Autonomous Prefecture, including Kanang Temple, Saihe Township and Jiegu Town in Chindu County to contribute warm clothes, food, and medicine.	40,000	C5
Beijing City	Financial assistance for medical treatment of a small girl suffering from rheumatism.	61,200	C6
Nanjing City	Financial assistance for medical treatment of a small girl suffering from leukemia.	92,400	C7
Jilin Province	Financial assistance for medical treatment of a small girl badly in need of surgery.	10,000	C8
Henan Province	Contribution to a girl who has been taking care of 3 paralyzed family members for 5 years.	12,000	C9
Jiejiang Province	Financial assistance for medical treatment and living expenses of a family with a father suffering from terminal stages of lung cancer.	10,000	C10
Sichuan Province	Contribution to a family in Chongqing City with a father who attempted suicide.	10,000	C11
Hubei Province	Contribution to a relief fund for orphans.	10,000	C12
Hunan Province	Relief work to help fire disaster victims.	1,000	C13
		RMB ¥448,930 (US \$65,633)	

Expenditures for Charitable and Relief Activities in Formosa from September to December 2009
Total Amount in Tables 1 and 2 = NT\$1,345,038 (Approx. US\$41,524.28)

Table 1: Details of Charitable and Relief Activities

(Currency: NT\$)

Place	Date	Description of Activities	Amount	Appendix
Taoyuan	2009.09.04	Visited inmates at Taoyuan Prison, followed by environmental protection seminar and meditation teaching session. (Supported by fellow initiates.)	0	
Tainan	2009.09.10	Contributed vegan pet food to Stray Animals Home affected by the August 8 flood disaster.	30,000	A
Kaohsiung	2009.09.12	Supported the Social Welfare Bureau's public benefit activity by setting up a charity sale booth; all proceeds were given to the Kaohsiung Grass Compassion Association. (Supported by fellow initiates.)	0	
Chiayi	2009.09.13	Assisted Chiayi City Spinal Cord Injury Association in conducting a seminar on gastro-intestine health, sent speakers to talk about healthcare and environmental protection, and served vegan snacks.	1,936	B
Taoyuan	2009.09.14	Gave 30 sacks of vegan dog food to the Stray Dogs Shelter in Taoyuan run by Ms. Chen Wi-ling.	15,120	C
Yilan	2009.09.16	Held a "Be Veg! Go Green! Save the Planet!" seminar at Toucheng High School and served vegan snacks.	9,600	D
Hualien	2009.09.20	Held a "Be Veg! Go Green! Save the Planet!" seminar at Yuli Elementary School and served vegan snacks.	3,180	E
Keelung	2009.09.20	Co-organized a Halting Global Warming Seminar with Keelung General Development Association for the Physically and Mentally Disabled, and served vegan snacks.	7,369	F
Hualien	2009.09.21	Held a "Be Veg! Go Green! Save the Planet!" seminar for parolees supervised by the Hualien District Prosecution Office and served vegan snacks.	6,148	G
Tainan	2009.09.23	Visited inmates at Tainan Mingde Labor Prison and conducted spiritual seminars and meditation sessions. (Supported by fellow initiates.)	0	
Tainan	2009.09.24	Visited inmates at Tainan Prison and conducted environmental protection seminars and meditation sessions. (Supported by fellow initiates.)	0	
Tainan	2009.09.26	Delivered Mid-Autumn Festival food and spiritual publications to Tian Gong Children's Home and Ren Ai Children's Home in Tainan.	29,464	H
Keelung	2009.09.26	Participated in the Sijih Dajianshan Grand Mountain Hiking to share the "Be Veg! Go Green! Save the Planet" message.	10,132	I
Kaohsiung	2009.09.26	Distributed 500 portions of fried rice and gifts to the homeless during the Mid-Autumn Festival season.	150,197	J
Kaohsiung	2009.09.27	Conducted EP seminars and offered vegan food tasting at the Sanmin District Fifth Lane General Activity Center to support the government's "Save Energy, Reduce Carbon Emissions, Be Veg, Go Green" campaign.	9,519	K
Tainan	2009.09.27	Set up 5 large "Be Veg! Go Green! Save the Planet!" billboards at Chian Uen Gas Station in Tainan to support the government's "Save Energy, Reduce Carbon Emissions, Be Veg, Go Green" campaign.	53,000	L
Keelung	2009.09.27	EP endeavor, cleaning up the seashore at Changtan Lane, Badoutzu, Keelung. (Supported by fellow initiates.)	0	
Yilan	2009.09.28	Conducted a "Be Veg! Go Green! Save the Planet!" seminar at Luodong High School and served vegan snacks.	6,080	M
Chiayi	2009.09.30	Distributed gift boxes and vegan lunches as well as provided free haircuts and health checks to the homeless during the Mid-Autumn Festival season.	1,129	N
Tainan	2009.09.30	Organized 38 EP seminars and information sharing activities at various schools in Tainan to support the government's "Save Energy, Reduce Carbon Emissions, Be Veg, Go Green" campaign. (Supported by fellow initiates.)	0	
Taipei	2009.09.30	Visited inmates in the Sindian Drug Abuse Treatment Center, gave spiritual talks, as well as taught meditation, English conversation classes, and vegetarian cooking classes. (Supported by fellow initiates.)	0	
Hualien	2009.09.30	Held a "Be Veg! Go Green! Save the Planet!" seminar at Dafu Elementary School and served vegan snacks.	23,690	O
Yilan	2009.09.30	Delivered gift boxes to the homeless during the Mid-Autumn Festival season.	9,800	P
Changhua	2009.09.30	Offered gift boxes and cash to destitute families during the Mid-Autumn Festival season.	26,200	Q
Kaohsiung	2009.10.03	Held an EP seminar and a vegan food tasting event at Guofeng Lane in Zuoying District, during the Mid-Autumn Festival season. (Supported by fellow initiates.)	0	
Taipei	2009.10.09	Held an EP seminar and provided a vegan lunch for the homeless at the Transition Home. Haircuts, blood pressure checks, and electricity, plumbing, carpentry services were also provided.	4,800	R
Tainan	2009.10.10	Organized Tainan Golden Beach Clean-up while sharing information on EP.	11,300	S
Taichung	2009.10.11	Held a "Protect Our Home with LOVE" climate change seminar at National Chung Hsing University.	323,650	T
Kaohsiung	2009.10.17	Co-organized a Family Get-together event with Kaohsiung Social Affairs; all proceeds went to the Grass Compassion Association. (Supported by fellow initiates.)	0	
Taipei	2009.10.18	Participated in the first Green EP Carnival for the physically and mentally disabled; EP films were played and creative vegan food offered.	36,000	U

Hualien	2009.10.19	Visited parolees supervised by the Hualien District Prosecution Office, held a soul-elevating seminar, and shared the "Be Veg, Go Green, Save the planet" message. Vegan snacks were served after the seminar.	2,220	V
Yunlin	2009.10.20	Held an Environmental Protection seminar at Lunbei Village Old Folks' Home, with a vegan cooking demonstration and free vegan lunch.	9,438	W
Kaohsiung	2009.10.20	Held six Environmental Protection seminars, followed by vegan cooking classes at Xinsha Lane in Zuoying District. (Supported by fellow initiates.)	0	
Changhua	2009.10.25	Held an Environmental Protection seminar, followed by a vegan cooking class and free vegan lunch at the Changhua Cultural Bureau.	0	
Kaohsiung	2009.10.25	Set up a booth at Hanshin Square Arena, to promote Environmental Protection, teach vegan cooking, and have a vegan food tasting activity.	9,000	X
Tainan	2009.10.25	Participated in the Family Get-Together event held by the Qingliao High School, organized a "Be Veg, Go Green, Save the Planet" seminar, and served vegan snacks.	5,710	Y
Keelung	2009.10.25	Set up a booth at the 2 nd Vegetarian Promotion Garden Party in Keelung City, advocating the "Be Veg, Go Green, Save the Planet" concept.	6,861	Z
Chiayi	2009.10.26	Held a "Be Veg, Go Green, Save the Planet" seminar at Beiyuan Elementary School and served vegan snacks.	2,020	Z1
Taipei	2009.10.29	Visited inmates in the Sindian Drug Abuse Treatment Center, gave spiritual talks, taught meditation, as well as organized English conversation and vegetarian cooking classes. (Supported by fellow initiates.)	0	
Kaohsiung	2009.10.30	Conducted seminars, and information sharing activities at various schools in Kaohsiung to support the government's "Save Energy, Reduce Carbon Emissions, Be Veg, Go Green" campaign. (Supported by fellow initiates.)	0	
Tainan	2009.10.31	Visited inmates at the Tainan Prison to conduct spiritual seminars and meditation sessions. (Supported by fellow initiates.)	0	
Tainan	2009.10.31	Organized 54 EP seminars and information sharing activities at various schools in Tainan to support the government's "Save Energy, Reduce Carbon Emissions, Be Veg, Go Green" campaign. (Supported by fellow initiates.)	0	
Chiayi	2009.10.31	Assisted at a social gathering for EP volunteers organized by the EP Bureau of Chiayi City by providing seminar speakers and vegan snacks.	23,083	Z2
Hualien	2009.11.08	Organized EP seminars and information sharing activities at various schools in Hualien to support the government's "Save Energy, Reduce Carbon Emissions, Be Veg, Go Green" campaign.	46,535	Z3
Taipei	2009.11.15	Participated in a "Save Energy, Reduce Carbon, Save the Planet" garden party held by the R.O.C. Animal Welfare and EP Promoting Association.	6,000	Z4
Hsinchu	2009.11.16	Visited inmates at Hsinchu Prison and talked to them about EP. (Supported by fellow initiates.)	0	
Hualien	2009.11.16	Visited parolees supervised by the Hualien District Prosecution Office, held a soul-elevating seminar, and shared the "Be Veg, Go Green, Save the planet" message. Vegan snacks were served after the seminar.	2,280	Z5
Yilan	2009.11.18	Introduced the "Be Veg, Go Green, Save the Planet" message at the Lan Yang Institute of Technology, and served vegan snacks.	3,200	Z6
Kaohsiung	2009.11.21	Participated in the garden party held by the Kaohsiung American School by setting up a booth to advocate EP. (Supported by fellow initiates.)	0	
Chiayi	2009.11.22	Participated in the barter trade—save energy and reduce carbon activity held by the Chiayi County EPB. (Supported by fellow initiates.)	0	
Kaohsiung	2009.11.29	Participated in the garden party held by the Fengshan Branch of Genesis Social Welfare Foundation by setting up a booth to advocate EP.	12,594	Z7
Chiayi	2009.11.30	Exhibited global warming posters at the Chiayi County Government's center court, to draw the attention of the general public.	2,700	Z8
Taipei	2009.11.30	Visited inmates in the Sindian Drug Abuse Treatment Center, gave spiritual talks, taught meditation, as well as organized English conversation classes and vegetarian cooking classes. (Supported by fellow initiates.)	0	
Chiayi	2009.12.03	Distributed sleeping bags and warm jackets to the homeless.	50,400	Z9
Yilan	2009.12.03	Held a "Be Veg, Go Green, Save the Planet" seminar at Yilan Branch of the Administrative Enforcement Agency and served vegan snacks.	7,000	Z10
Keelung	2009.12.06	Held a "Be Veg, Go Green, Save the Planet" seminar at Ruantong Lane and served vegan snacks.	2,700	Z11
Tainan	2009.12.06	Provided free vegan meals to 800 needy families under the Tainan County Family Aid Center's care.	138,563	Z12
Kaohsiung	2009.12.13	Participated in the garden party held in the community by setting up a booth to advocate environmental protection. (Supported by fellow initiates.)	0	
Kaohsiung	2009.12.19	Participated in the used items barter trade event held by the Women's Center of the Kaohsiung Social Affairs Bureau by setting up a booth to advocate environmental protection. (Supported by fellow initiates.)	0	
Hualien	2009.12.21	Visited parolees supervised by the Hualien District Prosecution Office, held a soul-elevating seminar, and shared the "Be Veg, Go Green, Save the planet" message. Vegan snacks were served after the seminar.	2,520	Z13
Hualien	2009.12.22	Distributed rice and oil to destitute students in 11 elementary schools in Hualien.	45,900	Z14

Tainan	2009.12.31	Visited inmates at Tainan Prison and gave spiritual talks. (Supported by fellow initiates.)	0
Tainan	2009.12.31	Conducted 45 EP seminars and information sharing activities at various schools in Tainan to support the government's "Save Energy, Reduce Carbon Emissions, Be Veg, Go Green" campaign. (Supported by fellow initiates.)	0
Hualien	2009.12.31	Contributed used items to destitute students and elderly people in the community. (Supported by fellow initiates.)	0
Penghu	2009.12.31	Delivered more than 200 vegan meals to orphans and elderly people. (Supported by fellow initiates.)	0
Taipei	2009.12.31	Visited inmates in the Sindian Drug Abuse Treatment Center, gave spiritual talks, taught meditation, as well as organized English conversation and vegetarian cooking classes. (Supported by fellow initiates.)	0
Total			NT\$1,147,038

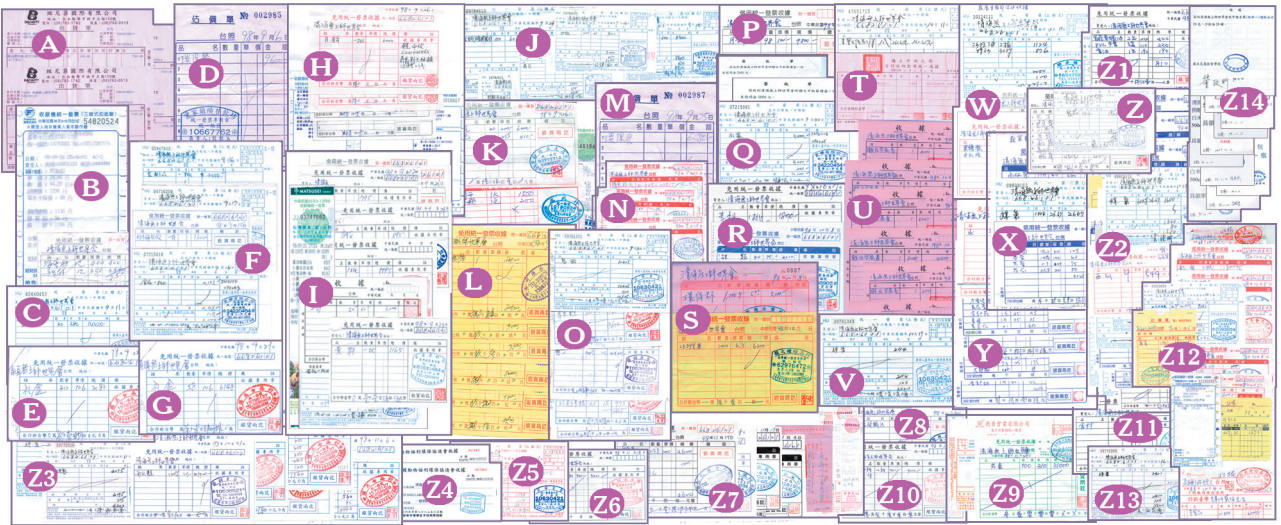
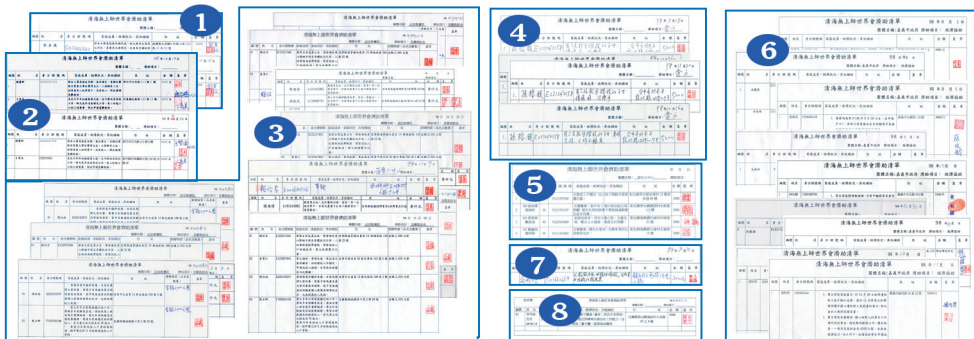


Table 2: Expenditures for Charitable Activities, September to December 2009, Formosa (Currency: NT\$)

Place	September 2009		October 2009		November 2009		December 2009		Appendix
	No. of Households	Amount	No. of Households	Amount	No. of Households	Amount	No. of households	Amount	
Taoyuan	—	—	—	—	1	5,000	1	5,000	1
Hsinchu	—	—	—	—	2	10,000	2	10,000	2
Miaoli	7	21,000	7	21,000	7	21,000	6	18,000	3
Tiachung	1	5,000	1	5,000	1	5,000	1	5,000	4
Changhua	4	12,000	—	—	—	—	—	—	5
Chiayi	5	22,000	3	11,000	2	8,000	2	8,000	6
Pingtung	1	3,000	—	—	—	—	—	—	7
Yilan	1	3,000	—	—	—	—	—	—	8
Sub total	19	\$66,000	11	\$37,000	13	\$49,000	12	\$46,000	



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If there is no contact person in your area, please contact our headquarters or our office nearest to you.

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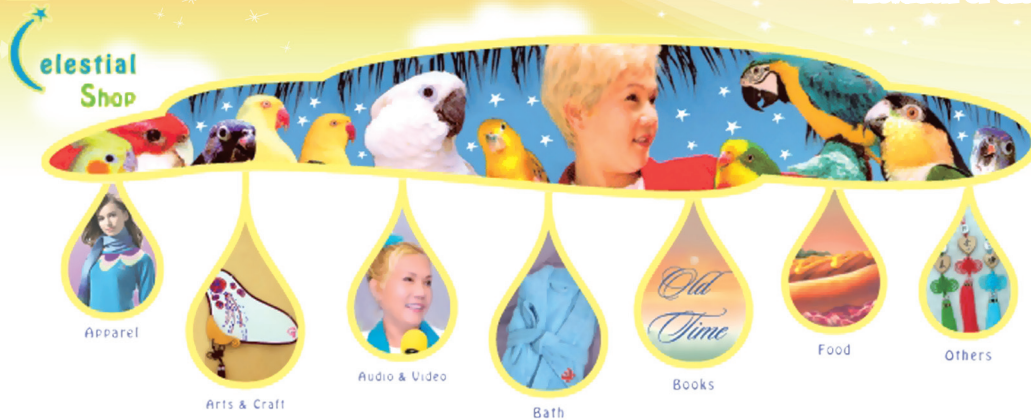
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No.006-1 (Spoken in Chinese)

Worshipping Buddha Is Worshipping One's True Self
Hualien, Formosa, June 2, 1988

No.006-2 (Spoken in Chinese)

The Origins of Superstitions and Idol Worship
Kaohsiung, Formosa, June 5, 1988

No.006-3 (Spoken in Chinese)

The Ordinary Mind Is the Tao
Tainan, Formosa, June 7, 1988

No.006-4 (Spoken in Chinese)

Observing the Precepts Is Necessary in Spiritual Cultivation
Kaohsiung, Formosa, June 7, 1988

No.006-5 (Spoken in Chinese)

Questions and Answers between Master and Disciples
Taichung, Formosa, June 11, 1988

No.006-6 (Spoken in Chinese)

The Magical Power of Controlling the Weather
Chiayi, Formosa, June 12, 1988

No.006-7 (Spoken in Chinese)

Keep Yourself Pure to Receive Master's Blessings
Tainan, Formosa, June 13, 1988

No.56 (Spoken in Chinese)

A Mother's Heart
Taipei, Formosa, March 7, 1989

No.56-1 (Spoken in Chinese)

The Wise Choice
Taipei, Formosa, March 11 & 12, 1989

No.57 (Spoken in Chinese)

The Standard of Judging Civilization's Levels & How to Work for Master
Tainan, Formosa, March 16, June 5, 1989

No.107 (Spoken in Chinese)

The Outfit of Buddha's Mind & The Story of Practice on Mt. Chee
Hsihu, Formosa, December 30 & 31, 1989

No.187-1 (Spoken in Chinese)

A Talk Prior to Initiation
August 18, 1991

No.379 (Spoken in Chinese)

The More We Meditate, the Purer Our Mind Becomes
Hong Kong, June 26, 1993

No.559 (Spoken in Chinese)

The Difficulty of Being a Master
Raising Center, Cambodia, July 21, 1996

~MP4

No.658 (English)

One World of Peace through Music
Benefit Concert in Los Angeles, California,
U.S.A., December 18, 1998

No.802 (Recital of Aulacese poems)

Love for the Homeland

No.833 (In English and Chinese)

Celestial Art (Part I) - Hsihu Center
Hsihu, Formosa

No.834 (In English and Chinese)

Celestial Art (Part II)—Heavenly Beauty
Hsihu, Formosa

No.838 (In English and Chinese)

Supreme Master Ching Hai's Heart-Touch
Tour: Eden on Earth Art Gallery Exhibition
Formosa, July 5, 2008

No.850 (In English)

Purity of Heart Can Create Many Miracles
International Gathering in Europe, August 22, 2008

No.858 (In English)

Awakening a Peaceful Planet - Toward a Heavenly Earth

No.861 (In English and Mongolian)

"Save Our World" Concert from Mongolia
January 27, 2009

No.862 (Spoken in English)

"Act Now! For a More Peaceful & Safer World"
- Videoconference with Supreme Master Ching Hai
& Former Philippines President Fidel Ramos
International Climate Change Videoconference
in Formosa, February 21, 2009

No.866 (Spoken in English)

The Ego Is the Greatest Enemy
International Gathering in Europe, August 20,
September 1, December 6 & December 22, 2008

Supreme Master Ching Hai's Latest DVD's

Summaries for the following DVDs are available on our online bookshop Web site:
<http://www.smchbooks.com/> (English/Chinese)

DVD-792 (Spoken in English, with 21 choices of subtitles)

Supreme Master Ching Hai on the Environment: Have a Positive Vision and Attitude
San Jose, California, U.S.A., July 10, 2008

DVD-799 (Spoken in English and German, with 21 choices of subtitles)

Supreme Master Ching Hai on the Environment:
Bringing Greater Comfort and Sustainability to Our Planet
Hamburg, Germany, July 18, 2008

DVD-839 (Spoken in Aulacese, with 21 choices of subtitles)

A Noble Goal and Change of Heart Can Save the Planet
Au Lac (Vietnam), July 20, 2008





Supreme Master Ching Hai's Latest DVD's



DVD-870 (Spoken in English and Chinese, with 20 choices of subtitles)

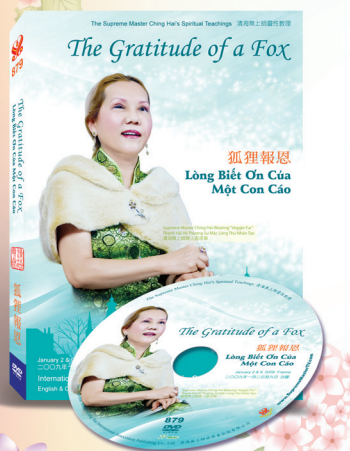
The Blessed Power of the Higher Realms

International Gathering in Europe, December 10, 2008 and January 11, 2009

Summary:

During Supreme Master Ching Hai's gatherings with Association members on three different occasions, She told humorous stories as well as presented lectures of wisdom and insight that provided concise and practical advice to those present.

Have you ever wondered how spiritual practitioners help their country and bless the world? Why do spiritual practitioners have to strive for perfection and how does the soul bless the world? What's the true meaning of being "like a child?" Why do certain nations tend to create more inventions? What are the most meritorious jobs to have? The answers to these questions and more are illuminated in this wonderful DVD. 🌿



DVD-879 (Spoken in English and Chinese, with 25 choices of subtitles)

The Gratitude of a Fox

International Gathering in Europe, January 2 and 9, 2009

Summary:

The Supreme Master tells two stories of gratitude, one of a fox and the other of a bee, explaining the true meaning of freeing captured animals. She reminds us that animals also have souls. Sometimes they come from a higher level to do something for the world or for their own species. Therefore, being a vegan is not only for protecting the environment but also for respecting all living beings. 🌿

DVD-871 (Spoken in English, with 20 choices of subtitles)

Practice with Selflessness: Sila Paramita and Dhyana Paramita

International Gathering in Europe, December 29, 2008 and January 09, 2009

Summary:

How should we practice perfect charity and true meditation? During an international gathering in Europe Supreme Master Ching Hai revealed the answer through the Diamond Sutra, a scripture that recorded the wisdom of the great Shakyamuni Buddha: "A perfect gift, a perfect charity, it is when you give without giving."

Master reminded us that only when our intention in practice is to help all sentient beings reach eternal peace as we attain the highest Buddha Nature will we be able to control our mind for true meditation. And as the full Truth is realized, we will not have ego to even register the act of delivering other sentient beings, as we will be one with the universal Self. 🌿





DVD-788 (Spoken in English and Chinese, with 16 choices of subtitles)

Back to Heaven with Peace

Lunar New Year Celebration and 5-Day International Retreat
Hsihu, Formosa, February 18, 2007

Summary:

Supreme Master Ching Hai invited Association members from around the world to dress up grandly in celebration of 2007 Lunar New Year at Hsihu, Formosa. Master encouraged everyone, saying, "So peace must be, because in peace we can rebuild countries; in peace only we can rebuild human relationships; in peace only we can attain heaven. There is no other way we can live with each other ever, except in peace. ... Everyone talks about peace, but we must do something to contribute to it, by loving our neighbor, by stopping anything that we think and know is wrong. Anything wrong, we stop it right away; anything right, we do it right away. It is a very simple kind of living. There is no need to look anywhere else for Heaven, unless we are at peace with our neighbors and within ourselves." 🌿



DVD-852 (Spoken in English, with 22 choices of subtitles)

Video Conference with Supreme Master Ching Hai at the Premiere of the English Edition of "Celestial Art"

Fountain Valley, California, U.S.A., December 12, 2008

Summary:

Guests attending the conference for the worldwide release of the English version of Celestial Art, held in Los Angeles, USA, were delighted by the abundance of exceptional and diverse artistic creations. An immense joy, love, peace and serenity radiated from the "Celestial Art," allowing closer contact with the vast inner world of the soul.

The Supreme Master called on people in the world: "Not only artists, people in the whole world should use their talents, abilities, social status and power to call upon everyone to save our only planet, to put into good use our God-given gift and to express our concern, to describe the crisis that threatens the world right now and to inspire the world population to practice effective ways to create a better future... to live a peaceful, abundant and merciful lifestyle, starting from a vegan diet." 🌿



DVD-868 (Spoken in English, with 21 choices of subtitles)

The Wise Saints – Nasrudin's Stories and Rumi's Poems

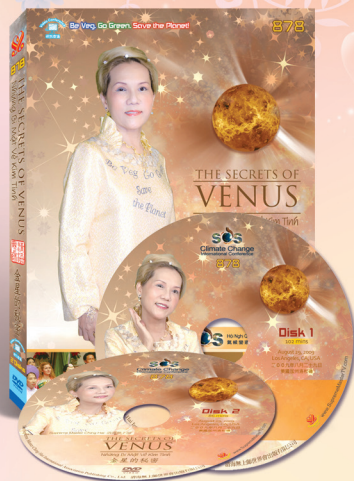
International Gathering in Europe, August 20, 21, 23 and December 19, 2008

Summary:

Master told humorous stories of the wise Mullah Nasrudin and shared the insightful teachings found in Rumi's poems. Why did Mullah Nasrudin choose money instead of wisdom when confronted by the king? Why did such a great master have to endure his wife's unending criticism? The Supreme Master also ingeniously expounded on the profound meaning of Nasrudin's "The Story of Kharraqani": "One day when you get old, think of all the upheavals in your life, all the retribution that has been thrown on your path, and you will feel, 'How lucky I have been trained with the merciful hand of heaven so that I have become humble.' Because you become nothing, you become great; you become your true Self." 🌿



Supreme Master Ching Hai's Latest DVD's



DVD-878 (Spoken in English, with 26 choices of subtitles)

Supreme Master Ching Hai on the Environment: The Secrets of Venus

Los Angeles, California, U.S.A., August 29, 2009

Summary:

In this intriguing discussion with Supreme Master Television staff, Supreme Master Ching Hai revealed that billions of years ago, more than one Venus graced our galaxy. However, when faced with a global warming crisis, residents of the different Venus planets did not choose the same path, which in turn led to different planetary destinies. One of the Venuses, as we see today, is trapped in extremely dense layers of carbon dioxide. Master explained, "Because they concentrated all on the physical aspect of development, they did not care about spiritual practice. That's why they got destroyed." Sourced from the hidden Galaxy Record Library, this revealed information is a timely reminder for Earthly citizens to make the choices that ensure our planetary survival. 🌱



DVD-865 (Spoken in English, with 26 choices of subtitles)

Juice Fast for Peace

Culver City, California, U.S.A., March 7, 2009

Summary:

A one-week "Juice Fast for Peace" was held in Culver City, California, USA, by famed health specialists and spiritual leaders, Rabbi Gabriel Cousens, M.D. and Reverend Michael Beckwith, Ph.D. All the participants experienced the purification of body and mind, as well as deepening their spiritual awareness, suggesting that fasting has truly unbelievable benefits for our body, mind and spirit.

When relating fasting to healing of the Earth, Supreme Master Ching Hai said via videoconference with the participants, "It is not just a one week fast, it also awakens our inner courage. At least in a short period of time after the fast, you would have the courage

that you can do anything and you can fast for an even longer time, let alone just change to a vegetarian or vegan diet. Therefore, after one or two weeks of fasting, you would feel you are invincible." 🌱



DVD-864 (Spoken in Chinese, with 20 choices of subtitles)

Trust in God

International Gathering in Europe, December 16, 2008

Summary:

Meat, alcohol, cigarettes and drugs have caused many diseases and crimes, as well as poisoned our health, mind and spirit. The resulting karma has also led to various kinds of natural disasters. If we understand the damaging effects and costly consequences of meat consumption—such as soil aridity, glacial melting, and decreased grain production, etc.—we understand that it is now critical to be vegan.

Moreover, only when we tune our body, speech and thinking to the teachings of a true Master, relying wholly on God, can we then achieve inner satisfaction and gain the eternal protection of the Almighty. 🌱



Latest Poetry Anthology by Supreme Master Ching Hai

The Old Time – (Chinese Edition)

As a celebrated poet, Supreme Master Ching Hai has received great acclaim from artistic communities across cultures and around the world. Many poems from Her earlier published collections, such as *The Dream of a Butterfly* and *The Lost Memories*, have been set to exquisite music by award-winning American composers and prominent Aulacese musicians.

In *The Old Time*, Her most recent compilation of poems to be published in the Chinese language, Supreme Master Ching Hai once again generously shares Her innermost feelings with lovers of poetry. Her verses will resonate deeply in our heart and leave readers with a profound empathy for the pain and anguish often experienced by humankind in the mundane world.

This poetry collection not only explores the various predicaments of human existence, but also portrays the most genuine responses of the spirit when human beings are faced with agonizing circumstances. Through an elegant blend of text and illustrations, Supreme Master Ching Hai once again kindles the light within us and inspires us to live a fulfilling, joyous life while on the path of Truth.

Master and I

*When the chapters of our lives end,
The Master is the one who greets us,
And helps in transition from this life to the next,
Brings us Home to where we truly belong.
Do not slander him now, for you'll face him soon,
When all things are revealed to the utmost.
If you think Jesus died on the cross,
You err.
He forever lives.
The Son of God only suffers like all the flesh does,
But his kingdom is the whole universe.
The Master is the King of Kings.*

~ From *The Old Time*