

World Vegan, World Peace



**THE SUPREME MASTER
CHING HAI**

News No. 208



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Be Veg, Go Green 2 Save the Planet!



Organic Vegan Diet Can Save the Planet

Our thinking, our actions, have to send out a message to the universal energy that we want a better planet, and we want a safer life, we want a saved world; then the universal energy will do just that.

Spoken by Supreme Master Ching Hai, Lomé, Togo Videoconference,
May 09, 2009 (Originally in English)

When we live our lives with a vegan diet, we send out a powerful statement that we want life, and so we will beget life, and protection to continue with our life.

If we become vegan as an individual, we can remedy the disasters that otherwise might affect us personally. If the world becomes vegan as a group, we can remedy the disasters that affect us globally. They will be averted, or be minimized and rendered harmless. The planet will begin repairing itself in astonishing ways that would surprise scientists. For example, the ice will stop melting and return to the way it was; green life will appear again, and the oceans will be healed as the rainfall and temperature begin to regulate themselves again to produce restored balance.

You see, we have the energy to change everything; we have the power to dictate what happens around us, but we must use it. We must use it for the sake of all. We must use it for the benefit of every being on this planet.

Our thinking, our actions, have to send out a message to the universal energy that we want a better planet, we want a safer life, and we want a saved world; then the universal energy will do just that. But we have to act in resonance with this energy.

If we want good things, then we have to do good. If we want life, we have to spare lives. So the good energy we create can do these things, and more wonders. The compassionate loving atmosphere that we, as the whole world, generate, can and will do more miracles for us. I know it sounds incredible but it is possible. It is a fact. We can create everything that we want if we live in accordance with the law of the universe. Such is the power of just being vegan. Because that means we spare life, we want life, and we want constructive energy; we don't want destruction. So vegan is the answer. This is something all citizens of the world can do. Be vegan. Be a world-saver. The world can be what we make it to be, and we will make it a vegan world, a compassionate world, a peaceful world and a saved world. 🌸

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"Please join us to meditate for World Vegan & World Peace."

For World Group Meditation Hours, please visit:
<http://www.SupremeMasterTV.com/worldvegan/>

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A Little Message:

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

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

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>



Mexico

Sharing the Vegan Solution at the World Mayors Summit on Climate 2010

By Mexico News Group (Originally in Spanish)

[Mexico City] On November 21, Golden Year 7 (2010), days before the beginning of COP16, 138 representatives from 43 countries around the world took part in the World Mayors Summit on Climate (WMSC) held in Mexico, to work together to mitigate climate change.

Supreme Master Ching Hai was invited as a special guest to this important event. Although She could not be there in person, Master lovingly sent representatives to attend and support the conference. As delegates, many of our Association members from different countries also came to the meeting to share the noble, organic vegan solution to climate change.

At the welcoming dinner the day before the summit, our Association members had the opportunity to meet with VIPs including Mr. Carlos Slim Helú, the renowned business magnate and philanthropist, and Mr. Jaime Hernández Zaragoza, the Honorable Mayor of Cancún, and shared with them the most efficient way to halt global warming. Touched by the inspiring "Be Veg, Go Green 2 Save the Planet" message, Ms. Martha Delgado, Secretary of the Environment for Mexico City, offered to help distribute vegan recipe booklets and spread the good news.



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The Mayor of Mexico City, Mr. Marcelo Ebrard, was presented with Master's new book *From Crisis to Peace: The Organic Vegan Way is the Answer*.

On the day of the Summit, with God's arrangement, our Association members were able

to distribute SOS bags officially at the main entrance to all the participants, many of whom expressed agreement with the promoted ideal. Four mayors mentioned they would become vegan starting the next day for the sustainability of the planet, and others said they would bring this message back to their cities and share it with citizens. In supporting the low carbon, plant-based diet, the organizer of the event wisely served a vegetarian lunch to all the guests.

The Summit was concluded with the signing of the Global Cities Covenant on Climate, the "Mexico City Pact," highlighting the strategic importance of cities in combating global warming. We wish that all communities will go vegan in the near future under the enlightening leadership of the mayors. 🌸



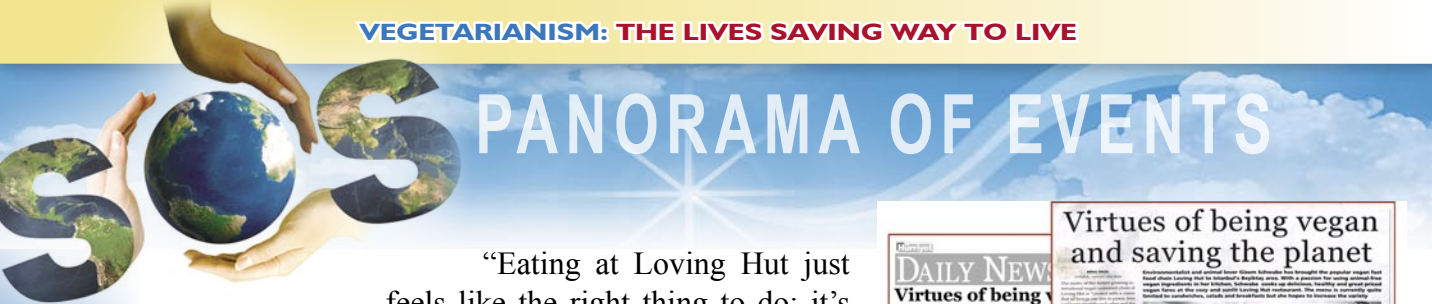
Turkey

The "European Capital of Culture" Welcomes its First Loving Hut

By Istanbul News Group (Originally in English)

[Istanbul] Being the only city sitting across two continents (Europe and Asia), Istanbul was once the historical capital of the Byzantine, Roman and Ottoman Empires. With such a rich heritage, no wonder the European Union designated it as the "European Capital of Culture" for Golden Year 7 (2010). It is right here, where East meets West, that a new Loving Hut opened its doors early in October to provide delectable vegan dishes of world cuisine to its dynamic neighbourhood. Straight away, it received acclaims from one of the most popular English newspapers in the city, the *Hürriyet Daily News & Economic Review*:





“Eating at Loving Hut just feels like the right thing to do: it’s healthier, it’s compassionate, it’s peaceful, and it’s the only way to a sustainable planet. In addition, the prices are great and the food is yummy . . .”

A new entry to the global chain of vegan restaurants, Loving Hut Istanbul is the first of its kind to arrive in the Arabic world. Snugly nestled in the historic centre of Beşiktaş, the most friendly and densely populated up-and-coming district of the city, the little homey eatery attracts many students and teachers from the area’s nine universities, as well as foreign visitors who learned about Loving Hut from the Internet. Its chic yet vibrant atmosphere and simple yet delicious and affordable organic food, appeals to both vegetarians and non-vegetarians alike. Many first-time visitors claim it a delightful discovery and many come back bringing their friends. As a satisfied customer put it:

I’ve always thought that Beşiktaş needs a place like this vegan restaurant. I think all living beings have a right to live and I think we shouldn’t consume any living being for its flesh, milk or anything. I think the most loving way is to start with being vegetarian.

Congratulations Loving Hut Istanbul, on a promising start in Turkey. And we thank Master for Her compassionate support of this international vegan franchise. May more and more people discover the humane and healthful joys of plant-based fare. We look forward to the day when all people may reap the wholesome benefits of the vegan lifestyle. 🌸



Coverage by local newspapers and media on the opening of the Loving Hut Istanbul

New Zealand

Eco-Conscious Radio Campaign

By Wellington News Group (Originally in English)

[Wellington] From September to December, Golden Year 7 (2010), a series of 15-30 seconds radio advertisements promoting a plant-based diet were aired through a major New Zealand radio station *The Breeze*, at peak times to reach hundreds of thousands of listeners nationwide.

These advertisements, written and read by our local Association members, were designed to be concise, personal, and humorous with the aim of raising public awareness of the benefits of switching to a plant-based diet. Topics covered included health, deforestation, and river pollution. At the end of each advertisement, listeners were directed to www.suprememastertv.com/Be-Veg and www.quitmeat.org.nz for further information.

Initially, the cost for the campaign was almost out of reach. But with God’s grace, the radio station later reduced the fees and with the combined contribution from all five of our New

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Zealand Centres, our members were able to run the advertisements weekly for 14 weeks with a total of more than 80 airings. The Association members were grateful for being able to reach the mass population through this powerful medium. 🌸

To hear these radio advertisements designed by New Zealand Association members, please visit:
<http://www.vegsense.net/radio-advertisements.html>

Canada

Creating a Safe and Prosperous World Conference

By Toronto News Group (Originally in English)

[Toronto] On November 14, Golden Year 7 (2010), our local Association members hosted a half-day conference entitled “Creating a Safe and Prosperous World” at the beautiful Toronto Reference Library. Over 220 guests came to learn about the damaging effects of a meat diet on people’s health and the planet, and the multifaceted benefits of a vegan diet.

Guest speakers included three of our Association members, a medical doctor, a climate change researcher, and a young star athlete who is also a North American Biathlon Champion. Julie Johnston, a teacher and leader in sustainability education, encouraged everyone to invite their local schools to “Be Veg, Go Green 2 Save the Planet!” She demonstrated how to plant organic gardens in school yards, how to offer children exclusively vegan meals, and how to bring life in the form of plants and trees into the classroom. The final speaker, Dr. David Jenkins, M.D., Ph.D., a vegan, university professor, and chair of Canada Research in Nutrition and Metabolism, Department of Nutritional Sciences at University of Toronto, shared the results of his research on the benefits of a plant-based diet in his speech “Climate, Nutrition, and Food Security”.

Ultimately, 40 guests were committed to the online, 21-Day, Vegan Kickstart Program (www.21DayKickstart.com) offered by the Physicians Committee for Responsible Medicine (PCRM). Another 50 guests signed up for a 7-day veggie challenge sponsored by the Toronto Vegetarian Association. They all received one of Master’s books and a gift certificate to Toronto’s two Loving Hut restaurants as tokens of encouragement. With happy hearts and satisfaction from





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the vegan meal, the audience left the conference to begin a new life to save themselves and Mother Earth.

A Meaningful Vegan New Year Eve

In support of the Christmas and New Year food and fund drive organized by the Ontario Vegetarian Food Bank in 2010, the local Loving Hut restaurant served a hot vegan lunch for its customers on New Year's Eve. They also thoughtfully prepared fortune cookies and balloons for the children. Both adults and children appreciated the delicious meal very much. Some were surprised to learn that the cakes were made only with vegan ingredients. Eco-friendly lunch boxes also were provided for customers to take food home for their family members.

Malan Joseph, founder and president of the Food Bank, thanked our Association members and Loving Hut for serving the hot meal in this holiday season. He wholeheartedly agrees that vegetarianism is not only a healthy and compassionate way of living, but is also the solution to global warming. 🌸

Malan Joseph, founder and president of the Food Bank



Ghana

World Vegan Day Celebrated

By Accra News Group (Originally in French)

[Accra] To celebrate World Vegan Day, our Association members from the Accra Center participated in a public seminar entitled "Eat a Plant-Based Diet for a Healthy Life" on October 30, Golden Year 7 (2010). The event was sponsored by the Vegetarian Association of Ghana (VAG) plus many other environmental and animal protection groups and health-conscious individuals.

Along with many prominent speakers including Dr. Kofi Gharthey, an optician and naturopathic physician, who demonstrated his healing treatment process to the audience, our Association members also spoke on the relationship between global warming and the meat diet as well as the vegan solution. They appealed to the Ghanaian youth to initiate actions to make Ghana a healthy nation and to help mitigate the climate change crisis. In conclusion, the



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chairperson of the evening, Reverend Dr. Major (Rtd) Madam Rosa Mills, a Christian Minister, stressed the importance of the vegetarian diet in uplifting our body and soul. Afterwards, the audience was treated to a variety of sumptuous vegan foods prepared by VAG and our Association members, who also took the opportunity to share SOS flyers with everyone present.



All the participants were very satisfied with this successful event and gave thanks to God for the blessings. 🌸

USA

Promoting a Noble Lifestyle in a Local Community

By San Diego News Group (Originally in English)

[San Diego] Almost every Sunday, our San Diego Center Association members have been organizing seminars to promote the Earth-saving vegan diet. Typically the events begin with a short slide and video presentation on the health and environmental benefits of the organic vegan diet. After that, the chefs start to demonstrate how to cook quick and delicious vegan meals. Sometimes, the participants are given the chance to experience hands-on the making of the finger foods, and at the end, the audience is invited to feast on the featured dishes of the day. In the friendly atmosphere, many people often come to ask more questions about the discussed subjects and our Association members then share more of their knowledge and experiences. Before going home, all attendees are given a gift bag filled with constructive vegan information for friends and family.



Since each time the seminars have had an increasing number of participants, the San Diego Center recently chose larger facilities such as local churches and the Young Men's Christian Association (YMCA) for their events. This exciting and effective way of promoting the organic vegan diet has definitely opened the hearts of more people to be kinder toward themselves, the animals, the environment and the planet. Seeing that many are turning toward a more compassionate lifestyle, our Association members are motivated to continue spreading the message that peace and love start on our plates. 🌸



VegFest Expo Attracts a Huge Crowd

By Michigan News Group (Originally in English)

[Michigan] Due to Master's infinite love and blessings, our Michigan Center had a divine opportunity to participate in the March Golden Year 8 (2011) VegFest Vegetarian Tastefest & Expo, which was organized by Veg Michigan, the largest vegetarian organization in the state. More than 4,000 individuals packed the Suburban Collection Showplace in Novi to learn about the latest green developments, sample vegan foods, and listen to lectures by distinguished speakers including Oprah's vegan chef, Tal Ronnen.

Our Michigan Center's booth had a steady stream of visitors. Many of them have enjoyed the vegan food at Loving Hut restaurants in other cities and inquired about when Michigan would have one as well. An elderly gentleman was captivated by Master's book, *From Crisis to Peace: The Vegan Way is the Answer*, and was delighted to receive one free. Some were thrilled to obtain many copies of the informative brochure "Honoring God's Creation." They wanted to share them with their church members, since the brochure detailed numerous quotations from the Bible in complete support of the vegan diet. There were also a few who practiced Sikhism or Buddhism that expressed interest in Master's teachings and the Quan Yin Method of meditation.

Overall, the VegFest Vegetarian Tastefest & Expo turned out to be a very successful event where our fellow initiates had the opportunity to share information with a lot of people about the benefits of a vegan diet and the value of our spiritual lifestyle personally as well as in maintaining the sustainability of the planet. 🦋



Malaysia

Eco-Film Fest 2010

By Malaysia News Group (Originally in English)

[Kuala Lumpur] Held over the weekend of October 16 and 17, Golden Year 7 (2010), on the main campus of the University of Malaya, the Eco-Film Fest was organized by EcoKnights, an NGO with the objective of providing opportunities for people to learn about green initiatives and businesses, and to network with the eco-community. The colorful, entertaining festival drew a

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ECO FILM FEST 2010



diverse crowd of some 3,000 university students, youths, academics, young working professionals, their families and friends. Through workshops, seminars and entertainment programs, fifty exhibitors displayed and sold eco-friendly products and services, in addition to exchanging ideas. Notable among them were the Malaysian Nature Society, the Malaysian Youth Climate Justice Network (MyCJN), and Wild Asia.

The Eco-Film Fest screened many award-winning films on the environment including *Penyu Menangis (The Weeping Turtle)*, *Conflict between Humans and Mangrove*, and *Green Crusaders* from Malaysia as well as international films such as *11 Degrees*, *Climate Chaos in the South*, *Beyond the Pole*, *Agent Orange: 30 Years Later*, and *Meat the Truth*. These films awakened the audience to the critical situation of climate change. Our Association members distributed well over a thousand copies of SOS flyers and DVDs and provided pure vegan food for free sampling for two days. A local Loving Hut also set up a booth to sell healthy and delicious “fast food” meals to the delight of both participants and visitors alike. It’s encouraging to see that so many people understand the root cause of global warming and are taking actions to save the planet.

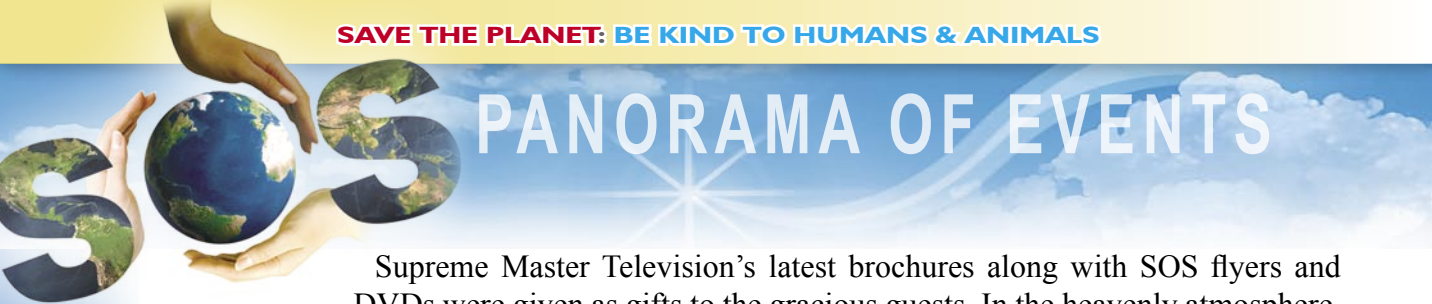
Celebrating World Vegan Week and International Meatless Day

In conjunction with the 5th Annual World Vegan Week and International Meatless Day, the Malaysian Vegetarian Society (MVS) and the local Supreme Master Television team co-hosted an informal get-together on October 27 in celebration of compassion for our animal co-inhabitants and to take a stand for the well-being of the environment in light of current climate changes.

Mr. John Davis, Manager of the International Vegetarian Union and speaker for the evening, reflected on the history of vegetarian practice from the ancient Greek philosophers such as Pythagoras, Socrates and Plato to the establishment of the first Vegetarian Society in the United Kingdom in 1847 and gave current updates of related international activities and conferences that will be held in numerous countries in the coming months until 2012.

Our Association members presented the audience with another compelling reason to adopt a plant-based diet, which is to save the planet from global catastrophe. Colorful, reusable bags containing





Supreme Master Television's latest brochures along with SOS flyers and DVDs were given as gifts to the gracious guests. In the heavenly atmosphere, everyone enjoyed a delicious vegan buffet prepared by the local Loving Hut Café. May more Malaysians be enlightened and take better care of Mother Earth and all her inhabitants. 🌸

Advocating the Vegan Diet at Environmental Events

By Penang News Group (Originally in Chinese)

[Penang] On March 20, Golden Year 8 (2011), The Youth Group from the Penang Chinese Town Hall coordinated with WinSun Technologies in organizing an environmental event at the Penang Chinese Town Hall, which included an exhibition, seminars and an innovative drawing competition. Our Penang Center was invited to participate and to organize the seminars on that day.

At their exhibition booth, our fellow initiates displayed posters illustrating the relationship between global warming and the livestock industry, together with Master's publications and a model of an iceberg that they made. Many guests were attracted by the Supreme Master Television programs being played and asked for more information. The children were especially intrigued and couldn't take their eyes off the screen. In addition to distributing the SOS flyer, our group members also explained to the guests the importance of Be Veg, Go Green 2 Save the Planet!

The main presenter at the seminar that day was Mr. Tan Kok-Kuang, President of the Aident Corporation, who is a very experienced public speaker. In a humorous way, he pointed out why it is so vital that everyone adopt a compassionate plant-based diet and greatly impressed the guests. Our Penang Center hopes that this event will inspire more people to become vegan to help mitigate global warming. 🌸



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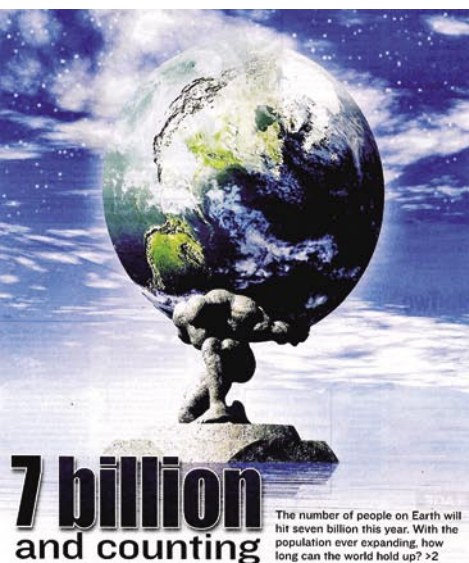
First LOHAS Exhibition in Northern Malaysia

From March 25 to 27, Golden Year 8 (2011), the Aident Corporation and the 1Humanity Team International, an NGO, jointly organized the first ever LOHAS (Lifestyle of Health and Sustainability) exhibition held in northern Malaysia, attracting more than 4,000 spectators. All the surplus proceeds from the event were contributed to charitable groups and schools.

This LOHAS exhibition featured vegan food; health and green products; a blood donor clinic; free test-driving of green hybrid cars; a coloring and drawing competition, etc. Our Penang Center set up a booth at the vegan food charitable sale area, providing delectable vegan burgers and vegan rojak (a traditional Malaysian salad dish). They also displayed Master's new book - *From Crisis to Peace: The Organic Vegan Way is the Answer*, Her spiritual sample booklets, vegan recipes, and SOS flyers/DVDs, as well as played videos emphasizing the relationship between global warming and the livestock industry.

To allow more people to have the opportunity to know about Master's teachings, our Penang Center contributed several dozen of Master's books as prizes for the lucky draw. They also gave Master's books and leaflets to other exhibitors and distributed various informative materials to the guests. To the organizer, they offered some of Master's publications to be included in their free gift packs for the visitors, plus provided many posters and banners that were displayed all over the venue. In addition to that, our Penang Center especially contributed 120 vegan burgers to the children participating in the drawing competition, so they could experience the delicious taste of vegan food.

Through the promotional activities on that day, many people became interested in our Association and have a better understanding about the urgency of global warming and the importance of keeping the plant-based diet. 🌸





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Philippines

Informing the Youth in High Schools

By Manila News Group (Originally in English)

[Manila] Since January 11, Golden Year 8 (2011), our Association members from Manila Center have conducted a series of lectures for students at local high schools on the vegan solution to global warming. These included Parañaque National, Blessed Luisa and Baclaran National, with more planned. At the talks, the attentive youth listened to presentations on the devastating effects of the livestock industry to humans, our fellow beings and the planet. In a segment about respecting the lives of all creatures, films were shown highlighting the talents and noble love of our animal friends. In addition, information was shared regarding the many nutritional benefits of the low-emissions, plant-based diet.



Many students shed tears of sympathy when seeing the pitiful plight of the animals. One expressed his willingness to go vegetarian to help the Earth and his health. After the lecture, the students participated in a question and answer session while vegan treats were given to the young audience.

Teachers requested copies of the videos shown to share with more students. Dr. Rosendo C. Abulog, the principal of Baclaran National High School, expressed his appreciation and encouraged our Association members to bring the message to other schools in the city.

We thank the teachers and staff at these high schools, for their dedication in helping students understand how our environment can be protected from climate change. May all bright young people join the noble path of adopting the Earth-saving diet, facilitating our world into a gentle, vegan paradise. 🌸

Hong Kong

A Fun and Informative Vegan Class

By Hong Kong News Group (Originally in English)

[Hong Kong] On March 25, Golden Year 8 (2011), Loving Hut Wan Chai and Shau Kei Wan East Government Secondary School jointly organized a vegan class called “Be Organic Vegan to Stop

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Global Warming” to inform the students about the most effective solution to this urgent planetary problem. The class was held at Loving Hut Wan Chai, where the students were given a tour of the kitchen and then attentively watched a cooking demonstration. Everyone received a copy of Supreme Master Ching Hai’s book *From Crisis to Peace: The Organic Vegan Way is the Answer*, and other informative materials. Afterwards, they enjoyed some delicious and colorful dishes such as Vegan Pizza, Rainbow Fried Red Yeast Rice and Deep-fried Golden Cutlets provided by the Loving Hut staff.



Many students expressed their excitement in trying the vegan food for the first time. One said, “Before I came to this restaurant, I never thought that being organic vegan could stop global warming. Now I realize how important it is not to eat meat and to switch to a vegan diet to save the planet.” Another commented, “I find this food very tasty. I could not imagine that beans were used to produce vegan meat. I like it very much. After finishing this meal, I feel that I am more energetic. I am going to cook more vegan food at home now.”



The teacher who is in charge of environmental protection studies in the school said that they will organize more such events in the future. Through this class, the students were introduced to a new way of living, which is compassionate, healthy and sustainable. 🌸

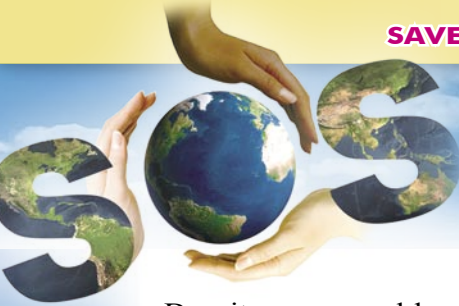
Japan

The 13th SOS Global Warming Seminar

By Gunma News Group (Originally in Japanese)

[Gunma] Following a successful global warming seminar in November last year held at the Hadano Culture Center in Hadano, Kanagawa Prefecture, our Gunma Association members organized another on February 13, Golden Year 8 (2011), at the Kyoto Cultural Center. Kyoto is one of the most popular tourist destinations in Japan and a world-class city of environmental protection since the historical 1997 COP3 Conference.





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Despite record-breaking snowstorms, a huge crowd turned up at the seminar. The guests were first shown a video on global warming and were then addressed by three speakers who exposed the cruelty involved in the animal industry and explained how keeping a meat-free diet can solve the current global climate change crisis. Their compassionate appeal moved many in attendance to tears. One of them said, "What I took for granted was wrong. I need to re-examine my diet now." Another commented, "I learned about things that haven't been reported by the media, and I benefited a lot." A company director indicated that he will act as a spokesman regarding this climate change issue and will pass on the information to others. A 75-year-old scientist showed great enthusiasm in learning vegan cooking. In addition, the delicious vegan lunch served after the event was truly appreciated by all. At the end, one of the guests invited our Association members to give a lecture in his city and offered to help.

Gunma Association members were greatly encouraged by the positive feedback from the seminars and are determined to organize more in the future to spread the SOS message as much as possible. 🌸



Korea

Vegan Diet Public Awareness Campaign

By Busan News Group (Originally in Korean)

[Busan] Our local Association members held banners to spread the vegan message at Gwangalli Beach during the Busan International Fireworks Festival on October 23, Golden Year 7 (2010).

Traditionally, Korean people celebrate the beginning of a new year by watching the first sunrise of the year and making a wish to the rising sun. On that day in Busan, many people gathered at Haeundae Beach before daybreak to watch the sunrise. So our local fellow initiates took the opportunity to hand out SOS flyers and CDs as well as holding banners to inform people about the benefits of the vegan diet.



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Busan Association members also participated in the Gawngbok-ro Street Festival as part of the Jung-gu District Office's climate change campaign, where they served vegan food, distributed informative materials and played related songs. Jung-gu District officials thanked our group for the information and even volunteered to help hand out the SOS flyers and CDs. 🌸

Formosa

Plant-Based Diet, a New Trend

Report compiled by Formosa News Groups (Originally in Chinese)

[Formosa] The continuous outbreak of disasters worldwide has long made climate change a global concern. In Formosa, mitigating global warming with a plant-based diet has become more than a slogan as a growing number of people and organizations take action to save the planet.



Veganism on School Campuses

According to the Formosa Ministry of Education, approximately 86% of elementary and junior high schools nationwide have joined the effort to go veg and reduce their carbon footprint by providing plant-based lunches to students once or twice a week, or month. In Yunlin County, the government has been promoting this new vegan concept actively to the teachers and staff in schools, and schools have been learning from each other in this regard. The program has been very successful and has received more than expected support from the parents. In Taoyuan County, some 112,000 students and teachers in 112 schools are supporting the Meatless Monday movement, which will help reduce carbon emissions by 3,494 tons a year according to estimates.





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Officials and Scientists Take the Lead

The support from government officials is one of the key factors that make promotion of the vegan diet as a solution to global warming a success. The long-time vegetarian Deputy Minister of Education, Mr. Lin Tsong-ming, has been a strong advocate of this diet. In a 2011 ministerial meeting, he spoke to more than 200 education officials on how to halt global warming with a plant-based diet, encouraging them to spearhead the effort. Taipei Mayor, Mr. Hau Lung-bin, is another earnest supporter who recently discussed the health and environmental benefits of veganism with reporters. He is now taking at least one vegetarian meal each day. Many other local government heads in Formosa also have made dietary changes. Kaohsiung Mayor, Mr. Chen Chu, Yunlin County Magistrate, Mr. Su Zhi-fen, and many others have adopted a pure vegetarian diet, setting an excellent example for people.

Mr. Lee Yuan-tseh, Nobel laureate for chemistry and former President of Formosa's Academia Sinica, is also a Meatless Monday supporter. He pointed out that a drastic increase in greenhouse gases could lead to the extinction of humankind on this planet in a hundred years. He said good health could be maintained by leading a simple lifestyle, eating less meat and more plant-based food. The smaller the meat-eating population is, the bigger the chance of survival for human beings on Earth.

Growing Veg Population Boosts Veg Food Sales

In response to the increasing demand for plant-based food, several prominent food companies in Formosa have turned to developing veg products. Many non-vegetarian restaurants have also added veg options to their menus, or simply changed to serve vegetarian or vegan food. According to Formosa's largest online vegetarian food outlet, there have been more non-vegetarian customers than vegetarian customers shopping online for its veg products. This is concrete proof that the vegetarian population is increasing quickly.

Conclusion

To further publicize the importance of the plant-based diet, our fellow practitioners have scheduled hundreds of seminars each month in schools and private organizations throughout Formosa, plus the continuous distribution of informative material. The combined loving endeavors from Master and fellow practitioners have born fruit, as the non-meat-eating population in Formosa is expanding rapidly. We hope the whole world would soon adopt the sustainable and healthy plant-based diet in a joint effort to save our planet! 🌸



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New Year Reunion under God's Grace

By Formosa News Group (Originally in Chinese)

[Hsihu] For most Chinese people, Lunar New Year is the most joyful occasion of the year. This year, there was an even more delightful surprise — Master kindly permitted our fellow initiates from around the world to gather for a reunion and group meditation at Hsihu Center during the Lunar New Year holiday. The arrival of fellow initiates beginning on New Year's Eve (February 2) added to the festive atmosphere. Over the next four days, some 17,000 fellow initiates and guests participated in the New Year's celebration and stood in long queues for the auspicious red envelope (containing lucky money) from Master.

Celebrations started on the afternoon of New Year's Day with the activity "Greeting a Vegan Planet in the New Year, and Praying for World Peace" at the Forest Meditation Hall. A warm and joyful ambience pervaded all hearts as our fellow initiates from different countries presented more than 20 brilliant performances. It awakened wonderful memories of previous Lunar New Year celebrations that we had shared with Master.

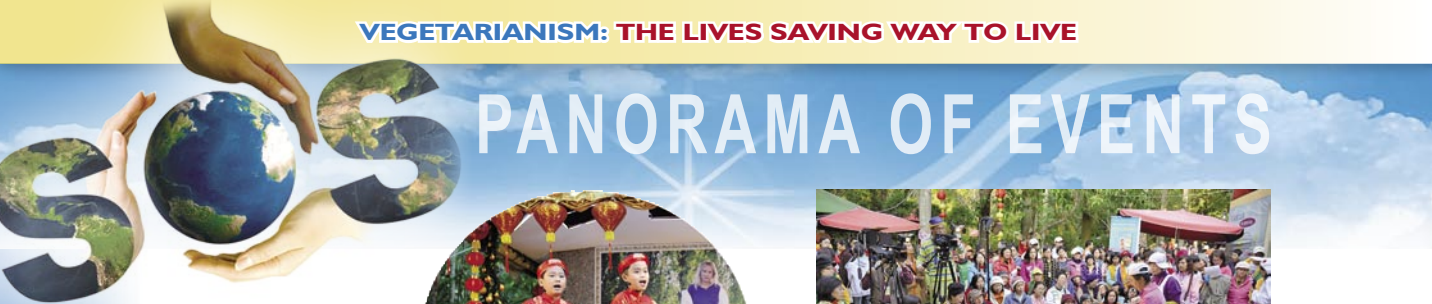
On the third day of the New Year (February 5), Madam Wang Ching-feng, a vegetarian and former Minister of Justice of Formosa, accepted an invitation to visit Hsihu. She was surprised to discover that this unique Center is in perfect harmony with nature and is absent of fancy construction; all the people here breathe in tune with Mother Nature. Observing the wholehearted smiles on everyone's face, she was convinced that this place is full of positive energy.

Madam Wang said that she has read many of Master's books and is aware of Her great compassion in saving sentient beings. She is certain that the vegan diet is a growing trend because it is beneficial to health and could save the planet. She strongly supports Master's call to *Be Veg, Go Green 2 Save the Planet* and appealed to everyone to respond in kind.

Over those four days, Loving Hut International conducted vegan cooking demonstrations, attracting large crowds eager to learn from the chief chef how to prepare delicious New Year dishes. An endless flow of people lingered before the exhibits of Master's publications, paintings, Longevity Lamps, Celestial Clothes, Celestial Jewelry, peripheral works of art, and Master's latest poetry anthology *The Love of Centuries*.



Madam Wang Ching-feng, Formosa's former Minister of Justice, happily receives the auspicious red envelope.



Cherishing the opportunity to recharge under the warm sunshine and from the three Spiritual Blessing Lines, our fellow initiates meditated in God's love and blessing in the Bamboo Grove, International Garden, Treasure Pavilion, Forest Meditation Hall, and near the Nectar River. While looking forward to a good start to positive change in the New Year, everyone sincerely prayed that the planet will become safer and better, thus realizing Master's dream of a peaceful, vegan world this year! 🌸

An Inspiring Award Presentation Ceremony

By Taipei News Group (Originally in Chinese)

[Taipei] On March 5, Golden Year 8 (2011), the Ramos Peace and Development Foundation, established by 12th Philippine President, His Excellency Fidel V. Ramos, presented the Environmental Protection and Humanitarian Award to Supreme Master Ching Hai in recognition of Her many years of advocating and implementing environmental protection solutions and the outstanding humanitarian work She has accomplished throughout the world. The award ceremony took place in a vegan restaurant in Taipei. VIPs present at the occasion included Mr. Ramos; Mr. Antonio Basillio, Philippine Ambassador in Formosa; staff members from the Ambassador's office; U.S. Government dignitaries; and other distinguished guests.

In his speech, His Excellency Mr. Ramos said that Supreme Master Ching Hai has always been a good friend of the Philippine people. Although the Ramos Peace and Development Foundation is not a big organization, they are engaged in many activities based on the principles of caring, sharing and daring. Apart from providing for their own people, they also support the needy in other countries, hoping to create a better future for the younger generation.



Fellow initiates warmly welcome Mr. Ramos and their accompanying friends.



Mr. Ramos with fellow initiates attending the ceremony.

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When presenting the award, Mr. Ramos read aloud the words engraved on the trophy. In explaining why the trophy was shaped like a big bowl, he said: “This is a big, big bowl. And it is to be filled up by the people of the world with fruits and vegetables. And I’m sure you will do it under Supreme Master Ching Hai’s guidance and direction.” In addition, he presented several books for Master that he had authored and personally autographed.

Owing to Her busy schedule, Supreme Master Ching Hai was unable to attend the ceremony in person, so the award was received by a representative of the Supreme Master Ching Hai International Association on Her behalf. He conveyed Master’s thankfulness for this great honor, and presented to Mr. Ramos some gifts in return, which included Master’s new book—*From Crisis to Peace: The Organic Vegan Way is the Answer*, a crystal rabbit, a traditional Chinese New Year couplet and a Longevity Lamp. In his letter of appreciation to Master, Mr. Ramos expressed his heartfelt gratitude. He mentioned: “While our work to serve our country and people is far from over and new challenges continue to confront us, it is comforting to know that there are friends like you, whom we can depend on and work with, towards the attainment of our common aspirations of enduring peace and shared prosperity in the Asia-Pacific region, and a better quality of life for all our people.”



The Environmental Protection and Humanitarian Award His Excellency Mr. Ramos presented to Master and some of his autographed books.

After the ceremony, a vegan meal of more than ten delectable dishes was served to the guests at the venue, who expressed great enjoyment for the wonderful food. Following that and to everyone’s surprise, a three-layer vegan birthday cake was also prepared. All those in attendance sang “Happy Birthday” to celebrate His Excellency Mr. Ramos’ 83rd birthday, which happened to be on March 18.

This event highlighted the noble aspirations of a great spiritual master and a wise leader who has brought endless benefit to the entire world. Her immense love and compassion for all have inspired people everywhere to strive together for world peace and human welfare. 🌸



To watch the award presentation covered by Supreme Master TV, please visit:
<http://video.Godsdirectcontact.net/magazine/NWN1658c.php>



Organic Vegan Diet: The Solution to Earth's “Civilization Busters”

Video message from Supreme Master Ching Hai, “Leaders Preserving
Our Future: Pace & Priorities on Climate Change”
London, United Kingdom, November 3, 2010 (Originally in English)

Hallo. My highest salute and most respectful greeting, to the Divine within you: Your Excellencies, distinguished decision makers of the great United Kingdom, and welcome guests, courageous ladies and gentlemen. It is with deep honor that I join your respected company for this urgent meeting.

As you are well aware, there are multiple global dangers facing all lives on Earth. Experts often highlight six major threats as the most pressing and urgent of our time, namely: climate change, water shortage, food scarcity, deforestation, ocean collapse, and biodiversity loss. Although each threat on its own might cause enough damage to become a so-called “civilization buster,” their occurrence together would result in a global collapse, and all lives on the planet could be destroyed.

Like many of you, I ask myself, day and night, how we can stop going in this calamitous direction. But I’m afraid the reality now is already too urgent. Scientists say that water security for about 80% of the world’s people is threatened due to drying and polluted river systems, shrinking glaciers from South America to the Himalayas, and groundwater levels that fall lower and lower each year. In 2009, for the first time, the number of people suffering from hunger exceeded 1 billion, while disasters threatened the food security of many



more. Each year, tropical forests the size of New York State are burned to the ground, releasing 17% of the world's total carbon dioxide emissions, more than all transportation combined. Over 70% of our fish species are fully depleted, and the rest could be gone within a few ten years.

A recent study by the United Nations found that plants and animals are now disappearing at up to 1,000 times the natural background rate of extinction, with vital life-supporting ecosystems that could soon be irreversibly damaged. And you're right, we have global warming. Even with strict greenhouse gas emission limits, the Earth's climate temperature is still expected to rise another 3.5 degrees Celsius within a few decades, which would result in the death of the Amazon rainforest, massive hurricanes smashing coastal cities, vast runaway release of methane from melting permafrost, and ultimately, mass extinctions. Already, we see that disasters have become more frequent, prolonged and deadlier. Thus, if these six factors are not stopped fast, we risk losing everything. I mean everything! So please consider what is really at stake now, what is really our foremost, urgent priority at the present time. It's not just political reputation or economy. It's the lives, real lives, of all inhabitants on Earth: humans, animals, plants, trees, etc.



Now, despite the overwhelmingly frightening situation at hand, esteemed researchers have identified one key cause of all these troubles, and there's even a solution to solve them. The United Nations Food and Agriculture Organization (FAO) in 2006 stated that: *"The livestock sector emerges as one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global,"* namely, biodiversity loss, deforestation, land degradation, pollution, climate change, overfishing, and others. So, it is not surprising that in June 2010, a report released by the United Nations Environment Programme and the European Commission concluded that a substantial reduction of [environmental] impacts would **only** be possible with a substantial worldwide change of diet, away from all animal products.

Now, let's check out one "civilization buster" at a time, to see how each is **driven by meat consumption**. You may never look at a piece of meat in the same way again.

1. Climate Change

Climate change is a civilization buster. And its primary cause is: livestock raising. I guess you know already. The UN FAO's 2006 report, "Livestock's Long Shadow," was followed by related research in 2009, which found that livestock animals and their byproducts account for at least 51% of human-caused greenhouse gas emissions. And I know that it is 80% or even more. Newer findings published by the US National Academy of Sciences and Germany's Potsdam Institute for Climate Impact Research also point to the livestock industry's huge impact on global warming.



Furthermore, livestock production occupies a full 70% of all agricultural land and nearly one-third of all the planet's land surface. We have come to the point of climate scientists being



now so extremely worried that they are even thinking of resorting to emergency ways to manipulate nature on a large scale through risky geoengineering. But if we simply return these lands to nature again, like forests and grassland, they would easily absorb a lot of emissions in the near future.

Please also note that the animal industry is the largest human-made source of methane and nitrous oxide, the greenhouse gases that are 72 times and 300 times more potent, respectively, than CO₂. And methane, though being much worse than carbon dioxide, disappears many times faster, in about 12 years as opposed to centuries for CO₂. Therefore, eliminating livestock production would cool the planet quickly, which is needed urgently if we think about the climate tipping points that are getting nearer.

Moreover, as the Rodale Institute in the USA determined, if the world's tillable land were organically cultivated, then 40% of the atmospheric CO₂ would automatically be absorbed by the soil. Also, one German study found that consuming organic vegan fare could reduce dietary greenhouse gas emissions up to 94%. Wow! Think about that.

Now, to briefly mention about financial cost. Dutch scientists have calculated that the powerful change to the healthy vegan diet would not only dramatically reduce global warming, it would also save 80% in climate mitigation costs by 2050.

2. Water Scarcity

Besides being a major water polluter, livestock consumes vast amounts of this precious resource, with as much as 200,000 liters required for each kilogram of beef, whereas only a tiny fraction of that, or 2,000 liters, is needed per kilogram of soybeans, for example. Put another way, eating four hamburgers costs a person the water equivalent of a year's daily showers. Wow! Think of that again.

And while 1.1 billion people don't have access to safe water, including 6,000 children who die every day from drinking polluted water (and that is on our conscience), some 1 trillion cubic meters of clean water is wasted on raising livestock. Are we really robbing our children of precious resource such as water for merely a poisonous disease-laden, disease-causing but easily replaced piece of meat? I'm sure you all agree, ladies and gentlemen, that this is not acceptable.



3. Food Crisis

To meet the needs of a growing population, more and more scientists and other experts are affirming the logic and efficiency of reducing livestock so that food can be delivered to people directly. Today's livestock are bred and fattened on nearly half of the world's grain supply, while almost 11 million children, most of whom live in those countries where these feed grains are grown, die, ironically, of hunger each year. On the other hand, directly supplied grain could easily feed more than the entire world's population.



4. Deforestation



Lord Stern of Brentford, United Kingdom, lead author of the Stern Review on the Economics of Climate Change, proposed the avoidance of deforestation as the most economic method of managing greenhouse gas emissions. Well, 91% of the cleared Amazonian rainforest since 1970, the lungs of our Earth, can be directly or indirectly attributed to cattle raising. And, in fact, the UN FAO stated that the livestock sector *is* the major driver of global deforestation.

5. World Ocean Collapse

The main cause here, again, is animal products. The United Nations recently reported that continued fishing could deplete the oceans of all marine life within just a few decades. But the problem is not only fish consumption. The problem is also meat consumption, because as much as 50% of the fish killed each year, or tens of millions of tons of marine lives, are fed to livestock, not humans. Pigs and chickens consume six times more seafood than the entire American population, and twice as much as the Japanese. Think about that! So if we stop *all* animal products – fish, egg, meat, and dairy – we will save the oceans, save the climate; and as we find out next, we could halt also biodiversity loss.

6. Biodiversity Loss

The livestock industry is the leading cause of an alarming decline in wild species. In an October 2010 study, Dutch researchers found that protecting natural areas is not sufficient to stop these fast extinctions of flora and fauna; rather, one of the most effective policies is changing to a no-animal diet, meaning plant-based food.



Now, some of us might question: Can our world really eliminate the global meat industry and become all vegan? The facts tell us, “Yes, we can.” And our humanity’s survival instinct tells us we must.

As the respected US economist Jeremy Rifkin wrote in 2002, “[The world’s wealthier consumers] favor eating at the highest point on the global food chain while their fellow human beings starve. We are long overdue for a global discussion on how best to promote a diversified, high-protein vegan diet for the human race.”

Former US Vice President Al Gore and NASA Goddard Institute for Space Studies Director Dr. James Hansen both referred to eliminating meat as the “single most effective thing” we can do to reduce our carbon footprint. Climate chief Lord Stern likewise publicly stated that: “A vegetarian diet is better.” Former World Bank advisor, Dr. Robert Goodland, called these “improved diets” the “overlooked climate solution.” And Dr. Rajendra Pachauri, Chair of the United Nations Intergovernmental Panel on Climate Change, said: “A major shift toward plant-based diets is imperative if we are to have even a chance of preventing catastrophe. In terms of immediacy of action...reducing meat consumption clearly is the most attractive opportunity.”



Truly, these new opportunities for the food industry, consumers, and governments are bright. There are many stories of success from people who joined the vegan food industry, as well as farmers who switched from livestock raising to organic vegan farming. Research also tells us that plant-based alternatives to animal products are not only healthy, they use less fossil fuel energy, create more sustainable jobs, and are growing in popularity because of their quality, which also includes good taste.

Analysts also say that meat and dairy prices are set to rise steeply due to high climate risks, “peak oil,” and extreme environmental costs, while the livestock industry, which is heavily dependent on subsidies to survive already, is becoming obsolete. And we know that animal industry workers even suffer also some of the worst physical, emotional, psychological and mental conditions now. It’s high time that we advance to better and nobler ways as a society. And governments could use their subsidies for people’s greatest benefit, by supporting the Earth-saving, organic vegan farming practices and promoting a healthy, sustainable, resource-efficient food industry.



The way we are going with our consumption rate, the World Wildlife Fund researchers have said that we’d need a second planet. If world governments stop supporting livestock and fishing, and instead wisely support organic vegan food production, they will save four-fifths of climate mitigation costs, save a lot of water pollution costs, and save health costs of about US\$1 trillion due to meat-related diseases like cancer, heart disease, diabetes, obesity, food poisoning, etc., to name just a few.

Now we can prevent more than 20 million meat-related deaths worldwide per year, if we turn to the vegan diet. No more suffering for loved ones, no more early separations, no more anguish for ourselves and others; and we will enjoy naturally longer, healthier, lovelier and happier lives. Even without the “civilization busters” threatening our planet’s survival, an organic vegan diet would immensely improve the quality of our lives, spiritually also. It can curb the water and food crises and restore nature’s life-support systems. It also happens to be the most rapid, cost-effective, and the only feasible climate solution, one that every nation can easily implement.

In sum, only with the organic vegan solution can we still save our planet.

Respected and honorable ladies and gentlemen, I beseech you and all the leaders to please, help our world, please save our planet. I would like very much to not lose my hope, and everyone else’s hope, because humans are caring, are clever, are courageous, and are the children of God. I can only add my heartfelt prayers to yours, that together we will do everything possible and truly effective to save our planet for our children’s sake. Thank you so much for your trust and attentive spirit.

Wishing you forever wise, loving and blessed by the Divine. Love, love. 🌸

To watch the Supreme Master Television’s coverage of this video message, please visit:
<http://video.Godsdirectcontact.net/magazine/WOW1559c.php>



The Truth about Merits: How to **Gain** or **Lose** Them

Everything we do in daily life affects our spiritual points; we gain (+) or lose (-). Nothing in this world is free. So that's why when you ask me why you have to earn merit, we have to in order to even cover ourselves.

Spoken by Supreme Master Ching Hai, teleconference and videoconference with Supreme Master Television staff, Los Angeles, California, USA, July 7, August 1, August 30, October 3, 2010 (Originally in English)

Shopping and Eating	
Go out shopping	-200 points
Go to a meat-eating restaurant	-300 points
Eat stuff containing animal products	-700 points to -1000 points
Eat from someone else cooking for you	-50 points
Cook for yourself	-20 points
Cook for someone else	+40 points
Drink one carton/can of juice (one liter)	-0.5 points
Drink juice squeezed by someone else (1 liter)	-0.7 points
Eat brown rice, sesame, soya sauce and fruit	-1 point per day
Eat one French baguette	-0.3 points
Eat one peach	-0.004 points
Eat one banana	-0.004 points
Eat one handful of cherries	-0.002 points
Eat a bunch of grapes	-0.001 points
Eat one raw vegan meal	-10 points
Eat one cooked vegan meal	-20 points
Waterian, breatharian, solarian	+/-0 points
Eat vegetarian food -- burden on the body and the mind	30%
Eat only fruit -- burden on the body and the mind	10%
Drink liquid fruit juice (50% water & 50% juice) -- burden the body and the mind	5%
Cook for yourself -- automatic deduction from your spiritual merit	20% to 40%
Go without food or drink -- still deducted	10%. (Because we live in this world)
Gossiping or Expressing Anger	
Talk bad about other people	-500 points
Talk about the weather or anything, no harming or bad intention to anyone	-200 points
When one gets angry or has hateful feelings toward others, depends on how strongly you hate that person and how much you are angry; you could lose up to	-10,000 points



Gambling

Own a casino	-500,000 to -1,000,000,000 points per year
Work in casino	-50,000 to -500,000 points per year
Play for money in the casino	-30,000 to -100,000 points per hour
Play cards (just for fun, no money)	-10,000 to -30,000 points per hour

Selling Illegal Drugs, Cigarettes, Alcohol, Meat, Fish, Eggs, Prostitution, Human Trafficking

Sell intoxicants, illegal drugs, morphine, opium, cocaine	-200,000,000 to -1,000,000,000 points per one year
Sell cigarettes	-100 million to -half a billion points per year
Sell alcohol	-200 million to -1 billion points per year
Selling meat, fish, eggs	-100 million to - half a billion points per year
Selling people to prostitution, slavery	-600,000 to - 900 million points per year
Own a meat or fish restaurant	-500,000 to - 1 billion points per year
Own an alcohol bar, like a pub or something with alcohol	-100,000 to -400,000 points per year
Own a brothel	-500,000 to - half a billion points per year
Own a slaughterhouse	-half a billion to -6 billion points per year
own a meat animal farm	-1 billion to -3 billion points per year
Own or working on a fishing boat	-500 million to -3 billion points per year
Work as fisherman (or a worker for that)	-300 million to -1 billion points per year

These people, they will never be able to go to Heaven. They keep having to reincarnate again and again because they keep losing so much spiritual merit that even if they have a lot in the store, they will lose it all.

Killing

Kill one adult	-1 billion to -4 billion points
Kill one animal or one bird	-800,000 to -3 million points (depends on the size and so on)

One day, one time in our world, killing animals will be also a crime, charged like killing humans, more or less. One time in our world, it will happen.

Destroying or Polluting the Environment

Cut or destroy one normal adult tree	-100,000 to -500,000 points
Cause one cubic meter of water pollution (cause illness or death to people)	-100,000 to -400,000 points
Pollute one cubic meter of air (by cigar, cigarette or by car, it's the same)	-100,000 to -400,000 points

Cleaning and Washing Clothes

Clean house for an enlightened Master	+20,000 points per year
Wash clothes for enlightened Master	+5,000 points per year
Wear your clothes when someone else washes for you	+/- 0 points

Watching TV or Movies

Watch bad and violent TV or movie	-300 points per hour
Watch one hour of Supreme Master TV	+800 points per hour
Work for Supreme Master TV	+3000 points per hour
Recommend Supreme Master TV for one person to watch	+20,000 points

Write Heartlines to Supreme Master TV	+3,000 points
Watch a new videoconference or gathering with Master	+10,000 points per minute (regardless of being disciple or not); at the same time, Master will lose -10 million points per minute.
Watch an already-released Master's video	+5000 points per minute; Master will still lose -3 million points per minute

Meditation

Initiates of the Quan Yin Method (Light and Sound method; Light and Sound are the same)	+100,000 points per hour (medium concentration)
A disciple in Samadhi	+500,000 points per hour
A disciple meditating alone	+40 points per hour (even no concentration or cannot concentrate)
Disciples meditating with Supreme Master Ching Hai	+300,000 points per hour
Supreme Master Ching Hai touches one of disciples	-100 points (Master); disciple +1,000 points
Supreme Master Ching Hai looks at someone	-500 points (Master); that person+ 5,000, +10,000 to +30,000 points
Supreme Master Ching Hai looks through a meditation hall to everyone	+50,000 points per minute; Master will lose -200,000 points per minute
Disciple meditates sitting in a Center (anywhere)	+200,000 points per hour
Disciple meditates in the middle of Spiritual Blessing Line in a Center	+200,000 to +8 million points per hour
The minimum blessing in any Center is	+20% to +70% more than at home
Sit with a Spiritual Blessing Line	+10% to +60% more than in the normal Center
Retreat with the Master	+30 million to 250 million points per hour (depending on how sincere and concentrated the person's spiritual meditation)

Meditation and Activity in the Sun

Third Level Light and Sound vegan practitioners (go into Samadhi, meditate under the Sun)	up to +30 million points per hour
Buddhists (non-vegetarian person or now-and-then vegetarian) sit in the Sun and recite the Buddha's name with all their sincerity	+200,000 points per hour
Any denomination (Christian, Muslim, Hindu, Zoroastrian, Buddhist) sit in the Sun and pray	more or less +200,000 points per hour
Vegetarian Zen monks practice Zen in the Sun (like breathing meditation – they count it, like, "One, two" ...until 10 and then they start it again, backward, forward)	up to +5,000,000 points per hour (non- vegetarian are less)
Vegan recites the Buddha's name in the Sun	up to +5,000,000 points per hour
Normal Zen people (not very spiritual Zen or not vegetarian)	+500,000 points per hour
Vegans (don't practice meditation – they're just vegan because of compassion), sunbathe in the Sun on the beach	+6,000,000 points per hour
Non-vegetarian sunbathes in the Sun (peak hour is the best, on the beach or on a balcony)	+100,000 points per hour
Vegan meditates on anything in the Sun (during peak hours)	+10,000,000 points per hour
Breatharian meditates in the sun (during peak hours)	+13,000,000 points per hour
Farmer works at the peak hours in the Sun	+2,000,000 points per hour (But it is always deducted because he's not vegan, or he probably kills some worms or insects for people's sake, and so on.)
Road builder works in the Sun at the peak hours	+2,000,000 points per hour (But it will be deducted similarly, if he is not a vegan.)



Raise or Caring for Animals

Raise one vegan dog	+4,000 to +6,000 points per year
Help to cook and care for one veggie dog	+1,000 to +2,000 points per year
Raise one bird with veggie	+3,000 to +10,000 points per year
Help to take care of bird with veggie	+2,000 to +3,000 points per year
Rescue animals or birds	+200,000 to +900,000 points per year
Rescue animals, providing medical costs and care (but not raising)	+50,000 to +800,000 points per year

Different Professions

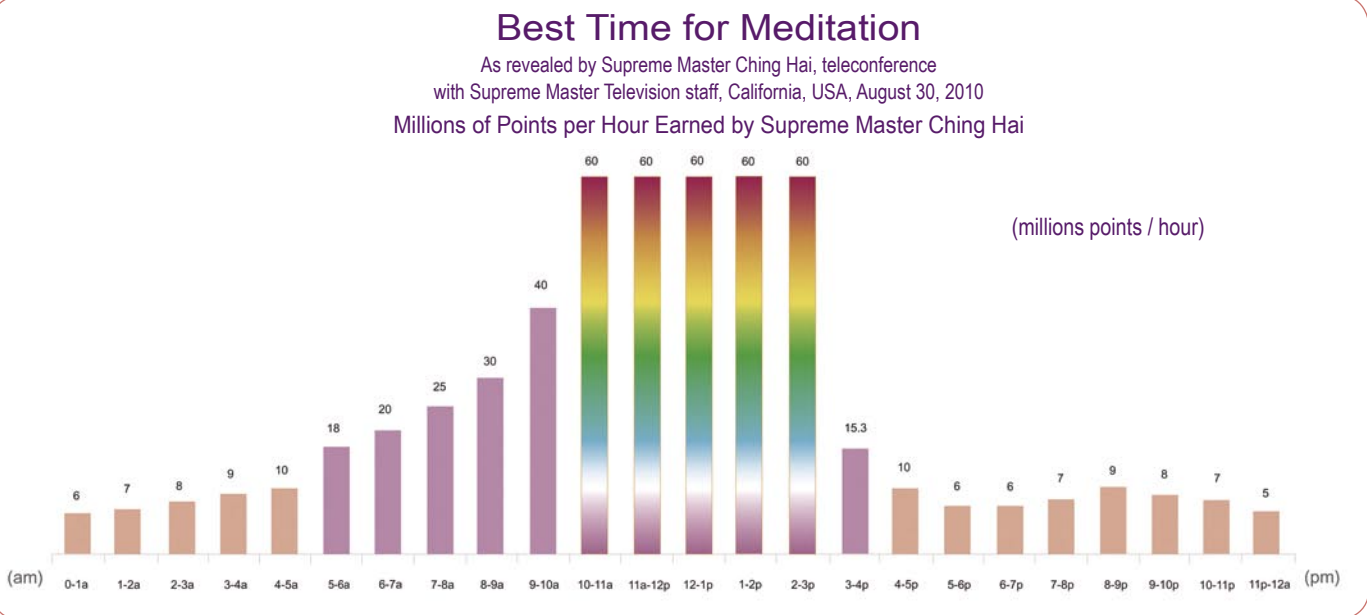
normal vegetarian restaurants	+5,000 points per year
one acre of organic vegetarian farming	+30,000 points per year
Hand weaves cloth one meter	+100 to +500 points
Own one weaving company with machines	+20,000 to +100,000 points per year
Sewing clothes one shirt or one trouser	+500 to +2,000 points
Make one pair of vegan shoes	+200 to +1,000 points
Own a clothes store	+20,000 points per year
Help to build a brick house (100 square meters)	+10,000 points
Help to build one car (a 4-seater mid-size family car)	+10,000 points
Help to build one ship (about 100 passengers)	+10,000 points
Help to build a mobile home (four persons can live in)	+8,000 points
Help to build an electric car – anything to do with building one electric car	+2,000 points
Help to build a 100-seat airplane (anything related)	+20,000 points
Own a hospital	+700,000 points per year
Work in a hospital as a doctor	+500,000 points per year (regardless of vegetarian or not)
Work in a hospital as a nurse	+300,000 points per year (regardless of vegetarian or not)
Own a Pharmacy store	+600,000 points per year
Work in the pharmacy as a pharmacist	+300,000 points per year
Work in the pharmacy as a helper	+100,000 points per year
Astronauts	+200,000 points per year
Work as a mechanic and a scientist for astronomy	+100,000 points per year
Own an aeroplane company	+400,000 to +700,000 points per year
Pilot	+200,000 to +600,000 points per year
Drive a car for someone or taxi, or private for money	+200,000 to +400,000 points per year
Boat captain (a 100-person boat)	+50,000 to +200,000 points per year
A garbage man (as garbage man for money)	+100,000 to +200,000 points per year
Build road one meter	+1,000 to +5,000 points
Build one meter of a bridge	+2,000 to +7,000 points
Raise one child of your own	+50,000 to +300,000 points per year
Raise one adopted child	+70,000 to +600,000 points per year

Spiritual merits are not to be spent. It's better to keep them. Even material merit, we should do it more, so we can keep more, because some of the so-called material merit will be translated into spiritual merit as well, or so many certain points of material merit will be translated into spiritual merit also, or maybe influence the spiritual level of practice as well.

The Best Time for Meditation

During an August 30, 2010 teleconference with Supreme Master Ching Hai, Supreme Master Television staff members were able to ask various questions about meditation and spiritual practice. During the conference, Master revealed that the best time of day for meditation is from 10:00 AM to 3:00 PM, to receive the greatest benefit and the most spiritual blessing.

The numbers on the following chart are the millions of points per hour earned by Supreme Master Ching Hai when She is meditating at the best place in the world.



Meditate More at This Urgent Time

Spoken by Supreme Master Ching Hai, teleconference with Supreme Master Television staff,
Los Angeles, California, USA, August 30, 2010 (Originally in English)

Right now we need to meditate more, everyone, to purify the Earth's atmosphere and to elevate the people and the beings on this planet, so that there is less suffering, more enlightenment and more security, more goodness and benefits to everyone. It's very important right now, more than ever. 🌸



Revelations on the Magnanimous Sun

I have begged for what I can do better and better for human beings. Perhaps that's why the Sun heard me; that's why the universe allows me to reveal this to you and the world. I was dying to reveal!

Because the sooner the better.

The suns are pure Fifth Level beings who didn't have to evolve like human beings. These are the Fifth Level beings who, out of love for all beings on this planet and those nearby, manifest themselves as a sun, to help us. They came directly, purely from the Fifth Level.

Spoken by Supreme Master Ching Hai, videoconference
with Supreme Master Television staff,
Los Angeles, California, USA, October 3, 2010 (Originally in English)

The Sun would glorify the whole Earth that we live on, and it gives life to all beings: plants, minerals, animals, etc. The Sun gives also people happiness and a carefree feeling. The Sun is necessary for all on Earth. The Sun has a lot of benefits: the Sun cures many diseases. The Sun gives and benefits all, bad or good, The Sun is a beautiful being. I love the Sun forever. I love the Sun a lot, and the Sun loves us forever.

I love the Sun. I adore the Sun. I could stay in the sun all day. If it is too hot, I just cover a little bit with the cloth; it regulates, or it screens a little bit so that my eyes won't hurt.

You can gaze into the Sun about 10 or so minutes in the early morning, when the Sun just rises, and 10 or so minutes – more or less... more, not less – in the evening, when the Sun sets. Some people do that so they don't have to eat anymore. And health benefits, you know already. I told you. If we go sunbathing, it cures many illnesses, our psychological misalignment, and also depression and all that. Some countries with less sun, they feel less happy than the countries with a lot of sun.

If you sit in the sun to meditate, it's very, very, very good for your spiritual progress. It could increase to hundreds of thousands or millions of spiritual points if you concentrate well, if you deserve it. Yes. I told you, meditate from 10 to 3; it's the good time. Why? Because the sun is at the highest.

When you meditate in the sun, your meditation merit multiplies, even for the people who don't practice the Quan Yin Method, who just practice Zen or something like that even. The people who meditate on the Quan Yin Method benefit the most from the sun. Other practitioners benefit also a lot, but not as much as the Quan Yin Method. I don't know why. That's just the way I have researched, I have been told, and I know about that. For example, Quan Yin and vegan practitioners who are well-practicing and go into samadhi, even just the Third Level Light and Sound practitioners, can get up to 30 million an hour in the sun. But cover yourself, or sit in the shade with the sun nearby, shining in; it's also good enough. Don't sit all day in the sun. It will burn you and also can get cancer and all that. It's no good.

If the sun shines through, you can sit nearby the line of the sunshine, or in the sunshine square, on the line of it. Or sit a while only and come back into the shade. Sit directly under the sun, and then go into the shade, or under the sun but covered, like with those canvas awnings, the awning through your window. That's also okay. You don't have to sit directly in the sun at the hottest time of the day. It's not good for you.

Light and Sound practitioners have a lot of benefit from the sun, if they sit under the sunlight, or nearby the sun area, or under the canvas even, or just sit even in the house where it's sunny. That's also benefit, but less. Just sit in the sun, or where the sun is shining through or where the sun is shining on you. Even when it's too hot with the canvas, or inside a tent or with a thin cloth, white cloth, or whatever cloth, accordingly – according to the intensity of the heat, it's good enough. You can sit on a sunny porch or something, with the cover.

Any of the Light and Sound practitioners out there, not necessarily in our group, will benefit greatly if they follow these guidelines. I'm saying all this to you so that the Quan Yin practitioners outside from anywhere else, from other masters, teachers, will also benefit. Even the teachers or the masters of the Light and Sound elsewhere themselves would benefit greatly if they sit in the sun, under the sun, near the sun, with cover of course, if it's too hot. Please don't go to India and try. It is truly hot. I'm telling you, for example, even not Light and Sound practitioner, if you just sit there and recite the Holy Names or if you recite the Buddha's name, you benefit many millions as well. I'm also telling all this for all kinds of spiritual denominations, schools and practices, so that they can benefit more.

We have to thank the Sun wholeheartedly and humbly, sincerely and so, so gratefully, that I have been revealed all this information. Because of this, we have to thank the Sun infinitely, the magnificent Sun, the benevolent Sun, the noble Sun, the spiritually so high Sun for revealing this to me, because in the whole universe it has not been told; it has not been revealed.



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 Compassionate System Benefiting the Malawi People



By Award News Group (Originally in English)

To ensure that each dollar for saving the people from poverty, hunger and diseases will reach the needy directly and in a timely manner, Malawi implemented the Social Cash Transfer Program in June 2006, a direct and transparent system partially subsidized by UNICEF (United Nations International Children's Emergency Fund). This is a unique social protection program that provides financial assistance to the lowest income families. As a result, many citizens have been lifted from poverty and hunger, and have been empowered to help themselves live a better life. By the end of 2008, 12,000 households and 40,000 children had qualified and benefited from the highly praiseworthy cash grants.

"Because of the program," Mr. Reagan Kaluluma, manager of the Social Cash Transfer Program, commented that the disadvantaged families "are able to fend for themselves; they're able to buy food.... And children from these households are now able to go to school." The program's success has made it a role model for other African countries.

For their outstanding stewardship, noble compassion and dedication to raising the nation's wellbeing, and to applaud their progress towards greater prosperity and peace for all citizens, Supreme Master Ching Hai honored the Malawi government, represented by Mr. Reagan Kaluluma, with the Shining World Leadership Award. On February 13, Golden Year 7 (2010), in a ceremony in Virginia, USA, Mr. Kaluluma was presented with the Award Plaque and Master's publications.

Very much moved upon receiving this recognition, Mr. Kaluluma expressed his gratitude to Supreme Master Ching Hai, saying, "I feel so humble that of the many people who are doing a number of social support programs in Africa and worldwide, You chose Malawi as one of the countries to be



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honored, and said that ‘Malawi is doing a good job.’ And everyone in Malawi is very happy that people are watching what we are doing. They will know there is a cash transfer program which is capable of transforming the lives of people in Malawi.”

In a follow-up letter, Mr. Reagan Kaluluma added, “I am personally impressed with what your Association is doing towards bringing love and kindness among people regardless of their geographical differences. This is a way to restore the planet Earth. People will indeed not care how much we know or possess until they know how much we care about them. How I wish we had more people of your calibre who can instill a spirit of love and care among the people in a hopeless world.”

We deeply thank Mr. Kaluluma and the Malawi government for your enlightened leadership and genuine concern for your co-citizens. By protecting the long-term welfare of the most vulnerable, you also have elevated the well-being of the entire society and our world. May the beautiful people of Malawi and her wise government be blessed always. 🌸



To watch Supreme Master TV's interview and coverage of this Award presentation, <http://video.Godsdirectcontact.net/magazine/EE1297.php>

Congressman Filho—A Voice for the Voiceless



By Brazil News Group (Originally in Portuguese)

As the founder of the Animal Protection Union (União Protetora dos Animais), vegetarian Congressman Feliciano Filho has been a steady and powerful voice in São Paulo, Brazil, for our innocent, voiceless animal friends.

A born animal lover, Feliciano has been an animal guardian since a very young age. His “career” as an animal advocate began with a visit to a local Zoonosis Control Centre in 2001. Deeply affected by the shocking conditions of the confined animals, he decided there and then that he would dedicate the rest of his life to those defenseless, tender beings. In answering the unspoken pleadings from some 150 animals there, he took immediate action and petitioned the Control Centre and the Department of Health to improve the conditions at the Centre and to cease the inhumane treatment of the animal residents. His determination and the power of





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love behind his action brought about changes within one day, including ending the practice of putting down animals in the Centre!

He then went on to spend the next five years finding homes for the rescued animals, which eventually led to the establishment of the non-profit União Protetora dos Animais (The Animal Protection Union). The Union has since grown in strength and has saved and re-homed many thousands of gentle lives.

His unwavering love for and dedication to our animal friends further led him to stand for public office where he could use political means to help improve their welfare. Within two years in office as the Campinas assemblyman, Mr. Filho had sponsored 25 animal-related legislative enactments; a world record. And atop these, he was later elected State Deputy and helped enact law 12.916 which forbids the putting down of cats and dogs in all Zoonosis Control Centers, municipal kennels, or similar facilities in the state of São Paulo.

Mr. Filho is also the producer and host of the Animal Planet (Planeta Bicho), a TV series which shows animal rescues and features those kind-hearted caregivers who welcome the animals into their new homes. Throughout the program he attempts to raise public awareness on environmental issues and uses every opportunity to encourage people to become vegetarian. Given his credibility, many have chosen to move to this noble way of living.

In recognition of his courageous, dedicated work and his outstanding achievement in animal protection as an enlightened political leader, Supreme Master Ching Hai granted Mr. Feliciano Filho the Shining World Leadership Award and a US\$10,000 contribution. The Award ceremony took place on May 28, Golden Year 7 (2010), at the Tennis Club of Campinas where a vegetarian dinner for approximately 500 guests was held in joint commemoration of the 9th anniversary of the Animal Protection Union.



Receipt from Mr. Filho
for Master's US\$10,000
contribution

With happiness and honor, Mr. Filho accepted the Award and sincerely thanked Master for Her recognition. He enthusiastically shared with our Association members his future projects including establishing special departments in police stations to investigate environmental crimes and mistreatment of animals. In expressing support for the plant-based lifestyle, he said that if one person becomes vegetarian after every lecture that he gives, he will be very happy indeed.

We thank Congressman Feliciano Filho, a true champion, visionary and exemplary leader of our time for his heroic stand on behalf of the vulnerable and innocent animals. May God bless him and may many more be inspired by his admirable example to join the noble cause of creating a kinder and more humane future for our planet. 🌸

To watch the interview with Congressman Filho covered by Supreme Master TV, please visit:

<http://video.Godsdirectcontact.net/magazine/AW1101.php>

For more information on Feliciano Filho, please visit www.felicianofilho.com.br

SHINING WORLD LEADERSHIP AWARD

India Promotes Organic Produce Farming

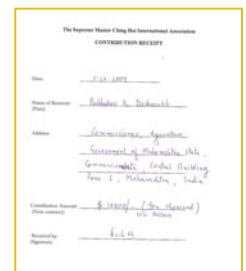


By Award News Group (Originally in English)

On December 5, Golden Year 6 (2009), the Commissioner of Agriculture of Maharashtra State in India, Mr. Prabhakar Deshmukh, was presented the Shining World Leadership Award by representatives of Supreme Master Ching Hai. The Award recognized the State's outstanding eco-friendly efforts to promote the health and stability of our environment through wholesome organic farming. To reverse the damage of prolonged chemical fertilizer and pesticide use to both land and farmers, the State Government has approved a fund of 33.5 million Rupees (approx. US\$743,000) for a year-long project to organize 320 training classes to approximately 6,500 farmers in the state. Once a grower completes the course, they will be expected to allocate at least one hectare of land to this agricultural method. In addition, certification is also being made available for those who wish to export their produce.

In the Award letter, Master wrote, "The system will create 6,500 hectares of land under organic farming and once this significant milestone is achieved, it will create a ripple effect, attracting and inspiring many more to follow." Together with the Award, Master also contributed US\$10,000 for the government to award the first and the best farmers who convert to the organic method.

Our accolades to the esteemed leaders of Maharashtra for your great foresight and outstanding governance. Blessed be all such endeavors to share the wholesome and plentiful benefits of organic vegan farming. 🌸



Receipt from Mr. Prabhakar Deshmukh for Master's US\$10,000 contribution



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Northern Ireland Ends Hare Coursing



By Award News Group (Originally in English)

In Golden Year 7 (2010), on behalf of Northern Ireland, Mr. Roy Beggs Jr. was honored with a Shining World Leadership Award by Supreme Master Ching Hai for enforcing the banning of hare coursing in the country. The Irish hare used to be widespread and common throughout Ireland. However, due to relentless hunting, the population underwent a substantial decline from the 1980s and has experienced localized extinction. Since 2002, the Irish hare has been subject to a Species Action Plan (SAP) which endorsed it as one of the highest priority species for conservation action.

Following a series of temporary bans to protect the endangered hare, members of the Northern Ireland Assembly in the United Kingdom, Roy Beggs Jr. and Tom Elliott, proposed a permanent ban on hare coursing. "Catching a wild animal, keeping it in a cage, and then releasing it in order that man can enjoy the chase of his greyhound . . . I am very uncomfortable with that use of wild animals." Mr. Beggs Jr. said.

After a seven-hour debate on June 22, 2010, the motion to outlaw the use of greyhounds to chase and to kill hares was passed by a narrow majority. We applaud and celebrate the great deeds of Northern Ireland's Assembly and esteemed member Mr. Roy Beggs Jr., MLA.



To watch Supreme Master Television's coverage on the compassionate deed of Mr. Roy Beggs Jr. and Mr. Tom Elliott, please visit:
<http://video.Godsdirectcontact.net/magazine/EE1626r.php>



New Regulation Enhances Animal Protection



By Award News Group (Originally in English)

On September 20, Golden Year 7 (2010), in Canada, Manitoba's Agriculture Minister Stan Struthers announced new regulations in the Legislature for the Animal Care Act. The new amendment to the

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province's animal cruelty law, which took effect immediately, expands licensing regulations for dog and cat breeders, kennels and pet shops, and increases maximum fines and sentences for offenders.

The new rules not only give animal-protection officers more power to take immediate action to prevent harm, or to seize animals they consider to be abused or abandoned, but also an expanded veterinarians' role in animal protection by requiring them to report suspected cases of animal abuse or neglect.

In recognition of Mr. Stan Struthers' outstanding, courageous efforts to protect our animal friends, Supreme Master Ching Hai honored him with the Shining World Leadership Award. She expressed in the Award letter, "As a species, humanity is now reaching for the highest levels of nobility and virtue, and it is to your great credit, noble Sir, that your Ministry is part of this swelling tide of all things positive."

We thank the courageous and compassionate governments of Northern Ireland and Canada for taking a stand on behalf of the welfare of the animals. Blessed be all such legislation in protecting our cherished co-inhabitants so they may continue to grace our Earth with their presence. 🌸



To watch Supreme Master Television's coverage on Mr. Stan Struthers' outstanding effort in preventing animal cruelty, please visit:
<http://video.Godsdirectcontact.net/magazine/EE1626m.php>

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 GENEROSITY AWARD

The Noble Hearted Philanthropy of a Humble Canadian Couple

By Canada News Group (Originally in English)

In July, 2010, when Allen and Violet Large, a retired couple from Nova Scotia, discovered they had won almost CAN\$11.3 million in a lottery, they decided to keep two percent of the money and donate the rest to over 70 organizations, including churches, the Red Cross, the Salvation Army, animal protection agencies, fire departments, and hospitals particularly those in Truro and Halifax where Violet received cancer treatments. They also gave large, equal-sized gifts to each of their 15 family members.

When the story of their generosity attracted the attention of media from all over the world, making headlines and television news, the couple explained they had always been comfortable living with their 23 year-old car and their more than a century-old house. Violet stated, "We didn't do this to get recognition. We did this because we wanted to . . . We have each other . . . that's the main thing."

The couple's life of simple virtue and humility, as well as their gracious spirit of care and concern for others, was honoured by Supreme Master Ching Hai with the Shining World Generosity Award. Master wrote in the Award letter, "Your rare and selfless act of unconditional giving will answer prayers and brighten untold lives with the unexpected delight, sincerity and richness of your gift so humbly given . . . Heaven will surely reward you as it is a spiritual law that no man can sincerely show kindness to another without helping himself."

Upon receiving the large parcel containing the Award plaque and other gifts in the mail, the couple expressed sincere appreciation and thanks to Master. "It made us feel good." Violet said, and she added that they have read one of Master's books about the dogs and thought it is very beautiful.

We join Master in wishing that Mr. Allen and Mrs. Violet Large be graced by Heaven with an abundance of blessing in happiness. We thank them for assisting humankind in this most loving and magnificent way.



Reference:

<http://www.winnipegfreepress.com/canada/country-hicks-give-away-lottery-fortune-106750658.html>



SHINING WORLD COMPASSION AWARD

Project Jonah, Guardian of Marine Mammals



By Auckland News Group, New Zealand (Originally in English)



Project Jonah was established in 1974 to campaign against commercial whaling and has since grown to become the primary NGO in New Zealand dedicated to protecting our ocean friends, including whales, dolphins and seals. Holding a vision to create a world where these marine beings are respected, protected and loved, it has been involved in a wide range of activities including an awareness campaign, educating the public, delivering essential first aid to stranded or injured animals nationwide, and acting as a watchdog to help create and to enforce legal measures to protect these beautiful ocean co-inhabitants.

Over the past 36 years, Project Jonah New Zealand has attained many achievements including designing the world's first Inflatable Pontoon for rescuing stranded whales. It then shared its expertise with the rest of the world. Their Marine Mammal Medic training program has taught thousands of ordinary citizens the basic stranding rescue skills. These have enabled Project Jonah to run a 24/7 emergency hotline and to work alongside the New Zealand Department of Conservation to provide direct assistance to stranded marine mammals. Through their work, thousands of marine mammals have been rescued over the past years.



Touched and impressed by their passionate, dedicated efforts and distinguished achievements, Supreme Master Ching Hai conferred on Project Jonah the Shining World Compassion Award, together with US\$20,000 in support of their noble work, both being presented to them on September 19, Golden Year 6 (2009). On receiving the Award and funding, Mr. Mark Simpson, the Chairperson for Project Jonah NZ, wrote a touching letter expressing warmest thanks on behalf of all his colleagues. "While seeking recognition is not part of our purpose, it is wonderful to receive it 'out of the blue' particularly from someone like yourself and your organization."



Thank you letter from Project Jonah NZ
for the US\$20,000 from Master



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Seven months later, Ms. Kimberly Muncaster, CEO of Project Jonah NZ, reported in a follow-up letter that Master's contribution has helped them accomplish some extraordinary things including training hundreds of volunteers, responding to dozens of stranding emergencies, cleaning up beaches, distributing educational materials to hundreds of schools, and launching the "Keep Moko Safe" campaign to protect this special dolphin in New Zealand.

We thank all the staff and volunteers at Project Jonah NZ for their selfless service to make this world a more loving and harmonious place. May their courageous example inspire more to join the action in saving the marine beings and help preserve our planet Earth. 🌸

To watch the interview with Ms. Kimberly Muncaster, CEO of Project Johah NZ, covered by Supreme Master TV, please visit:
<http://video.Godsdirectcontact.net/magazine/AW1464p.php>

To learn more about Project Johah NZ, please visit:
<http://www.projectjonah.org.nz>
<http://www.projectjonah.org.nz/News/Praise+for+Project+Jonahs+Shining+Compassion.html>

Little Food Bearing Angels



By Award News Group (Originally in English)

With the dawning of a new Golden Era, more and more little angels have come to show the world ways of love and compassion. Our hero and heroine here are two such angels, who at their tender age have achieved a great deal in helping thousands of less fortunate in their community and inspired many more to join forces in building a heavenly Earth.

"Whenever I do volunteer work, it makes me feel good, like a warm light turning on inside me." - Taylor Graham

Taylor Graham of Florence, Oregon, USA, was seven years old when he noticed homeless people on the streets on his way home from church with his family. Feeling





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a sudden urge to help, an idea just “came out of the blue.” Taylor’s flash of inspiration was to raise funds for the local food share by selling used books. Now, his annual “Read for the Needy” campaign consists of two consecutive fun fairs. First, he solicits used books from his local community, using various media. He then sells the donated books after collecting and carefully sorting them. His efforts have resulted in the donation of over 20,000 books at a time! The proceeds from the book sale, augmented by contributions from local businesses and organisations, are used to buy groceries for the Florence Food Share in an entertaining shopping cart race in which local community members participate. Every year, these fundraising activities generate more and more money. Over the last four years, Taylor raised more than US\$30,000 which was used to purchase over 40,000 pounds of food.



Receipt from Taylor Grant for Master's US\$4,200 contribution

“My goal is really BIG” – Phoebe

Phoebe started her charitable endeavor at the age of five while still in pre-school. Upon seeing a person on the street with a sign asking for food, her gentle heart was touched deeply when her mother told her that not all are blessed with having enough food to eat. Determined to help, together with her teacher Ms. Albert, Phoebe embarked on an ambitious letter writing campaign to raise \$1,000 for the San Francisco Food Bank as her community service project. Her innocent, touching letters moved many to chip in. Her “really big” goal was not only reached but exceeded by nearly three times. With tears of joy and overflowing happiness, she handed \$3,736.30 to the Food Bank in July 2010. This money was converted into \$33,626.70 worth of groceries after applying the Food Bank’s 9:1 mechanism supported by its impressive network of growers, packers, manufacturers, grocers and the USDA who all contributed generously. That’s enough for more than 17,000 meals!

In recognition of these two youngsters’ altruistic spirit, as well as their inspirational, noble and creative endeavours which have generated a snowball effect of generosity in their community and beyond, Master conferred on each of them the Shining World Compassion Award. The Award was presented to Phoebe with an additional financial contribution of US\$4,000 for her fundraising project on October 17, Golden Year 6 (2009), and to Taylor with a contribution of US\$4,200 on October 18.





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In response to Master's gift, Taylor said, "Thank you so much for all that you have given me. Most people don't go out of their way to give someone \$4,200. I'm sure we will be able to buy food for a lot of people."

We sincerely thank you Taylor and Phoebe, for your inborn purity and goodness which shine through your selfless service to those in need, for uplifting our world with your remarkable example of compassion and love in action. May the Heavens sing in praise of your graciousness, our little angels! 🌸

Reference:

<http://www.tonic.com/article/five-year-old-donor-feeds-17971-people/>



Thank you letter from San Francisco Food Bank for Master's US\$4,000 contribution in honor of Phoebe's fundraising project.

A Young Heart Big Enough to Accommodate Many



By Surrey News Group, UK (Originally in English)



In a foreign land thousands of kilometers from her native country, a young woman made a decision that will forever change her life and that of 150 children, and inspire numerous other people around the world.

After having spent eight weeks volunteering at a home for children, Ms. Amy Lambert, a 24-year-old student at Bath Spa University, felt that she needed to do more to help. She said, "These children are the most beautiful, selfless people I have ever met." Amy decided to acquire the Kilimanjaro Children's Joy Foundation Orphanage in Tanzania and to replace it with a bigger one that includes modern solar panels and classrooms. She planned to move to Kichijo and coordinate the operation of the home after completing her studies in July 2009. Despite the busy study schedule in their final school year, Amy and her friends raised over £30,000 for the project



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in just seven months through organizing activities such as face painting, auctions, concerts and club nights.

Learning of the noble mission of this young lady, Supreme Master Ching Hai honored Amy with the Shining World Compassion Award and a contribution of US\$30,000 (£18,360) towards the building of the new orphanage. The gifts were presented to Amy by our Association members on July 21, Golden Year 6 (2009), together with Master's publications. Sending Her best wishes, Master wrote, "Heaven's grace is surely blessing each step of your journey and we wish you every joy and success as you follow this loving dream to fruition. Thank you for uplifting our world with your magnificent example of love in action!"

In response to the generous contribution and encouragement from Master, Amy said gratefully, "Thank you Supreme Master Ching Hai. That money will make such a difference to the lives of all of those children I look after, and you will feed them all, send them all to school, build them a home and just change their lives for the better. So thank you, thank you so much."

Bravo, Ms. Amy Lambert! May God bless your devotion to the gentle youngsters and may all the children enjoy abundance of love and happiness at the Kichijo Orphanage in Tanzania. 🌸

The Supreme Master Ching Hai International Association CONTRIBUTION RECEIPT	
Date:	28/07/2009
Name of Recipient (Print):	KICHICHO UK (Amy LAMBERT)
Address:	15 DEANER TIAE PENSHAM GLUPPENHAM
Contribution Amount (Print currency):	\$ 50,000 AMERICAN DOLLARS (£18,360)
Signature:	for Master "on behalf of Amy LAMBERT"

Receipt from Ms. Amy Lambert for Master's US\$30,000 contribution



To watch Ms. Amy Lambert's story and the Award presentation on Supreme Master Television, please visit:

<http://video.Godsdirectcontact.net/magazine/EE1199.php>

For more info on Amy's noble work, please visit: <http://www.telegraph.co.uk/news/uknews/5214573/Student-buys-African-orphanage.html>

The Guardian of Mistreated Primates in Chile



By Santiago News Group, Chile (Originally in Spanish)

One day in 1994, Ms. Elba Muñoz Lopez was surprised to find a pot-bellied monkey coming to her door in Peñaflor, Chile. Wondering how such a tropical animal had left its natural habitat to end up being there, Ms. Lopez initiated an investigation. She was saddened to discover that each year, thousands of primates are taken from the wild and sold on the black market, with only ten



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percent surviving the ordeal and nearly all facing lives of misery, pain, torture and early death in circuses, zoos, or universities for scientific experiments.

The tragic plight of animal trafficking awakened her overwhelming love. Ms. Lopez courageously formed The Center for Rescue and Rehabilitation of Primates in Peñaflor, a non profit organization nurturing primates with a special purpose in life—as messengers of the suffering and injustice their kind must endure. Since 1996, Ms. Lopez has rehabilitated and cared for 176 primates of 12 different species while lecturing in schools, writing books, and producing a documentary on cruelty which helped end the exploitation of monkeys in Chile. With motherly attentiveness, she retains at her home the sickest, oldest and youngest primates who need special care. Medical and dental services also are provided for those who have problems due to mistreatment.

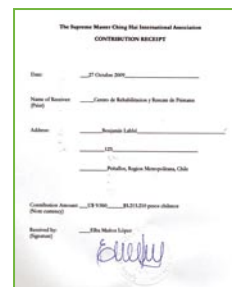
Hearing the heroic deeds of Ms. Lopez, Supreme Master Ching Hai honored her with a Shining World Compassion Award and US\$10,000 to support her work. “Ms. Lopez,” Master wrote in the Award letter, “your devotion has brought us to tears, not only for the sad fate of the primates but also for your touching, inspirational and unconditional example of love, and for your relentless commitment and bravery to end the inhumane treatment of God’s cherished creatures.”

In December, Golden Year 6 (2009), the Award and gift were presented by our Santiago Association members to Ms. Lopez at her home in Peñaflor, where more than 40 dogs and a few rabbits were also accommodated. Expressing thankfulness for the recognition and most generous contribution, Ms. Lopez said she felt very blessed as she didn’t expect to receive any award. She added that the monkeys were also pleased with her visitors, noting that instead of hiding from strangers as they usually do due to prior experience of maltreatment, they came to greet the Association members, doing funny things for them and playing with them.

Soon afterwards, Ms. Lopez sent an update letter to Master, telling Her that with the funds She provided, they have built new habitats, rescued four more capuchin monkeys and planted more fruit trees, making the once desolate place a paradise for the animals. We applaud and celebrate the benevolent and noble deeds of Ms. Lopez. May more people follow her shining example to become the voice of kindness and an angel of liberation for the defenseless animals. 🌸



Ms. Lopez (right) receiving the Shining World Compassion Award



Receipt from Ms. Lopez for the US\$10,000 contribution from Master

To watch Supreme Master Television's interview with Ms. Elba Muñoz Lopez and her Primate Rescue Center, please visit: <http://video.Godsdirectcontact.net/magazine/AW1295.php>



SHINING WORLD COMPASSION AWARD

Triumph of Compassion



By Award News Group (Originally in English)

PETA or People for the Ethical Treatment of Animals, the largest non-profit animal rights organization in the world, was established in 1980 based on the idea that it is the right of all beings—human and nonhuman alike—to be free from harm. While promoting a healthy vegan diet, they focus on the four major areas where animals suffer the most—namely factory farms, the clothing trade, laboratories, and the entertainment industry—and through public education, investigations, research, animal rescue, legislation and campaigns, PETA has achieved a great deal in promoting kind treatment and in establishing and defending the rights of animals.

In 1981, PETA won the first U.S. Supreme Court victory for animals in a laboratory, the Silver Spring Monkey case, which led to the arrest and criminal conviction of an animal experimenter on a charge of cruelty to animals, and the first confiscation of abused laboratory animals. Since then, PETA has never stopped fighting. Following an undercover investigation in 1998, three workers at Belcross Farm, a pig-breeding factory farm in North Carolina, were handed down the first-ever felony indictments for cruelty.

In 2007, PETA convinced a Christian monastery in South Carolina to close its inhumane egg factory farm, and got the organizer of a dog weight-pulling contest, where canines are made to pull huge amounts of weight, to cancel the cruel event. PETA also provided a generous grant of US\$120,000 to the non-profit International QSAR Foundation to develop computer tools that provide alternatives to the horrendous practice of animal testing.

In recognition of their outstanding and compassionate animal welfare efforts worldwide, that same year, Supreme Master Ching Hai honored the group and Ms. Newkirk, founder and President of PETA, with the Shining World Compassion Award. Master expressed these words in the Award letter, “We wholeheartedly thank you for your kind and unyielding dedication to the protection and improvement of animal lives. Our society is enriched and uplifted immeasurably by your noble endeavors. May heaven bless your inspirational and noble work. Your efforts are truly a loving gift to our world, and to all who enjoy the warmth and companionship of our animal friends and the beauty of our world enhanced by their gentle, graceful and peaceful presence.”

In one of its more recent accomplishments, PETA’s nine-month, courageous, undercover investigation into the work of Professional Laboratory and Research Services, Inc., resulted in the shutdown of the pharmaceutical funded animal test lab and the freeing of all 195 dogs and 54 cats captive there. With timely support and efforts of many other animal advocates, these fortunate beings finally will receive the care and assistance they need to regain their health. Eventually, when they





are well enough, permanent homes will be found for them at last where they will be caressed by the warm and loving hands all dogs and cats find irresistible.

Upon learning of this victory, Master shed tears of joy and gratitude, and sent a heartfelt salute letter together with US\$15,000 in support of this compassionate endeavor. On receiving the acknowledgement and cheque on October 27, Golden Year 7 (2010), Ms. Ingrid Newkirk thanked Master for Her recognition and support, while welcoming Her to the PETA Vanguard Society in the company of their most dedicated members and closest friends. She lovingly enclosed a picture of Rosie the dog playing with her best pal Rani Jane the donkey; both were rescued animals during her recent trip to India.

Directly following another victory in which NASA halted plans to perform radiation on 30 squirrel monkeys, PETA held a fundraising event on February 5 to celebrate its achievements while announcing new goals in stopping the cruel and unnecessary practice of using animals for chemical toxicity testing. Master was invited as a special guest for the event. Although unable to come personally due to Her busy schedule, Master sent representatives to convey Her best wishes and another US\$50,000 with the following message:

With all my best wishes, gratitude, admiration, and love. I'm with you in spirit and prayers. My thanks to you, Ms. Ingrid and Amanda. You are angels manifested on Earth to protect defenceless beings and I pray God bless you all the time.

♥ ♥ Ching Hai

Deeply touched by Master's generous gift, Ms. Newkirk said, "I want to thank Supreme Master Ching Hai from the bottom of my heart. I think that she is one of the most wonderful, kind people because her message is one of compassion. . . . It's a wonderful blessing to have Supreme Master's benevolence for animals. Thank you so much on behalf of everybody at PETA who works hard with the same message: Compassion, compassion, compassion."

Our deepest gratitude and respect to PETA and Ms. Newkirk for their invaluable work and determined dedication in pursuing ethical treatment for our animal friends as well as for inspiring more and more people to share and to work towards the same noble ideal. May humanity progress further and faster along the path to a world in which all lives are valued and cherished as God's creation. 🌸



Thank you letters from Ms. Ingrid Newkirk, President of PETA, for Master's recognition and financial gifts totalling US\$65,000.

To watch Supreme Master Television's interview with Ms. Ingrid Newkirk, President of PETA, highlighting her organization's work, please visit: <http://video.Godsdirectcontact.net/magazine/AW1632.php>



SHINING WORLD HERO AWARD

Zach and His “Little Red Wagon”



By Florida News Group, USA (Originally in English)

An ordinary kid with a natural inclination to attend to others' concerns and needs, Zach Bonner of Valrico, Florida, at the age of six took his little red wagon door to door to collect clean water for the victims during Hurricane Charley in 2004. After four months, he had collected 27 truckloads of sundry items for the homeless shortly after the storm devastated the Gulf Coast. A year later, Zach's post-Katrina efforts raised US\$600 in donations for the Red Cross and US\$7,000 more in new toys and sporting equipment for the homeless children living in the Red Cross shelters.

As a result, the Little Red Wagon Foundation was born in 2005 out of the need to continue his noble work more efficiently as his charity work became known around the country and attracted more and more monetary donations. Since then, Zach Bonner has helped countless underprivileged children in the US through his many efforts. “My plan is to help as many kids as I can, to have fun and to keep it simple,” as he put it.

Zach Bonner was a recipient of Volvo's “Alexandra Scott Butterfly Award” from which he received \$25,000 for his foundation. In 2006, Zach was awarded the “Presidential Call to Service” by President Bush. In 2009, Zach accomplished yet another incredible feat; “My House to the White House,” a 1,225-mile walk from Tampa, Florida, to Washington, D.C., which raised money and awareness for the nation's estimated 1.3 million homeless children.

When Supreme Master Ching Hai learned about the compassionate deeds of this 11-year-old boy, She extended Her wholehearted appreciation to him with the Shining World Hero Award. It was presented to him in Tampa, Florida, on July 23, Golden Year 6 (2009), together with a US\$10,000 contribution in support of his noble endeavors. “We can only imagine in awe of what you could accomplish later on, given your strong will and devotion to selflessly helping others,” Master wrote in the Award letter.



Zach proudly displays his new Hero Jacket



Shining World Here Award

From Supreme Master Ching Hai
for
MR. FARON HALL
Life-Saving Superhero

In Recognition of
Father, Brother & Son's Loving, Generous, Altruistic, Sacrifice, And Devotion to the World's Most Vulnerable Children
Who Have Contributed to
International Savings, and a Loving Home Care
For Abandoned Children, Russia, Ukraine, etc.

Presented by
The Supreme Master Ching Hai
International Foundation
August 19, 2015

The Supreme Shum Ching Hat International Association
CONTRIBUTION RECEIPT

Date: July 29, 2009

Name of Contributor: Little Red Dragon Foundation

Address: 4024 Lantana Dr
Melrose FL 33576
\$25000

Contribution Amount: \$25,000.00
(Note entries)

Received By: [Signature]
(Signature)

[illegible]

50 The Supreme Master Ching Hai News No. 208

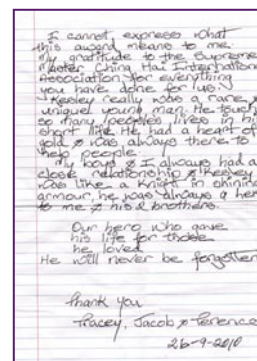


SHINING WORLD HERO AWARD

26, 2010. Offering words of comfort, Master wrote in the Award letter, “Kesley’s rare nobility has moved us to tears and the memory of his acclaimed feat will live on in the hearts of the many who knew and loved him. For us, it seems an injustice that an innocent man who strived for others should leave us so suddenly, yet Heaven knows, and his blessed reward awaits him.”

On receiving the beautiful crystal plaque and the heartfelt Award letter, Tracey Burgess was brought to tears. “I cannot express what this Award means to me.” she wrote. “My gratitude to the Supreme Master Ching Hai International Association for everything you have done for us. Kesley really was a rare and unique young man. He touched so many people’s lives in his short life. He had a heart of gold and was always there to help people.”

Our heartfelt condolences and deepest sympathy go to Kesley’s family and friends. May Kesley rest serenely in God’s forever loving care and may his exemplary spirit of chivalry inspire many more to live lovingly and selflessly. 🌸



Thank you letter from Kesley's mother

To watch Kesley Burgess's heroic story on Supreme Master Television, please visit:
<http://video.Godsdirectcontact.net/magazine/EE1661k.php>

A Gallant Police Officer Saves Lives



By Ohio News Group, USA (Originally in English)

Lieutenant John Lambert, a Brooklyn Heights police officer in Ohio, USA, displayed the highest example of unconditional love by putting another’s life ahead of his own. During a snowstorm, he responded to a call for help from 18-year-old student Mariusz Trzeciak, who had crashed into a highway barrier because of icy conditions on the road. While assisting the young driver, the experienced and vigilant lieutenant also kept an eye on the surroundings. That’s when he saw another car spinning on ice and out of control heading toward Mr. Trzeciak. Without thinking, Lieutenant Lambert immediately turned and pushed Mr. Trzeciak out of the way and was then struck himself by the oncoming vehicle. Thanks to the heroic police officer’s timely intervention, Mr. Trzeciak emerged with only minor scratches while Lieutenant Lambert was hospitalized with a hip fracture, and fortunately is now in a stable condition. The driver of the other car also was unharmed.





SHINING WORLD HERO AWARD

Mr. Trzeciak later said, "If it wasn't for him, I wouldn't have seen it . . . You can't thank him enough . . . it's great that he was able to think of someone else in such a situation. I mean, he didn't have a lot of time to think of somebody else. It is really extraordinary."

The remarkable rescue was captured on the lieutenant's dashboard camera and is inspiring goodness in people worldwide. For his outstanding bravery and selfless act of sacrifice, Supreme Master Ching Hai honored Lieutenant John Lambert with the Shining World Hero Award, which was presented to him by our Association members on June 14, Golden Year 7 (2010). Master also gave him US\$1,000 to help with medical expenses.

We join in deep gratitude, Lieutenant John Lambert, for your selfless caring actions to save Mr. Trzeciak. Wishing you a speedy and full recovery with many celebrations of life for you both. 🌸



Receipt from Lieutenant John Lambert for Master's US\$1,000 contribution

Three Young Russia Angels

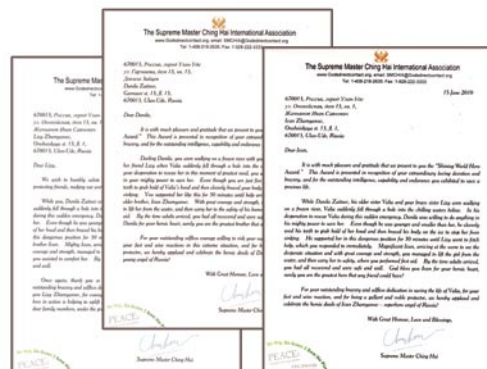


By Mongolian News Group (Originally in English)

On a cold winter day early in 2010 in Ulan Ude, Buryatia, Russia, the little boy Danila was out with his sister Valia and her friend Lizy. They were walking on the frozen river when the ice beneath Valia's feet suddenly gave way and the 6-year-old girl fell through a hole into the icy river.

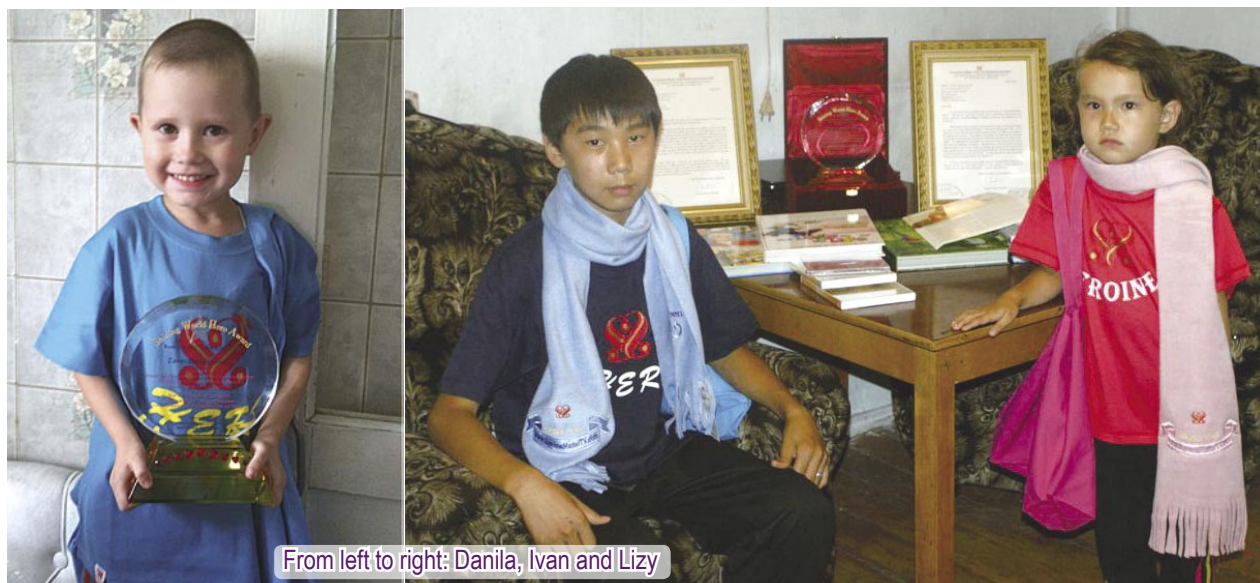
In desperation to rescue his beloved sister, little Danila did everything within his mighty power to help. Though only five years old, Danila used his teeth to grab Valia's hood, then cleverly braced his own tiny body on the ice to keep Valia afloat, remaining this way for about 30 minutes while Lizy quickly ran for help. When Lizy's 15-year-old brother Ivan arrived, he managed to rescue Valia from the water with great courage and strength, and carried her to the safety of his home where he administered first aid. When the adults arrived, all children had recovered and were safe and well.

In recognition of their remarkable loving devotion, bravery, exceptional endurance, intelligence and capability





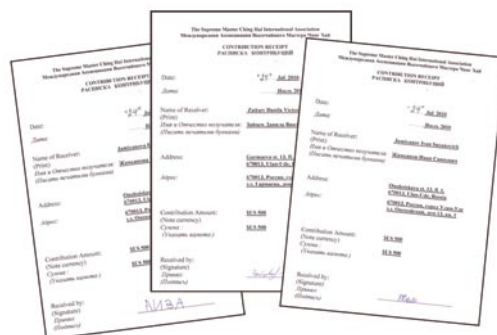
SHINING WORLD HERO AWARD



From left to right: Danila, Ivan and Lizy

exhibited in saving a precious life, Master honored Danila, Lizy and Ivan with the Shining World Hero Award which was presented to these sweet children by our Mongolian Association members on June 15, Golden Year 7 (2010). Each child also received a gift of US\$500 to buy books, along with their favorite items, a Hero T-shirt, a warm colored scarf designed by Master, and Her best-selling animal books, all of which brought smiles to their faces.

Our wholehearted salute goes to these adorable super heroes for their selfless love and swift and wise response in such a critical situation. May their uplifting example of love in action inspire more to treat each other like dear family members under the grace of Heaven. 🌸



Receipt from Danila, Lizy and Ivan for Master's US\$500 gift

To watch the Award presentation covered by Supreme Master Television, please visit:
<http://video.Godsdirectcontact.net/magazine/EE1472d.php>



SHINING WORLD HERO AWARD

Sirus - The Family Guardian Angel



By Ohio News Group, USA (Originally in English)

Sirus, a German shepherd, showed extraordinary loyalty and love in protecting his human companions by offering his own life in the face of armed intruders.

One early morning in February 2010, when everyone in the family was sleeping, attentive Sirus sensed intruders approaching outside his home in the city of Kelloggsville, Ohio, USA. Barking persistently at the door, he was eventually let out by his caregiver Michael Hommes Jr., who was unaware of the impending danger. Rushing outside without a thought for his own safety, Sirus immediately confronted the intruders. Even a shot in the nose did not stop him, and he was injured further by a second bullet from a bigger gun. His courageous action had won precious time for his human companions, allowing Michael to equip himself and join Sirus' brave defence efforts, while his fiancée, Michelle Pryor, took their 8-week-old baby to the back of the house out of harm's way. After the intruders fled the house, Sirus was rushed to the vet and miraculously survived the two serious bullet wounds.

Michelle loves her dog even more now, as she realized that Sirus had taken bullets that easily could have been fired at her family. She said, "I couldn't believe it . . . he saved my baby . . . he saved our lives; he's our guardian angel."



On hearing Sirus' touching story, Supreme Master Ching Hai honored him with the Shining World Hero Award and US\$500 for his veterinary treatment. The Award and the monetary gift were presented to Michael and Michelle on June 13 by our Association members from the Ohio Center. They also brought some delicious vegan dog food, which Sirus really seemed to enjoy, plus a Hero jacket made especially for him.

We join in a heartfelt salute to loyal Sirus for his heroic actions as we wish him a swift recuperation to health. We thank him for being human's best friend, for showing us the unity among all beings with his noble deed and selfless love which surely inspire us all. 🌸

Reference: <http://www.peoplepets.com/people/pets/article/0,,20493918,00.html>



Receipt from Ms. Michelle Pryor for Master's US\$500 contribution for Sirus



SHINING WORLD HERO AWARD

Doggie Susie Saves Kitten Welly



By Surrey News Group, UK (Originally in English)

In Swindon, England, Greyhound mix Susie began barking when she saw the neighbor's frightened kitten huddled outside in the freezing cold at night. The 11-week-old Welly had gone missing from his home the previous day. However, Susie was unable to convince her caregivers of what she had found that night and was brought back into the house. The intelligent dog returned to the same spot the next morning and resumed barking, eventually leading Welly's worried caregiver, Lorna Hayes, to spot her in the bushes. After completing a thorough check-up, the vet told Ms. Hayes that if Welly had been outside one more hour, he may not have survived. Ms. Hayes thanked Susie for saving her beloved companion, saying, "Susie is my savior."

Supreme Master Ching Hai, upon hearing of Susie's heroic and unconditional love for the tiny kitten and for saving his life, awarded Susie with the Shining World Hero Award and US\$200 for vegan doggie treats. Other gifts included a beautiful pink doggie coat and scarf, and a beautiful new doggie bed. Susie's caregiver, Lynn Johnson also received Master's animal books, DVDs, CDs and

vegan chocolates. During the Award presentation which took place at her home on April 28, Golden Year 7 (2010), Susie appeared to be very excited. She munched on some of the doggie biscuits and proudly modelled her new scarf and coat. Ms. Johnson was very touched by Master's wonderful gifts and kind gesture. She noted in a thank you letter to Master that the extra dog food was shared with a local shelter and the doggies of all shapes and sizes loved the treats.

We celebrate the heroic deeds of super canine Susie. Thank you for showing us the divine intelligence of animals. May you enjoy many happy hours with kitten Welly and your loving caregivers. 🐾

To watch Susie's heroic story and the Award presentation on Supreme Master Television, please visit:
<http://video.Godsdirectcontact.net/magazine/AW1372s.php>



Dear Supreme Master Ching Hai

First my thanks / I would just like to say a big thank you for the wonderful "Shining World Hero Award" and for the lovely presents which you created for her for receiving a kitten on a cold and frosty day back in December 2009.

We would also like to say a big thank you to you.

The wonderful news and dog food has been donated to our local "Neighborhood and Larder Rescue Society". This charitable small organization works hard to look after retired greyhounds and horses who have been abused and badly treated.

I took the news to the small kennels along with the head of our newspaper who were so on to do a two-page story trying to get the dog adopted. The doggies of all shapes and sizes loved your treats and the little kitten and pup were so happy. Being a local charity most of the money would have to go on vet bills due to the terrible condition that some of these cats and dogs are in they are not really pet treats. They absolutely loved them.

I also took the Editor of our Local Newspaper who were so on to do a two-page story about these dogs desperately in need of homes and the pictures you saw some of the treats on display. I am writing to work with some dogs who volunteer work with walking the dogs and at a later date perhaps some dog training.

This little news and Angels the presenter who came to my home were so happy and loved them and my cat who made an appearance towards the end.

Keep up the good work that you do and I look forward to seeing them on your TV Channel once I know when the next one is. Can you let me know when it will be shown.

Once again, many thanks for your wonderful kind gesture.

Respectfully Lynn and Lynn Johnson

Thank you letter from
Susie's caregiver for
Master's kind gesture



SHINING WORLD HERO AWARD

Tuchi, the Small Dog with a Thunderous Bark



By Florida News Team, USA (Originally in English)

In Florida, USA, a family of three was saved by their one-year-old dog from a blazing fire that broke out quickly in the early hours of the morning. Around 4:00 a.m. on Easter Sunday when Mr. and Mrs. Segovia and their son Roberto were asleep, their Shih Tzu dog named Tuchi picked up the scent of danger. Anxious over the safety of the family, Tuchi began barking loudly, stomping back and forth. Her persistent and unusual behavior eventually awakened a family member, raising the alarm. Holding Tuchi in his arms, Roberto looked outside and saw danger looming. He hurriedly woke his parents and rushed them outside as the flames from the fire crept in. It took the firemen 40 minutes to put out the flames which apparently had been caused by a faulty cruise control in the family car parked in the driveway just four feet from the house.

Tuchi's brave vigilance and attentiveness in averting a tragedy and saving precious human lives earned her the Shining World Hero Award from Supreme Master Ching Hai. On June 28, Golden Year 7 (2010), the Award presentation was held at the Segovia's house where Tuchi was given a Hero jacket, a doggie bed, and some special treats. Apart

from receiving Master's best-selling animal books, the Segovia family was also given US\$1,000 for purchasing additional vegan doggie food. They extended their thankfulness to Supreme Master Ching Hai for sending Tuchi such a wonderful Award and for the other magnificent gifts.

Hats off, young Tuchi, for your loyal and lifesaving alert! May you and your beloved human family be ever graced in Heaven's protection and love. 🌸



Tuchi, Mrs. Segovia and Roberto at the award ceremony



The Supreme Master Ching Hai International Association
CONTRIBUTION RECEIPT

Date: 6-28-2010

Name of Recipient (Print): Crista Segovia

Address: 1400 Bayview Dr.
Clearwater, FL
34615

Contribution Amount: \$1,000
(Print amount)

Received by (Signature): [Signature]

Receipt from Mrs. Segovia
for Master's US\$1,000
contribution

To watch the Award presentation covered by Supreme Master Television, please visit:
<http://video.Godsdirectcontact.net/magazine/AW1451t.php>

A Tribute to Posthumous Animal Astronauts

By Formosa News Group (Originally in Chinese)

With the development of space science, many scientists have been using animals in space research for decades. During this research, the animals are confined in a very small cabin space for long periods of time, with all kinds of medical detectors and sensing instruments attached to their bodies. Sometimes they are even trained to operate instruments so that the experts and scientists on the ground can gather information from space. Countless animals have lost their lives in these operations. Animals that have taken part in space studies and experiments include monkeys, dogs, cats, fish and spiders.

To thank them for their selfless sacrifice, the Supreme Master Ching Hai compassionately instructed our Association members to build a permanent monument marked “Hero Award for Posthumous Animal Astronauts” in the Rainbow Garden of Hsiu Center to commemorate the innumerable animal heroes who have given their lives in space experiments.

The monument, unveiled at an inauguration ceremony at Hsiu Center on November 7, Golden Year 7 (2010), is designed as a children’s slide in the shape of a rocket, decorated with many glittering stars, a shining moon and a dazzling sun, with each one of them recording the heroic deed and touching stories of each of the posthumous animal astronauts.

The sacrifices and contributions of countless heroic animal astronauts have made it easier for humans to explore the mysteries of space. We offer our wholehearted gratitude and respect to these noble and benign beings for their bravery, dedication and outstanding contribution to the space development of humankind. 🌸



Fellow initiates explain the heroic and touching stories of the animal astronauts to the children.



Fellow initiates and children dress in traditional costumes for the inauguration ceremony of the monument for Hero Award to the Posthumous Animal Astronauts.

Contribution to US National Audubon Society

By USA News Group (Originally in English)

As one of the earliest organizations to respond to the call for help following the April 20 Gulf of Mexico oil leak off the southern US coast, the National Audubon Society assisted wildlife officials in the recovery and transport of oiled and injured animals, primarily birds. This disaster not only coated many animals with the thick immobilizing substance, but also rendered their habitats uninhabitable and poisoned food sources.



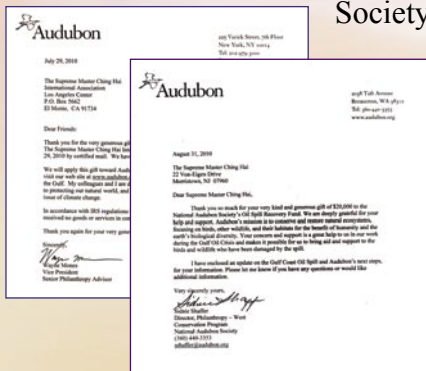
Vice President and Senior Philanthropy Advisor, Wayne Mones

As a respected presence in the region for its ongoing efforts to conserve coastal wilderness, the Audubon Society has coordinated more than 13,000 volunteers in aiding the recovery of affected birds and other wildlife, as well as in clean-up operations to restore marshland habitats and nesting grounds.

With deep concern and sorrow for the suffering wildlife, Supreme Master Ching Hai contributed US\$20,000 to the US National Audubon Society and their mission of protecting distressed animals and their homes. The funds were received by the Society on July 29, Golden Year 7 (2010), as acknowledged by their

Vice President and Senior Philanthropy Advisor, Wayne Mones, who noted in a letter that the funds will be applied to the Audubon's efforts to deal with the Gulf oil spill. He further wrote that he and his colleagues are deeply grateful for Master's support, Her commitment to protecting our natural world, and Her efforts to address the critically important issue of climate change.

Our heartfelt appreciation goes out to the Audubon Society and caring volunteers who are assisting the oil-afflicted avian and other animal co-inhabitants. With Heaven's grace, may they recover quickly and thrive again in safety and peace. 🌸



Thank you letters from Mr. Wayne Mones and Ms. Sidnie Shaffer (Director of Conservation Program Philanthropy-West from the National Audubon Society) for US\$20,000 contribution from Master

To learn more about the US National Audubon Society and its mission, please visit:
<http://www.audubon.org/>



Contribution to Berkeley Humane Society for Fire Recovery

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

In May 2009, a fire tragically engulfed the Berkeley-East Bay Humane Society (BEBHS), a non-profit organization dedicated to save, protect and care for animals in California, USA. While most of the animals were rescued, the adoption offices and hospital had to be closed. The local community had contributed generously to help the recovery for the rescued animals and also children gave their allowances and money raised from selling lemonade.

Hearing of the shelter's plight, Supreme Master Ching Hai lovingly contributed US\$10,000 in aid which was presented by our Association members to the staff of BEBHS in June together with Master's publications and information on the benefit of the vegan lifestyle. Later, upon learning of the updates of the situation, Master offered an additional US\$20,000 contribution saying, "It may help. With all my love and prayers for them and their big hearts."

In expressing their sincere thanks, the Executive Director of BEBHS, Stacey Street, wrote in a letter to Master, "I am deeply touched by your quick response and outstanding generosity. It is in times of crisis that we learn who our true friends are, and you have shown yourself to be among BEBHS' most steadfast allies and a champion of the animals we serve." She said the funds will help sustain the organization as they recover from the devastation of the fire. 🌸



Thank you letter from Stacey Street, Executive Director of BEBHS for the US\$30,000 loving contribution from Master.

Contribution to the Last Hope Cat Kingdom

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

At the end of last year, an electrical failure started a fire in the Last Hope Cat Kingdom, the only no-kill animal sanctuary in Merced County in California's Central Valley. Smoke caused extensive damage as firefighters raced to rescue the felines inside. They were able to save approximately 200 cats; however, dozens sadly perished. Even though all the cat rooms had doors leading outside, it is thought that the animals may have been overcome with smoke too quickly to escape on their own.

Renate Schmitz, founder of the sanctuary that was also home to other animals, asked for donations of items like blankets, crates, tarps and food, and fostered the cats during the time the facility was being rebuilt. Supreme Master Ching Hai immediately offered a US\$10,000 contribution which was presented by our San Jose Association members on January 4, Golden Year 8 (2011), to be used towards the reconstruction of this no-kill shelter.

Thanking Master for Her extraordinarily generous gift, Ms. Schmitz wrote in a letter, “Your gift will help us to rebuild our cattery after the tragic fire of December 31, 2010, as well as to carry on our mission of helping homeless animals in Merced County.... We are touched and honored by the compassionate gesture of support from Supreme Master Ching Hai and everyone in your organization.”



Thank you letter from Ms. Renate Schmitz for US\$10,000 contribution from Master

We pray for the swift recovery of the Last Hope Cat Kingdom so that they can carry on their mission of helping homeless animals in the community. 🌸

A Lady of Bravery and Faith

By Florida News Group, USA (Originally in English)

Sometimes, a few kind words and an understanding heart can turn a person around instantly. And that is exactly what happened to the man who entered a mobile phone store in Pompano Beach, Florida, one day in an attempt to steal some money.

On a Saturday morning in July 2010, Nayara Goncalves, a 20-year-old employee just opened the store when a desperate man walked in. Upon asking her to open the cash register, Ms. Goncalves began speaking to him calmly. She reminded him that many people were facing difficulties right now and that Jesus had a better way and would help him change his life. The man ultimately left the store without taking any money saying, “You know one thing? Good will be coming your way for what you did today.” Ms. Goncalves later said, “I believe it was the Holy Spirit of God that really made me want to tell him about Jesus. I would never have been able to do that myself . . . [God] impressed me.”

Touched by the bravery and noble deed of this young woman, Supreme Master Ching Hai sent her a congratulatory letter in which is written, “We humbly salute your inspirational faith in God and deep-rooted belief in the goodness of humankind, providing a shining example of how love is mightier than fear and violence.” Our Association member presented Master’s letter to Ms. Goncalves on September 8, Golden Year 7 (2010), along with Her No. 1 international best sellers, *The Birds in My Life*, *The Dogs in My Life*, and *The Noble Wilds*, as well as DVDs, CDs and some vegan treats. Ms. Goncalves was deeply touched by Master’s loving gesture and repeatedly said thank you. She hopes that this event serves as a good indication of a world changing for the better, where everyone lives in peace and harmony in God’s love. 🌸



Ms. Goncalves happily receives Master’s Salute letter.

Reference: <http://cwnewz.com/content/view/1539/2/>

By Surrey News Group, UK (Originally in English)

Deeply moved by the three-week experience, Reza started his own fundraising campaign for the charity to build a school for the children there. Overcoming some serious setbacks and with help from kind-hearted natives along the way, he rode 1,000 km across the Nepalese Himalayan mountains by bicycle; an extremely challenging feat that helped raise an amazing US\$32,000, enough to build nearly two schools!

The Singapore Marine Ching Hai International Association

CONTRIBUTION RECEIPT

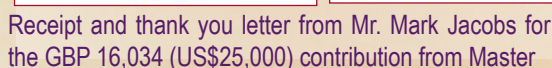
Date: 20 Nov 85

Name of Recipient:
(Print) Mrs. D. S. Lee

Address: Suite 7 - 28 Northview Ct
Lehman
1002 North

Contribution Amount: \$15,000.00 (USD)
(Please specify)

Received by
(Signature) D. S. Lee



Policies for a Peaceful and Sustainable World

(Originally in English)

To create a common vision of an organic vegan world and provide practical steps on how to realize such a vision, Supreme Master Ching Hai recently sent another letter to all government leaders around the world, urging them to move in the same positive direction of peace and love, away from all forms of destructive actions and policies. In a short time, many government officials from countries like Australia, Canada, United States, Guyana, Hong Kong, Formosa, United Kingdom and Formosa have responded, expressing support and appreciation of Master's initiative. Here are a few selected responses.



AUSTRALIA

Member for Maylands, Parliament of Western Australian Legislative Assembly, Ms. Lisa Baker MLA, kindly replied to Master, saying, "Your three proposals of efficient, practical, and dynamic actions that you hope will lead to governments working with their citizens to uphold the principles of peace and non-violence are a noble effort." She further noted, "I am a proud vegetarian and an animal welfare advocate and I do understand the need to implement steps that move towards a sustainable society for all humanity, our animals, and our environment." She also attached a copy of her inaugural speech delivered in November 2008 which shows her commitment to public service and the well-being of the people.

In supporting the same ideal, Ms. Clover Moore, Parliamentary Member for Sydney, highlighted her work to achieve environmental protection, including biodiversity and protection, food security and encouraging people to grow their own food at home and in community gardens. She wrote, "In the NSW Legislative Assembly, I am one of the few Members to raise concerns about animal cruelty and animal welfare, and introduced a Private Members Bill that would have prevented the sale of mammals in pet shops in order to stop pet mills and the killing of about 60,000 unwanted animals each year in NSW alone."



AUSTRIA

Mr. Ludwig Follner, Head of Citizens Service, Federal Chancellery of the Republic of Austria, sincerely thanked Master for showing appreciation of Federal Chancellor Faymann for his efforts to improve the citizens' lives and to advance progress in all areas in Austria and in other countries. He pointed out, "The Republic of Austria, in the country's core values, has promised peaceful coexistence and is well-known worldwide for its humanitarian attitude, as can be seen in uncountable relief operations. This is just to show some of the essential, basic prerequisites for a peaceful, appreciative coexistence of society, which also contains treating with care nature and nature's resources which are at our disposal." He concluded, "We can assure you, dear Master Ching Hai, that Austria is making efforts, as in terms of a modern nation, according to most recent scientific studies, to preserve our habitat for this generation and also for future generations."



CANADA

On behalf of the Premier of Newfoundland and Labrador, Canada, Minister Charlene Johnson wrote that Newfoundland and Labrador understand the urgency of the climate change issue, and have taken actions to tackle the crisis. In addition, the province would be represented at the COP16 in Cancun.





COLOMBIA

Ms. Jenny Constanza Paez, Deputy Director of Projects and International Cooperation of the District Department of the Environment in Colombia, expressed her gratefulness for receiving Master's proposal about efficient, practical and dynamic actions to save the world. She said their department is committed like Master in search of solutions involving sustainable development and preserving life. They will share Master's proposal with the District Health Secretariat as well. In conclusion she stated, "This is for us to act as leaders in the implementation of actions to save people, future generations, and our world."



FORMOSA (TAIWAN)

The Office of the President of the Republic of China (Formosa) acknowledged that Master's letter has been presented to President Ma and Vice President Vincent Siew respectively. It's written, "All the while, your Association has been advocating the vegan diet to protect the environment for sustainable development. Your endeavor is truly admirable . . . We are very grateful for your valuable suggestions and sincerely hope that we can continue to strive together for the sustainable development of our Earth."



COSTA RICA

The President of the Committee on International Relations and Foreign Trade as well as a member of the Legislative Assembly of San Jose, Costa Rica, Mr. Chacón wrote that Master's proposal is "consistent with many of the efforts being made in Costa Rica for the dignity of human beings, promoting a culture of peace, and the protection of wildlife, key aspects for the preservation of the planet and the improvement of the quality of life for our people." He wishes Master every success in this noble movement.



FEDERATED STATES OF MICRONESIA

With great enthusiasm and high respect, Senator Tony H. Otto of the Federated States of Micronesia wrote to Master, "I got your letter from my friend Floor Leader Joe Suka and loved to read it very much. Please put my name on your distribution list for I want to learn more about those things that damage our environment and wish to do my best to join those of you who have been attempting to change the mindset of the world leaders to one of supporting our environment."



NEW ZEALAND

Ms. Hon Tariana Turia, Co-Leader of the Maori Party, expressed appreciation for Master's efforts to bring these very important issues to her attention. She said, "We in the Maori Party are also committed to keeping our natural resources and environment healthy, safe, and intact for everyone and for future generations." She added, "I must say, I am very impressed at the amount of humanitarian work you have undertaken and also with the amount of awards and honours that have been presented to you. I wish you luck in your quest to ensure that our world is safe, harmonious, and free of violence." The Maori Party is a political group in New Zealand founded in 2004 that seeks to claim the ownership of the foreshore and the seabed of the Maori people, to defend their rights and to preserve their history.



Correspondence with Government Leaders



INDONESIA

With wholehearted support, Mr. Chairil Abidin, Deputy for Minister of State Secretary for Policy Support, informed Master that Her letter has been extended to the President of the Republic of Indonesia. "We are very grateful that your various articles concerning "Be Veg, Go Green 2 Save the Planet" will be used as a source of inspiration for our government in dealing with climate change issues." He sent his best wishes for Master's good health and success.



MEXICO

On behalf of the President of Mexico, Mr. Juan Manuel Llera Blanco from the Federal Network of Citizen Service, Office of the Presidency of the Republic conveyed His Excellency's regards. He acknowledged the receipt of Master's letter which contains various proposals to address urgent issues in the world. He said that the President encourages people to exercise their full rights and responsibilities as does Master, and to participate in solving problems that affect our daily lives by voicing their opinions and proposals.



SCOTLAND

The Policy Officer of the Energy Directorate, Climate Change Division, Mr. Craig Thomason thanked Master on behalf of the First Minister of the Scottish Government for Her letter about climate change. He affirmed that the Scottish Government is committed to reducing emissions of greenhouse gases in Scotland by at least 42 percent by 2020, and at least 80 percent by 2050. He further noted that in the newly published draft Report on Proposals and Policies to meet annual targets by 2022, "emissions from agriculture are being tackled through a range of actions, including the 'Farming for a Better Climate' initiative."



USA

Mr. William Brady, the 44th District of Illinois State Senator, USA, thanked Master for Her sufficient and thoughtful insights and said he especially enjoyed Her views on organic farming. He welcomes any additional, useful material sent to his office and is willing to provide any assistance to our organization.

Ms. Wilmer Carter, the Assembly Member of the 62nd District in California, USA, agreed that the environment is one of the key areas that needs improvement and she will keep Master's thoughts in mind as the next legislative session is upon them.

From the US environmental Protection Agency, Ms. Lisa Jackson appreciates hearing from people like Master who take an active interest in the future of our environment. She noted that combating global warming is one of her seven top priorities and cited the rules that were recently announced to address the issues of greenhouse gas.



We thank all the government officials who courageously and publically support the green efforts and take action to implement policies that will lead the public to the path of sustainable living and long-term peace. We thank you, on behalf of the animals, the Earth and our future generations.

The following is Master's letter to all leaders:**The Supreme Master Ching Hai International Association**

www.godsdirectcontact.org SMCHIA@Godsdirectcontact.org
 P.O. Box 730247, San Jose, CA 95173-0247, U.S.A.
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Honorable [Name]

[Date]

Respected [Name],

Ref: With Utmost Respect and Urgency

Esteemed [title],

First, my heartfelt gratitude for all your dedicated efforts to better lives and help our world progress. Your work is hugely appreciated by society as by Heaven.

As all citizens aspire to have a peaceful and harmonious life, they look to your leadership in achieving this ideal. Indeed, amidst multiple concurrent crises—climate change, conflicts, food and water shortages, financial struggles, etc. —more than ever do we need your mighty power as entrusted by the people to save our world.

Scientists have made it very clear that we have only a few years left for decisive actions in addressing climate change as well as the destruction to the environment and other species if we are to avoid irreversible damage to our civilization. In fact, all actions that are violent—towards nature, humans, and animals—eventually bring harmful consequences to our planet.

Therefore, to change the energy of this planet from negative to positive, from destructive to constructive, we must reclaim our human dignity and return to our original, benevolent self; we must uphold the principle of non-violence and peace.

Herewith is a proposal of efficient, practical, and dynamic actions presented to you and all governments in the hope that you will act with noble leadership to save fellow citizens and future generations.

1. Support human life: End all killing of people. All killing and torturing of humans, which breed violence and negative destructive energy, must stop in order to prevent further suffering and death from wars, disasters, epidemics, and other calamities.

2. Support co-inhabitant life: End all killing of animals. A staggering 55 billion land animals, eight times the entire global human population, are killed for human consumption every year. This translates to an estimated 150 million beings massacred every day, or 1,744 beings slain each second! Billions more fish perish at our hands. Thus, we must do away with fisheries, animal products, and animal factory farms. Laboratory testing involving cruelty to animals also must stop. A blood debt is owed for each individual life taken.

3. End wars. Wars and weapons claim lives at an unconscionable cost. Apart from the emotional, psychological, physical, mental, and spiritual tolls, the financial costs can be seen in the following brief sample of equivalent terms:



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- Six weeks of global military spending can feed all the world's hungry for one full year.
- The actual and projected costs of wars in Iraq and Afghanistan could feed all the world's hungry for 67 years.
- Two weeks of global military spending can secure water for 2.4 billion people.
- One month of global weapons purchased at a cost of US\$108.3 billion can feed 96 million hungry children three wholesome and nutritious meals a day for 10 years.
- The cost of a single B-2 stealth bomber can serve over 2.5 billion meals for the hungry, restore the sight of 31 million blind patients, remove 1 million explosive landmines, or build 713,000 new family homes.
- Not included are the huge war-related costs.
- Not included are the unredeemable costs of Human life and related suffering.

Therefore, wars must be ended. The weapons production business must decrease to zero. If any armies are even retained, they should serve people in their times of need, such as providing disaster relief and rebuilding homes wherever necessary. Soldiers and even inmates can help people plant vegetables or do other productive work.

4. Start a vegan diet. Help co-citizens to be vegan as well by banning all animal products. This is not dictating personal lifestyles; this is the only viable emergency course to ensure the survival of humans and the planet. We must stop the killing—and stop the primary cause of climate change.

Animal agriculture is no longer to be ignored as the most serious cause of global warming that results from human activities, exceeding even fossil fuel emissions. A study published by *World Watch Magazine*, authored by former and current environmental research advisors for the World Bank Group, found: “[O]ur analysis shows that livestock and their byproducts actually account for at least 32,564 million tons of CO2 equivalent per year, or 51 percent of annual worldwide GHG emissions.” Livestock production is also the #1 human-caused source of global methane emissions, with methane being at least 72 times more potent than CO2 as a greenhouse gas, while dissipating from the atmosphere many times faster. [*World Watch Magazine* 2009]

In fact, the United Nations Food and Agriculture Organization stated that animal agriculture is “one of the most significant contributors to today’s most serious environmental problems, at every scale from local to global,” including biodiversity loss, deforestation, land degradation and desertification, air pollution, and water pollution. Livestock grazing uses 26% of all the global land surface, and feed crop production occupies one-third of all arable land, creating extreme inefficiencies and exorbitant wastes of grains, water, and fossil fuel resources. [UN FAO 2006]

Animal factory farms are also a known origin of human disease, including deadly flu pandemics. [US CDC 2009] A single factory farm can produce more waste than a large city; and its bacteria, hormones, and antibiotics infiltrate families' soil and water supplies, untreated.

In addition, fishing practices have put life-sustaining oceans on a path to collapse; over 70% of the world’s fish species are fully depleted, and the rest will also be gone within 40 years. [UN FAO, UNEP 2010] Restoring the balance of the oceans, which provide half the world's oxygen and regulate the climate, is vital to overall planetary health.



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Furthermore, the global change to an animal-free diet would save world governments a full 80% of greenhouse gas mitigation costs, reducing by US\$32 trillion the global US\$40 trillion costs Dutch scientists have estimated are necessary to meet CO2 reduction goals by 2050. [Netherlands Environmental Assessment Agency 2009] In addition, annual health care expenses due to meat-related illnesses would be reduced by at least US\$1 trillion, and more than 20 million meat-related premature deaths worldwide per year would be prevented, as would families' immeasurable suffering.

A 2010 United Nations Environment Program report jointly released with the European Commission likewise concluded in clear terms: *"A substantial reduction of [environmental] impacts would only be possible with a substantial worldwide diet change, away from animal products."* [UNEP June 2010]

5. Start subsidies for organic vegan farming. Help farmers transition and succeed in this sector, thus ensuring national and world food security while mitigating global warming. Organic vegan farming benefits include:

- 40% of atmospheric CO2 absorbed if the world's tillable soil is organically farmed;
- Contamination of soil and water from antibiotics, dangerous bacteria, and excessive nitrates in animal farm manure eliminated;
- Pollution from chemical fertilizer and pesticide runoff eliminated;
- Biodiversity and ecosystems restored;
- Food supplies safe and nutritious for all humans [Rodale Institute 2008];
- Save 80% of global climate change mitigation costs;
- Stop global warming for good!

Esteemed leaders, words fall short of real meaning in this urgent situation of our planet and all life thereon. I pray that you will try your best to implement these necessary next steps to help fellow citizens, the animals, and the environment—and implement them now. For thus saving their lives and bringing peace and harmony to our world, the people's gratitude to you will know no bounds, now and in future history, as shall be Heaven's immense reward for you in the hereafter.

Please, let us be unprecedentedly courageous for our children's sake.

Thank you for your attention and noble spirit.

With Great Honor, Love and Blessings,

Supreme Master Ching Hai



Loving Life and Basketball, Vegan NBA Champ John Salley

Compiled from Supreme Master Television interview
(Originally in English)

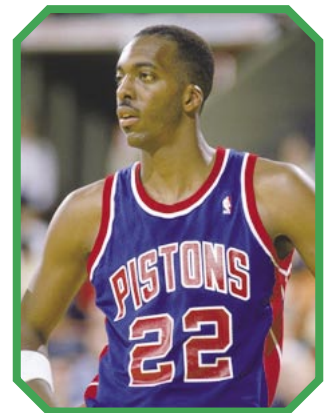
Towering at 7 feet tall, John Salley was not only the first player in NBA history to win four championships with three different teams but also one of the foremost advocates of the life-sustaining and Earth-saving organic vegan diet.

Growing up in Brooklyn, New York City, U.S.A., John's admirable work ethic led him to graduation from Georgia Institute of Technology. In 1986, he was selected in the first round of the elite NBA draft by the Detroit Pistons. After winning two championships with Detroit, John had a chance encounter with a holistic doctor who changed his life. The meeting rekindled his college interest in becoming a doctor, and also made him realize that being a world-class athlete still could not guarantee him protection from meat-related diseases like cancer. Thus, his rewarding new life as a vegetarian began in 1991. Being a vegetarian gave him an edge over his opponent. "He couldn't beat me as long as he was harboring tons of flesh in his stomach," John said.

Based on his own personal experiences, John firmly believes in the healing properties of a plant-based diet. Despite many of his family members having died of cancer, he keeps his physical "temple" as clean as possible with a pure vegan diet along with oxygenating exercises. He has stated, "Get back to eating green, organic, natural vegetables and cancer would be eradicated." By choosing a healthy lifestyle, he has been able to accomplish much, feel new things, and stay young. He inspired one of his cousins to turn away from the meat diet, to lose over 100 pounds, and to get back in shape. John's mother at the age of 84, has also become a vegetarian under his influence!

About two years ago, John started his own business by selling 100% organic, vegan and kosher foods with no animals used or harmed in the production process. He proudly stated, "When you choose John Salley's vegan and organic products, you are assured of naturally flavored foods grown without chemical fertilizers or pesticides."

As one of the most active celebrities endorsing the planet-saving, organic vegan diet, John Salley advocates veganism across the country, especially to children. On November 18, 2009, he attended an event on Capitol Hill in Washington, D.C., along with other like-minded politicians and celebrities, asking Congress to support Vegetarian School Lunch Options.



John is also a committed humanitarian, as he and his brother Jerry head the Salley Foundation. He is involved with Operation Smile and has travelled to Brazil on a mission to transform the lives of children living in poverty there. More recently, he has recorded public service announcements and conducted animal



awareness campaigns with

People for the Ethical Treatment of Animals (PETA).

John has been a positive role model at every stage of his life, and this selfless determination has extended into the entertainment field. He has acted in a number of Hollywood movies, hosted an Emmy Award-nominated sports show, and currently owns his own production company.

In addition to his various interests and ambitious projects, John has been a very spiritual being since childhood. He respects all the world's major religions and meditates every day. He lives according to his own innate goodness and conscience. In one of his books, *A*

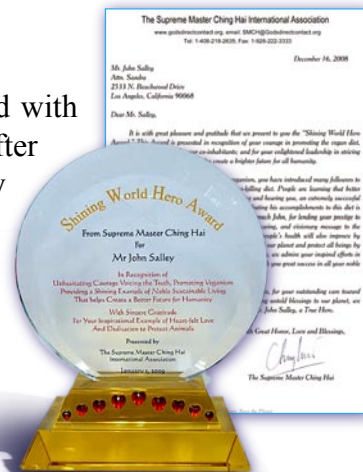
Better Life Booklet, he emphasizes both inner and outer cleanliness. "Cleanliness, they say, is next to Godliness, and so I say that being clean doesn't just mean on the surface, it also means inside; it includes everything—clean thoughts, positive thoughts, clean clothes, clean mentality, clean breathing. Everything should be clean! It will bring you closer to that feeling of Godliness."

Recognized as a Vegan Hero



For his tireless efforts in promoting veganism, John was honored with the Shining World Hero Award from Supreme Master Ching Hai. After receiving the Award and reading some of Master's books, he graciously received the Supreme Master Television staff into his home. He rarely entertains guests in his private estate, but he felt that our group is different. "Let me let them in," he said to his assistant. "You know they'll enhance me and I hope that I enhance them as well."

We applaud your noble and heroic deeds, John Sally! Thank you for being a role model of success in both the field of basketball and in life. May God bless your future endeavors to inspire more people to live in perfect health and compassion. 🌸

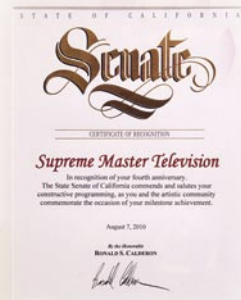


To watch Supreme Master Television's interview with John Salley, please visit:
<http://video.Godsdirectcontact.net/magazine/VEG1192s.php>

Supreme Master Television's 4th Anniversary Celebration: "Gifting Peace"

"Supreme Master Television, in recognition of your 4th anniversary, the State Senate of California commends and salutes your constructive programming, as you and the artistic community commemorate the occasion of your milestone achievement."

*~The Honorable Ron Calderon
California State Senator*



By Supreme Master Television News Team (Originally in English)



With Master's boundless blessings and the warm-hearted support from the global viewers, Supreme Master Television rejoiced in another wonderful year of constructive programming on six continents. The 4th year anniversary on September 7, Golden Year 7 (2010), was commemorated with a vibrant concert replete with international flairs, entitled "Gifting Peace," hosted by the very



vegan and very accomplished duo: 4-time NBA basketball champion John Salley and CNN/CBS legal analyst Lisa Bloom.

With enthusiastic participation of esteemed individuals, the concert took audiences on a memorable journey to artistic realms through outstanding poetry, music, and dance. Supreme Master Ching Hai, having set aside Her precious time, graced the event via teleconference as Guest of Honor.

The program also featured Oscar-nominated actor Eric Roberts as guest speaker, and distinguished celebrity presenters included: Emmy Award-winning actress and vegetarian Lindsay Wagner (The Bionic Woman); vegan actress Trina Parks (Diamonds Are Forever); first male supermodel and British-Persian vegan Yogi Cameron Alborzian; actor Patrick Kilpatrick (Under Siege 2, Free Willy 3); founder of the Academy of Television Arts & Sciences Stunt Peer Group and vegan actress Spice Williams-Crosby (Million Dollar Baby, Star Trek V); and television host Brandi Williams (KTLA, E!).



The highlight of the concert was the world premiere of songs adapted from Supreme Master Ching Hai's poetry. Enthralled by the poet's sublime verses, eminent American composers were inspired to set them in the magical language of music, and new masterpieces were lovingly brought

into being. Extraordinary composers of these exquisite, creative offerings included 2-time Oscar winner Al Kasha, Oscar and 3-time Emmy winner Bill Conti, Grammy winner Bill Cunliffe, and Oscar and Grammy winner David Shire, all of whom dedicated their magnificent works as a special surprise to the poet, Supreme Master Ching Hai.

The splendid lyrics and melodious music were conveyed superbly by acclaimed musicians: multi-platinum recording artist Donna Lewis, performing her own magical compositions of Supreme Master Ching Hai's poetry; Tony Award winner Karen Ziemba; Grammy nominee Kashif; lyric soprano Leah Allers; Emmy winner and Tony nominee Liz Callaway; Tony Award winner and 4-time Grammy nominee Melba Moore; Grammy winner Melissa Manchester; all-time favorite Aulacese (Vietnamese) male vocalist Tuấn Ngọc; and pop diva Trần Thu Hà.



The Honorable Ron Calderon, California State Senator, who is also currently Chair of the Senate Select Committee on California's Film and Television Industries, a member of the California Film Commission, and Co-chair of the Joint Committee on the Arts, could not attend due to scheduling and sent his representative, Bob Jimenez, to present the Gold Senate Certificate of Commendation.

The Academy Award nominee and 3-time Golden Globe nominee actor Eric Roberts, who, along with his beautiful wife, actress Eliza Roberts, is a vegan and dedicated animal lover, made a special trip in the middle of promotions and attending premieres for the #1 box office movie *The Expendables* to introduce our Guest of Honor, Supreme Master Ching Hai. Speaking of Her elevating contributions through the remarkable venue of Supreme Master Television, he said, "So how did this relatively young, unique, global channel begin? It was through the inspiration and guidance of Supreme Master Ching Hai. And the channel has gone from strength to strength in its pure-hearted mission of offering the world informative and uplifting programming. . . . And on behalf of all artists and entertainers involved, I'd like to add that we're so glad to have this chance to be inspired by her poetry and bring it forth for a wider audience to enjoy through this concert. Indeed, Supreme Master Ching Hai is an extraordinary lady who gives and gives with compassion and grace."

Supreme Master Ching Hai answered the longing hearts of many audience members and agreed to a spontaneous question-and-answer session in which She shared Her insights on love, peace and forgiveness, and what it can mean for ourselves, our gentle animal co-inhabitants and our beautiful planet.

Actor Patrick Kilpatrick asked, "Supreme Master, I think we can all embrace your message of love and kindness and forgiveness. But in the case of violence and war, when we say it



never has a place, don't these rights, even in the vegan world, have to be defended sometimes, in the most extreme circumstances?"

Master answered, "But the thing is, I would never agree to violence. It doesn't matter what circumstances. Suppose people come here and want to take my life, for example. And I have no other choice at all and I just let them, because I will have another life. In the universe, everything will take care of itself in time, if we just let it and if we adhere to the principle of love, meaning that we will not cause harm to anyone, even in self-defense. Because we forget, whenever we make war with someone, then that moment, we forget the principle of love, we forget ourselves, we cut a part of our love away from ourselves. And that's why we must always forgive, must always love, must always love thy enemy."

Thereafter, for Her prodigious endeavors to assist humanity as a world renowned humanitarian, artist, and spiritual teacher, Supreme Master Ching Hai was recognized with a Presidential Volunteer Service Award from United States President His Excellency Barack Obama, presented by The Honorable Mike Davis, California State Assembly member.



The award from President Obama reads:

To Supreme Master Ching Hai,

Congratulations on receiving the President's Volunteer Service Award, and thank you for helping to address the most pressing needs in your community and our country. Your volunteer service demonstrates the kind of commitment to your community that moves America a step closer to its great promise. Thank you for your devotion to service and for doing all you can to shape a better tomorrow for our great nation.

Barack Obama, President of the United States of America

Master expressed words of thanks in response. "Noble friends, including Mr. Davis and the government of America, we can never thank you enough for all your kindness and valuable support now and always. I can only say that I pray Heaven to bless you, your country, and all the persons you love and all the ideals that you cherish. . . . May God bless you. God bless America."

"Dream in the Night" was the first song to be performed, adapted to music from Supreme Master Ching Hai's lyrical poem, set to music by composer Al Kasha and sung by Liz Callaway. Onstage, Mr. Kasha, a devout born-again Christian and ordained minister of his own church, had shared with the audience that he would become vegan from that day forward, which drew a big round of applause. Mr. Kasha later professed during an interview that he has read the Bible thousands of times and has it memorized by heart. Since receiving Master's Key of Immediate



Enlightenment book, Her message of love truly rings in his heart and he now considers it as his second Bible.

The next songs performed were “If” and “To Be Able to Love You” with poems by Supreme Master Ching Hai and music by composer Bill Cunliffe. Lending her incredible voice for these pieces was Ms. Melba Moore, a singer and actress praised for her ever-evolving repertoire. Ms. Moore looked gorgeous in a gold couture gown wearing the matching jewelry set “The Ancient Beauty,” designed

by Supreme Master Ching Hai. She shared a heartfelt message with the audience. “I hope that you can tell I’m extremely excited to be here. I feel like I’m amongst my own, people who are led by the heart, and the heart that tells them that God is first and we are creatures of God and we must love one another. So I’m very, very thankful to Supreme Master Ching Hai for letting me be a part of the chosen number.”

Ms. Manchester, who had brought along her vegetarian daughter to enjoy the concert, expressed, “I loved ‘For the Afternoon Walk’ because gratitude is a central pillar of my life. And to sing a song that says, ‘Thank you, thank you, thank you, thank you, over and over, thank you for the hours, thank you for the days, thank you for the seconds, thank you for the nights,’ it puts me, as a singing actor, immediately into a positive, sweet place. The place where I want to be, the place where I feel most connected with spirit. And the other song about loneliness was very touching because you really felt the isolation of emotion when you are in that sad, isolated, lonely place. And even the Supreme Master must have her moments. And that’s what makes the divine human. And so to sing a song that really sculpts that feeling so beautifully, it’s a gift for me as a singer.”

Although he would be away on the East Coast at the time of the concert, our Association’s longtime friend, composer Mr. Bill Conti wished to contribute his talents to celebrate Supreme Master Television’s anniversary. He chose two poems written by Supreme Master Ching Hai; “It’s Not Easy to Go” and “When You Said You Love Me” to set to music, which were sung by Ms. Karen Ziemba.

The younger generation in the audience was ecstatic with the participation of singer and songwriter Ms. Donna Lewis, who performed two songs which are her musical renditions of Supreme Master Ching Hai’s poems, “Love” followed by “Faded Love.” She then performed her own song entitled “Ireland.”

Two more song premieres of Supreme Master Ching Hai’s poems were performed by acclaimed Aulacese (Vietnamese) artists, Mr. Tuấn Ngọc and Ms. Trần Thu Hà. Interspersed between the song performances were vibrant dances which offered audiences a glimpse of the rich cultures around the globe including those from Africa, Japan, Spain, Indonesia, and Israel. Also performing their own songs was the charming vegan rock quartet “Oh Darling” whose melodies have been featured in television series on



the “CW,” “Lifetime,” and “USA,” commercials for Volkswagen, network promos for “Grey’s Anatomy,” and in the film “Road Trip 2.”

“Gifting Peace,” the theme of the concert, was inspired by Supreme Master Ching Hai’s poem “Let’s Love.” Though it was written many years ago, it conveys a timely message of hope and encouragement.

“Let’s live just for each other
Let’s live on for our future
Let’s build Eden on Earth
Let’s gift peace to each other”

Set to music by the renowned Mr. Al Kasha, the song “Let’s Love” was performed by a dazzling constellation of artists. Returning to the stage were Ms. Liz Callaway, Ms. Melissa Manchester, Ms. Melba Moore, Ms. Karen Ziemba, Ms. Leah Allers, and Mr. Kashif. The union of the six harmonious voices stirred hearts and souls with their touching expression of Supreme Master Ching Hai’s poem.

A gourmet vegan banquet was then enjoyed by attendees, lovingly prepared by restaurants run by our Association members, Loving Hut, Âu Lạc Vegetarian Restaurant and One World Vegetarian Cuisine. Even after the concert, Supreme Master Ching Hai’s precious poems, along with the composers’ soaring melodies and the singers’ phenomenal voices, continued to resonate in all hearts. We sincerely thank You, beloved Master, for gracing the event via teleconference with Your ever-loving, wise, and radiant presence.

As Supreme Master Television steps over the threshold into another year of broadcasting, we are ever grateful for Master’s divine guidance, wisdom, and example of selfless love. We pray for the smooth success of Master’s planet-elevating and lives-saving mission. May the Heavens, Saints, and Bodhisattvas in all directions protect You and keep You in the best of health and safety always.

“Love is the principle of the universe. It’s the building block to anything that exists, now or in the future. If we are full of love, then we are more near to God.”

~Supreme Master Ching Hai

To watch Supreme Master TV’s 4th anniversary concert “Gifting Peace,” please visit:

<http://suprememastertv.com/4year/>

<http://suprememastertv.com/tw/4year/> (Chinese)



Guests Share Post-Concert Impressions with Supreme Master Television

After the concert, many guests shared with Supreme Master TV their thoughts, insights, and impression of the event and Master's message of love and peace. Here are a selected few:

Lisa Bloom (Vegan, CNN and CBS legal analyst): The word "inspiration" is overused, but Supreme Master Ching Hai, you really are an inspiration because I'm a woman and I work in television here in the United States, and so often I feel that there's so much negativity and that we focus on things that really aren't that important, and we don't focus on what's meaningful like climate change or war or human violence. It's very inspiring to me that there's this entire network that's devoted to these issues, and it makes me think that one person can make a difference. Who would think that there could be entire shows devoted to vegetarianism and animal cruelty? So it's just really inspiring to me and moving, and I'm very happy to be a part of it today.

Spice Williams-Crosby (Actress, vegan, founder of the Academy of Television Arts & Sciences Stunt Emmy): Every celebration that I have been to that involves the Supreme Master has been beautiful, and every time I come, I experience something new that awakens my heart. And I never leave without a new awakening. It's always very enlightening for me.

John Salley (4-time US basketball, NBA champion, vegan): I've heard her on DVD, on tape. I have all her books, so she sounded exactly like I thought she was going to sound. I was happy she got some of the points across. What she said definitely made a lasting impression.

And I really appreciated her message about compassion. One of my favorite things is when she said, "There's no reason for war," and if somebody wanted to harm her in some way, first she would reason with them, but if there was no reason, she would submit because that would be the loving thing to do. And she knows this is just one body, she'll be back in the next one. So that conversation of reincarnation came in, which I really applaud.

Steven Lopez (Artist): The one comment that I really gravitated towards was that of having a choice to live, and also understanding that in the face of evil, you should not fear death because this is just one life form, and we've got many more to go. So many people are in fear of losing what this world is, that it can hinder us in being able to go to the Fifth Level. So for her to say that is refreshing, and it's just very powerful, because you don't get to hear that from many people whatsoever.

Patrick Kilpatrick (Actor, Under Siege 2, Free Willy 3): First of all, the Supreme Master, what a wonderful, genteel lady she is, and you just get her spirit all the way through, and the profound sense of love that she's emanating out.

She's a very articulate, very gifted lady, and her use of language, it comes so much from her heart, and I really enjoyed it, and I was very, very moved. I am kind of a warrior guy, so to feel her love and her presence is a really wonderful thing, and she serves as an inspiration for all of us. It's almost a Jesus, Christian kind of personality that she really puts forth, the turning of the other cheek, relentlessly putting through kindness. I loved her poetry and I look forward to getting to know her better.

Cary Brown (Vegan, 3-time Emmy-winning director and producer): The Supreme Master has heart and soul and love, and it shows. It shows in her words, it shows in her music, it shows in the way her voice sounds. We're lucky, we're very, very lucky. Congratulations and best wishes and may this be the start of a hundred years of vegan living. 🌸





Leaders Preserving Our Future: Pace and Priority on Climate Change Conference

By UK News Group (Originally in English)

On November 3, Golden Year 7 (2010), a conference entitled “Leaders Preserving Our Future: Pace and Priorities on Climate Change” was held at the Central Hall, Westminster in London, United Kingdom. The whole-day event was hosted by UK non-profit organisation World Preservation Foundation to raise awareness and to address the top priority in tackling climate change—reducing short-lived, non-CO2 climate forcers such as methane gas.

Distinguished guests and speakers from government, scientific, media and advocacy groups presented and discussed the increasingly evident effects of climate change and its important connections to food production and consumption. Among these guests were the Ambassador of Venezuela; the Ambassador of Bolivia; the Deputy High Commissioner of Jamaica; Counsellor Beatriz Garcés de Marcilla for the Environment and Rural and Marine Affairs Embassy of Spain; First Secretary Ms. Simona Spinaru from the Embassy of Romania; the Counsellor of the South African Embassy; Council members of the UK Overseas Territories Conservation Forum; students and professors from Oxford University, Brunel University and the University of East Anglia; the broadband company UK Online; the Eco Action Partnership; plus energy and insurance company representatives. During panel discussions, the audience had the opportunity to raise questions and to engage in discussions with speakers from diverse sectors.

Mr. Geoff Tansey, Trustee of Food Ethics Council in UK, presented findings from their combined research efforts with the WWF on the environmental impact of meat and dairy consumption, which contribute a significant part of the greenhouse gases in the UK.

Dr. Pat Brown, a biochemist from Stanford University, USA and vegan himself said, “Most of the developed world in the northern hemisphere’s crop cultivation isn’t crops to feed humans, it’s to feed that huge population of animals that we bring along with us.”

Mr. Anthony Kleanthous, Senior policy advisor on Sustainable Business and Economics from the WWF, illustrated with striking statistics that if the rapid decrease of biodiversity continues, we will not have anything to eat, or to fuel our economy. “Food is one of the three greatest impacts on our environment. And as we’ve heard today, you know that meat and dairy really are the primary concern here,” he stressed.



American CNN TV news network legal analyst Ms. Lisa Bloom flew all the way from Los Angeles to this event and urged as a citizen representative that “diet can no longer be a matter of private choice, when the choice to buy meat and dairy products causes unspeakable cruelty to sentient beings and when the choice is destroying our planet.”



Swedish Member of Parliament Mr. Jens Holm proposed that the European Union direct the €3 billion annual meat subsidies instead to production of vegetarian food. Mr. Wally Fry, who inspired people with his personal success of his company - Fry's Vegetarian, said “Let us awaken the intellect in industry and by using it as our master instructor, start the environmental revolution which will go down in history as a far greater thing than the industrial revolution ever was.”



Invited as the special guest of honor, Supreme Master Ching Hai greeted participants via video message, encouraging leaders and citizens alike to make courageous, Earth-saving changes. With the most thorough and recent scientific data available, Master examined six major “civilization busters,” namely climate change, water scarcity, the food crisis, deforestation, world ocean collapse and biodiversity loss, and brought to light how each of them is driven by meat consumption. In the end, She beseeched all the leaders to assist in the noble mission of restoring our Earth as She said, “Please help our world; please save



our planet. I would like very much to not lose my hope and everyone else's hope, because humans are caring, are clever, are courageous and are the children of God. I can only add my heartfelt prayers to yours that together we will do everything possible and truly effective to save our planet for our children's sake. Thank you so much for your trust and attentive spirit.” Master's urgent messages and heartfelt plea were well received and appreciated by the audience.

Among the few speakers who sent video messages to the conference were Mr. Philippe Cousteau, Jr., Founder and CEO of EarthEcho International and grandson of Captain Jacques-Yves Cousteau, plus internationally renowned surgeon, researcher, and clinician, Dr. Esselstyn, whose medical advice helped former US President Clinton lose 24 pounds and improve his heart function by following a plant-based diet. Other video speakers included Dr. Greger who proudly serves as the Director of Public Health and Animal Agriculture at the Humane Society of the United States, as well as Mr. Balthazar, Deputy Mayor of Ghent City, Belgium.

For many guests, it was the first time they were exposed to the appalling facts of a meat diet, as well as terms such as methane, ground level ozone and black carbon. It was also the first time they heard that reducing these short-lived pollutants caused by the animal diet actually can bring immediate climate benefits. Many of them were astounded, alarmed and motivated to help spread the urgent message. The Ambassador of Fiji asked for Master's talk on DVD, Georgina Fitzalan-Howard, Duchess of Norfolk, UK, with tears in her eyes, expressed her wish to help promote Supreme Master Television. Dr. Karl Roberts, High Commissioner for Antigua and Barbuda, encouraged people to move away from meat-based, or animal-based consumption. Kerry McCarthy, a member of the British Parliament, pointed out during the conference that people also should be lobbying Parliament members about the livestock sector.

An eco exhibition was also held at the venue, attracting guests and attendees to an array of green lifestyle displays by health food companies such as Fry's Vegetarian and Beanie's Health

Foods, environmental campaigners like PETA, Meat Free Monday initiated by Sir Paul McCartney, as well as green technologies including the Ecotricity and the Nitrous Oxide Focus Group.

Vegan food and refreshments were provided at the conference. Attendees enjoyed the taste and presentation of the food very much. The non-vegetarians among them were amazed at how versatile vegan food can be! The head chef from the parliamentary catering company said, "This is the first time we were asked to provide vegan food on such a large scale and we completely enjoyed doing it."

To keep the momentum going, a press launch was also held at the British Houses of Parliament to bring the issue of global warming and the livestock industry to the attention of a larger audience. The press launch was attended by experts and dignitaries such as the Duchess of Norfolk; the High Commissioner for Antigua and Barbuda, Dr. Karl Roberts; Dr. Ester van der Voet, a representative from the United Nations Environment Programme; and ambassadors from such countries as Russia, Bolivia, Nepal and others.

We thank all dignitaries, distinguished speakers and participants of this conference on planetary priorities and extend deep appreciation to Supreme Master Ching Hai for sharing Her timely thoughts for this discussion. May we all recognize the organic, vegan lifestyle as the rational, effective way to save our only home, the Earth.



To watch Supreme Master Television's coverage of this Climate Change Conference, please visit:
<http://video.Godsdirectcontact.net/magazine/WOW1553j.php>

Master Tells Jokes 

"Uninvited Guests"


Spoken by Supreme Master Ching Hai at an international gathering in France,
 December 26, 2007 (Originally in English) DVD#817

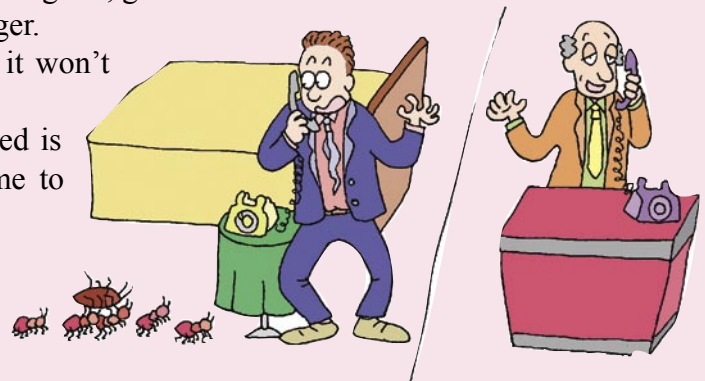
After checking into his hotel room, a businessman saw a dead cockroach on the floor, so he called the service counter and demanded to speak to the manager.

When he got through, he complained with great, great commotion.

"Please calm down, sir," said the manager.

"Since the cockroach is already dead, it won't do you any harm."

The businessman replied, "The deceased is fine, but the relatives and friends who come to attend his funeral really make me sick!" 




Contribution to Chris Ware's Fund Raising Effort

By Surrey News Group, UK (Originally in English)

Chris Ware, a 13-year-old vegan boy raised more than US\$1,500 for Love the Animals Sanctuary in Hawaii, USA, by completing a two-hour, 20-mile bicycle ride from Exeter Quayside to Starcross, along the River Exe and back again, in southwest United Kingdom.

Chris is the Youth Coordinator of the sponsor for this event, EVOLVE! Campaigns, a non-profit animal rights group which promotes the Earth-saving plant-based diet. According to Chris, he decided to participate because he likes cycling and he had seen many pictures of the Sanctuary indicating that it needed help, and no animal coming to their charity was ever turned away.

Hearing of this young boy's heroic deed, Supreme Master Ching Hai contributed US\$3,000 to Love the Animals Sanctuary in Chris Ware's name in June, Golden Year 7 (2010). Receiving the fund, the founder of the Sanctuary, Anthony Marasia wrote a touching letter to Master, saying, "...I am a little bit teary eyed to be honest, it is so touching to me when people come forward to help me help this lovable bunch, I cannot believe it... This story will always be a great joy to me because in part it shows the power of youth. The way Chris just sort of made this happen rather matter-of-factly, impresses me. His style in giving because he could, or at least, he could try. Now I know, I KNOW, there was someone else making it all happen behind the scenes, and I thank her very much." With gratitude, he sent his best wishes to everyone involved, "May all the love you have given us be returned to you many times. May someone make your day as happy as you have made ours."

We applaud the compassionate acts of Chris and the other supporters of Love the Animals Sanctuary who are bound by the deep love for each other, for the animals and for our planet. 

Thank you letter from Anthony Marasia for Master's US\$3,000 loving contribution for Love the Animals Sanctuary, Hawaii, USA

To be honest I can't really tell believe it, I am here now trying to share the news about the success of the fund-raising, and I am a little bit teary eyed to be honest, it is so touching to me when people come forward to help me help this lovable bunch, I cannot believe it... This story will always be a great joy to me because in part it shows the power of youth. The way Chris just sort of made this happen rather matter-of-factly, impresses me. His style in giving because he could, or at least, he could try. Now I know, I KNOW, there was someone else making it all happen behind the scenes, and I thank her very much. With gratitude, he sent his best wishes to everyone involved, "May all the love you have given us be returned to you many times. May someone make your day as happy as you have made ours."

There were many supporters when I first started to raise the money, and I am a little bit teary eyed to be honest, it is so touching to me when people come forward to help me help this lovable bunch, I cannot believe it... This story will always be a great joy to me because in part it shows the power of youth. The way Chris just sort of made this happen rather matter-of-factly, impresses me. His style in giving because he could, or at least, he could try. Now I know, I KNOW, there was someone else making it all happen behind the scenes, and I thank her very much. With gratitude, he sent his best wishes to everyone involved, "May all the love you have given us be returned to you many times. May someone make your day as happy as you have made ours."

I would like to thank all of my dear friends, family, and all those who supported the work of Love the Animals Sanctuary, and all those who have helped me help this lovable bunch, I cannot believe it... This story will always be a great joy to me because in part it shows the power of youth. The way Chris just sort of made this happen rather matter-of-factly, impresses me. His style in giving because he could, or at least, he could try. Now I know, I KNOW, there was someone else making it all happen behind the scenes, and I thank her very much. With gratitude, he sent his best wishes to everyone involved, "May all the love you have given us be returned to you many times. May someone make your day as happy as you have made ours."

With gratitude,
Anthony Marasia

Please help me
raise money
for animals 
**PLEASE
SPONSOR
ME!**





Realizing the True Essence of Love— *The Love of Centuries*

Release of the Chinese Edition Announced

By Taipei News Group, Formosa (Originally in Chinese)

January 1, Golden Year 8 (2011), marked the 100th birthday of the Republic of China. On this special day, Supreme Master Ching Hai's latest book *The Love of Centuries*, was released at a press conference held in Chanty Boulevard Plaza near Taipei 101, the ROC's tallest office building. Numerous celebrities and distinguished guests graced the occasion expressing their congratulations, while some prominent personages shared their insights of the book through audiovisual messages.

Dr. Eugene Chien, Chairman of the Taiwan Institute for Sustainable Energy and former Minister of Foreign Affairs, and of the Environmental Protection Administration, is deeply impressed with Master's tireless efforts in mitigating global warming. He had met the Supreme Master at the UN Climate Change Conference in Cancun, Mexico, in November 2010. He imparted that Formosa has been listed as a high-risk country exposed to the impact of climate change, but the planet could be saved if people could, as Master advocates, change their lifestyles by adopting a plant-based diet and protecting the environment.

Mr. Karl Ku, former Director General of the National Central Library, expressed support for the movement of "Be Veg, Go Green 2 Save the Planet." He spoke highly of *The Love of Centuries*, through which Master expresses Her true inner feelings from different perspectives. This anthology of poems helps readers perceive subtle changes in the environment. He said, "Read every word and verse of the book with your heart and you will find it a rewarding experience."

Mr. Lamech, winner of the International Indoor Flora Competition at the 2010 Taipei International Flora Exposition, has been interacting with plants since childhood. He is able to feel the energy and needs of plants. From Master's

poems "Words of a Hen" and "Words of a Piglet," he could discern Master's sympathy for animals, Her respect for



Group photo of VIPs: Mr. Karl Ku (left); Mr. Lin Cang-yu, winner of the Golden Bell Award for best director (second from left); Chairman Eugene Chien (fourth from left); Mr. Xia Hua-da, Peking Opera master (fifth from left)



Mr. Jian Ming-xing, director and art supervisor of the Morning Star Theater



Mr. Lamech



Ms. Tang Mei-yun



Ms. Fu Juan



Professor Jiang Yi-han, master calligrapher and painter

lives, and Her all-encompassing love. He believed each poem to be from Master's innermost voice and unreserved love for lives.

As famous Taiwanese opera singer Ms. Tang Mei-yun pointed out, in this book Master examines emotions and feelings from different aspects, demonstrating Her compassion for sentient beings. The plant-based diet is a good way to nurture our compassion. "When you are truly compassionate to all sentient beings, it is not hard to imagine that everything you do will touch people's hearts." She believed that what Formosa needs now is precisely the peacefulness, the genuine feelings and true benevolence that radiate from Master's book.

Ms. Fu Juan, another well-known performing artist, felt that everyone who has read this book would be deeply touched. "A Puppy's Heart" especially reminded her of a puppy she once had and she can now better appreciate the true feelings between animals and humans. She said that everyone should appreciate the sentient world of animals with love.

The event reached its climax when Master, wearing a pink, artificial fur coat, appeared through videoconference to interact with the anxiously waiting guests and readers. Master congratulated the Republic of China on her centennial and wished the country continued prosperity. She presented Her new book as a gift for the country's centennial. Master also shared with everyone the essence of *The Love of Centuries*. She said that as a child, She had loved Her pets, Her friends and romantic love. All this represents our elemental love within. Loving God is to love our original self. People like being in love and expressing in words how they miss their loved ones. These feelings are very close to how we miss God's Kingdom. Since people cannot see or communicate with God, they can only express their yearning for God by writing love poems. Our souls might remember that they have had some loved ones at certain places in their past lives. When they pass by these places, it would awaken their memories. Or when one day they pass by their homes in previous lives, they would also be inspired to write soul-stirring verses. Poems are natural projections from the innermost essence of our soul.

The Love of Centuries has attracted considerable attention. On the day of the press conference it drew crowds of readers, resulting in a record sale of a thousand copies at the first sales event and pushing it to the top of the best-sellers list of the online Kingstone bookstore. We hope the whole world will have a chance to appreciate this precious poetry anthology and receive inspirations therein to understand the essence of love. 🌸



Master taking a photo with guests from Shanghai and Formosa through the videoconference screen.

A Surprise Happy Reunion with Master in Hsihu

By Formosa News Group (Originally in Chinese)

At around midnight on January 11, Golden Year 8 (2011), fellow initiates in Formosa received notification of a special gathering at Hsihu Center the following morning. Within hours, thousands of initiates arrived at Hsihu early on Thursday and quietly gathered at the Forest Meditation Hall for group meditation.

At about three that afternoon, they were awakened by a beloved and familiar voice, saying, “I thought only the most sincere would come, but you have all come” And with that, our beautiful Master appeared amidst spontaneous cheers, greetings and applause, which lasted a very long time! Master said that originally She had planned to meet everyone the following Sunday, but She couldn’t wait any longer as the Earth is changing so rapidly that sometimes She could only be certain about the events of the coming day.

Master first thanked everyone for their efforts in helping the planet and other people over the past few years. She said, “I have felt your loving kindness, and your sincerity in your work. I greatly appreciate it!” She added that we have all come to Earth with a mission, and She also has Her own mission. Master said it was not until recently that She truly understood the words of the Earth Store Bodhisattva, “If I do not enter hell, who would?” She encouraged everyone to persist in their work of saving the planet.

Seeing the initiates meditating in the open air, exposed to the weather’s chilly winds and steady drizzle, Master felt very sorry for them. She apologized with tears in Her eyes and said She wished that She had a magnificent temple for everyone. She then asked the initiates whether they would prefer for such money to be spent on helping those in need instead. Their response was unanimous: “Yes!” Master offered words of comfort, saying there are better things waiting for them in Heaven. “We might not have a temple, but we have everything—a method to ultimate liberation, teachings of compassion, a selfless spirit of sacrifice, and realization of

Supreme Master Ching Hai wearing vegan fur

the Truth of the universe as we continue to practice.” Therefore, getting wet in the rain in Hsihu occasionally is no big deal.

Master said that our method leads to ultimate liberation and it doesn't require control of the mind. We can eat, drink, have a family, wealth and a career while practicing at home, still attaining liberation and reaching the Fifth Level – not just the lower-Fifth, but also the middle-Fifth or even the higher-Fifth.

Master explained that the Quan Yin Method can deliver all sentient beings. It is the “Universal Door” as described in Buddhist scriptures, and is a method meant to be shared with the people of the world. One not only benefits personally, but nine familial generations can be elevated, along with helping society, the Earth, and even the universe. Anyone who practices the Quan Yin Method diligently, apart from fulfilling their obligations towards family and society and helping others, definitely can attain the Truth, with results that come quickly. This method doesn't require us to choose the extreme of forsaking everyday life; instead, we can practice in a very gentle and tolerant way, ascending swiftly with God's love and Heavenly protection. In addition, as the power of God and Heaven are within us, it's safer since we are using our own treasures. Master said that only the Quan Yin Method can enable us to enjoy a comfortable life and reach the Fifth Level through sincere spiritual practice at the same time. She was very happy to have the opportunity to impart this method to everyone.



Assuring fellow initiates as well about its spiritual guarantee, Master said, “Practicing the Quan Yin Method is walking on the right path, the path that will truly take us Home!” As long as we refrain from harming other people and sentient beings, observe the vegan diet and continue on the right path, we will reach Home very quickly. Master also said, “In this world, it is difficult for us to forsake everything or to remember constantly to communicate with God. In practicing the Quan Yin Method, you have the Master Power to help you. If you fail to climb up today, tomorrow the Master will help you ascend higher. Even when you are up there, the Master Power will continue to help you. You are highly secure. This method is truly the best! Even if it is difficult to resist temptation, we are meditating every day. Should you forget, I will remind you, and the Master Power is also always helping and protecting you. I will never forsake you.” Immensely encouraged and inspired by Master's discourse, fellow initiates were extremely grateful for Master's grace.

After that, Master met with members of the working teams in the Treasure Pavilion. Master said that however much we might suffer or be in need, there are people who have less than we do. Also, even if we lack certain things, Heaven will compensate us with something even better in another area, such as the mental or spiritual aspects. Meanwhile, Master said that Formosa is becoming better and better, having survived several crises, and that the world also will become

better. She further encouraged fellow initiates, saying, “If you have conflicts over trivial matters, do not blame yourself or others. Try your best to overcome them. Continue to work even if you have shortcomings; make up for your shortcomings with merits.”

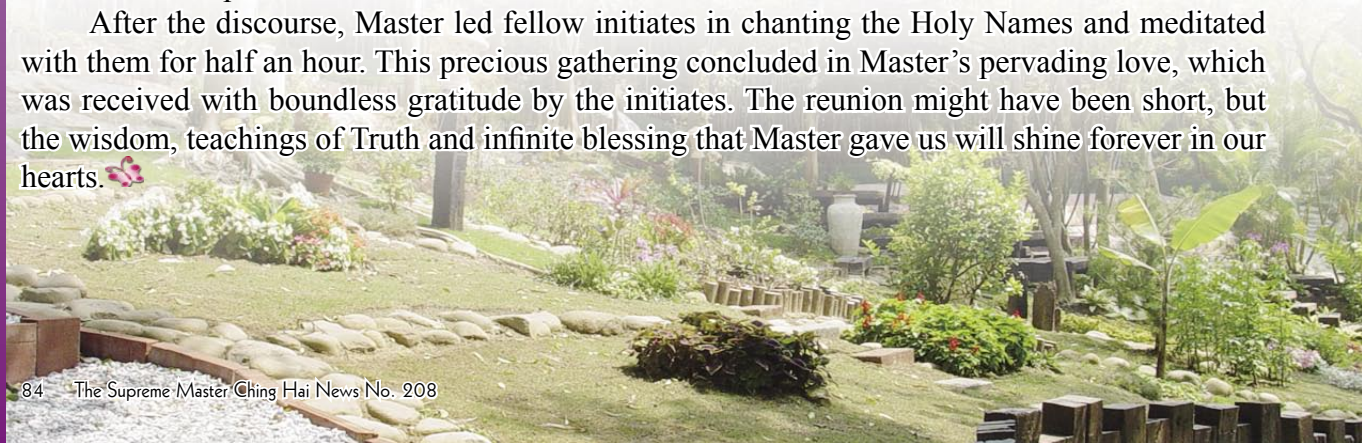
In order to allow fellow initiates who could not come to Hsihu on the first day would still have an opportunity to see Her, Master kindly consented to open Hsihu for group meditation the next day. Several thousand initiates braved the cold and rain to enjoy a warm and happy reunion with Master.

Master told everyone, the more people practice spiritually in the world, the easier it is for Her. Although many disasters have been occurring, they are for the purpose of purifying the atmosphere. Of course, Master has been doing Her utmost to help, otherwise, the situations could have been worse.

Master suggested that fellow initiates live a simple life, eating just enough and keeping things uncomplicated so that we can make time for spiritual practice, because we never know whether we will still be alive the next day or next year. We should cherish every minute and second because we are running out of time. It's not just because of the disasters in the world, but also because our lifespan is not very long. We have only one bodily temple, and we must make good use of it. Master further reminded us to conserve water resources, suggesting that we collect rain water in buckets to be used when there is a shortage of water. She also encouraged us to plant our own fruits, gourds and beans, and advised people to grow organic crops to benefit the world.

Speaking more about eating, Master said that the Chinese can forsake anything except food and that fellow initiates who wish to fast should do so as their own challenge. They should not keep praying to Master to help them stop eating or to eat on their behalf. She also said it is not necessary to fast in order to practice the Quan Yin Method. This takes training and we should not bring harm to ourselves. Quan Yin practitioners have great blessings, so we can eat and drink while attaining liberation and reaching the Fifth Level through spiritual practice at the same time. Also, since all initiates are protected by angels, we can seek their assistance. Each angel has a specialty, so there is no need to pray to Master for everything. Master revealed that there are 700 angels helping Her to serve the world. However, these are still not enough because of the karmic hindrances still present.

After the discourse, Master led fellow initiates in chanting the Holy Names and meditated with them for half an hour. This precious gathering concluded in Master's pervading love, which was received with boundless gratitude by the initiates. The reunion might have been short, but the wisdom, teachings of Truth and infinite blessing that Master gave us will shine forever in our hearts. 🌸





Hsihu - Shangri-La

By New Zealand brother initiate Nick (Originally in English)

When reminiscing about my recent trip to Hsihu Ashram in Maoli, Formosa, during the Chinese New Year group meditation, I sometimes playfully compare myself with the character Richard Conway from the 1973 film *Lost Horizon*. After having reluctantly left the wondrous paradise of Shangri-La, all he talks and dreams of is returning there, leaving the complications and troubles of the world behind.

Immediately upon arriving in Hsihu Ashram, I went into retreat mode. I didn't want to have too many conversations, I kept eating smaller amounts, and most of all I tried to make the most of the meditation hours which ranged from sixteen to twenty hours daily. My focus was totally within myself. There were very few outer distractions. For the first part of the retreat, I did a lot of internal scolding of myself for some human weaknesses that I had carried too long. As the aches in my knees subsided after a day or two, so did the habitual thinking processes that distract me. Created conceptions of my life, future, outcomes and possibilities became insignificant in this atmosphere of intense blessing. I was happy just to *be* in Hsihu.

During the second part of my retreat, I provided a couple of hours of guard duty a day at the main gate. Inevitably, this led to meeting some of the residents of Hsihu. I noted when they sometimes stopped to chat, how caring, attentive and humble they could be and this was a valuable lesson, showing me how real love in action works. It's a question I had carried for awhile about how, in practice, one conducts oneself with love in a broader sense.

The recent retreat at Hsihu was one of the best I had ever attended. Although I didn't get to see Master, I often found my questions being answered by one of Master's DVDs that were played during the sessions. Master's previous, long-term presence and the network of Spiritual Blessing Lines in Maoli make it a very special holy haven. Returning home, I observed the strengthened qualities within myself, more patience and love, and the karmic illusions that had been biting me previously were now abated.

Even though the story of Shangri-La is a metaphor of longing for a spiritual paradise beyond the material world, to me, it is wonderful to know that a heaven also does exist on this planet, where those who are longing to rest their souls and connect with a finer consciousness can do so in such tranquil surroundings, in the company of kind-hearted kindred. 🌸



Upon invitation from Mexico's government, Supreme Master Ching Hai attended the COP16 in Cancun



“SOS! YesVCan-cun,” the Message that Reverberated through the COP16

Compiled by Mexico News Group (Originally in English and Spanish)

After an intensive two weeks of climate change negotiations, with dedicated efforts being made by all 192 nations, the 16th session of the Conference of the Parties (COP16) to the United Nations Framework Convention on Climate Change (UNFCCC) was concluded with all agreeing that climate change is one of the greatest challenges of our time requiring long-term, cooperative action. It's recognized that both the industrialized and developing countries must reduce global greenhouse gas emissions to keep the increase in global average temperature to less than 2°C above pre-industrial levels.

During the summit held from November 27 to December 10, Golden Year 7 (2010), in the sunny city of Cancún, Mexico, people from various sectors—non-governmental organizations (NGOs), government agencies, private companies, research institutions, and students—all expressed interest in the plant-based lifestyle change to restore the environment.

Our Association members from all over the world campaigned with great enthusiasm and devotion for the benevolent, organic, vegan solution to save our planet. Supreme Master Ching Hai also personally graced the venue as an honored guest of Mexico's Ministry of Environment and Natural Resources. Her sincere love and concern for all nations in this time of crisis flowed through the meeting rooms and deeply touched the hearts of world leaders and dignitaries who had the opportunity to speak personally with Her. We would like to introduce just a few of the highlights at the venue.



Association Members' Public Campaign on the Vegan Solution

On the first day of the event, all the way from the airport to the official venues for COP-16, our Association members set up big billboards, banners and other displays with the message “SOS! Yes VCan-cun” to greet thousands of international guests and delegates. Their actions captured media attention and made headlines in several local newspapers. Despite spending long hours under the hot sun, the earnest concern for the world and the joyful spirit of our fellow practitioners never decreased over the following two weeks. They distributed vegan treats and informative SOS tote bags in front of the CancunMesse for the VIP’s, which included Dr. Rajendra Pachauri. Their spirit melted the hearts of the policemen who began to approach our Association members, asking for further information and expressing their support for this noble ideal.

Through God’s arrangement some of our members were able to attend the restricted official conferences, during which time they handed out directly to attendees the SOS information specially prepared for them, including Master’s new book *From Crisis to Peace: The Organic Vegan Way is the Answer*, that left a deep impression on delegates from around the globe.



At the Climate Change Village

The welcoming, warm response from the Mexican people towards the noble vegan lifestyle not only made it possible for our Association members to arrange a booth in the busy Plaza Las Américas in Cancún City to reach thousands of people, but also to secure a permanent stand at the Climate Change Village. This side-event was organized by the Mexican Secretariat of Environment and Natural Resources, where all were welcome to present environmental solutions for climate change.

Our Association members worked long hours to prepare and distribute delicious vegan treats along with SOS gift bags containing abundant information on the cause and the solution of climate change and Master's message for the anticipated 30,000 visitors. Those who were committed to being vegan one day a week were also given a free T-shirt. Many schools and universities extended invitations for them to teach vegan cooking classes and share vegan recipes.

Supreme Master Ching Hai made a surprise visit to our Association's stand. She joined the working staff to hand out vegan food as well as express appreciation to the initiates, who came from afar, for their hard work to spread the message and encouraged them to continue. Everyone was deeply touched by Master's humility and unconditional love. She also spent a long time autographing copies of Her book, *From Crisis to Peace: The Organic Vegan Way is the Answer*, which were given out to the visitors free of charge. In addition, upon invitation, Master delivered a lecture to more than 300 people who sincerely waited for Her at the forum, with many more who were inspired to pledge that they would follow the vegan diet.



Supreme Master Ching Hai Shared Her Earnest Concern with World Leaders

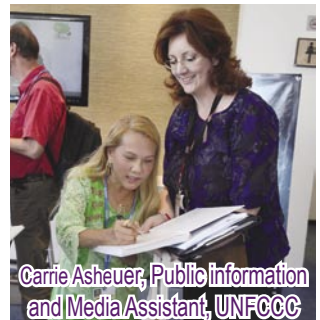
With the start of high-level climate negotiations in Cancún, Mexico, Master was invited by the nation's Secretariat of Environment and Natural Resources to attend sessions of the important proceedings.

Some of the attending dignitaries who had the opportunity to speak with Master included the President of Mexico, His Excellency Felipe Calderón (photo 1); US Deputy Special Envoy for Climate Change, Dr. Jonathan Pershing; Deputy Director of the Office of Global Change and US Department of State, Mr. Trigg Talley; and the Moldovan Minister of Environment and Natural Resources, Mr. Gheorghe Șălaru.

National ministers and UNFCCC National Focal Point representatives received a copy of Master's new book, *From Crisis to Peace: The Organic Vegan Way is the Answer*, which She graciously signed. Togo's National Focal Point to the UNFCCC, Ambassador Komi Tomyeba (photo 3); Head of the Climate Change Central Department at the Egyptian Environmental Affairs Agency, Dr. Ezzat Lewis Hannalla Agaiby (photo 4); and Ugandan Environment Minister Ms. Jesca Eriyo, were among those also expressing their gladness upon meeting Master, who conveyed Her encouragement for their efforts.

While observing some of the high-level sessions, Master spoke personally with international dignitaries, including Chair of the Intergovernmental Panel on Climate Change (IPCC), Dr. Rajendra Pachauri (photo 2); Chair of the Alliance of Small Island States, Ms. Dessima Williams; Minister of Environment for Namibia, Ms. Netumbo Nandi-Ndaitwah (photo 5); Vice-Chair of one of the UNFCCC Ad Hoc Working Groups, Mr. Miroslav Spasojevic from Serbia; Swiss Representative from the Federal Office for the Environment, Mr. José Romero; Advisor for Afghanistan's National Institute of Environment Protection, Mr. Abbas Basir; Cameroon's UNFCCC National Focal Point, Ambassador Joseph Armathe Amougou; and Peru's Environment Minister, Dr. Antonio José Brack Egg (photo 6). As Master encouraged them to help save the planet, many expressed support and respect for Her ideal, and asked for more books to bring back to fellow citizens their home countries.

Some, such as Dr. Mark Wright, Chief Scientist at the World Wildlife Fund (WWF), were already familiar with Supreme Master Ching Hai's environmental work, while others wished to know more about Her endeavors for a peaceful planet, such as Her development of Supreme Master Television and its constructive programming. Many requested Master's autograph and to be photographed with Her.



Meet the Media

Even before the launch of COP-16, Radio Formula QR 92.3 FM, based in Cancún, Mexico, invited Master to share Her thoughts on climate change solutions. The interview was aired on two consecutive Saturdays, November 27 and December 4 at 9:50 a.m. Cancún time. Master discussed the vegan solution for saving the planet from global warming and recommended that everyone in Mexico use solar power to make the best use of their big blessing from Heaven—plenty of sun.

Despite Her many activities in Cancún in addition to attending sessions at the United Nations Climate Change Summit, Master set aside time to give media interviews and personally served delicious vegan food for some of reporters at the hotel where She stayed. Her discussion with the famed journalist Ms. María José Cadena Castro from Mexico's EncadenaTV on December 9 was broadcast in the peninsula area through TVCUN and Canal Mundo Maya. She also accepted interviews from December 11 to 13 with Mr. Luis Ballesteros from El Quintanarroense newspaper; Mr. Millysent Bradley Crea from Televisa TV Mexico, the second largest TV station in the state of Quintana Roo; and Ms. Veronica Ocampo of Agence France-Presse (AFP) News Network Cancún. All members of the media were greatly impressed by Master's presence, Her natural approach towards the protection of our beautiful planet, and Her deep understanding of all elements of creation.

On December 18, Master was invited to a press conference to address regional journalists and answer questions from more than 10 media groups, including print publications such as *News of Quintana Roo* (*Novedades de Quintana Roo*); *La Verdad Editorial*; *De Peso*; *A New Quintana Roo* (*Un Nuevo Quintana Roo*); *The Voice of the Mayas Magazine* (*La Voz de los Mayas Revista*); and *Por Esto! Quintana Roo*, as well as Radio Turquesa, Radio Formula, Cancún Radio, and television station Canal 10.

In a warm and candid atmosphere, journalists listened attentively to Master's logical and moral insights as She explained about the urgent situation of climate change. In identifying the livestock industry as the main cause of global warming and other environmental crises on our planet, Master asked for the media members' help in sharing these vital facts with the public.



During the press conference, a delicious vegan lunch was served to the journalists. Many eagerly wanted to know more about the lifestyle for themselves, with one reporter saying that he became a vegan just 30 days ago while another stated that he has been wanting to open a vegan shop. Master also made sure that further factual material was given to the journalists, including Mexico-specific data, so that they could provide readers, listeners and viewers with the most up-to-date and relevant information about climate change.

The Greenest Heroes Gala: A Gift for the Soul

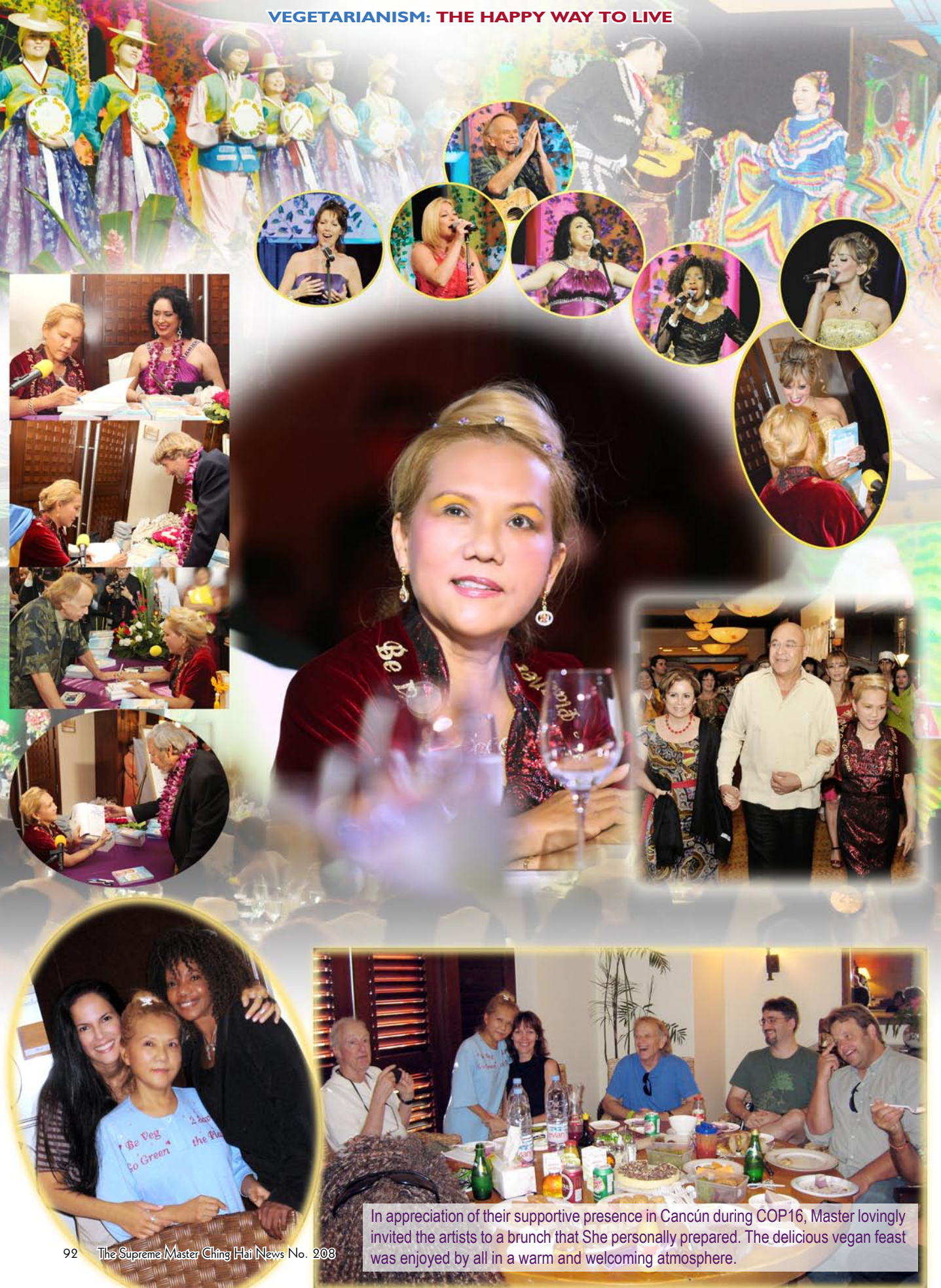
Amidst the key discussions taking place for the COP-16 United Nations Climate Change Conference, a special event was held in Cancún on Sunday, December 5. Hosted by the Mayor of Cancún, The Honorable Jaime Hernández Zaragoza and the Supreme Master Ching Hai International Association, “The Greenest Heroes Gala” celebrated champions of the environment in halting global warming through the vegan diet.

Broadcast live on Supreme Master Television, the event opened with warm greetings from esteemed former Costa Rican President José María Figueres Olsen, followed by a welcome speech from the Honorable Mayor Zaragoza, and a keynote address by the 7th President of Ireland, Her Excellency Mary Robinson.

Gracing the lively, meaningful celebration was special guest of honor Supreme Master Ching Hai, who together with Mayor Zaragoza presented The Greenest Heroes distinction to eight vegan and vegetarian laureates: ultra-endurance athlete and attorney Rich Roll; leading communication coach Richard Greene; best-selling author and speaker Dr. Will Tuttle; 3-time Emmy Award-winning filmmaker Cary Brown; soprano opera singer Kerry Walsh; accomplished film producer Julie Bergman Sender; and the evening’s two Masters of Ceremonies, multi-Emmy Award-winning filmmaker Lionel Friedberg and actress Mariana Tosca.

A wonderful array of star-studded musical performances began with Grammy and Oscar-winning composer David Shire accompanying soprano Lynne Wintersteller; followed by others that included founding member of the legendary Beach Boys, Al Jardine; and Tony Award-winning vocalist Melba Moore singing to the music of two-time Oscar winning composer Al Kasha—all of whom presented songs inspired by Supreme Master Ching Hai’s poetry.





In appreciation of their supportive presence in Cancún during COP16, Master lovingly invited the artists to a brunch that She personally prepared. The delicious vegan feast was enjoyed by all in a warm and welcoming atmosphere.



During the gala, attendees celebrated the premiere of the book, *From Crisis to Peace: The Organic Vegan Way is the Answer*, a compilation of Supreme Master Ching Hai's messages on the environment, giving a clear view of the causes of global warming and the road map to save the planet. In addition, audience members enjoyed the debut of *Birds of Paradise*, a feature animation film based on Supreme Master Ching Hai's #1 international best-selling book, *The Birds in My Life*.

The shining highlight of the evening was an address from Supreme Master Ching Hai, as She spoke about the preciousness of human lives as well as the act of saving them. In doing so, She also revealed certain spiritual information for the first time ever, which reaffirmed in a whole new light why the organic vegan diet is paramount to a happy future for all.

Continuous Love in Action from Supreme Master Ching Hai

On December 9, at the invitation of the Honorable Paty Meneses de Hernández, Lady Mayoress of Cancún and president of the social welfare agency for the Municipality of Benito Juárez, Supreme Master Ching Hai attended the opening of the Christmas pastoral season in Colonia Avante, and shared gifts prepared by our Association members with all the children that included clothes, candies as well as Her contribution totaling US\$10,000 given in envelopes of lucky money. In addition, to support the welfare campaign "Shelter a Family," Master lovingly provided 250 eco-blankets to the disadvantaged families of Leona Vicario so they could enjoy a cozy and warm Christmas Eve.

We join the world in thanking all distinguished participants of the Climate Change Conference for their concerted efforts in Cancún, Mexico, including the government leaders, NGOs, media and individuals. We especially thank Supreme Master Ching Hai for Her genuine love and concern for nations worldwide facing this shared challenge. Our prayers that leaders make the wisest decisions to save the planet, especially the urgent switch to the organic vegan lifestyle. 🌸



To view highlights of Master's visit in Cancún, Mexico, during the United Nations COP16 Climate Change Conference, please visit:
<http://video.godsdirectcontact.net/magazine/WOW1620j.php>



Special Angels in Cancun – the Loving Policemen

By Cancun Working Team (Originally in Chinese)

Towards the end of November, Golden Year 7 (2010), some 200 members of our Association arrived in Cancun, Mexico, to bring the message, *Organic Vegan is the Best Solution for Global Warming*, and to *Pass the Vegan Bill*. The local police gave us special permission to set up banners along the road leading to the registration office and to distribute SOS flyers and Master's new book, *From Crisis to Peace: The Organic Vegan Way is the Answer*.

The police officers were extremely courteous towards us, even though their working space had become smaller as a result of sharing it with us. Although their assigned traffic control area was often as long as three to four kilometers, the police made an exception for us and permitted us to park our vehicles as close as 100 meters from the entrance to drop off our promotion material. Almost every day, we needed to unload 50-60 boxes of printed material and one time there was an additional 2,000 copies of Master's book. For fear of obstructing traffic by parking there too long, our members always worked quickly. Seeing this, a police officer once asked one of our brothers, who is petite in physique, to put down the box and follow him to take a deep breath and rest for a moment on the side of the road. However, the police officer did not speak English and our brother did not speak Spanish. While they were trying to figure out what each other was saying, a team of policemen already started to unload the books. They were so helpful and kind to us in the daytime, and even more so on rainy nights. We were truly thankful that they were there to assist us in so many ways.

Knowing that we were receiving help from this group of angels, our kitchen team prepared vegan hamburgers and drinking water for the police officers every day. While serving them the food and beverage, we had the opportunity to answer their questions, such as, "Where are you from?" "Why are you offering us food?" "Is this delicious food really vegan?" "How is the plant-based diet related to global warming?" After learning the facts, these officers not only escorted us to pass through traffic control, but also told us, "You are our good friends." "Vegan food is really wonderful!"

Many of them asked for the SOS flyers to share with their relatives and friends. Upon learning that we dared not drink a lot of



water, even under the blazing sun, because there were no toilets nearby, they allowed us to use the washroom reserved exclusively for them.

An amazing gentleman came to join us every day. He taught us to say words in Spanish in a respectful and friendly manner, such as, “Do you find this information useful?” “Thank you very much.” This improved our success rate of handing out almost 90% of the informative material! Interestingly, many times, this man alerted us in advance that some VIPs would be arriving at the venue in a few minutes, thus giving us the opportunity to present the gift bags containing Master’s new book to these important people. From these incidents, we sensed that this gentleman was not an ordinary person.

When we were about to leave Cancun, we gave away some of our white work T-shirts to the police officers, noticing that they were very fond of them. That wonderful gentleman told us sincerely, “I ask for these T-shirts from you, not because I like these material things, but because I want to tell people of the world the story of your exemplary love and effort. Every day, I’ve seen you come here, all the way from the other side of the world, to remind the public to respect life and save the planet. Though your work is very difficult, you are filled with bliss. It’s like what you said, that many think they have to rely on policies and technologies to mitigate global warming, forgetting that the real solution lies in the love and compassion within each of us.” Later, he introduced an officer to us and said, “This is my superior officer and he is also a vegetarian.”

We are very grateful to God for sending us this group of police officers who are like special angels in Cancun. We feel that despite the language barrier, they are not strangers but our family members who are also God’s children. 🌸

Master Tells Jokes 

“Wishful Thinking”

Spoken by Supreme Master Ching Hai at an international gathering in France,
December 26, 2007 (Originally in English) [DVD#817](#)

A homeless man said, “Oh, my kind lady, please give me a little money. I have not eaten for days.”

So the fat woman let out a very long sigh as she said to the homeless hungry man, “I wish I had your discipline!” 🌸





Middle East Veg Congress

Vegetarian Living For Better Health And Environment



A Divinely Blessed Middle East Natural and Organic Product Expo

By Dubai News Group (Originally in English)

From December 6 to 8, Golden Year 7 (2010), more than a hundred exhibitors from 25 countries participated in the 8th Middle East Natural and Organic Product Expo (MENOPE) held at Dubai International Convention and Exhibition Centre. The event was co-sponsored by the United Arab Emirates' Ministry of Health and Ministry of Environment and Water, the Dubai Municipality, and several other organizations such as the International Federation of Organic Agriculture Movements. His Excellency, Dr. Hanif Hassan Ali, the United Arab Emirates' Federal Minister for Health, presided over the opening ceremony with officials and other dignitaries of honor.



In conjunction with MENOPE, the first ever Middle East Vegetarian Congress organized by the Middle East Vegetarian Group (MEVEG) and affiliated with the International Vegetarian Union (IVU), was held at the same venue. His Excellency Dr. Hanif Hassan Ali was present to light the candle of good health for the auspicious opening. Broadcast live on Supreme Master Television, this two-day event was hosted by behavioral psychologist and TV personality, Ms. Zaufyshan Haseeb.

Featured speakers included Dr. Arash Rashidi, head of Iran's National Nutrition and Food Technology Research Institute, who spoke on the connection between meat and cancer; Mr. Thomas Cierpka, Senior Manager of the International Federation of Organic Agriculture Movements, who elaborated on the ecological and economic sense of organic crop growing; and Ms. Shankar Narayan, the founder of the Indian Vegan Society, who addressed the benefits of the plant-based lifestyle.

The highlight of the event was a special video conference with the guest of honor, Supreme Master Ching Hai, who took time from Her busy schedule at COP 16 in Cancún to give a presentation on "Being a Vegan — Environmentally Sustainable Food Choice." Citing abundant scientific data, with deep emotion Master shared the devastating effects of climate change and more seriously—meat consumption on Dubai and other emirates' land and peoples. Examples included severe water shortage, ground water depletion, food insecurity, problems with water desalinization, air pollution, marine pollution, and overfishing, in addition to coral reef and other marine life destruction.



Ms. Sandhya Prakash, founder-director of MEVEG, receives the lighted "candle of good health" from His Excellency Dr. Hanif Hassan Ali.



The Birds in My Life (Arabic Edition) is presented to His Excellency Dr. Hanif Hassan Ali. (center)



His Excellency Dr. Hanif Hassan Ali visits the Loving Hut booth and is interviewed by Supreme Master TV

Hearing from participants about how little public exposure and open discussion took place on the urgent subject of stopping meat consumption, Master caringly said, "We have to be honest and truthful about the main topic. We cannot run around in a circle and avoid the meat industry question like we avoid a sore thumb or avoid a boil on our body: 'Don't touch it, don't touch it!' We have to touch it in order to heal it. Especially, if we know that it is a very dangerous boil, which could affect our lives, which could be fatal to our lives, even infect others, and even in this situation, infecting the entire planet, could kill the whole world. Then, we have to touch that boil and let the doctor heal it or we heal it ourselves, if we know how. And we do know how. We have techniques; we have power. Each one of us can do this just by being vegan."

Master also praised the wise Emirati government leaders for their green actions in planting more trees, promoting organic farming, implementing new technologies, and for their generous hearts in giving to charities. She suggested that the government should take one step further by supporting the organic vegan solution. Master revealed Her inner knowledge obtained through meditation about the merit of promoting the cruelty-free lifestyle, that is, whoever in the government approves the plant-based solution will earn thousands of zillions of spiritual merit points. She said, "Whoever approves this even, just one time, it's enough for him to fly to Heaven already. . . . And whoever makes sure that it is carried out will obtain the same zillions of spiritual merit points that Heaven will bestow upon them." She applauded the government's initiative in solving food insecurity by buying farm land in foreign countries and investing in technology to grow fruit and vegetables in a better way. It is reported that the United Arab Emirates has 13 organic farms as of March 2010, with 23 planned to be operational by June 2011.

Master also patiently answered various questions from the guests on the plant-based lifestyle and the current state of the world. She confirmed the concern raised by Mr. Harvey Ellis, a senior IT executive and vegetarian, that United Arab Emirates is one of the most vulnerable regions to climate change and that there will be a dangerous impact, if people at large don't change their ways. She urged everyone to turn to a compassionate lifestyle quickly, before the situation gets out of control.

Regarding the question from Mr. Tony Satinder Pal Singh, a senior executive from a top oil and gas firm, on sowing seeds of long-term peace in such Middle Eastern regions as Israel and Palestine through adopting a vegan diet, Master said that we need a lot of spiritual points to pay for the price of peace due to the great negative karmic effects of the wars. She called for an awakening of all humanity to be veg which would help the world by earning more merits that could be used to restore peace.



In responding to a question from Ms. Leena Abbas, a vegan and Founder/CEO of the Zen Beauty Lounge, on the role of animals in our spiritual, physical and mental well-being, Master stated that animals are here to bless us and each of them can give us different spiritual points. In fact, without the animal-balancing blessing power, humanity would have perished already, or the planet would have been destroyed.

MEVEG also marked the launch of the Arabic edition of Supreme Master Ching Hai's #1 international best-seller, *The Birds in My Life*. This edition is being published by United Printing & Publishing, a subsidiary of Abu Dhabi Media Company (ADMC), owned by His Highness Sheikh Mohammed bin Zayed bin Sultan Al Nahyan, the Crown Prince of Abu Dhabi, who is also the successor to the current president of the United Arab Emirates. Within just two days, all available copies of the book were sold out! Fortunately, another shipment was on the way. This book is now available at Kinokuniya and in other large bookstores in the nation. Mr. Rafeeqe Kappadathil, the Area Manager of Abu Dhabi Media Company, the largest book distributor in United Arab Emirates, praised the book highly and said that it is very beneficial to the new generation and will have a fast-growing readership in the country.



The vegan lunch prepared by Loving Hut for all the distinguished guests.

On the second day of the Congress, a special vegan lunch prepared by the Loving Huts of Singapore, Indonesia and Dubai was served to the organizers, participants, distinguished guests and some exhibitors of the MEVEG Congress and MENOPE 2010, which was welcomed with enthusiastic praise and review.

After working with the Loving Hut team, one of the Dubai World Trade Centre

chefs decided to stop eating meat and will add vegan dishes to his menu. Many participants commented that it was the best vegan food they had ever tasted—simply mouth-watering! Our Association members also took the opportunity to spread the SOS message and introduced Master's books. His Excellency Dr. Hanif Hassan Ali, and the Consul/Economic Affairs of Indonesia in Dubai, Mr. Bapak Dede Achmad Nfai, also graciously paid a visit to their booth.

Our thanks Middle East Veg Group, the government of Dubai and all involved in this successful conference on the fascinating and relevant topic of the plant-based lifestyle. We are grateful to Supreme Master Ching Hai for sharing Her deep concern and thoughts regarding today's vast environmental challenges. May we all help lead the way in the healing of our planet through the benevolent, organic, vegan diet. Blessed be the efforts of leaders and individuals in changing to this loving, Earth-sustaining way of life for the benefit of one and all. 🌸



A mom and her child enjoy reading Master's book in Kinokuniya Bookstore, Dubai.

To watch Supreme Master Television's coverage of the first Middle East Vegetarian Congress, please visit:
<http://video.Godsdirectcontact.net/magazine/WOW1602j.php>

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

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

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

Haiti

Sheltering Vulnerable People Affected by Extreme Weather

By Colombia and Costa Rica Relief Team (Originally in Spanish)

On September 24, 2010, Tropical Storms Matthew and Nicole struck the Haitian capital Port-au-Prince and took the lives of at least five people, injured dozens of others, tore off roofs, uprooted trees, and brought down power lines, while damaging or completely destroying approximately 8,000 tents that had been serving as temporary shelter for some of the 1.3 million people rendered homeless since the earthquake.

About three weeks later, floods triggered by Hurricane Tomas claimed at least 12 more lives, after rivers burst their banks and washed through homes built in ravines near the capital city. Two of those who succumbed were children, buried in a mudslide at a post-quake refugee camp in Carrefour, where the earth under the makeshift settlements turned into spongy mud and lakes. Officials and aid groups working on reconstruction projects were on the alert and had dug drainage ditches around the camps as well as cleared canals in efforts to avoid further flooding.

With deep condolences and prayers, Supreme Master Ching Hai provided a US\$15,000 relief fund and sent a relief team formed by our Association members from Colombia and Costa Rica to help the suffering families who were in desperate need of food and shelter. On October 13, the team travelled to Port-au-Prince and delivered food to 850 grateful families. They returned on November 15 with an additional US\$30,000 relief fund from Master plus a US\$5,000 contribution from a few of our Centers in the United States and purchased 305 quality "3 season" tents that are designed to accommodate more than four people and offer protection in harsh conditions with maximum ventilation.

During both relief operations, the team received warmhearted assistance from the Director of the Santo Domingo Civil Defense in the Dominican Republic, Mr. Luis Reyes, as well as Pastor Ezequiel Batista,



Mr. Luis Reyes, Director of the Civil Defense in Santo Domingo, Dominican Republic, helping with the distribution of the SOS flyers in Haiti



his wife Yaniurka Mosquera and members of their organization “Evangelical Mission International Integral Development in Haiti.”

The recipients were extremely happy to receive the timely aid. They said many beautiful things like, “Master, you are the best Angel in this world. When my family was hungry, you sent us food; and now when my family is cold because of losing our tent, you sent a new one for us. Merci, merci, we love you.” “Thank you Master. This tent is like the temple of God: the bad things will stay outside, the mosquitoes and the rain can’t come in!”

Pastor Guillermo Ezequiel Batista Civil from Cubam Missionary and founder of the organization “Evangelical Mission International Integral Development in Haiti”wrote the following sincere thank you letter to Master:

On behalf of our organization comprised of 100 orphaned children we wish to convey to Master Ching Hai our infinite gratitude, the truth is that the support we received was very important, especially since more than 800 families had the opportunity to be provided with food

which we value as very necessary. The storm left substantial damage specially in the capital city of this country, where currently there are more than 1 million people living in tents, it was very nice to see our children smiling again when they got so many gifts, it was beautiful to see how the sisters from the Association came to assist, regardless of race, nor color, nor social status, they hugged as many families were given this assistance. Today Haiti weeps over so much need, but Master Ching Hai and Her Organization is helping once more to alleviate these tears.

Our gratitude to You, there are no human words capable to express the feeling in our hearts to see so much kindness and love towards the most vulnerable people in Latin America, God will take into account everything, every child. THANK YOU, every pastor expresses “Merci”, every family sends their regards, kisses and blessings, Your organization made a deep impression on this country.

FROM ALL OUR HEARTS PLEASE RECEIVE OUR MOST FELT GRATITUDE, ONLY GOD KNOWS HOW MUCH WE LOVE YOU AND WE’LL KEEP PRAYING FOR EACH ONE OF THE MEMBERS OF THIS ORGANIZATION.

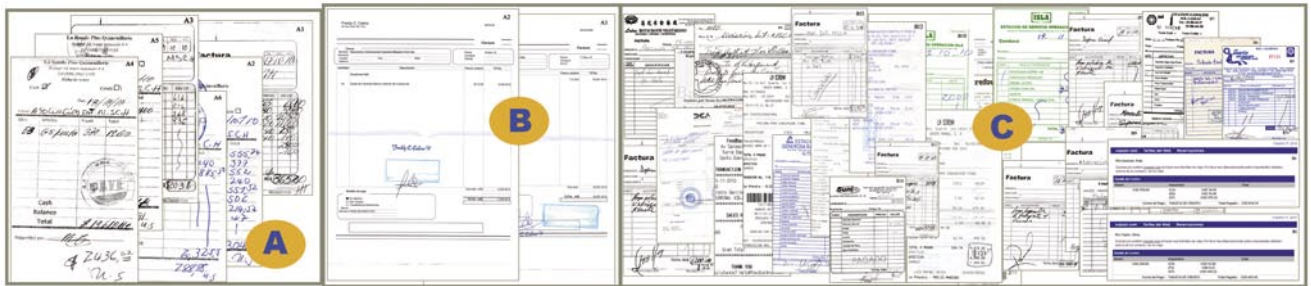
SINCERELY
COORDINATOR
PASTOR GUILLERMO EZEQUIEL BATISTA CIVIL
CUBAM MISSIONARY



Our appreciation, Haitian officials and United Nations personnel, for your caring efforts to help the disaster victims. With Heaven’s grace, may the Haitian people be protected in their recovery from this storm as we strive to eliminate such devastation through our eco-stabilizing endeavors. 🌸

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

Description	Amount (US\$)	Receipt
Food (rice, beans, oil, spaghetti, sugar) and soap	12,543	A
Tents	35,041	B
Travel expenses (air tickets, hotel, gas, etc.)	7,159	C
Total	US\$54,743	



Iran

Helping the Iranians in the Aftermath of an Earthquake

By Shiraz Relief Team (Originally in English)

On the night of December 20, 2010, a strong 6.5-magnitude earthquake struck near the town of Hoseinabad in the southeastern province of Kermān, claiming about seven lives and causing 25 injuries. Of the 30 remote villages in the affected mountainous region, at least three were reportedly destroyed. Centered at a shallow depth 100 kilometers from Bam, the quake was felt in other Iranian provinces and as far away as the United Arab Emirates. It was followed by at least nine aftershocks, one of which measured a magnitude of 5.0. Rescue teams and Iranian Red Crescent workers went immediately to the area to search for survivors as well as to provide relief.

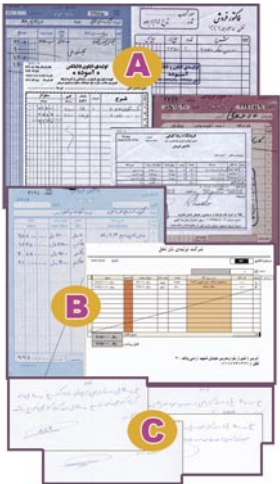
Sending Her deep condolences and prayers, Supreme Master Ching Hai provided US\$15,000 in emergency funds and our Association members from the Shiraz Center contacted the Red Crescent to find out the immediate needs of the affected people. After purchasing all the requested items, they prepared 700 relief packages containing various foods, toothbrushes, toothpaste and soap, then delivered them to 700 families in five villages near Mamassani with the help from local officials in the Relief Committee. Our team also shared flyers and DVDs about global warming and other related subjects with the villagers. They were happy to learn that their efforts were very much appreciated, especially around the New Year, and it was the first time these people had received so much help.

Our Association members from the Shiraz Center are thankful to the Iranian Red Crescent and all personnel who worked to ease the situation. They send earnest sympathies for the lives lost while they pray for Allah's protection of the quake-stricken residents and that such tragedies may soon be a thing of the past as people strive for more caring stewardship of the Earth. 🌸



**Expenditures by Supreme Master Ching Hai
for Relief Work in Mamassani Pars, Iran.**

Description	Amount (IRR)	Receipt
Relief supplies (blankets, plastic bags, toothbrushes, toothpaste and soap)	46,278,500	A
Food (sugar, sugar cubes, vegetable oil, rice and vegan biscuits)	120,654,000	B
Transportation	2,920,000	C
Total	169,852,500 (US\$14,987)	



Benin, Angola, Ghana

Master’s Compassion and Mercy Reaches the Flood Affected in Africa

By Africa Relief Team (Originally in English)

In October and November last year, several countries in Africa were devastated by widespread floods. In response to the emergency needs of the people, Supreme Master Ching Hai lovingly provided US\$37,500 in total to assist the relief efforts carried out by our African Association members.

Benin Relief

The Benin flood in October 2010 impacted about 360,000 people. Many became homeless in need of food assistance and the children were at increased risk of water-borne diseases and malaria. The town of Avrankou



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The Supreme Master Ching Hai News No. 208 103

Ghana Relief

On November 1, 2010, a devastating flood caused widespread inundation in the Gonja area of Northern Ghana, where more than 700,000 people had been displaced and hundreds of homes and farms were destroyed after a long period of unusually heavy rains. Ghanaian Minister of the Interior, Mr. Martin Amidu, declared a national disaster with an appeal for international help.



Supreme Master Ching Hai quickly offered US\$15,000 in aid and our Association members from Togo, Benin and the local Accra Center prepared all the required items, according to the list provided by the National Disaster Management Organization (NADMO) in Ghana, such as polymats, soap, clothes, rice, cooking oil and sugar. On January 31, 2011, everything was presented to the government officials at NADMO, who expressed their gratitude to Master and our Association for this act of kindness. The next day, with the assistance from the National Director of NADMO, Ms Helen Ntoso, our relief team distributed everything along with SOS flyers in Agbozume, Nogokpo and Klikor communities in Ketu South District in the Volta Region of Ghana. The relief effort was covered by the local newspaper.



On behalf of all the recipients, Mr. Asomaning Odei-Mensah, Chief Disaster Control Officer of NADMO, wrote a thank you letter to Master, saying, “Your kind gesture would indeed go a long way to mitigate the suffering of the disaster victims who are in need of such items. We also acknowledge your efforts for the joint distribution of the items to the affected people. We do sincerely appreciate your support, and we hope that the good relationship established between our organizations will continue to flourish in the service of humanity.”

Receipts totalling GHS15,312 (US\$10,053) for food, supplies and travel expense for the Ghana relief work



Côte d'Ivoire and Liberia

Bringing Food and Comfort to the Flood Affected

By Benin News Group (Originally in English)

On June 24, 2010, Abidjan, the largest city of Côte d'Ivoire (Ivory Coast) endured landslides and flooding caused by ongoing heavy rain. Sadly, 11 perished in a disadvantaged area while other residential districts also suffered considerable damage from the inundation. On the



previous day, neighboring Liberia was similarly affected by unceasing downpours that flooded suburbs throughout its capital city of Monrovia, displacing hundreds of families whose houses were rendered uninhabitable and all their belongings lost.

Conveying Her heartfelt condolences and prayers, Supreme Master Ching Hai contributed a total of US\$15,000 to assist the relief work carried out in July by our Benin Association members who brought large amounts of food to both Abidjan and Monrovia. The mayors of both cities expressed sincere thanks for Master's humanitarian gesture. Mayor Mary T. Broh wrote, "These items (rice and oil) will be distributed to the needy citizens of Monrovia who were recent flood victims. We at the Monrovia City Hall take this opportunity to extend appreciation on their behalf."

Our hearts go out to the gentle people of Côte d'Ivoire and Liberia, as we send our sincere sympathies to those who lost loved ones. May such unfortunate consequences be eliminated as humanity joins in immediate efforts to restore planetary harmony through more compassionate ways of living. 🌸



Thank-you letters from the Mayor of Abidjan in Côte d'Ivoire, Mr. Gbamnan Djidan Jean Félicien and the Mayor of Monrovia in Liberia, Ms. Mary T. Broh

Expenditures by Supreme Master Ching Hai for Flood and Landslide Relief Work in Côte d'Ivoire and Liberia

Country	Description	Amount		Receipt
		Local Currency	US\$	
Abidjan, Côte d'Ivoire	6,000 kg of rice, 920 kg of salt and 760 liters of vegetable oil	XOF 3,272,000	7,504	A
Monrovia, Liberia	6,600 kg of rice and 2,000 liters of vegetable oil		7,516	B
	Total		US\$15,020	



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

Albania

Sending Abundant Love and Comfort to Stranded People

By Bulgarian Relief Team (Originally in English)

In early January 2010, relentless rainfall triggered widespread flooding in the low plains of northern Albania, inundating at least 570 homes and isolating another 200. Thousands of hectares of agricultural land had been submerged. States of emergency were declared in parts of the northwestern regions and mandatory evacuations implemented for thousands of villagers. Gates of a rain-swollen dam on the Drini River also had to be opened for safety reasons, causing flooding in several villages near the Adriatic Sea.

Expressing Her heartfelt sorrow and love, Supreme Master Ching Hai immediately asked our local or native Association members to help the afflicted people, and contributed US\$15,000 in financial aid. From January 26 to February 1, a Bulgarian relief team went to Shkodra, one of the worst flood-stricken regions, and it was there that much needed food, sanitary supplies, boots and blankets, along with SOS flyers were distributed to 905 people in 12 villages, with help from the local Red Cross. The recipients expressed their gratitude and happiness for the timely help. One of the locals was impressed with the “richness” of each package.

We sincerely thank Master for Her immense love and care of all the affected people. May Heaven watch over the Albanian people for the smooth resuming of their regular, day-to-day lives as we hasten to adopt eco-friendly lifestyles that alleviate such weather extremes. 🌸



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

Description	Amount (US\$)	Receipt
Food (rice, flour, sugar, salt, cooking oil, spaghetti, vegan biscuits, tomato puree, olives, and mineral water) and Sanitary items (soap, shampoo, toothpaste, toilet paper, etc.)	9,186	A
Boots and blankets	3,500	B
Travel expenses for the relief team	1,897	C
Total	US\$14,583	



Poland

Sending Master's Love to the Good-Hearted Polish People

By Polish News Group (Originally in Polish)

In May 2010, Poland was besieged by unrelenting torrential rains that set off the country's most severe floods in over a decade as its two largest rivers, the Vistula and Oder, burst their banks. At least 18 people perished with tens of thousands being displaced. The Polish government and nongovernmental organizations worked frantically to assist the afflicted.

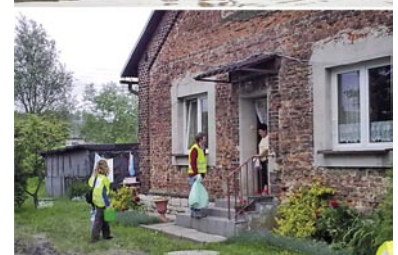
With Master's deep condolences and prayers, as well as Her US\$10,000 contribution, our Association members from Poland and France quickly contacted officials for information on the areas that had been hardest hit.

On May 29, the team divided into two groups. One went to Masovian and Łódź Provinces in central Poland while another drove to Silesian Province in the south where some 350 households had been afflicted. Even though the roads were in such poor condition that one of the relief team's cars broke down, they continued on to the heavily-hit town of Wilamowice and Bestwina village in Bielsko County, where they found that homes, farms and crops everywhere were inundated. There, they helped 40 families in need, providing them with nutritious, plant-based food as well as cleaning, medical, and hygienic supplies, along with informative SOS leaflets on the vegan solution to our current planetary instability. The recipients were touched and expressed their gratitude for Master's loving care. Mazovian's Vice Governor, Mr. Andrzej Rybus-Tołoczko, personally phoned the relief team to express his appreciation to them and to Supreme Master Ching Hai.

On June 19, the relief team visited the Wilków area in Lublin Province which had been hit twice by floods. With help from the Association for Eco-development in Zakrzów village, they handed out urgent supplies, vegan dog and cat food, and visited 35 affected households in the area.

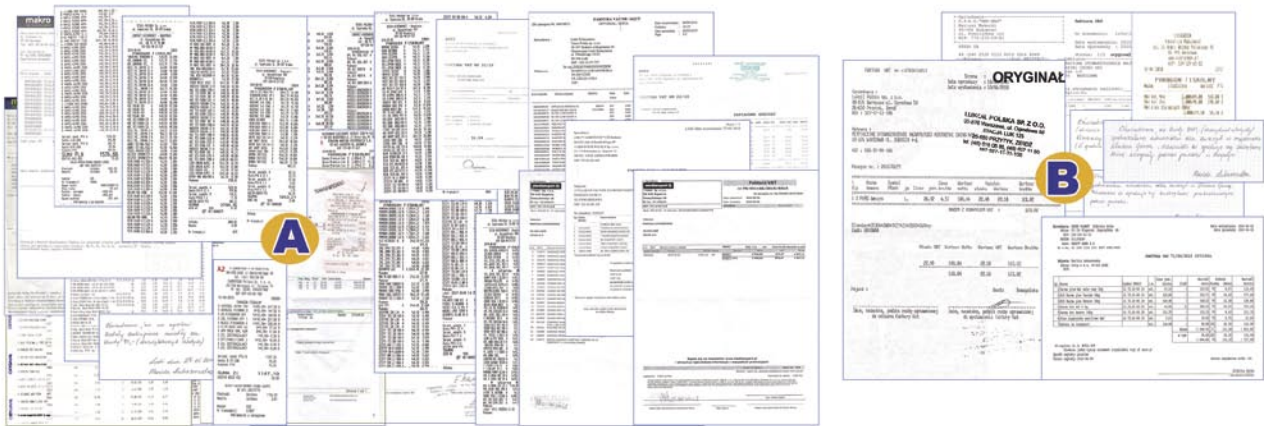
In August, Bogatynia City in the southwest part of Poland was flooded due to the overflowing Miedzianka River. Numerous houses, roads and bridges were damaged and nearly 2,000 people were displaced. Master immediately contributed another US\$10,000 and on September 4, our local Association members formed a relief team which reached out to a total of 190 people who had lost their homes. For 3 days they offered food, basic necessities, and heaters to those in need. Medical care was also provided to the flood victims and funds were left to buy shelter and beds for the affected animals. The people were deeply touched by Master's genuine concern as if they were Her family, and asked the team to pass on their thanks to Master. In difficult times, the good-hearted Polish people took care of their elderly as well as the stray animals. Extending this kindness, the city authorities arranged accommodation free of charge to the relief team.

Our thankfulness, officials and rescue personnel, for your swift assistance. May Heaven bless Poland with a smooth recuperation as such weather extremities subside through humanity's transition to kinder, eco-conscious ways. 🌸



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

Description	Amount (PLN)	Receipt
Food, cleaning supplies, hygiene items, clothes, shoes, school supplies, bedding, blankets, furniture, packing materials, medicines, mosquito repellent, etc.	57,200	A
Fund to help affected animals, vegan dog and cat food and other miscellaneous expenses	5,305	B
TOTAL	62,505 (US\$20,471)	



Colombia

Sending Comfort and Hope to the Flood Affected

By Colombia and Costa Rica Relief Team (Originally in Spanish)

From June to December, 2010, many areas across Columbia were inundated with a series of floods. To help alleviate the suffering and shortages of the affected people, Supreme Master Ching Hai offered a total of US\$55,000 and our Association members went to several regions to carry out relief work.

In the Department of Caquetá

In the first week of June, eight of Colombia’s departments were struck by serious floods, with the Department of Caquetá being the worse affected. More than 3,500 families there had not received any help at all. Master promptly provided US\$10,000 for assistance, saying, “Their suffering is so vast. My heart aches for them.”



When our Association relief team arrived in Florencia, the capital of the Department of Caquetá, on June 12, they bought food for 1,050 families in need. After meeting with Governor Germán Medina, they distributed the supplies to six communities including La Floresta, lower Juan XXIII, Comuneros, San Luis, El Obrero and El Idema. The people were especially happy to have Master's aid, because it was the first they had received following three floods in two weeks. To several families with children that needed additional assistance, the relief team provided extra food and cash to get them through the tough times.



Due to subsequent floods, our Association members returned to the Caquetá Department with another US\$10,000 contribution from Master a month later to provide more relief. Governor Medina was deeply touched by Master's loving concern and sent Her thousands of blessings. The team distributed food to affected families in the Municipalities of Belen and Curillo, and nine communities in Florencia.

Many said that the food was like "Celestial food from Heaven" and were exceedingly grateful to Master. They sent Her messages like, "Tell Master Her love really touches the depths of our hearts. We never will forget Her and She will be always in our prayers," and "Now I have faith again. God didn't forget me; He still listens to my prayers." Before leaving, the team gave some food to the priest at a local church to share with more families in desperate need.

In the Department of Sucre

The Mojana Region and the Sucre Department endured serious floods since the winter started in July. Concerned about the welfare of the people, Mr. Pedro Luis Chavez Bueno wrote a letter to Master, asking for assistance. He remembered that She and our Association had lent them a hand two years ago after a flood. With deep emotion, he requested food, clothes and other supplies that might ease the suffering of the people, brighten the days for the children, and bring comfort to the hearts of the parents in sorrow. Master immediately provided a US\$15,000 fund and our Association members from Costa Rica and Colombia travelled to the Mojana Region, bringing much needed food.

Taking boats and sometimes canoes, the team distributed the food to as many families as possible and talked to the people about the need to stop eating meat in order to avoid future floods. The region's cable TV company showed great interest in Supreme Master TV and requested signal transmitting equipment for each of the cable TV companies in the four municipalities in the Department of Sucre.



In the Departments of Magdalena

From October, torrential rains continued to deluge Colombia. By December 15, it was reported that fatalities due to flooding and landslides rose to 257, and a Red Cross statement indicated that over 2 million residents had been affected. Colombian President Juan Manuel Santos declared a state of emergency. Moreover, some 300,000 students were unable to attend classes after 600 schools were damaged, and nearly 1 million hectares of farmland were submerged. A team from the US Army Corps of Engineers joined the Colombian army in the disaster relief efforts and President Rafael Correa of neighboring Ecuador visited Colombia, offering his country's aid as he helped to assess flood damage and deliver food kits to affected families.

On November 20, Supreme Master Ching Hai offered US\$20,000 in emergency aid, conveying Her deepest sympathies and prayers. Following an investigation of the disaster areas, a relief team formed by our Association members from Columbia and Costa Rica travelled to the Municipality of Santa Ana in the Department of Magdalena by air, car and then by boat, where they purchased enough food for 550 families. After preparing the relief packages with the help from 20 Civil Defense members, the team took a canoe to the communities of Gavilán, Gallo Solo, Las Palmitas, Jaraba, Barro Blanco, and Tapia. Although crossing a swamp was not easy at times, they did not give up, thinking about the families waiting for them. The much needed supplies brought happiness to everyone, as it meant they could have a real Merry Christmas.

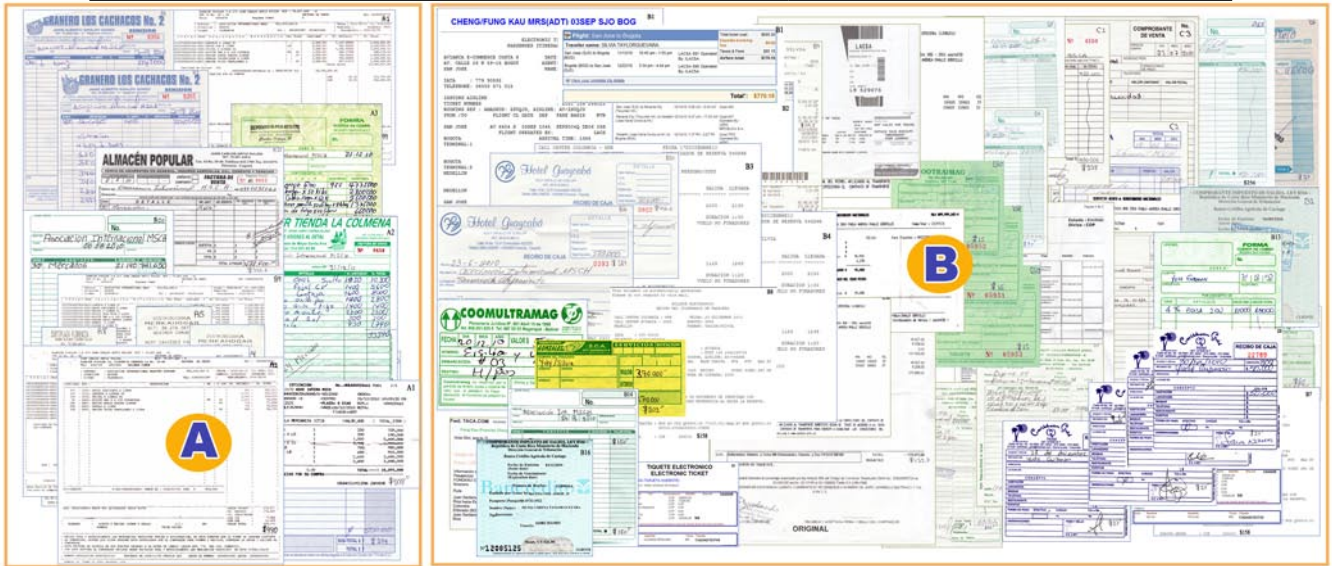
In the City of Barranquilla in the Department of the Atlantico, our relief team purchased more food for 700 families, and the people in the store kindly helped them divide it into small packages. By boat and then by canoe, in the Municipality of Remolinos in the Department of Magdalena, they were able to reach out to families in the communities of Dividi, Martinete, San Rafael, Santa Rita, Las Casitas and El Salado despite the difficult travel conditions. Everyone was truly overjoyed to have food for the New Year.

All of our team members were grateful for God's protection and blessings during the relief work. They wish the Colombian people a swift recovery to their fulfilling daily lives as they pray that such disasters are minimized through humanity's caring efforts to restore the Earth's balance. 🌸



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

Description	Amount (COP)	Receipt
Food (rice, beans, lentils, oil, wheat flour, cornmeal and sugar cane)	87,635,000	A
Transportation, hotel and miscellaneous expenses	14,083,000	B
Total	COP101,718,000 (US\$58,267)	



Peru

Master's Love Reached across the Peruvian Andes

By Peru News Group (Originally in Spanish)

From June to August 2010, severe freezing weather in Peru's southern highlands had caused at least 409 people to succumb to pneumonia and cold-related illness. The victims were primarily young children and the elderly, with less fortunate rural communities at altitudes of over 3,000 meters being the worst hit as residents there also faced malnutrition, extreme poverty and poor living conditions in addition to no access to needed vaccines and other medicines. With mountain temperatures plummeted to -24 degrees Celsius, even the normally hot and humid Amazon areas reported record lows of 9 degrees. The government declared a state of emergency across 16 regions, and the Peruvian Red Cross made efforts to assist those living in the Andes Mountains.

Upon hearing of these perilous conditions, Supreme Master Ching Hai conveyed Her heartfelt sorrow as She pledged US\$20,000 in aid, and asked our nearby Association members go assist the most vulnerable, particularly the children and elderly.



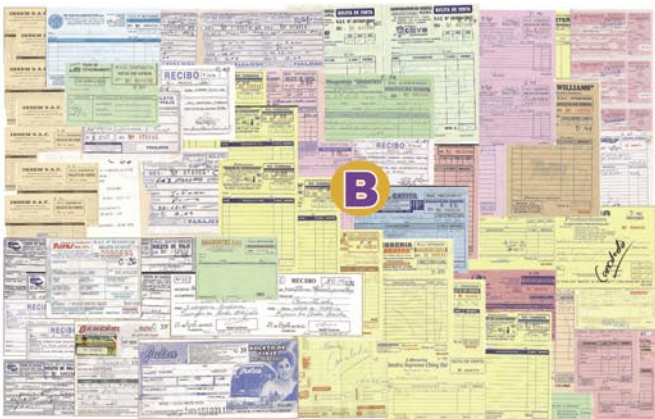
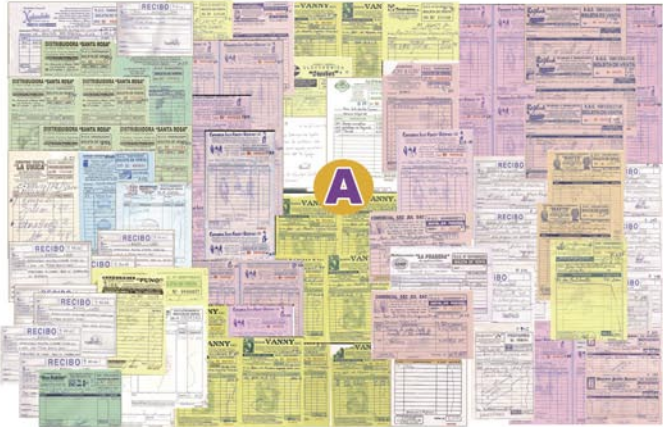
At the end of August, our local Association members formed a relief team and spent seven days travelling to 42 communities to bring warm clothing and blankets to 2,433 people in several remote districts in Azángaro, Melgar and Carabaya provinces, where no previous aid had been provided. The villagers were extremely grateful, with the children being so delighted that they immediately put on the new clothes and jumped for joy.

In the town of Huaychao, the local government helped gather people from nearby areas and brought them to a village center to receive the aid. The relief team distributed 250 blankets and quilts and entrusted 250 sets of clothing for young children to the Health Center staff to share with families in distant communities. They also gave out vegan food made with native products to 270 villagers, while reminding them that these foods are the most appropriate to combat the cold, and have been used since ancient times by their ancestors. On the way back, they stopped several times to provide more warm clothing to those who did not make it to the gathering, thus brightening their days with these surprising gifts.

After returning to the city of Ayacucho, the relief team hosted a vegan dinner for the representatives from the Ministry of Health, the International Technical Support Office, and the National Institute of Civil Defense to discuss with them the topic of global warming and the solution of the plant-based diet. We pray for the protection and resilience of the Peruvian people through these difficult conditions, and that such weather extremities subside due to our greater benevolence towards the environment. 🌸

Expenditures by Supreme Master Ching Hai for the Cold Weather Relief Work in Peru

Description	Amount (PEN)	Receipt
Food (olive oil, vegan protein, sugar, raisins, vegetables, fruit, bread, energy bars, native foods, etc.) and supplies (blankets, trousers, coats, children's clothes, sweaters, mattresses and towels)	48,282	A
Travel expenses (transportation, truck rental, gas, air tickets, accommodation, etc.)	7,375	B
Total	PEN 55,657 (US\$19,949)	



Guatemala, Honduras, Nicaragua, Costa Rica

Sending God's Love and Timely Assistance to the Destitute

By Costa Rica Relief Team (Originally in English)

From September to November 2010, torrential rain and tropical storms hit many countries in Central America, with the resulting floods, landslides and mudslides bringing much destruction to crops, buildings and the lives of the people. Supreme Master Ching Hai contributed a relief fund of over US\$52,000 and our Association members from Costa Rica travelled to the affected regions several times to render aid and comfort the hearts of the suffering people.

Landslide and Flood Relief in Guatemala

At the beginning of September, a series of landslides and floods brought on by weeks of rain in Guatemala caused extensive damage to infrastructures. Over 50 lives were lost and more than 18 people were missing. President Álvaro Colom declared a national emergency and the government organized relief efforts. In addition to extending Her love and prayers, Master provided US\$15,000. Then with the assistance from CONRED (Coordinadora Nacional para la Reduccion de Desastres) and the Red Cross, our Costa Rica relief team distributed a total of 480 bags of food along with SOS flyers in six communities in the two most critically devastated municipalities in the Department of Izabal. Everywhere they went, the children were very happy to receive the sweets shared with them.

By September 25, the heavy rains that came with Tropical Storm Matthew arrived in Guatemala. Many rivers overflowed, several departments were flooded and over ten thousand people were evacuated to shelters. Supreme Master Ching Hai contributed US\$5,000 and in early October, with the assistance from CONRED and the local government, our Costa Rica and EUA relief team went to severely damaged Department of Santa Rosa to deliver much needed drinking water and food to 425 families in four villages.

As if hearing the prayers of the struggling people, in November, Master provided another US\$10,000 fund and asked our Association members to check if additional urgent items were required such as clothes and blankets for children. Our relief team from Colombia and Costa Rica arrived in the Petén Department and were informed by the Director of CONRED, Mr. Yobani Martinez, that in deed, more families were still waiting for aid. The team immediately purchased enough food for one week for 550 families and with assistance from the military and CONRED staff, they offered the relief packages to the needy, who were deeply touched by Master's love and great compassion.





Storm and Flood Aid in Honduras

As Tropical Storm Matthew moved northward to Honduras, the government issued a nationwide red alert and dispatched the military as well as 3,000 Red Cross workers to help, after thousands of families had been evacuated from flooded areas. Many people lost everything including their crops, to the rising waters. With Master's US\$10,000 contribution, our Costa Rica Association members joined our local fellow initiates to carry out the relief work. They contacted the Head of the Honduras Fire Department, General Carlos Cordero, who kindly gave them guidance on the best way to organize the relief effort, assigned firemen to help pack the purchased food in the Fire Station and arranged the transportation as well.

In October, the relief team visited six communities in Pespire, Department of Choluteca and three communities in Nacaome, Department of Valle, helping more than 800 families in total. Extremely happy and grateful, because for many it was the first aid they had received since the emergency, they sent Master blessings, hugs and many thanks.



Storm and Flood Assistance in Nicaragua



Strong rains during the months of September and October increased the water flow of rivers and Lake Xolotlan Managua in Nicaragua, which has been elevated about 12 meters higher than the normal level. More than 60 people lost their lives and over 10,000 were relocated to government provided shelters. Our Association's relief team from Costa Rica quickly prepared enough food to feed 1,000 people for a month as well as some hygiene items with the US\$5,000 fund provided by Master, and delivered everything to six major shelters, along with SOS flyers and Sample Booklets. They received assistance from Father Fabio, a Catholic priest who greatly appreciated Master's loving contribution and who accompanied them to visit the biggest cable company in the country, Claro TV, and two TV stations, Canal 10 and Canal Ecologico, to urge them to spread the vegan message as the best, quickest and fastest solution to global warming.



Heavy Rain and Mudslide Relief in Costa Rica

In early November, heavy and continuous rains caused mudslides across the nation. At least 20 lives were lost, 12 others were missing and approximately 1,500 people were evacuated to temporary



shelters. The government declared a red alert, as emergency crews and citizens rushed to clear the debris.

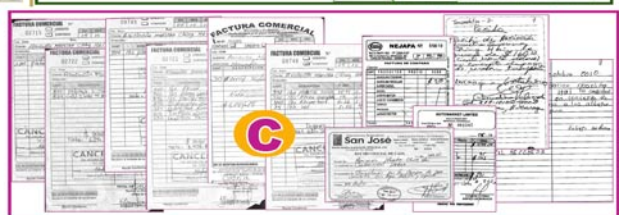
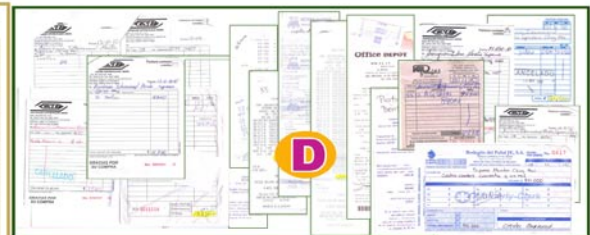
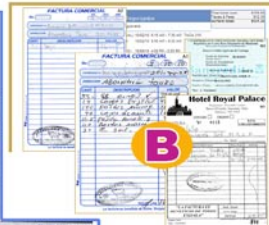
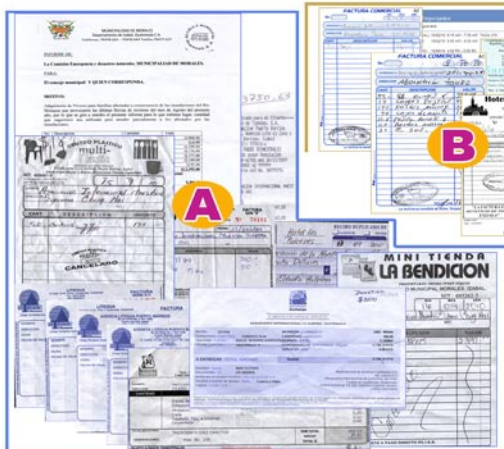
With the US\$7,500 contribution from Supreme Master Ching Hai, our Costa Rica relief team distributed a total of 900 hygiene kits to families in four communities in the most affected Parrita Canton on November 5. They also visited shelters in the Escazú area to hand out SOS flyers and cook delicious vegan food for the volunteers and people staying there.

Our Costa Rica Association members thank all the officials and emergency crews for their caring actions to ensure the safety of the affected people. They send their deep sympathies to those who lost loved ones and pray that such extreme conditions are lessened with humanity's greater respect and kindness toward all beings and the environment. 🌸



Expenditures by Supreme Master Ching Hai for the Disaster Relief Work in Central and Latin America

Description	Amount (US\$)	Receipt
Guatemala Relief:		
Food (rice, beans, spaghetti, cornmeal, cooking oil, flour, noodles, soy mix for babies, drinking water, etc.)	27,193	A
Travel expenses (airtickets, hotel, etc.)	3,763	
Honduras Relief:		
Food (rice, beans, spaghetti, cornmeal, sugar, cooking oil, salt, etc.)	9,766	B
Travel expenses (airtickets, hotel, etc.)	235	
Nicaragua Relief:		
Food (rice, oats, wheat, chocolate peanut grain mix, bananas and sugar) and supplies (soap, bleach, T-shirts, etc.)	4,818	C
Travel expenses (airtickets, hotel, etc.)	313	
Costa Rica Relief:		
Supplies (feminine hygiene items, soap, toothbrushes, toothpaste, towels, disinfectant and bedspreads)	7,500	D
Total	(US\$53,588)	



Pakistan

Loving Support for Disaster Victims

By Formosa Relief Team (Originally in Chinese)

Helping the Landslide Affected

In early 2010, a massive landslide in Hunza, Northern Pakistan blocked the Karakoram Highway and the Hunza River, resulting in two villages being submerged. The Pakistani government immediately evacuated the inhabitants and relocated them to safety at higher altitudes. However, heavy rainfall and the steadily rising water levels continued to threaten the overflow of a lake. By the end of June, some 45,000 people had to take refuge in the 20 shelters around Hunza. The coming of winter aggravated the situation which affected the livelihood of those in that area as temperatures plunged and there was an insufficient supply of food. Upon learning of their ordeal, Supreme Master Ching Hai immediately allocated a US\$15,000 fund and directed our Association members to offer help to the victims.

On December 8, a relief team formed by our Formosan Association members arrived in Islamabad, the capital of Pakistan. On their visit to the National Disaster Control Center the next day, they learned that a shelter in Southern Hunza was in desperate need of aid while another in Skardu was in worse condition. The relief team quickly purchased food and blankets, then set out for Skardu on December 15. However, due to an unexpected emergency situation in the country, their trip was cut short and they entrusted the distribution work to All Green, a local NGO, who handed out a total of 400 food packages and 160 blankets to people in Skardu and Hunza on December 19 and 20.

The relief team thank God for helping them to overcome difficulties so the people in plight could receive much needed materials with Master's love through a local NGO.



The Flood Affected Receive Master's Aid

In March 2011, a flood disaster hit the Murree region, 59 km northeast of Islamabad, affecting 13,000 households. Supreme Master Ching Hai compassionately contributed US\$15,000 and instructed our Association members to go and assist those affected.

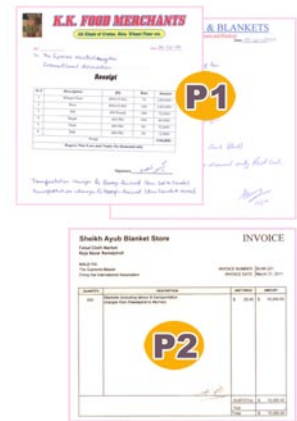
Our relief team from Formosa arrived in Islamabad on March 26 and immediately went to the devastated area to assess the situation. They found that even though many organizations had already provided the victims with food, they still needed things to keep them warm. Therefore, the relief team purchased 600 blankets and distributed them to 300 households in nine villages. They also prepared some sweets for the children. The recipients were overjoyed with these gifts.

We pray that people will adopt a vegan lifestyle to live in harmony with nature to avoid such calamities in the future. 🌸



Expenditures by Supreme Master Ching Hai for Landslide and Flood Relief in Pakistan

Description	Amount		Receipt
	PKR	US\$	
For Landslide Relief: Food (rice, flour, salt, lentils, oil, sugar) Blankets	1,281,000	15,000	P1
For Flood Relief: Blankets		15,000	P2
Total		US\$30,000	



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

Bangladesh

Reaching out to the Desperate

Flood Disaster Relief

Days of torrential rain in September 2010 caused severe flooding along the Yarlung Tsangpo River, (also known as the Jamuna River) in northern Bangladesh. More than 95,000 people were affected. Upon learning of the occurrence, Supreme Master Ching Hai immediately allocated a fund of US\$15,000 and directed our Association members to help the people in the disaster areas. Our relief team from Formosa reached the capital city of Dhaka on October 1. After discussing the situation with members of CARE Bangladesh, they decided to concentrate their relief efforts on the sandbars of Sirajganj and Sherpur.



By Formosa Relief Team (Originally in Chinese)

On October 3 and 4, our team members travelled to these two districts to assess the situation and the people's needs. They purchased supplies of rice, lentils, salt, soybeans and oil which they distributed in Sherpur on October 6. Two days later, for safety considerations as weather conditions had deteriorated with strong winds and heavy rain, the team handed over the remaining relief materials to CARE Bangladesh for distribution in Sirajganj in the presence of government officials. In total, 1,550 households received the emergency supplies while



so they could build new homes.

We hope that, with God's blessing, normality has been restored to these people's lives. We

remain optimistic that people around the world will adopt the compassionate vegan lifestyle so that such disasters can be minimized.

Cold Front Relief

In early January 2011, an unprecedented cold front swept over Bangladesh causing dozens of deaths, most of them children. Supreme Master Ching Hai again extended Her concern and best wishes, and asked our Association members to help those severely affected by the disaster. She also sent a US\$15,000 fund for purchasing warm items.

Our relief team proceeded to Bangladesh on January 26. After contacting our fellow practitioners in that area, they decided to focus their relief efforts on the remote Kurigram district. They distributed



2,300 locally purchased blankets along with SOS flyers and other brochures to help government officials and people understand the cause of such extreme weather conditions and its effective solution. The recipients responded warmly and expressed their sincere gratitude for Master's love and assistance. 🌸



Expenditures by Supreme Master Ching Hai for Flood and Cold Front Relief Work in Bangladesh

Description	Amount	Receipt
Flood relief: Food (rice, lentil, salt, soybean, oil, and sweets), bags, metal sheet roofing, and transportation	Taka 1,100,625 (US\$15,286)	A~C
Cold front relief: Blankets	US\$15,000	D
Total	US\$30,286	

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



Philippines

God's Love Graces the Philippine People

Combined reports by relief teams from the Philippines and Formosa
(Originally in English and Chinese)

Fire Affected Touched by Master's Boundless Love

On Saturday May 15, 2010, a seven-hour fire of unknown origin devastated a residential area in Barangay Cupang, Muntinlupa City. Approximately 800 houses were razed, leaving 4,000 affected. On May 27, our local Philippine Association members arranged a relief operation to extend Master's loving concern and generous contribution of US\$15,000 to those people. Much needed supplies including sleeping mats, mattresses, food and hygiene items that were distributed brought comfort and happiness to hearts of the recipients. Many wanted to know who Master is and expressed their thankfulness for receiving the timely and helpful relief items containing everything they needed.





Remaining funds were used to help more than 200 families in the regions around Metro Manila who suffered less damage. The relief team was grateful to Master for giving them the opportunity to share their love with the less fortunate.

Relief Rendered Twice to Typhoon Affected People

On October 18, Typhoon Megi struck the Cagayan Valley area in the Philippines, sweeping away many roofs and destroying crops. Deeply concerned about the victims, Master immediately allocated a fund of US\$15,000 and asked our Association members to go and render support.

A relief team formed by our local members and those from Formosa immediately went to the affected area to assess the situation. Deciding to concentrate their efforts in Iguig, Penablanca, Alcala and other towns where help was urgently needed, the team quickly purchased the required materials, and together with Alternative Living flyers, distributed them to 3,620 victims. Those afflicted were grateful to Master for Her love and help. They said that the content of the flyers was very beneficial. An official from the Department of Social Welfare and Development even asked for more flyers to distribute to all the households in the area. With the remaining funds, the relief team purchased rice, biscuits and sweets for the orphanages in Solana Town and Cauayan City.

In early November, an incessant downpour once again brought on by Typhoon Megi gravely affected the livelihoods of 145,000 people in five provinces. The flood in the Cagayan region was unprecedented in its history, taking at least 11 lives. Upon knowing of the disaster, Master again allocated a fund of US\$20,000 and asked our Association members to convey Her love and concern to those needing urgent help. Our relief team from Formosa travelled to the affected area in Cagayan on November 10 and distributed daily necessities to the shelters. A total of 6,582 households in 47 towns received relief materials that included rice, soy sauce, vinegar, salt, rice flour and sweets.

For three consecutive days during the relief operation, the Mayor of Tuguegarao City, Mr. Nicanor de Leon, and his wife accompanied our team to distribute the materials. Wherever they went, the Mayor always called upon the people to change their diet to save the planet. He introduced Master's message and ideal to help them understand that the greatest contributor to global warming is the meat diet. Many also agreed that the best way to save the planet is to adopt a plant-based diet.



Reaching Out to Landslide and Flood Victims

Near the end of December, heavy rains causing a landslide and flood in the eastern part of the Philippines affected 40,656 families and 208,443 people. With Master's loving contribution of US\$15,000, our relief team from the Philippines and Formosa arrived at Legazpi, the capital city of severely devastated Albay Province, on January 12, 2011, where they provided relief packages containing food and hygiene supplies to each unfortunate family. The next day, the group travelled to the nearby towns of Manito, Santo Domingo and Malilipot to visit some 15 evacuation centers and distribute a total of 1,600 aid packages.



They then took boats to reach two more shelters on a remote island of Bacacay and delivered relief materials to the needy and poor there.

The relief team sincerely thank the Regional Department of Social Welfare and Development (RDSWD), the Governor's office, the Provincial Social Welfare Department (PSWD) and the army personnel who helped them during this relief operation.

In early February 2011, Sulu Archipelago, a chain of islands in the southwestern Philippines, was hit by a week-long heavy rainstorm that triggered flashfloods, big waves and a storm surge. The water level reached up to 9 feet on Jolo Island, submerging most areas and affecting a total of 5,494 families. Upon hearing this news, Master immediately contributed US\$20,000 and asked our Association members to convey Her love and offer urgent aid to the most vulnerable.

On February 13, a relief team formed by our local Association members as well as those from Formosa and Korea, flew to Zamboanga City and then boarded the ship to Jolo Island. While distributing SOS flyers and booklets on the ship, they met two passengers who were willing to introduce them to Jolo's Social Welfare Officer who could assist them with the relief operation. Over the next three days, with the enthusiastic support from local policemen, government officials and volunteers, the team was able to deliver relief packages containing much needed food, water and other supplies to almost 5,000 grateful families in numerous villages including San Raymundo, Chinese Pier, Asturias, Alat, Tulay and Takut-Takut.

The relief operation was covered by DXMM AM Radio Station on Jolo, giving our Association members the opportunity to talk to all the people on the island about climate change and the vegan solution. Mayor Hussin U. Amin also expressed interest in the vital information on global warming and said he would advocate this message as well. Our team members thank God for the wonderful arrangements and blessings while doing the work. They pray that all the Filipino people will soon turn to the compassionate, plant-based diet to prevent future calamities.

On March 18, heavy rain hit Leyte Province, Central Philippines resulting in a flash flood and mudslide that claimed the lives of an entire family of seven, while several more perished in Bohol Province. In total, seven central and southern Visayas provinces were affected.

Our Formosan and Philippines Association members formed a relief team and arrived in Leyte

Province on March 28 with Master's loving contribution of US\$15,000. Based on the assessment of local officials, they provided 3,100 food packages along with SOS flyers to two municipalities. While working, they met Mr. Alfredo D. Jaca, an announcer from the local DYBR Apple Radio station, who was very interested in obtaining more information regarding climate change. He was given a copy of Master's latest book, *From Crisis to Peace: The Organic Vegan Way is the Answer*. Two days later, a two-hour program



concerning climate change and its vegan solution was aired on that local radio station.

Those Affected by Bulusan Volcanic Eruption Receive Loving Aid

Upon hearing that Mount Bulusan in Sorsogon Province in the Philippines erupted on February 21, Supreme Master Ching Hai lovingly offered a US\$10,000 fund to assist with relief work carried out by our Formosan Association members. Despite severe weather conditions, the team finally reached their destination on March 6 and visited Mr. Jose F. Lopez, the Head of the Sorsogon Provincial Disaster Risk Management Office, who provided them with the latest report on the affected families.

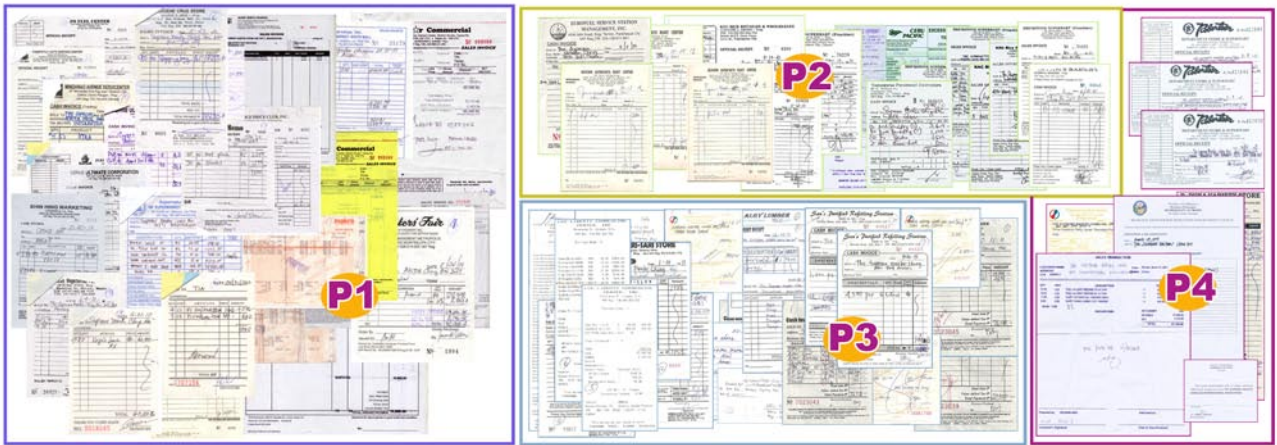
With the help of volunteers from Search and Rescuers in Sorsogon, the Provincial Social Welfare Development Office, and the municipal governments, the relief team was able to deliver 4,500 food packages, each containing 3 kg of rice, soy sauce, vinegar and laundry soap, to the most vulnerable families in the municipalities of Irosin and Juban. On behalf of all the happy recipients, Mr. Lopez thanked Master for Her generous and continuous assistance extended to the Filipino people. 🌸



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

Description	Amount (PHP)	Receipt
Fire Relief: Food (rice, bread, cereal, boxed lunches, cooking oil, soy sauce, vinegar, coffee, biscuits, brown sugar, sweets and salt), relief materials (sleeping mats, mattresses, soap, bags, buckets and dippers), transportation expenses for relief materials	702,690	P1
Typhoon Relief: Food (rice, cooking oil, rice flour, soy sauce, biscuits, sugar, vinegar, salt and sweets), packing and transportation expenses for relief materials	1,521,237	P2
Mudslide and Flood Relief: Food (rice, water, cooking oil, sugar, vinegar, salt, rice flour, soy sauce, biscuits, sweets and beverages), cleaning supplies (bath and laundry soap), packing and transportation expenses for relief materials	2,143,236	P3
Mount Bulusan Volcanic Eruption Relief: Food (rice, vinegar, soy sauce, cookies) and soap	434,565	P4
Total	PHP4,801,728 (US\$109,537)	

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



Indonesia

Assistance to Those Devastated by Disasters

By Indonesia News Group (Originally in Indonesian)

Since October 2010, a series of disasters have affected the lives of the Indonesian people. In response to their needs, Supreme Master Ching Hai lovingly sent funds several times to assist the relief operations by our local Association members.

Flood Relief in West Papua and East Nusa Tenggara

On October 4, torrential rains in the eastern Indonesian province resulted in sudden flash floods and landslides that damaged thousands of buildings, bridges and roads in five villages. Over 5,000 residents left their homes to stay in emergency shelters, at least 148 people lost their lives, with more than 100 missing and about a thousand others were injured.

Learning that the more than 4,000 refugees who had relocated to the District Military Command and Forestry Training Camp in the town of Manokwari were very much in need of food, on October 10, our Association members from Jakarta Center formed a relief team and with Master's US\$10,000 loving contribution, about US\$5,700 from our local fellow initiates and the assistance from the Indonesian Red Cross,





they provided a nutritious vegan dinner for 700 refugees and distributed urgent materials such as sarongs, insect repellent, mats, baby kits, hygiene items and school supplies. The team also took the chance to share SOS flyers and explain the root-cause of global warming, the meat diet, to the local people. Many of them showed genuine concern about the climate crisis and were eager to learn how they could help.

On November 3, continuous heavy rainfall caused sudden flooding in Skinu Village, Toinasa District, South Central Timor Regency, damaging about 180 houses and affecting more than 350 families. A representative from our Jakarta Center quickly delivered urgently needed food, blankets and kerosene. The village head and the refugee coordinator thanked Supreme Master Ching Hai for all Her love and care.



Mentawai Tsunami Relief

On October 25, a 7.7 magnitude earthquake hit off the western coast of Sumatra, Indonesia. The tsunami which followed created destruction on several Mentawai Islands. It was estimated that about 400 people perished, 300 were missing, and nearly 65,000 affected. Supreme Master Ching Hai immediately sent Her deep condolences and prayers along with a US\$10,000 contribution to assist the people in plight. Our Indonesian Association members also offered US\$10,000 and formed a

relief team to bring aid to the victims.

After consulting with Padang Red Cross Indonesia, the relief team purchased food, water, tents, clothing, kitchen utensils and medicine. They travelled by air and then by boat for days before reaching the port in Sikakap, Mentawai late in the evening on November 4, and then immediately delivered the much needed medicine to the Sikakap Clinic. The following day, with the cooperation from West Sumatra Disaster Management Agency, the team loaded all the supplies on two small boats and distributed them to the people in eight villages (Malakopak Monga, Sabiret, Eruparaboat, Small Muntei, Big Muntei, Purorogat, Muntei baru-baru and Asahan) in North and South Pagai in the Mentawai Islands. With God's grace, even though the boats broke down several times during the trip, they managed to repair them. The recipients were extremely grateful to Master for Her timely aid and sent Her blessings and love.



Mount Merapi Eruption Relief on Java Island

On October 26, Mount Merapi, one of the most active volcanoes in the world located on the border between Yogyakarta and Central Java, Indonesia, erupted after some weeks of increasing seismic activity. It was reported that this series of eruptions is the biggest that has occurred within the last 100 years. Over a period of three weeks, Mount Merapi unleashed approximately 150 million cubic meters of volcanic material from within its crater, affecting the districts of Sleman, Klaten, Boyolali and Magelang, displacing about 384,000 people and causing more than 680 casualties.

From day two of the disaster, our local Association members, supported by the Loving Huts in Yogyakarta and Surakarta, sent approximately 200 boxed lunches to citizens who had fled their homes. On November 5, when the area of danger expanded to 20 km surrounding the crater, the Yogyakarta Centre was also forced to move to a safer place downtown. Despite the risk, the next day, the Yogyakarta Center worked with volunteers from the Jakarta Center to carry out relief work aided by Master's loving contribution of US\$15,000 and other financial assistance provided by fellow Association members from all over Indonesia.

At the request of the local Red Cross, our Association members opened two vegan public kitchens, one in Keceme Village and the other in Cebongan Village, to serve lunch and dinner to hundreds of displaced people. A few of the refugees volunteered to help prepare the meals and in the process, acquired new skills in cooking vegan food.

Association members also distributed 500 hygiene kits, 500 baby kits, 1,000 sarongs, 400 blankets and some new clothes offered by our Surabaya Center, to several refugee camps. In addition, they contributed IDR 2 million (about US\$200) to Animal Friends Jogja, Jakarta Animal Aid Network and Centre for Orangutan Protection to support their heroic deeds of rescuing and caring for wounded animals including monkeys, birds and squirrels.

In Deles Village, Klaten District, they gave another IDR 2 million to animal lover and environmental activist Mr. Sukiman Mochtar Pratomo, who was once featured on Supreme Master TV for his years of effort in growing fruit trees around the Mount Merapi peak to feed the monkeys. According to Mr. Sukiman, at the time of the biggest eruption, a huge rock avalanche descended directly towards his village, but miraculously changed course as if his village were protected by an invisible wall. They also brought bananas, maize, guavas and papayas for the monkeys.

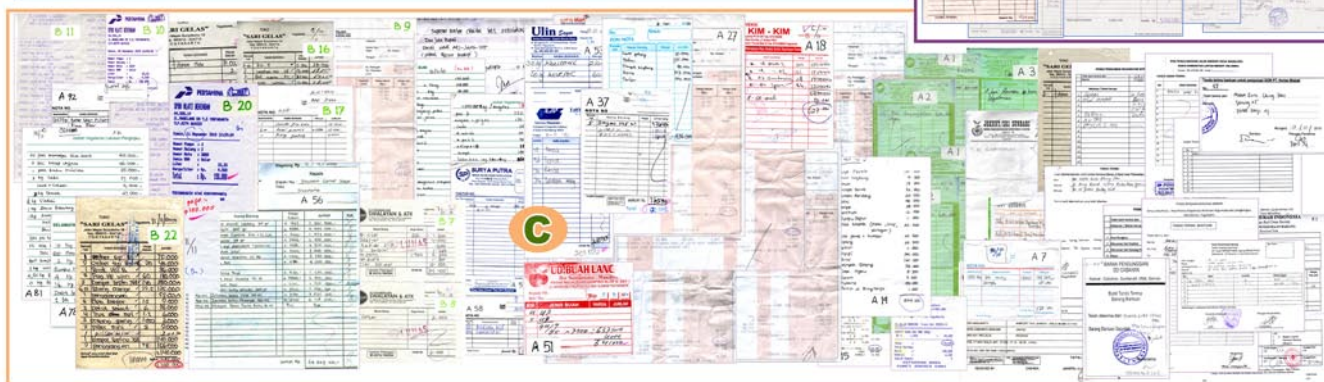
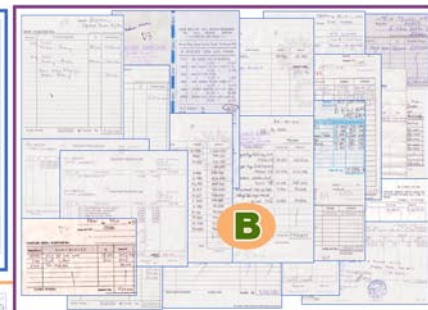
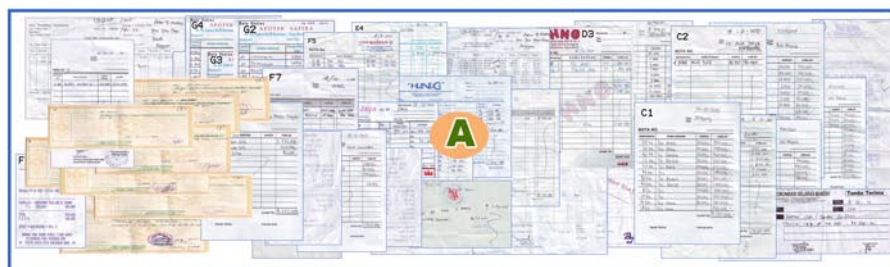
From when the volcanic activity subsided up until November 26, our Association members continued their relief work distributing 1.2 tons of rice and textured vegetable protein to 250 families in the three villages of Banjarsari, Ledok Lempong and Sidosari.

All the fellow initiates were grateful for the opportunity to share Master's unconditional love with the afflicted people and animals. They wish the brave Indonesian people the strength to recover quickly from this ordeal and pray that they might strive to adopt the gentle, loving, vegan lifestyle to protect the Earth, themselves and their animal friends.



Expenditures by Supreme Master Ching Hai and Her International Association for Relief Work in Indonesia

Description	Amount (IDR)	Receipt
Flood Relief in West Papua and East Nusa Tenggara: Food (rice, green beans, soy beans, baby food), vitamins, medicines, hygiene items, school supplies, baby kits, sarongs, mats, sports equipment, blankets, kerosene, and miscellaneous expenses (banners, air tickets, lodging, etc.)	161,950,100	A
Tsunami Relief in Mentawai: Food (rice, green beans, soy milk, instant noodles, biscuits), water, clothes (sarongs, T-shirts, pants, shorts), medicines, miscellaneous expenses (trucks/boats rental fee, fuel, etc.)	164,618,000	B
Mount Merapi Eruption Relief: Food (rice, flour, sugar, oil, beans, soy sauce, tofu, fruit, vegetables, seasonings, etc.) supplies (soap, blankets, towels, mosquito repellent, baby hygiene kits, buckets, notebooks, markers, etc.), cash contribution, miscellaneous travel expenses	159,436,566	C
Total	IDR486,004,666 (US\$54,233)	



Sri Lanka

Bringing Master's Love to the Flood Affected

By Sri Lanka Relief Team (Originally in English)

Weeks of continuous rain that started at the end of December 2010 hit the east coast of Sri Lanka heavily, forcing more than 300,000 people out of their homes. Many villages were

cut off from supplies and tens of thousands of hectares of rice fields were inundated. It's estimated that more than one million people had been affected. Even though the government had deployed the military to carry out relief work, more help was needed.

Expressing deep sympathy for the afflicted people, Supreme Master Ching Hai provided a US\$15,000 relief fund and asked our Association members to bring urgent provisions to the neediest. On January 6, 2011, a team of Formosan Association members flew to Colombo, the capital city of Sri Lanka, and then travelled 9 hours to reach the city of Batticaloa in the Eastern Province that was in urgent need of help.

Accompanied by Mr. Vilvaratanam, the Divisional Secretary, and Mr. Yogaverl, Director of the Batticaloa Chamber of Commerce and Industry, they visited local shelters to assess the situation. To a 101-year-old blind man staying in a ruined temple, our relief team gave all the remaining food in their car and made sure that more supplies would be delivered to him and his family.

With the help of local volunteers, they purchased and loaded relief materials for 1,368 families from four villages (Unnichchei, Ayithiyamalai North, Nediymadu and Vavunatheivu). However, due to unexpected, non-stop rain that began on January 8, they had to postpone distribution until the roads became accessible.

The lengthy rain affected even more people, many of whom came to the town in search of food. The relief team immediately purchased 1,100 kg of rice for a Methodist Church and 20 kg of dhal for the workers at the Batticaloa Chamber of Commerce and Industry who were serving food to the people. They also gave LKR28,318 (US\$255) to a local temple to serve hot vegetarian meals to the people and offered some cash to 13 victims near their hotel.

Due to the dangerous flood situation, our relief team was advised to leave the country. Later, after the rain stopped, all 1,368 packages were successfully distributed by Mr. Yogaverl and local volunteers. The recipients were extremely happy to receive aid for the first time and expressed sincere appreciation for Master's love.



Mr. Yogaverl, Director of the Batticaloa Chamber of Commerce and Industry, presented thank you letters from the local government and organizations to our Association member.



In mid January, central and eastern Sri Lanka experienced another severe flood which destroyed over one hundred thousand acres of farmland and affected more than one million people. Declaring the flood as the worst natural disaster since the 2004 tsunami, the government sent more than 30,000 navy and air force personnel to assist in the relief effort.



With Supreme Master Ching Hai's loving contribution of US\$20,000, our Association members from Formosa and other countries joined the local relief team to provide immediate aid once again, to the affected people in Batticaloa District. After consulting Government Agent and District Secretary, Mr. Suntharam Arumainayaham, and obtaining a list of people who needed urgent help, they quickly prepared 2,250 food packages and delivered them to the Valaichenai, Arayampathy, Jayanthipara, Garnasnriyam and Thiraymadu regions.



The receipt of the goods brought beautiful smiles to the faces of the simple-hearted Sri Lankan people, which depicted their gratitude and love for God. Our relief team thank the kindhearted local officials and volunteers for helping them accomplish their mission. May the people of Sri Lanka quickly turn to a more compassionate way of life so that they may live in harmony with nature. 🌸

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

Description	Amount (LKR)	Receipt
Food (dhal, rice, flour, soy meat, sugar, tea leaves, etc.)	3,786,814	A
Relief materials (bed sheets, sarongs, towels, mattresses, soap, candles and tooth powder)	72,098	B
Medicine (panadol for pain relief)	32,832	C
Cash assistance to 13 affected people	6,500	D
Total	LKR 3,898,244 (US\$35,130)	

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



Thailand

Comforting the Flood Stranded People

By Bangkok News Group (Originally in Thai)

Starting in mid-October last year, at least 13 central and northeastern provinces in Thailand were hit with floods following days of unrelenting monsoon rains. Nakhon Ratchasima Province faced the worst flooding in 50 years. Over 1.4 million people were affected by October 23 with thousands having fled to dryer areas and many acres of farmland being submerged. The central government dispatched troops, police and volunteers to rescue and evacuate residents, many via boat, as well as to deliver food to the inundated communities and to those stranded. From a popular tourist area known as Elephant Village in the central province of Ayutthaya, officials moved 92 endangered elephants to a safer location.

Sending Her sincere prayers and loving concern, Supreme Master Ching Hai contributed US\$10,000 to assist the relief work carried out by our Association members from the Bangkok Center. On October 21, the team delivered about 500 servings of vegan food prepared by Loving Hut Nakhon Ratchasima to people in Pak Thong Chai District. The recipients were overjoyed to receive such a healthy and nutritious meal in their time of trouble.

On October 25, after preparing 2,000 emergency packages containing food, water, medicine, and global warming flyers, our team members divided themselves into two groups. One travelled to the Phimai District in Nakhon Ratchasima Province in Northeastern Thailand and the other went to Ayutthaya and Saraburi Provinces in the central region. With help from the vice governor of Nakhon Ratchasima Province, Mr. Somak Prinsutho, the first group distributed 1,000 packages to the affected families in Tamra and Nong Mounng Villages in Tha Luang sub-district. In the central region, the second group distributed packages to 950 families in Tha Ruea District and to 50 families in Khok Bo Village in Ban Mo District.

The next day, four relief team members went to Kao Loi Village on Ayuthaya Island, where people had not received any aid for two weeks after the flood. To each of the 250 needy families, they gave rice, water, vegan food, SOS flyers and sweets for the children, all of which were received with much joy and appreciation.

In the same month, Southern Thailand also experienced severe flooding which caused serious damage. With Master's



US\$5,000 contribution and at the request of Mayor Wirot Tanhawan of Ranot District in Songkhla Province, our local Association members prepared 700 food and drink packages which they distributed to the villagers in that area on November 8. The next day, having consulted Mayor Prasit Situtjindara in Sathing Phra District, they delivered 2,100 roof tiles plus roofing hooks to the villagers there.

In December, upon hearing that four families in Pak Phayun District, Phatthalung Province were in great difficulty and had not yet received any aid in two months, our merciful Master offered US\$5,000 to them for house repairs. When each family received 37,500 baht from our Association members, they were extremely grateful and asked to convey their deep heartfelt thanks to Master.

Sending Warmth to the Cold Weather Affected

On December 19, the Thai Department of Disaster Prevention and Mitigation declared a winter disaster zone in 20 northern and northeastern provinces, where temperatures had fallen below eight degrees Celsius. Following instructions from the Interior Ministry, special relief centers were established, with affected provinces being provided with financial assistance. This followed a similar disaster declaration made in mid-November, when 12 northern and northeastern provinces were also struck with unusually harsh conditions.



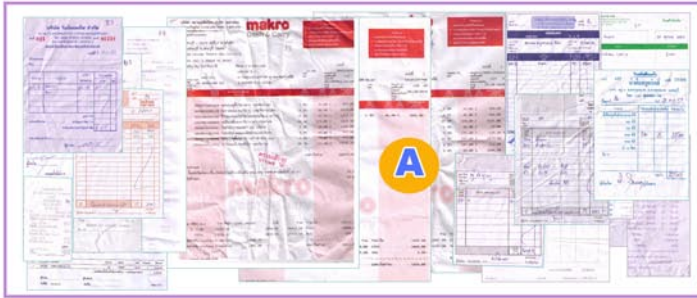
Conveying Master's love, prayers and US\$15,000 aid, our Association members from Bangkok and Chiang Mai distributed 2,000 blankets along with SOS flyers, plus sweet and soymilk for the children on January 14 and 15, 2011, to those in the neediest mountainous areas in Mae La Noi and Pang Mapha Districts, Mae Hong Son Province. About a week later, an additional 800 blankets were given to stranded people in Nakhon Phanom and Mukdahan Provinces.

We are thankful to Your Majesty, Your Royal Highness, the Thai and Burmese officials, and all others working to alleviate the conditions of the disaster-stricken. May Buddha protect the Thai people as we strive to lessen such weather intensities by fostering gentler, more eco-conscious ways. 🌸



Expenditures by Supreme Master Ching Hai for Flood and Cold Weather Relief Work in Thailand

Descriptions	Amount (THB)	Receipt
Flood Relief in Central and Northeastern Thailand: Food (rice, water, soy milk, sweets, instant noodles, soy sauce, cooking oil, vegetables, etc.), medicine, and travel expenses (gas, truck rental, etc.)	318,711	A
Flood Relief in Southern Thailand: Food (rice, biscuits, soy milk, water), construction materials (hooks, vinyl, tiles, etc.) and travel expenses Cash assistance to four families	148,485 150,000	B
Cold Weather Relief: 2,800 blankets, soymilk, sweets and miscellaneous travel expenses	457,020	C
Total	THB1,074,216 (US\$35,807)	



Âu Lạc

Timely Assistance to the Flood Affected

By Âu Lạc News Group (Originally in Aulacese)

Due to the heightened effects of global warming, a series of floods had stricken many areas in Âu Lạc from October to December 2010. In response to Supreme Master Ching Hai's instruction to assist those affected, our Association members conducted two relief projects to ease the situation.

First Flood Relief

In early October, 2010, two consecutive floods inflicted heavy damage to Central Âu Lạc, particularly Vũ Quang and Cẩm Xuyên districts of Hà Tĩnh province, causing loss of property and lives. To comfort the suffering people, our relief team from Northern Âu Lạc used the US\$10,000 provided by Supreme Master Ching Hai plus US\$7,200 from our Association members and



distributed food as well as monetary gifts to a total of 296 households in the villages of Cẩm Vịnh, Đức Hưng and Đức Liên during the three-day relief effort.

The recipients were extremely touched by Master's kindness and listened carefully to Association members' explanation of the root cause of such disasters and the way to curb them. Speaking on behalf of their people, the local leaders expressed heartfelt appreciation for Master's loving concern.

The Second Flood Relief

In the early morning of October 24, upstream in the Luỹ River, the heaviest rains since 1996 caused unexpected flash flooding in Lương Sơn of Bắc Bình district, southern Bình Thuận province, damaging a major highway, submerging 1,000 homes, and destroying almost 100 hectares of crops. The next day, flood tides that made the Sài Gòn River overflow left more than 20 streets in the city submerged, with many citizens having to use pumps to remove water from their homes after the sandbag barriers failed to stop the flooding. In the middle of November, more torrential rain brought hardship to the lives of the people in the southern and central provinces.

With deep sympathy, Supreme Master Ching Hai immediately provided relief funding of US\$10,000. With an additional US\$9,000 contribution from our Association members, relief work was carried out by our local members from November 14 to December 10. Besides giving cash envelopes to affected families, they delivered some 1,065 gift packages containing various essential supplies such as food, blankets, pieces of tarpaulin for temporary roofing, as well as sweets and notebooks for children.

We are thankful for Supreme Master Ching Hai's unconditional love and we pray for the protection of the affected Aulacese people. We wish them a quick recovery to their



regular day-to-day lives as we all awaken to the need to do our part in caring for the Earth and her inhabitants. 🌸



Thank you letters from local government officials



Expenditures by Supreme Master Ching Hai and Her International Association for Flood Relief Efforts in Central Âu Lạc

Description	Amount (VNĐ)	Receipt
Food (rice, instant noodles, grain flour, rice cakes, soy milk, bread, sweets, cooking oil, etc.)	224,700,000	A
Supplies (clothes, shoes, blankets, tarpaulins and notebooks)	100,000,000	B
Transportation and other expenses	108,800,000	C
Monetary gift to 296 households	307,500,000	D
Total	741,000,000 (US\$36,200)	



North Korea

Sending Love and Comfort to the North Korean People

By South Korean Relief Team (Originally in Korean)

At the end of August 2010, three days of continuous rain had caused the Amnokgang River to overflow, inundating China's Dandong area and North Korea's Sinuiju area. In North Korea, military helicopters and boats were deployed to rescue and evacuate over 5,000 people from the affected neighborhoods, where almost all the buildings and farmland were submerged.

Upon hearing the news, Supreme Master Ching Hai immediately offered US\$10,000 as emergency aid. Our Association members from South Korea also contributed about US\$4,000. With the combined fund, they purchased 36 tons of wheat flour and loaded it in two containers ready to be shipped from Port Incheon. On September 18, the flour was delivered to North Korea through South-North Sharing, an organization that provides assistance to North Korea on a regular basis.



South-North Sharing and the wheat flour factory staff expressed their appreciation for the unconditional love our Association extended to those suffering in North Korea and they were happy to be part of it. We pray that Master’s loving support will give comfort and hope to the flood stricken people in North Korea. 🌸

Receipt of KRW16,278,460
(US\$14,380) for the 36
tons of wheat flour and
transportation.



China

Extending a Helping Hand to Bring Love and Hope to Disaster Victims

Combined reports by fellow initiates in China (Originally in Chinese)

Mudslide Relief in Yunnan Province

On August 18, 2010, a massive mudslide disaster occurred in several river valley areas in Gongshan, Nujiang Lisu Autonomous Prefecture, Yunnan Province. As a result almost 100 people died or were missing. Due to the serious condition of the disaster, Master lovingly allocated a relief fund. A relief team formed by our Chinese Association members immediately contacted the regional government to participate in the aid work and from Kunming city they purchased urgently needed quilts, clothes and shoes along with 30 boxes of vegan instant noodles and 27 blankets.

When our relief team arrived at the affected area, dark rain clouds gave way to sunshine. The local officials promptly helped them distribute materials and cash. Deeply impressed by Master’s love, the recipients said that they never dreamt so many strangers living so far away would sincerely care about them. The officer in charge of the relief work was very touched and repeatedly expressed his gratitude.



Hainan Province Relief Work

Extremely heavy rainfall rarely seen in a century struck Hainan Province between October 1 and 13. Knowing that more than 2.7 million people were affected by the disaster, Master instructed



our Hainan Association members to quickly go and render assistance to the devastated areas. They sent a financial contribution with the fund provided by our compassionate Master and those from our fellow initiates and others to support the aid work.



From October 16 to 30, despite extreme conditions, our relief team delivered urgently needed quilts, instant noodles, rice, cooking oil and eating utensils to the stricken victims in Wenchang, Qiong Hai, Haikou and Wanning, while also distributing cash to several low-income families.

Charitable Activities for People and Animals in Need

From September 2010 to January 2011, our fellow initiates extended love and care to people and animals in need through various activities, such as sending items to keep them warm in winter, providing funds to the destitute and students, and giving financial assistance to animal shelters, bringing them much comfort and filling their hearts with God's love.

Expenditures by Supreme Master Ching Hai and Her International Association for Disaster Relief and Charitable Activities in China

(Currency: RMB)

Place	Description	Amount	Receipt
Yunnan Province	Provided aid to the people affected by mudslides and landslides.	76,570	A
Hainan Province	Provided aid to the people affected by heavy rain.	49,332	B
Kunming City, Yunnan Province	1. Visited two animal shelters; offered food and rental payment for one year. 2. Contributed books to schools, orphanages, and government institutions. Offered money to students.	37,480	C
Malu Township in Huizhe County, Yunnan Province	1. Contributed medical supplies to clinics; offered working uniforms and cash to the doctors. 2. Visited senior citizens homes; distributed cash and sweets. 3. Offered financial support to destitute students.	108,932	D
Lincang City, Yunnan Province	Provided aid to the destitute villages, needy senior citizens, and elementary schools in several counties.	89,263	E
Luquan County, Yunnan Province	Contributed medical equipment to the Udongde Clinic.	10,647	F
Guizhou Province	Visited people severely affected by the cold weather to distribute relief materials and cash.	4,533	G
Qinghai Province	Visited the Tibetan citizens in Haxiu Township to distribute warm clothes. (Supported by fellow initiates.)	0	
Total		RMB¥376,757 (US\$55,081)	

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



Expenditures by Supreme Master Ching Hai and Her International Association for Other Relief Work and Charity Contributions around the World

from August 2009 to January 2010

Country	Date	Description of Relief Work	Amount	
			Local Currency	USD
Conakry, Guinea	Aug. 2009	For flood relief, Benin Center distributed food including rice, cooking oil, and sugar to affected families.		3,377
Bhutan	Sept. 2009	For earthquake relief, our Indian Association members distributed cash and relief supplies (ladies' dresses, shirts, pants, shawls, analgesic ointment, etc.) to the distressed people.	INR 574,902	11,977
Dakar, Senegal	Sept. 2009	For flood relief, the Benin Center distributed rice, cooking oil and salt to the affected people.	XOF 4,305,200	10,012
Paraguay and Argentina	Sept./Nov. 2009	For flood relief, Argentina and Paraguay Centers provided Master's cash funds to the most severely affected families, and distributed food (cooking oil, rice, flour, sugar, noodles, mineral water, etc.) and hygiene items (detergent, chlorinated water, nappies, insect repellent, etc.)		11,688
Kawthaung, Myanmar	Oct. 2009	For heavy rain and landslide relief, Bangkok Center provided Master's cash funds to a woman who lost her house and to the Abbot of Chuayparamee Temple for repairs.	THB 106,000	3,636
Bubanza Province, Burundi	Oct. 2009	For heavy rain relief, Tanzania Center distributed food that included rice, beans, cooking oil, flour and soap to the affected.	BIF 12,250,000	9,943
Tahoua, Niger	Oct. 2009	For flood relief, Benin Center distributed food, blankets, dishes, mats and soap to affected families.	CFA 3,285,500	7,500
Algeria	Oct. 2009	For flood relief, Paris Center provided Master's cash funds to 22 orphans, 4 families, and the ARCS (Algerian Red Crescent Society) for a risk-evaluation project, and supplies that included food, sweets and stationery.	EUR 13,149	19,023
Cambodia	Oct./Nov. 2009	For flood relief, Aulac Association members distributed food (rice, vegan noodles, cooking oil, salted radishes, sugar, cookies and sweets), daily necessities (plastic ground sheets, shawls, tarpaulins, ribbons and envelopes, etc.), and cash to the affected.		23,380
Redeyef, Tunisia	Nov. 2009	For flood relief, Paris Center distributed cash to five of the most affected households, enabling them to buy necessary supplies.	EUR 6,500	8,000
Rosso, Mauritania	Nov. 2009	For flood relief, Benin Center distributed rice, vegetables and sugar to families in need.	MRO 1,843,500	7,524
Cumbria District, UK	Nov. 2009	For flood relief, Surrey Center distributed cash, fruit, baked goods, hot drinks, utensils and other supplies to the affected.	GBP 5,324	8,630
Erbil Province, Iraq	Nov. 2009	For flood and landslide relief, Australian Association members delivered Master's cash fund to the Iraqi Red Crescent Society.		10,000
Sicily, Italy	Nov. 2009	For flood and mudslide relief, the Italian and Bulgarian Centers distributed cash and supplies (liquid soap, diapers, baby clothes, toys, pajamas, irons, chocolate treats, etc.) to comfort affected people.	EUR 6,659	9,961
Tanzania	Nov./Dec., 2009	For landslide and flood relief, Tanzania Center distributed food (beans, cooking oil, maize, salt, flour, rice, etc.), blankets and mosquito nets.	TZ 26,225,000	20,003
Narathiwat and Kalasin Provinces, Thailand	Nov./ Dec. 2009	For flood and cold weather relief, Bangkok Center distributed food (soy milk, rice, noodles, etc.) and blankets to the affected.	THB 329,785	9,994
Fiji	Dec. 2009	For flood relief, Australian Association members distributed rice and other essential foods to the affected.	FJD 18,360	10,075
Karonga District, Malawi	Dec. 2009	For earthquake relief, the South African Center distributed urgent supplies to the needy.	ZAR 73,722	10,296
Angola	Dec. 2009 to Sept. 2010	During the three flood relief operations, Douala Center in Cameroon distributed a total of 21 tons of rice as well as food, clothes, blankets and mattresses.	AOA 2,955,225	31,105
Turbo, Colombia	Jan. 2010	For flood relief, Colombian and Costa Rican Association members distributed food (rice, beans, lentils, oil, wheat flour, cornmeal and cane sugar), mosquito nets and mattresses to affected people in numerous towns.	COP 36,002,000	20,000
Total				US\$ 246,124

* Please refer to online News Magazine #207 for relief reports and expense receipts.

Expenditures by Supreme Master Ching Hai and Her International Association for Other Relief Work and Charitable Contributions around the World

from April 2010 to February 2011

Country	Date	Description of Relief Work	Amount		Appendix
			Local Currency	USD	
Mississippi, USA	April 2010	Sleeping bags, tarps, blankets, flashlights, foods and hygiene items to people affected by tornado.		5,670	A
Tennessee, USA	May 2010	Cash envelopes from Master's financial contribution as well as cleaning and hygiene supplies, such as baby diapers and tooth brushes, to flood-displaced people in Nashville.		4,658	B
Oklahoma, USA	May 2010	Financial contribution to Harrah Church, which was providing shelter for people affected by a tornado.		2,330	C
Ohio, USA	June 2010	Cash contribution and supplies such as gloves, flashlights and garbage bags to families in Millbury, who had been devastated by a tornado.		2,352	D
Myanmar	June 2010	Financial contribution to Buthidaung Maungdaw Regional Development Association to assist in their relief efforts for those affected by floods and landslides.		6,080	E
	Oct. 2010	Financial contribution to Rakhine Thahaya Association in Yangon to assist people affected by Cyclone Giri.		5,000	F
United Kingdom	June 2010	Financial contribution to the Biddlecombe family in support of their fund-raising efforts for their horse Diego who needed a dental operation to cure his Wry Nose Syndrome. Their six-year-old daughter said, "People shouldn't say he should be put down because of what he looks like; it doesn't matter to me. Diego is my best friend; ... to me, his face makes him special."	GBP4,000	6,689	G
The Netherlands	July 2010	Financial contribution to the Veterinary Rescue Dog Team to help them purchase a much-needed sonar device for rescue missions.	EUR3,000	4,445	H
Takéo, Cambodia	Nov. 2010	Aid packages to 220 flood-affected households, each containing 20 kgs of rice, 1 box of instant noodles and some cash.		5,000	I
Cuba	Dec. 2010	Rice, beans, sugar, spaghetti, oil and chickpeas to storm- and hurricane-affected families.		16,316	J
Ontario, Canada	Dec. 2010	Financial contribution to Story Book Farm Primate Sanctuary to further their good work.	CAD10,000	10,579	K
Germany	Jan. 2011	Financial contribution to the Animal Protection Foundation Butenland Farm, a vegan sanctuary for 122 animals. The founders, Jan Gerdes and Karin Mueck, ensure that the animals can freely live out their days with tender loving care to overcome their traumatic pasts.	EUR7,350	10,000	L
Australia	Jan. 2011	Financial contribution to the Royal Society for the Prevention of Cruelty to Animals (RSPCA) to support their noble work.	AUD10,000	10,989	M
Nyanza, Kenya	Jan. 2011	Maize, beans, cooking oil, blankets, soap and mosquito nets to torrential rain- and hail-affected people.		6,000	N
Sunsari, Nepal	Feb. 2011	Blankets and mattresses to 235 families, with the help from the local people and policemen for cold weather relief.		3,712	O
Total				US\$99,820	

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



Expenditure by Supreme Master Ching Hai and Her International Association for Charitable and Relief Activities in Formosa from May to December 2010
Total Amount in Tables 1 & 2: NT\$1,146,193 (US\$36,332)

Table 1. Charitable and Relief Activities

(Currency: NT\$)

Place	Date	Description of Activities	Amount	Appendix
Kaohsiung	May 8	Provided vegan food tasting and shared the "Be Veg, Go Green 2 Save the Planet" message at a Mother's Day celebration (supported by fellow initiates).	0	
Changhua	May 15	Organized a vegan cooking class at Beidou Junior High School (supported by fellow initiates).	0	
Hualien	May 17	Held a soul-elevating seminar and shared the "Be Veg, Go Green 2 Save the Planet" message with parolees supervised by the Hualien District Prosecutors Office and served vegan snacks afterwards.	3,710	F1
Changhua	May 20	Organized an event to share the "Be Veg, Go Green 2 Save the Planet" message at the Changhua District Prosecutors Office and offered vegan food tasting afterwards (supported by fellow initiates).	0	
Yilan	May 21	Shared the "Be Veg, Go Green 2 Save the Planet" message at Yilan Prison (supported by fellow initiates).	0	
Changhua	May 22	Cleaned the beach as part of an environmental project (supported by fellow initiates).	0	
Keelung	May 23	Cleaned the beach as part of an environmental project	560	F2
Yilan	May 25	Shared the "Be Veg, Go Green 2 Save the Planet" message at Zhuangwei Junior High School and offered vegan food tasting afterwards.	9,800	F3
Chiayi	May 28	Held a seminar on "Be Veg, Go Green 2 Save the Planet," showed environmental protection documentaries in the Cultural Park, and served vegan food in cooperation with the Chiayi City Government.	1,175	F4
Changhua	May 29	Jointly organized with the county's Education Department, a workshop on vegan lunch preparation and food hygiene for the county (supported by fellow initiates).	0	

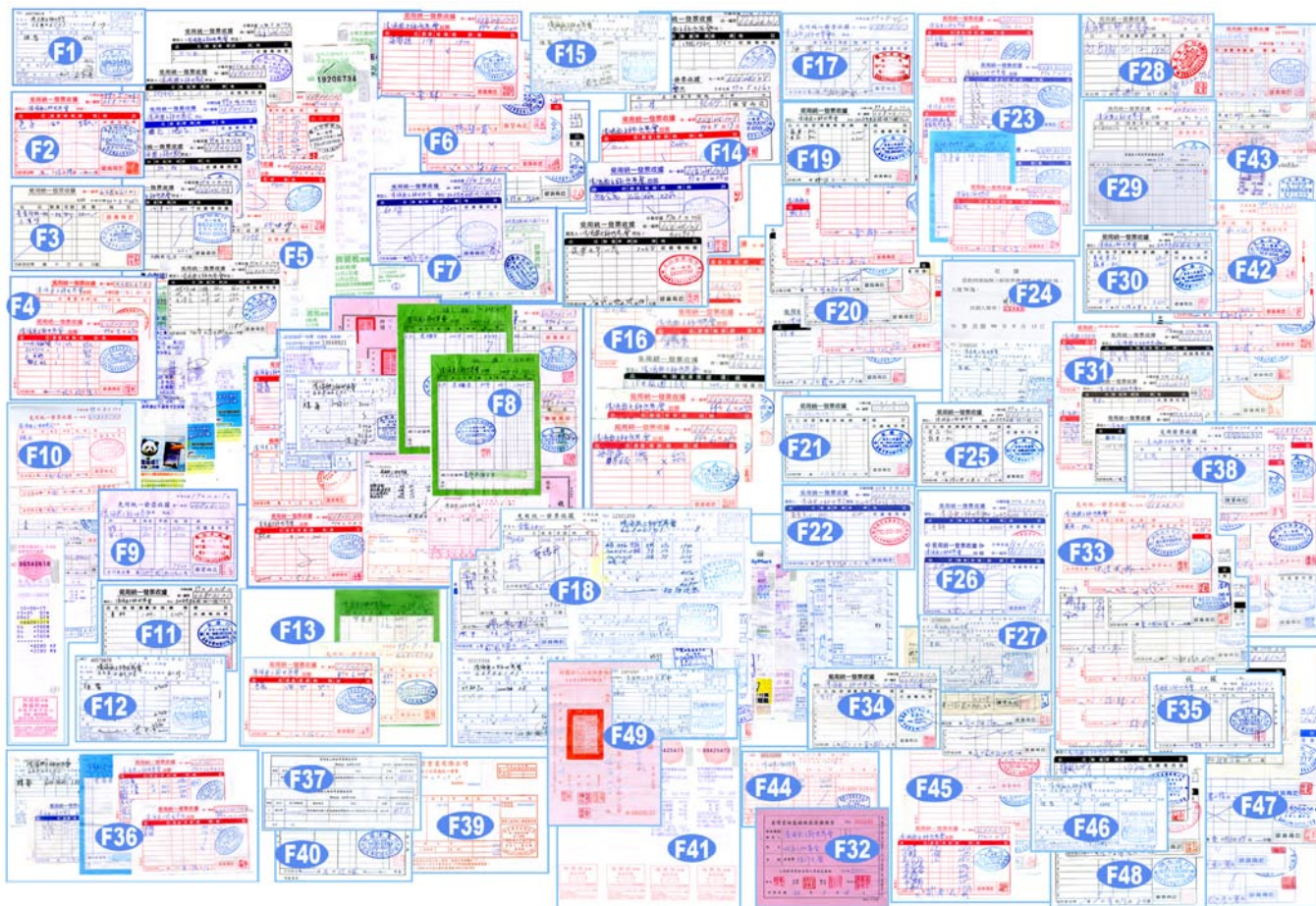
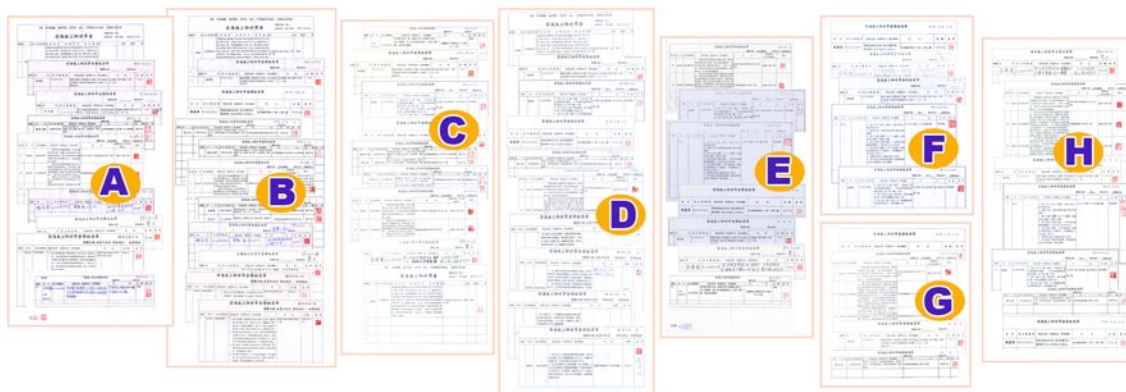
Tainan	May 31	Organized fellow initiates).	0	
Kaohsiung	May 31	Organized five environmental seminars along with vegan food tasting at county government offices.	26,505	F5
Keelung	June 3	Shared the "Be Veg, Go Green 2 Save the Planet" message and held a vegan cooking class in Xizhi City's Xingfu neighborhood (supported by fellow initiates).	0	
Chiayi	June 4	Conducted a spiritual seminar and shared the "Be Veg, Go Green 2 Save the Planet" message with inmates at Chiayi Prison (supported by fellow initiates).	0	
Kaohsiung	June 13	Shared the "Be Veg, Go Green 2 Save the Planet" message and offered vegan food tasting at Guofeng Neighborhood.	3,287	F6
Keelung	June 15	Visited homeless people during the Dragon Boat Festival, to distribute toiletry items, vegan glutinous rice dumplings, and offer them free haircuts.	17,050	F7
Chiayi	June 15	Visited dumplings, and serve them a vegan meal.	21,556	F8
Hualien	June 15	During the Dragon Boat Festival, visited homeless people and offered them vegan boxed lunches.	5,320	F9
Tainan	June 15	During the Dragon Boat Festival, visited needy elderly people and children, offering them books, vegan glutinous rice dumplings and pastries.	31,999	F10
Keelung	June 19	Shared the "Be Veg, Go Green 2 Save the Planet" message and offered vegan food tasting in Jiren neighborhood.	5,250	F11
Changhua	June 19	Organized an event to share the "Be Veg, Go Green 2 Save the Planet" message in Haidun Community in Huanan Township (supported by fellow initiates).	0	
Hualien	June 21	Held a soul-elevating seminar, shared the "Be Veg, Go Green 2 Save the Planet" message, and served vegan snacks to parolees supervised by the Hualien District Prosecutors Office.	2,310	F12
Yunlin	June 24	Visited Yunlin Prison to conduct an environmental seminar for inmates and share the "Be Veg, Go Green 2 Save the Planet" message (supported by fellow initiates).	0	
Changhua	June 26	Invited households supported by the Taiwan Fund for Children and Families to participate in a vegan cooking class, and shared the "Be Veg, Go Green 2 Save the Planet" message (supported by fellow initiates).	0	
Tainan	June 30	Organized 61 environmental seminars and vegan cooking classes at schools and organizations (supported by fellow initiates).	0	
Chiayi	July 3	Participated in a concert held by Chiayi City's Environmental Protection Bureau and offered vegan food tasting.	5,310	F13
Changhua	July 9	Organized a seminar and vegan cooking class to convey love to needy families and share the "Be Veg, Go Green 2 Save the Planet" message (supported by fellow initiates).	0	
Pingtung	July 15	Offered summer relief aid to low-income households and offered free haircuts.	60,000	F14
Hualien	July 19	Held a soul-elevating seminar, shared the "Be Veg, Go Green 2 Save the Planet" message, and served vegan snacks to parolees supervised by the Hualien District Prosecutors Office.	2,100	F15
Kaohsiung	July 26	Shared the "Be Veg, Go Green 2 Save the Planet" message and offered vegan food tasting.	3,290	F16
Tainan	July 31	0	0	
Hualien	Aug. 16	Held a soul-elevating seminar, shared the "Be Veg, Go Green 2 Save the Planet" message, and served vegan snacks to parolees supervised by the Hualien District Prosecutors Office.	2,400	F17
Yilan	Aug. 21	Participated in the Luodong Art Carnival on a parade float to share the "Be Veg, Go Green 2 Save the Planet" message.	73,716	F18
Keelung	Aug. 24	Shared the "Be Veg, Go Green 2 Save the Planet" message and offered vegan food tasting in Gancheng neighborhood.	4,500	F19
Kaohsiung	Aug. 25	Shared the "Be Veg, Go Green 2 Save the Planet" message and offered vegan food tasting in four local districts.	5,490	F20
Keelung	Aug. 28	Cleaned the beach as part of an environmental project.	550	F21
Yunlin	Aug. 31	Conducted environmental seminars and shared the "Be Veg, Go Green 2 Save the Planet" message with inmates at Yunlin Prison (supported by fellow initiates).	0	
Tainan	Aug. 31	0	0	
Keelung	Sept. 3	Organized an event to share the "Be Veg, Go Green 2 Save the planet" message at the Keelung Harbor Bureau and offered vegan food tasting.	4,160	F22
Kaohsiung	Sept. 4	Organized a	0	
Chiayi	Sept. 12	Participated in a green Mid-Autumn Festival celebration and offered vegan snacks.	7,618	F23
Hualien	Sept. 13	Offered vegan snacks to students and teachers at the Mingli Elementary School.	5,880	F24
Keelung	Sept. 18	Organized a "One Meatless Day Each Week" seminar and vegan food tasting event at the World Vision Recreation Center in Anle neighborhood.	6,030	F25
Keelung	Sept. 20	Visited homeless people during the Mid-Autumn Festival and offered them moon cakes and hygiene items.	15,800	F26
Hualien	Sept. 20	Visited parolees supervised by the Hualien District Prosecution Office, held a soul-elevating seminar to share the "Be Veg, Go Green 2 Save the Planet" message, and served vegan snacks afterwards.	1,875	F27
Changhua	Sept. 20	During the Mid-Autumn Festival, visited underprivileged people and offered pomelos to the Family Aid Center (supported by fellow initiates).	0	
Hualien	Sept. 21	During the Mid-Autumn Festival, visited and offered moon cakes to homeless people and needy elders.	1,800	F28
Chiayi	Sept. 21	During the Mid-Autumn Festival, visited homeless people to offer them moon cakes, a vegan lunch, hygiene items and free haircuts.	1,520	F29
Keelung	Sept. 25	Cleaned the beach as part of an environmental protection activity (supported by fellow initiates).	0	
Keelung	Sept. 25	Organized an event to share the "Be Veg, Go Green 2 Save the Planet" message in Yingge neighborhood and offered vegan food tasting.	5,670	F30
Tainan	Sept. 25	Cleaned the beach as part of an environmental protection activity (supported by fellow initiates).	0	

Kaohsiung	Sept. 29	Organized events to share the "Be Veg, Go Green 2 Save the Planet" message, held vegan cooking classes at 7 schools in Kaohsiung, and offered vegan food tasting, to support the government's "Save Energy, Reduce Carbon Emissions, Be Veg, Go Green" campaign.	8,250	F31
Tainan	Sept. 30	Organized 27 environmental seminars and vegan cooking classes at various schools and organizations in Tainan as well as offered vegan food tasting (supported by fellow initiates).	0	
Yunlin	Sept. 30	Visited inmates at Yunlin Prison, conducted environmental seminars, and shared the "Be Veg, Go Green 2 Save the planet" message; gave financial contribution to purchase more food.	5,000	F32
Kaohsiung	Oct. 16	Visited the elderly during the Double Nine Festival and contributed the proceeds from an auction on that day.	9,858	F33
Keelung	Oct. 17	Participated in the Advocating the Vegan Diet Garden Party in Kaohsiung City to share the "Be Veg, Go Green 2 Save the Planet" message and offered vegan food tasting.	9,018	F34
Hualien	Oct. 18	Visited parolees supervised by the Hualien District Prosecution Office, held a soul-elevating seminar, shared the "Be Veg, Go Green 2 Save the Planet" message, and served vegan snacks afterwards.	4,000	F35
Taipei	Oct. 21	Organized a seminar to share the "Be Veg, Go Green 2 Save the Planet" message with inmates to support the Taipei Detention Center's "One Meatless Day Each Week" activity (supported by fellow initiates).	0	
Chiayi	Oct. 24	Participated in a garden party held at the Chia-ai Development Center for the Mentally Challenged to share the "Be Veg, Go Green 2 Save the Planet" message.	4,172	F36
Taoyuan	Oct. 26	Contributed relief cash to families who lost their loved ones to Typhoon Megi.	10,000	F37
Kaohsiung	Oct. 27	Organized 8 "Be Veg, Go Green 2 Save the Planet" seminars and vegan cooking classes at various schools and organizations in Kaohsiung as well as offered vegan food tasting (supported by fellow initiates).	9,240	F38
Tainan	Oct. 31	Organized 33 "Be Veg, Go Green 2 Save the Planet" seminars and vegan cooking classes at various schools and organizations in Kaohsiung as well as offered vegan food tasting (supported by fellow initiates).	0	
Chiayi	Nov. 9	Offered sleeping bags to homeless people for the cold winter.	26,000	F39
Hualien	Nov. 15	Visited parolees supervised by the Hualien District Prosecution Office, held a soul-elevating seminar, shared the "Be Veg, Go Green 2 Save the Planet" message, and served vegan snacks afterwards.	3,920	F40
Pingtung	Nov. 27	Rendered relief to victims of Typhoon Fanapi by distributing rice to 329 households in five aboriginal villages in Mutai Township.	299,390	F41
Changhua	Nov. 29	Organized a drawing and writing competition during the Amoura Lake Photo Exhibition held at Xinhuang Elementary School to promote art and beauty (supported by fellow initiates).	0	
Kaohsiung	Nov. 30	Organized 6 "Be Veg, Go Green 2 Save the Planet" seminars and vegan cooking classes at various schools and organizations in Kaohsiung as well as offered vegan food tasting (supported by fellow initiates).	3,465	F42
Hualien	Dec. 3	Organized an event to share the "Be Veg, Go Green 2 Save the Planet" message at Hualien County Council and offered vegan food tasting.	18,172	F43
Keelung	Dec. 4	Cleaned the beach as part of an environmental protection activity (supported by fellow initiates).	0	
Hualien	Dec. 11	Gave rice and cooking oil to students from needy families.	10,914	F44
Hualien	Dec. 13	Contributed good used items to needy elderly in Hualien County and the Family Care Association (supported by fellow initiates).	0	
Changhua	Dec. 15	Organized the Lake Amoura Photo Exhibition at Nanxing Elementary School and taught the students to draw pictures to promote art and beauty (supported by fellow initiates).	0	
Changhua	Dec. 17	Organized the Lake Amoura Photo Exhibition at Yuanlin Elementary School and taught the students to draw pictures to promote art and beauty (supported by fellow initiates).	0	
Changhua	Dec. 18	Cooperated with the Changhua City Childcare Center and organized a talent show for toddlers (supported by fellow initiates).	0	
Kaohsiung	Dec. 18	Participated in the Multi-Culture Carnival held at the Ding Zhong Commercial Circle to share the "Be Veg, Go Green 2 Save the Planet" message.	17,720	F45
Yunlin	Dec. 20	Contributed quilts to the Yunlin County Homeless Animals Protection Society for 150 homeless dogs to withstand the cold weather (supported by fellow initiates).	0	
Hualien	Dec. 23	Visited parolees supervised by the Hualien District Prosecution Office, held a soul-elevating seminar, shared the "Be Veg, Go Green 2 Save the Planet" message, and served vegan snacks afterwards.	3,680	F46
Kaohsiung	Dec. 26	Participated in an environmental protection activity held by the Women's Echelon of the Social Affairs Bureau and shared the "Be Veg, Go Green 2 Save the Planet" message.	17,193	F47
Kaohsiung	Dec. 29	Organized 3 "Be Veg, Go Green 2 Save the Planet" seminars and vegan cooking classes at various schools and organizations in Kaohsiung as well as offered vegan food tasting (supported by fellow initiates).	3,370	F48
Keelung	Dec. 29	Offered sleeping bags to homeless people for the cold winter.	9,600	F49
Taipei	May ~ December	Monthly visits to inmates in Sindian Drug Abuse Treatment Center; held soul-elevating seminar as well as organized English conversation classes and vegan cooking classes (supported by fellow initiates).	0	
Tainan	May ~ December	Monthly visits to inmates in Tainan Prison; held environmental seminars and contributed books (supported by fellow initiates).	0	
Tainan	May ~ December	Monthly visits to inmates in Tainan Minde Labor Prison; held environmental seminars and contributed books (supported by fellow initiates).	0	
Total			NT\$809,193 (US\$25,650)	

Table 2: Expenditures for Helping Needy Households

(Currency: NT\$)

Month	Description	Amount	Appendix
May	12 households (Taoyuan 2, Miaoli 6, Taichung 1, Chiayi 1, Taitung 1, Yilan 1)	47,000	A
June	13 households (Taipei 1, Taoyuan 1, Miaoli 7, Taichung 1, Chiayi 2, Taitung 1)	50,000	B
July	11 households (Taipei 2, Taoyuan 1, Miaoli 5, Taichung 1, Taitung 1, Yilan 1)	56,000	C
August	13 households (Taipei 2, Taoyuan 1, Miaoli 4, Taichung 1, Chiayi 4, Taitung 1)	57,000	D
September	9 households (Taipei 3, Taoyuan 1, Miaoli 3, Taichung 1, Yilan 1)	39,000	E
October	5 households (Taipei 3, Taoyuan 1, Taichung 1)	25,000	F
November	6 households (Taipei 1, Taoyuan 1, Miaoli 4)	24,000	G
December	9 households (Taipei 3, Taoyuan 1, Miaoli 4, Taichung 1)	39,000	H
Total	78 households	NT\$337,000 (US\$10,682)	



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Supreme Master Ching Hai's Latest DVDs

DVD-900 (In English with 25 choices of subtitles)

The Truth About Merits: How to Gain or Lose Them

Los Angeles, California, USA, July 7, 2010

Summary:

Why do we lose spiritual merits when we engage in animal-related occupations such as the meat, dairy and egg industries? How does this affect our present and future lives? What are the merits of working at jobs involving food, clothes, housing and transportation? What is deep quality (DQ)? How many merits do we need to be liberated from transmigration?

In this DVD, Supreme Master Ching Hai reveals how the merits gained and lost in daily life and specific careers affect our lives and spirituality. She also discusses the differences and the relationship between physical and spiritual merits. 🌸



DVD-908 (In Aulacese with 37 choices of subtitles)

(Available in versions A and B, each with 31 choices of subtitles)

The King & Co.

An epic saga in Aulacese (Vietnamese)

Summary:

Motivated by Her heavenly inspirations and boundless love for humanity, Supreme Master Ching Hai wrote and directed "by remote control" the epic saga, *The King & Co.* Everything from the plot to the conclusion and the carefully crafted closing credits came from Master's ethereal creativity and perfect wisdom. Meticulous attention was given to all the details, including music, dance, humorous gestures and even the character names, which have deep meanings. The story introduces the detrimental effects of the four biggest killers, "meat, drugs, tobacco and alcohol," with the aim of elevating the world's consciousness. At the same time, these themes are conveyed through suspense, thrilling adventures, sweet romance and unforgettable characters, with a series of climaxes throughout the play that bring infinite delight and surprise to the audience!

We are most thankful to Supreme Master Ching Hai for Her unconditional love and infinite blessing for all living beings on Earth. At such a critical time for the planet, this epic saga, *The King & Co.* is indeed a most precious gift! 🌸



DVD-818 (In English with 26 choices of subtitles)**Humanity's Leap to the Golden Era**

Climate Change Conference, Washington, DC, USA, November 8, 2009

Summary:


This conference brought together some of the foremost international experts on climate change from the medical and scientific fields, to examine the critical situation of global warming and the urgent need to address it. Available to provide spiritual insights for questions raised by participants was honored guest Supreme Master Ching Hai, speaking via videoconference. The questions included: What does the Golden Era mean to us here on Earth? What is the role of animals' divine presence on Earth? Will their relationships with human beings change our future? How to persuade people to adopt the compassionate vegan lifestyle, to save the world we share? All these and many more are patiently and lovingly addressed by Master, bringing deeper understanding and the inspiration to act in saving our world.

DVD-857 (In English with 22 choices of subtitles)**Supreme Master Ching Hai on the Environment: A Great Mission - Saving the Planet**

Climate Change videoconference, California, USA, November 26, 2008

Summary:

In the face of global warming, Supreme Master Ching Hai emphasizes that love, a frugal life and the vegan diet are the best protection. Do you know that the Earth is a "super being"? She has super power and the extraordinary quality of Divine consciousness and deserves our love, appreciation and respect. In fact, love itself is our immune system.


Master also shares an important message with US President Barack Obama: "Don't be a president. Be an extraordinary leader.... Endorse a more compassionate lifestyle for the Americans. Be a hero, be a life saver. Be a historical vegan President of America and lead the world to salvation. Peace and love expand. Wars and hatred contract and isolate." 

**DVD-877** (In English and Thai with 26 choices of subtitles)**Solutions for a Beautiful Planet**

Climate Change International Conference, Nonthaburi, Thailand, August 15, 2009

Summary:

Thai and Aulacese experts in the fields of environmental protection, climate, nutrition and energy met for an enlightening discussion on how the meat-eating habits of human beings have created the crisis on our planet today. Speaking to an audience of nearly 5,000, they emphasized that a vegan diet is the best choice from the perspective of the human body's structure, as well as human and planetary health.

Joining via videoconference as the guest of honor, Supreme Master Ching Hai, with Her unique wisdom and insights, shared with everyone that the planet's entire population needs to be vegan in order to save the planet. She also answered questions from the audience and provided them with practical advice and feasible solutions. 





DVD-883 (In English and Aulacese with 26 choices of subtitles)

The Premiere of the Aulacese Editions of Supreme Master Ching Hai's

The Dogs in My Life and The Noble Wilds

Nonthaburi, Thailand, August 15, 2009

Summary:

The Supreme Master Ching Hai often teaches the concept of “family” through Her beloved dogs and encourages all humans and animals to live as a harmonious family.

Amoura, originating from French, means love. Animals living near Lake Amoura, who are fondly known as “the wilds,” show a natural flow of love and noble qualities. Through these two books, Master reminds us of the principle embodied by all animals, which is also the sustaining essence of life: “Love is very powerful. We have this powerful love within us. Only when we remember and develop our love can the planet have a chance to survive.”



DVD-882 (In English and Chinese with 26 choices of subtitles)

Global Unity: Together in Saving Lives

Climate Change International Conference, Hong Kong, October 3, 2009

Summary:

During the conference, the Supreme Master said, “It’s not just about the physical existence on this planet that we want to save, but we want to protect the children and by doing that, we protect our noble Self, our heroic compassionate Self, which is our true Nature.” She further revealed that God sends different animal species to the planet to help balance its negative atmosphere and make it more loving. If the world’s population becomes vegan and lives a virtuous, compassionate life, then there is still hope for the planet.



DVD-884 (In English with 26 choices of subtitles)

Global Warming: Yes, There Is a Solution!

Climate Change International Conference, Lima, Peru, September 12, 2009

Summary:

Peru is home to 70% of the world’s tropical glaciers and is known for its diverse topography. However, rising temperatures are causing the glaciers to melt rapidly, with huge impacts on the environment.


In this videoconference, invited government officials and celebrities share their concerns on this emergent crisis with the distinguished guest, Supreme Master Ching Hai. In order to minimize the impact of climate change, we cannot wait for the government or media to take action, or expect technology to solve the problem. Instead, we ourselves have to take the first step. Since global warming is mainly due to livestock raising, which also causes environmental damage as well as water and food shortages, we should choose an organic vegan diet free of animal products. This solution is readily and immediately available to everyone and is the key to human and planetary survival.



DVD-887 (In English and Chinese with 23 choices of subtitles)**Trust in God to Provide What We Need**

International Seminar in Europe, December 21, 24 and 26, 2008


Summary:

Whatever situation we are in, we should accept and trust that it is the best for us. We need to be patient because things will change ultimately. The Supreme Master says, "There is nothing else we should do but wait and do our job. Our job is to remember God and to meditate on God every day. Everything else will take care of itself." In doing so, we also need to check our ego every day. Through stories told by Master, we are reminded how focusing on others' shortcomings will make us pay dearly in our own spiritual practice. Instead, we should learn from others' mistakes and practice with diligence and humility to progress spiritually. 

**DVD-888** (In English with 25 choices of subtitles)**The Higher Duty of Enlightened Masters**

International Seminar in Europe, December 15, 2008


Summary:

In reading the last letter from Sufi Master Mirza Abdul-Hadi Khan of Bukhara to his disciples, Supreme Master Ching Hai elucidates the truth behind the higher duty that enlightened Masters fulfill in their lives. Whatever an enlightened Master does is in accordance with the situation, the Universal Law, a person's sincerity and merit, although this is not always immediately visible to the observer. How important is the presence of a living Master? How do we see through illusions and realize the Truth? What is the real purpose of attending group meditation? Supreme Master Ching Hai said, "The more grateful you are, the more miracles you will see. It's just, 'Like begets like.' And the more you recognize the working power of the Master or the universe, the more you will see of it." 

**DVD-890** (In English and Aulacese with 23 choices of subtitles)**Embracing a Noble Ideal**

International Seminar in Europe, December 9, 2008; January 5, February 21, March 22, 2009

Summary:

Sharing ancient and modern fascinating stories of spiritual practice, Supreme Master Ching Hai brings to light the universal ideal of all religions and sects, which emphasizes the adoption of a compassionate vegan way of life. She also clarifies that this way of life represents the simplest, most effective and indeed, only solution to save our Earth at this critical time. Master points out that if we truly want to survive and are willing to make every possible effort to save the planet and our co-inhabitants, then that strong will, coupled with our loving action, will help us. She continues, "We have our ideals, our life has a purpose. We have a goal that is very noble. Therefore, we live and feel good. However tough or difficult the work, it's okay because we have a purpose." 





Elevation of the Soul

DVD-891 (In English and Chinese with 24 choices of subtitles)

We Are Originally Pure

International Seminar in Europe, January 3, February 7 and 27, 2009

Summary:

Have you ever dreamed of immortality? Supreme Master Ching Hai tells us that originally, this human body was extraordinarily equipped with everything—light, brightness and love. It could rejuvenate itself and last for even 80,000 years! However, due to pollution by consuming meat, tobacco and alcohol, our lifespan has become so short. “Human’s inborn Nature is kindness.” The braver we are, the more committed we are to the vegan lifestyle, the clearer we will understand this. In another lecture, Master tells a story of Master Rumi and explains why the real Masters always conceal themselves and even act in a manner contrary to social norms. As the prophet said, “God has hidden the man of greatest knowledge.” These enlightened people are known by only a few. 🌸



DVD-892 (In English and Chinese with 26 choices of subtitles)

Save Earth with Hope

International Seminar in Europe, August 2 and September 6, 2009

Summary:

Speaking on the current crisis of climate change, Supreme Master Ching Hai points out, “Our action, no matter on purpose or not, always reflects the inner consciousness and the subconscious also. The subconscious is always visible to all beings and all the universe. So, if we do things not according to our status, then life will change. Situations will change to suit our new action, new choice.” Therefore, Master reminds us that we must be vegan, compassionate and kind to animals. Then we will feel good, healthy, more energetic, more loving and more clear-minded. And when we see animals, we will feel so much love. Only then can we claim the dignified status of being children of God and worthy of protecting this magnificent Earth. 🌸



DVD-893 (In English and Chinese with 26 choices of subtitles)

Act Like Our True Great Self

International Seminar in Europe, September 26 and October 11, 2009

Summary:

Supreme Master Ching Hai reminds us to behave in a more noble fashion that would reflect our true qualities—love, compassion and greatness. When asked how we could nurture the good energy within us in order to better serve others, Master said, “We should change our concept. We should focus on the meditation. We must meditate and let go of all unimportant things.” 🌸




Supreme Master Ching Hai's Newest Poetry Anthology

Embarking on the Journey of Love and Eternity

- Release of the Chinese, English, French, German, Korean, Mongolian, Spanish and Aulacese versions of *The Love of Centuries*

Supreme Master Ching Hai's exquisite new poetry collection, *The Love of Centuries*, is now available in eight languages. This warm and elegantly romantic volume of 46 verses expresses the poet's vast heart that encompasses youthful nostalgia for Her homeland, Her love for the special ones in Her life, Her great sympathy for the vulnerable animals, and the Divine love of an enlightened Master for all God's precious creations. Among the newly published poems are Supreme Master Ching Hai's "Please Wake Up!" and "Please Don't!" Also included is Her spontaneous, soul-comforting lullaby, "Good Night Baby," as well as first-ever revealed heartfelt odes to the Sun, the Moon and the stars.

After reading this book, Mr. Karl Min Ku, former director-general of the National Central Library in Formosa (Taiwan), offered this sincere expression: "The poems in this anthology are pure and fresh, harmoniously rhymed and beautifully composed with grace and elegance In addition to the artistic and aesthetic senses that are constantly present, great compassion and love are also exhibited frequently in the poems. The more we read and appreciate the poems in this anthology, the more we appreciate the beauty and love conveyed therein, which seem to be constantly elevating the world to an ultimate state of pristine beauty, goodness and beauty"

Enhanced by Master's most recent paintings and photography, these 46 poems will take you on different, fascinating journeys with their myriad expressions of life's delicate emotions. We invite all poetry lovers to enjoy a stroll through the poetic, vibrant garden of *The Love of Centuries*. 



You are here! My soul's adorned by moons and stars
The wilted heart now blossoms boundlessly.
Oh, dear universe!
Is now here
My love of centuries!
Your arrival elevates myriad worlds
Waves of joy reach even the farthest galaxy.

~ An excerpt from *The Love of Centuries* by Supreme Master Ching Hai

To purchase the Chinese edition of "*The Love of Centuries*," please visit any Kingstone Bookstore retail outlet, or go to <http://www.Kingstone.com.tw> For other language editions, please visit <http://www.smchbooks.com>


From Crisis to Peace : The Organic Vegan Way is the Answer

- Sowing the Seeds of Peace and Creating a Beautiful Future through Action

(This book is currently available in English, Spanish, Chinese, Indonesian and Korean; other language editions will be published online and in print.)

With the publication of the book *From Crisis to Peace : The Organic Vegan Way is the Answer* by Supreme Master Ching Hai, more and more people have come to realize the urgent need to return to a natural and healthy way of life. In fact, many who are concerned about the Earth have been inspired to launch the petition "From Crisis to Peace: A Global Going Veg Petition for Survival." To take part in this appeal, you can visit the website <http://www.crisis2peace.org/> and click "Sign the petition." This way, you can send out your call for a beautiful future to the world, while becoming another person who is taking action to extend blessing to this planet.

In addition, to quickly raise public awareness of the global warming crisis and to share Supreme Master Ching Hai's insights, we sincerely invite you to join the "Spreading Words of Peace" campaign. By clicking "Quote" on the <http://crisis2peace.org/> website, you can choose selected passages of hope from the book to share with your relatives and friends. With several quotes each day, a worldwide positive reaction chain can be initiated. You also can follow us on Twitter, Facebook, or Plurk for the most recent updates.*

We hope that through easy Internet access and various social network websites, the light of wisdom will lift any cloudy haze, thus pointing out a clear path for the world. Please join us in this effort to bring a positive impact to the planet! 



Supreme Master Ching Hai autographs the book at its release in Cancun, Mexico.

*: Twitter: <http://twitter.com/CrisisToPeace>

Facebook: <http://www.facebook.com/FromCrisistoPeace>

Plurk: <http://www.plurk.com/crisis2peace>

For more information about the petition, please visit: <http://crisis2peace.org> or <http://suprememastertv.com>