

The Supreme Master Ching Hai

News No.210



Special Report: Loving the Silent Tears: The Musical celebrating the 19th Anniversary of Supreme Master Ching Hai Day



*Loving the
Silent Tears*

BE VEGAN, MAKE PEACE


The Heavenly Grace of Noble and Selfless Motive

Spoken by Supreme Master Ching Hai, March 26, Golden Year 9 (2012)
International Gathering in Europe (Originally in English) (DVD#998)

I have to thank all of you for your supportive energies and your supportive actions and supportive purpose. In your mind, you have a purpose that you want to save the world and you want to rescue the planet. This is very powerful thinking, very selfless and very noble.

Any noble and selfless thought or action always brings good results. Even if you don't see it, maybe graphically or visibly, it works. **Every time you think nobly and you act nobly or selflessly, the results are always fantastic, visibly and invisibly. And it affects the whole world, not just that person that you did a favor for, or not just yourself or your family or your five generations. It affects the world and even the universe, depending on how big your action or how grand your noble thoughts are.**

It always works because when you're thinking nobly or acting selflessly, you are one with Heaven. And then you're adding more power to Heaven to overcome the negative power in this world. So, that's why you and Heaven are connected, and it's like teamwork. It's teamwork because Heaven is invisible and you are visible. The invisible and the visible connect together: It's very strong. The negative power is also invisible, but it has equipment here which is visible through the people who work for negative power or think negatively. So, if the world is full of these negative instruments and connected with negative power, then of course, it's bound for doom and trouble.

But if we balance it with our positive power and our connection with Heaven, then at least it's balanced. It's not like one side is too much and one side's too little. So, the more practitioners, the more noble thoughts you have and the more selfless actions you do, you will save the world. 



Be Vegan, Make 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.

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

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Turkey Pardon at the White House

By USA News Group (Originally in English)

Partaking in an annual tradition, the newly re-elected U.S. President Mr. Barack Obama pardoned two turkeys in the White House Rose Garden on the day before the Golden Year 9 (2012) Thanksgiving holiday. The public was given the chance to choose between two birds named Cobbler and Gobbler via Facebook for the 65th anniversary of the National Thanksgiving Turkey Presentation. While Cobbler was chosen, the President decided to spare Gobbler as well.



Joined by his daughters Sasha and Malia, President Obama announced, "They say that life is all about second chances. And this November, I could not agree more. So in the spirit of the season, I have one more gift to give, and it goes to a pair of turkeys named Cobbler and Gobbler. The American people have spoken, and these birds are moving forward." Cobbler and Gobbler grew up on the same farm and will happily live out their lives at George Washington's Mount Vernon Estate and Garden in Virginia, USA.

The practice of unofficial presidential turkey pardoning is reported to date back to the days of President Abraham Lincoln, with Presidents John F. Kennedy, Richard Nixon and others also sparing the lives of turkeys in the ensuing years. However, the first official Thanksgiving pardon was given to a turkey by President George H.W. Bush in 1989.

Commending this merciful act as well as his efforts to bring peace to Gaza and comfort those in the eastern US affected by Hurricane Sandy, Supreme Master Ching Hai wrote the following letter to President Obama on November 22, Golden Year 9 (2012). 🌻





His Excellency Barack Obama
President of the United States of America
1600 Pennsylvania Avenue NW
Washington, D.C. 20500-0001

Respected Mr. President:

I'm so happy to write you this letter. Although I'm just an honorary U.S. citizen and not officially an American, I am so very proud of you, a humane and caring president.

I thank you for your compassion, and for setting a shining, noble example for the nation and the world. Since coming into office, you have expanded the annual presidential act of showing mercy to turkeys from one to two birds, this year being the lovely Cobbler and Gobbler. Your gesture speaks profoundly of kindness and respect for life. During your speech, Cobbler was even cooing songs singing your praise and thanking God in front of the whole world and cameras. And I'm sure that even if you don't speak "turkish," you know that he thanks you.

I also would like to thank you and Secretary of State Hillary Clinton together with President Mohamed Morsi for your crucial roles in brokering the ceasefire in Gaza, which will save countless lives including innocent children and women, who, as Secretary Clinton stated, deserve the chance to live free of fear and violence. Your dedicated efforts also raise the promise of lasting stability in the region.

In addition, you even went back to New York almost immediately after you were re-elected to comfort and encourage the victims of Hurricane Sandy, and to reiterate your promise to help with the rebuilding process. That shows just how genuine your concern is as a leader not for the votes, but rather for the well-being of your co-citizens.

These symbolic acts of compassion surely touched Heaven, and Heaven will pardon humans for many incorrect doings. With every such benevolent act, you bring us closer to the time when all beings may give thanks for the blessings of living a peaceful life.

Respectfully yours,

Supreme Master Ching Hai

P.S. In furthering your goodness, we will contribute US\$50,000 to the non-kill animal shelters in New York for the homeless and troubled animals in the wake of Hurricane Sandy (in support of the President's kindness toward Gobbler and Cobbler) — for the humans, I have already sent some material and emotional comfort. Thank you again for reminding the world to be loving and kind.



The Extraordinary Leadership of the President of Russia

By USA News Group (Originally in English)

Over the last decade, under the leadership of His Excellency President Vladimir Putin, Russia has experienced political stability, fast economic growth, and improved relationships with other countries. Furthermore, President Putin has promoted environmental conservation awareness through actions such as signing the 2004 Kyoto Protocol treaty designed to reduce greenhouse gases and personally supporting a number of protection programs for rare and endangered animals in Russia.

Commending his wise policies, inspirational acts and leadership, the Supreme Master Ching Hai wrote the following thank you letter to His Excellency President Putin:

November 30, 2012

His Excellency Vladimir Putin
President of Russia
23, Ilyinka Street
Moscow, 103132
Russia

Respected Mr. President,

For a long time, I have been wanting to write you, but I have been in intensive meditation without adequate facilities to do so.

First, I would like to wish that you are in good health and doing well, with everything going smoothly in your noble work for Russia and the world. Thank you for setting a positive example through your commendable acts, big and small, during your terms as both President and Prime Minister. I am always glad and touched whenever I see you and other leaders do good deeds for our world and the environment.

For example, you have wisely used your leadership position to save lives by encouraging a healthier lifestyle among your fellow citizens, including through your own personal example. You are currently leading efforts for a strong set of anti-tobacco laws to ban smoking in public places as well as tobacco advertisements and kiosk sales, while raising cigarette taxes. You have also continued to uphold the ban on alcohol sales and drinking in public places. In addition, you championed the 2009 law restricting gambling to a few remote areas in order





to reduce addiction and organized crime. You have likewise succeeded in reducing crime and corruption by implementing reforms to improve the police, military, and legal systems.

In foreign affairs, you have taken steps to eliminate nuclear weapons and increase regional economic cooperation and shared prosperity. Through your policies, you have also promoted a penchant for a peaceful co-existence among nations instead of warfare.

To support a good cause, you sang and played the piano for a 2010 musical charity event in St. Petersburg that benefited ill children. Meanwhile, for the animals, in September of this year you donned a white crane outfit and piloted a hang glider to guide a group of endangered Siberian cranes to a safer winter habitat in an inspiring operation called “The Flight of Hope.” Afterward, you donated the hang glider, which you had purchased with your own money, to the crane conservation effort. You have demonstrated your concern for protecting wildlife in other ways as well, raising awareness among people through your personal, hands-on efforts to help endangered tigers, whales, polar bears, and other vulnerable species. In addition, as prime minister you have helped to expand the number of national parks and natural reserves, among other caring environmental measures.

Thank you, Mr. President, for being a shining and compassionate role model, helping to save lives and improve the quality of life for humans and animals. I look forward to seeing your many more noble acts to come.

May God bless you and Russia.

Respectfully yours,

Supreme Master Ching Hai

Celebrating Peace in Gaza

By USA News Group (Originally in English)

On November 21, Golden Year 9 (2012), the world was relieved to hear the Gaza ceasefire agreement had been reached between Israel and Hamas. The agreement was announced by Egyptian Foreign Minister His Excellency Mohamed Kamel Amr in a joint news conference with the United States Secretary of State Her Excellency Hillary Rodham Clinton in Cairo. Many Palestinians in Gaza took to the streets to celebrate the truce after eight days of attacks. The agreement came after a day of negotiations that included the U.S. Secretary of State Hillary Clinton, Egyptian President His Excellency Mohamed Morsi and Palestinian officials. Secretary Clinton had been travelling between Egypt, Israel and the occupied West Bank to help negotiate the agreement. President Morsi, who took the office at the end of June, has won praise for his instrumental role in helping to bring about peace in this region.



Expressing Her sincere appreciation to His Excellency President Morsi and Her Excellency Secretary Clinton for their historical work to secure a state of peace in the turbulent situation, Supreme Master Ching Hai wrote to each of them a thank you letter, which are presented here. We hope and pray that all world leaders will follow their noble example and work together to co-create a peaceful kingdom on Earth for all beings. 🌻

December 1, 2012

His Excellency Mohamed Morsi
President of Egypt
Abdin Palace
El-Gomhoreya Square
Rahbet Abdin, Cairo
Egypt

Respected Mr. President:

With this letter, I would like to express my appreciation for your diplomatic achievement in brokering the Gaza ceasefire. Although you were just elected to office five months ago, what you have accomplished was historical. Your efforts stopped the violence and saved countless lives, including those of innocent children and women.

In the midst of heated turmoil and pressures from various sides, you have kept a cool head in negotiating a suitable agreement. You have succeeded in maintaining a balance between representing and respecting the interests of your own fellow citizens, the people and governments of Gaza and Israel, as well as the United States. Through this process, you have earned the trust of relevant parties and demonstrated your commitment to bringing about stability and peace to the Middle Eastern region.

I thank you again for your heroic, noble efforts for peace and wish you continued success in your efforts that contribute to greater peace and understanding in our world.

May Allah bless you and Egypt.

Respectfully yours,

Supreme Master Ching Hai





December 1, 2012

The Honorable Hillary Clinton
Secretary of State
U.S. Department of State
2201 C Street NW
Washington, D.C. 20520

Dear Madam Secretary of State:

I would like to convey my appreciation and gratefulness for your remarkable and crucial work in brokering the Gaza ceasefire. In the midst of the heated turmoil, it was courageous of you to travel there for this difficult mission. Through your skillful diplomacy, focus and dedication, as well as compassion for innocent lives, together with Presidents Barack Obama and Mohamed Morsi, you succeeded in helping the differing parties to reach a peaceful agreement.

To have made such an accomplishment, that is, secure a state of peace in the middle of intense turbulence, is very blessed and meritorious, and resulted in sparing countless people from harm.

In fact, over the past four years, you have consistently used your talents and position as Secretary of State to help create a more peaceful world for all. From the beginning, you have led efforts to expand the role of diplomacy in US foreign policy to improve international relationships and promote greater harmony. For instance, you helped usher Burma out of decades-long isolation during a landmark visit last year, becoming the first US Secretary of State to visit there in 56 years. Your efforts led to the normalization of economic ties with the country as you encouraged the Burmese government to continue democratic reforms and peace efforts with ethnic minorities. During the ongoing Arab Spring, you have called for a peaceful transition to a real democracy in Egypt, encouraging that changes, despite the uncertainty, be embraced as opportunities toward a shared better future. Previously in 2010, you helped to save an accord between Turkey and Armenia, enabling the two nations to establish diplomatic relations and open the border between them. Meanwhile, you have diligently promoted the welfare and rights of women, highlighting women's rights as an important way to create and maintain global peace, while also boldly speaking out for the rights of the gay community before the United Nations.

Thank you, Madam Secretary of State, for your heroic and noble work to protect human lives and dignity and for bringing humanity closer to lasting calm and happiness on Earth.

May God bless you and the United States of America.

Respectfully yours,

Supreme Master Ching Hai



On December 22, Golden Year 9 (2012) in a video-conference with the Supreme Master Television staff, Supreme Master Ching Hai revealed some wonderful news with the following announcement: As recorded in Her December 18th spiritual diary entry, our planet will be blessed to continue existing for another 8,331,171 years and even longer as Master continues to bless the world through Her deep meditation. She also said, "Now we humans are pardoned to some extent, to some degree, but we must prove worthy of this world. It's up to the people now to choose either the noble way of living or the lesser standard of humans for present life and the hereafter. We have to live according to true human standard."

Master mentioned in Her book *From Crisis to Peace: The Organic Vegan Way Is the Answer* that the vegan diet itself is a spiritual movement because it is the single most effective way to expand our human compassion and noble quality, and loving quality. It can reverse the cycle of violence and bad karmic retribution: "As we sow, so shall we reap." And it places us within a circle of love, protection and mercy from any negative happenings in the physical realm. "Be Vegan, Make Peace" is a spiritual lifestyle that still needs to be promoted worldwide through our diligent effort. May this planet and all beings be blessed forever!

BRAZIL

Promoting the Organic Vegan Message at RIO+20: an Experience of Love, Devotion and Miracles

By Brazil and USA News Group (Originally in Portuguese and English)

[Rio de Janeiro] From June 13-22, Golden Year 9 (2012) the United Nations Conference on Sustainable Development or Rio+20 was held in Brazil's capital city, Rio de Janeiro. The Conference was a follow-up to the 1992 Earth Summit/United Nations Conference on Environment and Development held in the same city, and coincided with the 10th anniversary of the 2002 World Summit on Sustainable Development held in Johannesburg, South Africa. Organized by the UN's Department of Economic and Social Affairs, Rio+20's aims were to coordinate international economic and environmental goals through sustainable development, and produce a focused document to shape global environmental policy. Participants included 57 heads of state and 31 heads of government, private sector businesses, NGOs and other groups.

After hearing of this wonderful event, members of The

Supreme Master Ching Hai International Association from South America, the US, Formosa and other areas formed a team with Brazilian members to promote the sustainable, organic vegan lifestyle. Along with groups such as the United Nations Framework Convention on Climate Change, the Global Environmental Facility, the World Food Programme, and the World Health Organization,



the team set up a booth in the Rio+20 Global Town Hall, offering information on veganism, Master's book *From Crisis to Peace: The Organic Vegan Way is the Answer*, and Her letters to government leaders on environmental policy and the current state of planet Earth. The team members also shared vegan food samples, almond cookies and T-shirts made of recycled plastic bottles and printed with the "Be Vegan, Make Peace" slogan.

The team's booth was often packed with visitors, many of whom said they were unaware of the cruelty involved in factory farming and promised to stop eating any animal products in the future. A number of teachers from various schools said they would relay this message to their students. One local teacher repeatedly brought her students back so that they could hear about the benefits of the vegan diet in promoting health and environmental well-being. Several chefs, including those from a large Brazilian fast-food chain called Bob's, also stopped by to learn about the vegan diet and how to cook vegan food. A gentleman who used to sell meat-based sandwiches at the beach in Rio

said that from then on he would sell only vegan ones. After tasting the delicious food, many people exclaimed, "It's not so difficult to be vegan!"

Outside the Global Town Hall, some of our Association members wore animal costumes and held signs with messages such as "Organic Vegan for a sustainable world," and "Be Vegan, Make Peace," attracting great attention from passersby, journalists, and some policemen. Thus, they had the opportunity to spontaneously talk to the public about the impact of diet on health and the environment.



Vegan Sandwiches with a Delicious Message

The vegan sandwiches provided by our Association's kitchen team were very popular at the Conference. Through God's grace, despite tight security on the first day of the presidents/heads-of-state meeting, the team was able to obtain a special pass, use the VIP routes and continue providing vegan food at the main entrance of the venue. Every day the team made thousands of sandwiches and delivered them to the Conference site and to the campsites where delegates from various nations were staying.

Responses to the food were marvelous. For example, after tasting vegan sandwiches for the first time, many delegates, including several national presidents, said they were impressed by the delicious flavor. And after eating the contents of her vegan lunch box, one woman delegate said that she felt really well and light, and decided to change her diet.

In addition, the team met a reporter from the Paraguayan newspaper ABC Color, who introduced them to many other



international journalists. The team members then talked with the journalists about the benefits of the vegan diet and gave them 30 deluxe lunch boxes. During the Conference approximately 28,000 vegan sandwiches, 180 presidential meals, 2,354 VIP lunch boxes, and 40,000 cookies were happily given to the delegates.



Gift Bags Reach Many

Our Association members also distributed “Be Vegan, Make Peace” gift bags containing a vegan recipe book, a copy of Master’s book *From Crisis to Peace: The Organic Vegan Way is the Answer*, a manual on sustainable community models, a print-out of “A Successful Model of Government Policy on Sustainable Diet” (vegan), a T-shirt, a DVD on organic farming, and several vegan cookies. Some bags in addition contained the special-edition DVD of *The Real Love* musical. Furthermore, the gift bag contained Supreme Master Ching Hai’s letter to world leaders announcing that the continuation of our planet had been extended for half a century and more, with Master citing the wise and Earth-protecting actions of world leaders as having contributed to this wonderful state of events.

On the second day of the presidents/heads of state meeting, our Association members had the honor of distributing approximately 400 gift bags in a special meeting room for VIPs, who included UN General Secretary Ban Ki-moon, US Secretary of State Her Excellency Hillary Clinton; the Prime Minister of Sweden, His Excellency Fredrik Reinfeldt; the Prime Minister of Denmark, Her Excellency Helle Thorning-Schmidt; the Vice President of the Comoros, His Excellency Fouad Mohadji; the Vice Prime Minister of Kyrgyzstan, His Excellency Djoomart Otorbayev; Swiss Federal Councillor, Her Excellency Doris Leuthard; the Deputy Prime Minister of the United Kingdom and Northern Ireland, His Excellency Nick Clegg; the Prime Minister of Australia, Her Excellency Julia Eileen Gillard; His Majesty King Mswati III of Swaziland; the Vice President of Myanmar, His Excellency Dr. Sai Mauk Kham; His Holiness Pope Benedict XVI’s special envoy, His Eminence Odilo Cardinal Pedro Scherer; the Chair of High Level Dialogue Rio+20 and the Minister for Foreign Affairs of

Brazil, the Honorable Antonio de Aguiar Patriota; the President of Niger, His Excellency Mahamadou Issoufou; the President of Equatorial Guinea, His Excellency Teodoro Obiang Nguema Mbasogo; the President of the African Union, His Excellency Jean Ping; the President of Zambia, His Excellency Michael Sata; the President of Colombia, His Excellency Juan Manuel Santos; the President of Nigeria, His Excellency Goodluck Jonathan; and many others.

A Wonderful Opportunity for Spiritual Growth

Through our Association members’ efforts, Master’s message highlighting the organic vegan solution to our planetary crisis was shared with many delegates and leaders of various countries and groups, including Japan, Guinea-Bissau, the Pan-African Parliament, and Niger, who expressed their warm support for the initiative. The Vice President of the Comoros, His Excellency Fouad Mohadji, in particular visited the members’ vegan-kitchen campsite and invited them to visit his country to promote the organic vegan lifestyle as a way to protect the health of his people and the environment.





Altogether, our Association members distributed approximately 15,000 gift bags, 15,000 recipes, 10,000 copies of *From Crisis to Peace*, and over 6,000 T-shirts. They also conducted at least 32 media interviews.

Participating in the United Nations Conference on Sustainable Development was a most memorable experience for the Association members, who learned to serve selflessly, to trust God and to allow His power to work through them to reach people and achieve results that previously seemed impossible. The team members were also highly encouraged by how quickly some attendees decided to change their lifestyles after hearing the organic vegan message and tasting delicious vegan food. They pray that through the seeds planted at this event, more people will soon turn to the compassionate, vegan way and thus live in peace with their co-inhabitants on planet Earth. 🌻

To watch video coverage of our Association's activities at Rio+20, please visit:

<http://www.youtube.com/watch?v=sNHdJtuDoOk&feature=bfprev&list=PLE1D4059CBAF8FE57>

Reference:

http://en.wikipedia.org/wiki/United_Nations_Conference_on_Sustainable_Development



UNITED KINGDOM

Sharing the Message "Be Vegan, Make Peace" in London

By UK News Group (Originally in English)

A Successful Campaign at the 2012 Summer Olympics

[London] In the summer of Golden Year 9 (2012), approximately 10,500 athletes from 204 countries took part in the Olympic Games, demonstrating a spirit of friendship, fair play, nobility and peace. Taking this great opportunity to share Master's message, our Association members from London and Surrey formed a working team in April to prepare for their first "Be Vegan, Make Peace" campaign, and invited brothers and sisters from around the world to join in the effort. Approximately 65 Association members from Formosa, China, Korea, Australia, Malaysia, Canada, the US, Holland, Germany, France, Poland, Hungary, Austria, Italy, Spain, Ireland and England came together and worked enthusiastically for the event.

In a short time, the members designed a campaign logo (above), featuring a large heart enveloping both humans and animals, launched the website www.beveganmakepeace.com, and prepared T shirts, flyers, advertising boards, placards, and banners, as well as small badges and stickers to disseminate the message. In early July, the members formed two teams, with one group staying at a camp in Olympic Park and the other going to the London Center to focus on tourist hotspots as well as other Olympic venues in the London area.

A week before the start of the Olympics, the members frequented London's most famous tourist attractions, including Trafalgar Square, Piccadilly, Oxford Circus, Hyde Park, Buckingham Palace, the Houses of Parliament, Big Ben, London Eye, and the Tower of London. Despite the hot summer weather, the teams went out every day and worked from morning





until late in the evening, wearing promotional T-shirts, holding banners, and distributing flyers, with some in colorful animal costumes approaching people in a friendly manner. Whenever they travelled in the subways, their costumes and T-shirts attracted attention and often sparked meaningful discussions.



Many passersby also expressed appreciation for the team's work, with some asking about vegan restaurants, and others, including a policeman, wanting to learn more about the Be Vegan, Make Peace message. Our Association members answered all the questions posed to them and explained the benefits of the plant-based diet.

Many people shared their stories about how the vegan diet had transformed their lives. For example, one woman who had had an incurable illness proudly announced that by turning vegan she had made a complete recovery and later gave birth to a beautiful baby. An Indian family said after watching a documentary on animal cruelty on Supreme Master Television, they all cried for the mother cows and decided to stop consuming dairy products the next day.

In addition, our team members were interviewed by

media outlets such as Zweites Deutsches Fernsehen (ZDF), or Second German Television, a public-service German TV broadcaster. The team's activities were also covered by MSNBC News and Impact-Jeux-Londres, or Impact-London-Games, a media project funded by the French Institute in London.

The members staying at the camp were also filmed by a crew from Televisa Deportes, Mexico's largest TV network, and interviewed by reporter Marisol Gonzalez. The TV crew was impressed by our Association's large setup and especially liked the kitchen. The famous Mexican reporter Banque Gonzalez was extremely happy to eat vegan cheese since she was lactose intolerant. Our Association members served the crew and reporters vegan food and discussed how a plant-



A brother in a Scooby Doo costume being interviewed by Zweites Deutsches Fernsehen (ZDF) or 'Second German Television,' a public-service German TV channel based in Mainz (Rheinland-Pfalz) July 20, Westminster, London



Initiates in frog and parrot costumes being interviewed by a reporter from a South African online publication



Article by MSNBC about Vegan Turkey: http://www.msnbc.msn.com/id/48523289/ns/world_news-london_2012_hosting-the_games/#.UCJIHhSRLo



Article published by a group of young Brazilian and Russian journalists for their media project 'Impact-Jeux-Londres' funded by the French Institute in London <http://www.impact-jeux-londres.info/2012/08/08/les-vegetaliens-sinvitent-aux-jeux/>



Interview by Marisol Gonzalez, reporter for Televisa Deportes, Mexico's largest TV network

based diet can benefit the environment and human health, and detailed the extent of animal cruelty involved in the meat industry. The TV crew showed deep understanding and feelings for the team's message.

members set up an information desk, offering guests gift bags containing a copy of Master's book *From Crisis to Peace: The Organic Vegan Way is the Answer*, a vegan guide book, and a flyer. The guests were highly receptive to the vegan message and thanked Loving Hut UK for its support. Most of the participants could not believe how delicious vegan food can be and many expressed a desire to become vegan.

Supporting The Global Summit



A few days after the Olympic Games ended, a team of our Association members had the honor of serving vegan cuisine to delegates and attendees at The Global Summit held from August 15 to 17 in London. The Summit series is a citizen-driven solution-making forum that seeks effective social and technological

innovations for a sustainable future.

On the Summit's opening day, the team served a welcoming dinner buffet at a town hall in Stratford and in the following two days provided two daily meals at London House in a historic college building. The food was prepared by Loving Hut chefs and packed in meal boxes which included the ingredients or names of the dishes, along with stickers reading "Be Vegan, Make Peace" on top. On the last day, the team prepared special snacks including vegan cupcakes, brownies, cookies and sandwiches which were enjoyed by all the guests. A lady from the U.S. commented that she had never tasted such delicious gluten free vegan cakes.

In addition, the Association



Although they came from various countries and spoke diverse languages, our Association members worked closely together with the common goal of promoting the vegan world ideal during both events. They sincerely thank Master for giving



them the wonderful honor of sharing Her message at the 2012 Olympics. It is their hope that with greater understanding of the consequences of meat-eating, more and more people will become aware and choose the compassionate vegan lifestyle to bring about a more sustainable and loving planet.



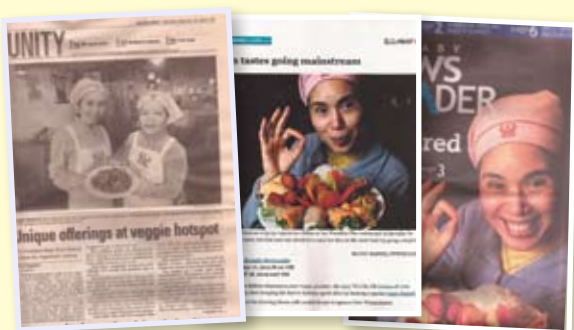
CANADA

Paradise Vegetarian Noodle House – An Offering of Love

By Vancouver News Group (Originally in English)

[Greater Vancouver] Paradise Vegetarian Noodle House, which opened in November 2003 in Burnaby, British Columbia, CA, is the realization of sister-initiates Yen and Kim's dream of providing delicious, plant-based meals to the public at affordable prices. Having had no previous experience in the restaurant industry, the sisters put their total faith in Master.

Before starting the business, Yen visited initiate-owned restaurants in the US and then developed a menu of her own scrumptious recipes. After opening, Paradise began to attract people from all over Greater Vancouver who had heard about its amazing food. Over the years, the restaurant has been featured in reports by local newspapers, a TV station and Chinese-, Japanese-, and Korean-language magazines. In Golden Year 7 (2010) when the restaurant became fully vegan, a number of newspapers highlighted Paradise as part of the growing vegan trend in the Vancouver area. For example, the weekly Burnaby News Leader had an article entitled "Vegan tastes going mainstream," with a front-page picture of Kim holding a platter of vegan delicacies.



To show people just how good vegan food can be, Yen and Kim have provided free meals at venues and events in the local community, including a gathering held by Members of

Parliament. During one event at a high school, the students were so delighted with the plant-based foods that they later sent flowers and thank-you cards to the restaurant. Some of the students and their families then began frequenting Paradise, and later said they had switched to a veg diet.

New customers are constantly being drawn to the restaurant, often through local media coverage, which at times has featured Paradise without the owners' knowledge. Over the years Paradise Vegetarian Noodle House has built a circle of loyal, enthusiastic patrons, with many making the transition to the plant-based diet. Moreover, Paradise has twice been named the best vegetarian restaurant in its area.

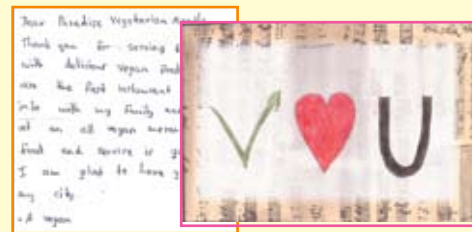
Many customers have also posted positive comments about Paradise on various websites, including the popular

www.HappyCow.net. Below are just a few of these reviews:

"The food is amazing! It's a quaint place. I keep coming back for more, even though I don't live anywhere near this place. It's worth the trip."

"My wife and I love Paradise. The food is very reasonably priced, especially for being specialty (vegan) food. I recommend the sautéed garlic [vegan] beef. They have vegan/vegetarian cookbooks on the shelf to peruse while you wait."

"Paradise is absolutely delicious! My favorite is the spicy chicken and potato curry (veggie chicken). The food is to die for! I work about 10 minutes away, so I eat here often. You really can't go wrong with anything on the menu. Paradise is 100% veg, but trust me, you could easily fool your meat-eating friends. It's a must try for everyone!"



Despite their busy schedule, the sisters always prioritize making time for meditation. In describing their experience of providing the public with delicious, cruelty-free fare, Yen said, "If you give to people, people give to you. God takes care!"

To find out more about Paradise Vegetarian Noodle House, please visit www.paradisevegetarian.com 🌻

HONG KONG

Vegan Promoting Activity Reaches Many Citizens

By Hong Kong News Group (Originally in Chinese)

[Hong Kong] Between July 18 – 22, Golden Year 9 (2012), Hong Kong Center held a Vegan Awareness Activity in Wan Tsai MTR station for five consecutive days. Flyers promoting the benefit of the vegan diet, Master's book *From Crisis to Peace – The Organic Vegan Way is the Answer*, and plant-based recipe books were distributed to the public by volunteer disciples during those days, which coincided with the popular annual Hong Kong Book Fair. Since Wan Tsai MTR station was one of the major exits to Hong Kong Convention Center where the book fair was held, the station was crowded with people who were attending the event. In addition, many surrounding shops, banks and market places have received these vegan promoting materials.

An on-duty staff member from Hong Kong Lands Department worked with us every day from morning till night. He not only carefully read the vegan material with great interest, but, on his own initiative, helped to rearrange and secure the flyer stands many times after they had been blown off balance by strong winds.

For these five days, a total of twenty thousand copies of flyers, six thousand copies of "From Crisis to Peace," and ten thousand copies of vegan recipe books were distributed. We thank God that we were able to distribute this life affirming literature, and pray that people everywhere embrace the compassionate and healthful plant-based diet.

All the vegan food provided during the fair was freshly made on site, such as vegan burgers, dumplings, sushi, fried noodles and potato salads. They were all delicious. There has been a fast increase of veg food lovers for the past years. This year, our sales have reached a record high among six years. Besides that, flyers, vegan recipes and copies of "From Crisis to Peace" were also distributed during the fair. Quite a few students interested in our booth also volunteered to distribute vegan promoting materials to their school mates.

It has been a successful event. We not only made a monetary donation to Sha Tin College, who organized this fair, but also gave a big box of books with many copies of "From Crisis to Peace" and vegan recipes to them as a gift. It is truly believed that by means of similar vegan promoting activities, veganism will take root among all school campuses in no time. 🌻

Join the Campus Carnival Fair

Hong Kong Center joined the annual Campus Carnival Fair of Sha Tin College on November 17, Golden Year 9 (2012). The vegan booth organized by Hong Kong Center was one of the most attractive. When walking into the Food Court Area, visitors would see clearly a big sign of "BE VEGAN, MAKE PEACE." It has been six consecutive years that Hong Kong Center first took part in this campus fair to promote the veg diet, with appreciation and support by the school principal, teachers and parents growing each year.



SERIES OF SHINING WORLD LEADERSHIP

—Enlightened Leadership Creating a Bright Future

Forgiveness and Tolerance Triumphs in Norway

By USA News Group (Originally in English)



The Norwegian people have gained an international reputation for promoting peace and tolerance around the world. A beautiful country with approximately five-million inhabitants, Norway has long played a major role in fostering harmony in the global community and in granting asylum and protection to people from other nations seeking greater freedom.

Norway's current Prime Minister His Excellency Jens Stoltenberg is an outstanding embodiment of the noble values and ideals held by the Norwegian people. He strongly advocates using his country's significant petroleum revenues to improve the lives and well-being of all Norwegians through numerous social programs, including universal health coverage, free university education, child care and senior-citizen care. Prime Minister Stoltenberg has also championed efforts to reverse global warming. In December 2011, he became the second head of state to visit the South Pole to draw attention to the need for research in Antarctica to help understand the enormity and significance of climate change.

Having grown up in a family dedicated to public service, Prime Minister Stoltenberg is one of Europe's longest-serving leaders. He took his first journey into politics as a teenager in the 1970s, and continued an active involvement leading to his first ministerial position in 1993. By 2000 he began his first term as Prime Minister, followed by a second term in 2005.

In the face of the July 2011 incident in which the precious lives of 77 people were tragically and senselessly taken, Norwegians, led by Prime Minister Stoltenberg, displayed profound courage, dignity, peace and forgiveness.

After the shocking occurrence, the Prime Minister issued a quiet call for his fellow citizens to respond to the events by making Norway even more open and accepting. "The Norwegian response to violence is more democracy, more openness and greater political participation," Mr. Stoltenberg declared at a news conference. To underline this renewed commitment to openness, Mr. Stoltenberg and the Royal Family made public appearances with little visible security guarding them.

During a flower ceremony in Oslo attended by the grieving Royal Family and 200,000 other citizens, Prime Minister Stoltenberg stated, "Amid all the tragedy, I am proud to live in a country that has managed to stand at a critical time. I'm impressed with how much dignity, care and strength I have met. We are a small country, but we are a proud people. We are still shocked by what hit us, but we never



SERIES OF SHINING WORLD LEADERSHIP —Enlightened Leadership Creating a Bright Future

give up our values. Our answer is more democracy, more openness and more humanity, but never naiveté. Nobody said it better than the girl from the AUF who was interviewed by CNN: ‘If one man can show so much hate, imagine how much love we all can show together.’”

His Excellency also courageously defends the basic human right of free speech, even for people with views that diverge from those of the government and mainstream society. He affirmed the necessity of allowing people’s voices to be heard, and emphasized that it was important for their views to be presented in the open, where discussion and better understanding can occur. He also underlines the fact that the process must be a civilized one, saying, “We have to be very clear to distinguish between extreme views, opinions that it’s completely legal, legitimate to have. What is not legitimate is to try to implement those extreme views by using violence.”

Since July 2011, Norwegians have continued to mourn their lost compatriots while also living in accord with their values by embracing tolerance and democracy. In the weeks following the tragic event, the country’s main political parties have reported surges in the number of people expressing interest in membership. The perpetrator received a fair trial with humane sentencing, which includes psychiatric care.

A year after the tragedy, Prime Minister Stoltenberg urged Norwegians to “honor the dead by celebrating life,” saying “The bombs and bullets were intended to change Norway. The Norwegian people responded by reasserting our values. The perpetrator failed to achieve what he set out to do. The people triumphed.”

Deeply moved by the courage, compassion and benevolent spirit of the Norwegian people, Supreme Master Ching Hai shed tears of joy and expressed Her hope that other countries could follow their example. She wrote the following words of encouragement in Her letter to His Excellency Prime Minister Stoltenberg: “*Your unprecedented accomplishment of transforming Norway’s darkest hour into a vehicle for a more open, tolerant and peaceful society sets a truly inspiring example for all in this world. You conquered evil with goodness. Norway knows that Love is what heals and that Love is what gives hope.*”

Thank you, Your Excellency Prime Minister Jens Stoltenberg and people of Norway for showing the world that love and forgiveness triumph and are the only way to achieve lasting peace on Earth. 🌻



Commendation letter from
Supreme Master Ching Hai
to Norway's Prime Minister
The Right Honourable Jens
Stoltenberg

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Remembering the Beloved King-Father of Cambodia

By Formosa News Group (Originally in English)

On October 15, 2012, the people of Cambodia mourned the passing of their beloved King, His Majesty Norodom Sihanouk. His Majesty dedicated his life to the betterment of his country and people.

Besides being a King-Father to Cambodians, His Majesty was also a beacon of light to the world who demonstrated the values of endurance, resilience and compassion, loved his people, was loved dearly in return, and helped raise his compatriots from despair to hope, from need to abundance. Weeks after his passing, people still gathered in front of the Royal Palace, burning incense, offering lotus flowers and praying for

His ascended Majesty. Some even travelled long distances and slept overnight on the Palace square in order to pay tribute and convey their deepest sorrow and appreciation for their great leader.

In 1996 Supreme Master Ching Hai and a group of Association members had the privilege of meeting His Majesty, and were honored by his presence on several other occasions. In the ensuing years they were pleased to learn that Cambodians were standing firmly on their feet and that the country was prospering. Upon hearing the sad news of King Sihanouk's passing, on October 19, 2012 Supreme Master Ching Hai and Her International Association sent a letter of condolence to the Royal Family. The letter contained the following words: "While feeling somber over the loss of His Majesty the King, we feel so grateful to Buddha for sending such a great person to Earth, who has made the country and the world different by his shining example. We are certain that even though he is no longer in a physical body, his noble spirit remains and continuously inspires us as ever."

In a return letter dated October 29, 2012 the King of Cambodia, His Majesty Norodom Sihamoni, wrote:



Representatives of our Association pay tribute to the ascended King of Cambodia, His Majesty Norodom Sihanouk.

Supreme Master Ching Hai,

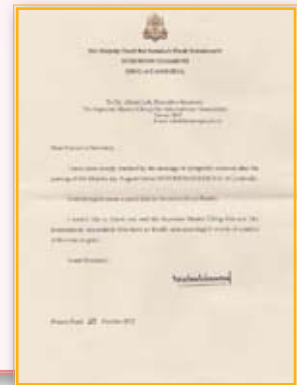
I have been deeply touched by the message of sympathy received after the passing of His Majesty my August Father NORODOM SIHANOUK of Cambodia.

Your thoughts mean a great deal to the entire Royal Family of Cambodia.

I would like to thank you and your International Association who have so kindly sent meaningful words of comfort at this difficult time.

Yours sincerely,

NORODOM SIHAMONI
KING of CAMBODIA



The condolence letter to the Royal Family from Supreme Master Ching Hai and Her International Association

The Royal Family also gave representatives of our Association the privilege of being the first among many groups to enter the Palace on the morning of November 15 to convey their condolences.

While feeling solemn over the loss of His Majesty the King, our Association members were greatly encouraged by the positive changes they witnessed in the country. After seeing the nation's developed infrastructures and the confidence emanating from the people, they pray that Cambodia will continue to flourish both materially and spiritually through the blessings of Heaven. 🌻

Living for Spiritual Practice

Spoken by Supreme Master Ching Hai during International Gathering, Europe
March 25, Golden Year 9 (2012) (Originally in English) DVD#997

Everything in my life—I don't talk about the younger time, but since I know spiritual practice—everything in my life is just for that category, for spiritual practice only, for improvement in spiritual practice. For myself and for everyone as well. 🌻

Whatever it is, I'm just always focused on the spiritual aspect. No matter how low, how down I am, how tired, how burdened, how sick, or anything at all affecting me, I'm always focused on spiritual practice. 🌻



SHINING WORLD HERO AWARD

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

Captain Paul Watson of Sea Shepherd Conservation Society ♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥

By Supreme Master TV News Team (Originally in English)

Captain Paul Watson of Canada, a vegan, founded Sea Shepherd Conservation Society in 1977 to investigate, document and enforce laws protecting marine wildlife when illegal conduct is observed at sea. The organization's fleet of vessels closely monitor vulnerable ocean life across the globe and act when necessary to ensure the safety of the animals and thus the balance of the entire Earth's ecosystem.



Receipts and thank-you letters from Captain Watson for US\$50,000 and US\$20,000 contribution from Supreme Master Ching Hai

On July 24, Golden Year 7 (2010) Supreme

Master Ching Hai honored Captain Watson with the Shining World Hero Award. This was followed by Her contributions of US\$50,000 on April 18, Golden Year 8 (2011), and another US\$20,000 in June Golden Year 8 (2011) toward defending marine lives. The letter accompanying the Award read in part as follows:





SHINING WORLD HERO AWARD

“Captaining the Sea Shepherd and patrolling the oceans with your vegan crew, you protect and care for the magnificent mammals, our earthly co-inhabitants. Also, through environmental efforts, you raise ever-increasing awareness of the life-saving, sustainable vegan diet, helping to save our planet from the effects of climate change. Captain, you are a modern day hero, saving hundreds of whales and seals each year by defending them and uniting the world behind you, through your dedication and commitment. For your fearless sacrifice, for your strength of mind and fortitude in the face of danger, for your spirit, concern and tenacity and your passionate commitment for all life, we hereby applaud and celebrate the extraordinary and courageous deeds of an ecologist and environmental champion, Captain Paul Watson. With Great Honor, Love, and Blessings, Supreme Master Ching Hai”



Sea Shepherd Conservation Society has a number of ongoing campaigns including one to prevent the extinction of the Bluefin tuna. Stocks of the tuna have fallen by at least 85% since the industrial fishing era began. The organization uses direct action so that illegal fishing trawlers do not continue destroying this precious species.

Defending dolphins is also a key objective for Captain Watson’s group. Each year Sea Shepherd members come to Taiji in Japan to try and stop the cruel annual dolphin slaughter, which was documented in the 2010 Academy Award-winning documentary “The Cove.” Over a thousand dolphins are massacred every year at Taiji in Japan and many are captured for the live dolphin trade.

In another sad plight, 90% of the world’s shark population is now gone due to fishing and the practice of shark finning, which entails catching sharks, slicing off their fins, and then throwing them back into the ocean where they die a slow, painful death. Sea Shepherd Conservation Society has formed a partnership with the Ecuadorian government to patrol the waters of the Galapagos Marine Reserve in the Galapagos Islands to help end the killing of sharks by poachers.

Sea Shepherd’s valorous efforts to halt the brutality of whaling are known globally. The group’s activities are the subject of a highly popular reality television series called “Whale Wars” that premiered in 2008 on the Animal Planet channel. Sea Shepherd ships vigorously pursue whaling vessels and disrupt their barbaric hunting activities. Over the years the lives of thousands of whales have been saved thanks to Sea Shepherd’s vigilant protection.

Sea Shepherd also conducted the 2011-2012 campaign Operation Divine Wind, which focused on shutting down whaling in the 50 million-square-kilometer Southern Ocean Whale Sanctuary, where whaling was made illegal by the International Whaling Commission in 1994. Operation Divine Wind was a tremendous success with 768 whales saved and the whaling season shortened by two weeks due to Sea Shepherd’s interventions.



SHINING WORLD HERO AWARD

Currently in its ninth campaign for the whales in the Antarctic region, Sea Shepherd has launched its largest and strongest Antarctic Whale Defense Campaign ever: 2012-2013 Operation Zero Tolerance. With four ships, one helicopter, three drones, and 120 international crew members, Operation Zero Tolerance's objective is to halt the illegal whaling operations without the loss of a single whale. Captain Watson and the flagship *Steve Irwin* crew arrived in the Southern Pacific Ocean at the beginning of December Golden Year 9 (2012), alongside the rest of the impressive fleet.

Of this bold campaign, Captain Watson stated, *"As always, our actions are undertaken in the Buddhist spirit of Hayagriva, where we do not cause physical injury to our opponents. We target their intentions and thwart their lethal ambitions, but we never harm them."*

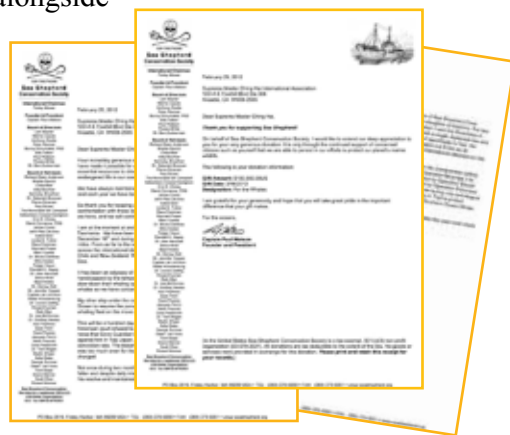
To further the Sea Shepherd Conservation Society's defense of whales around the globe, on February 16, Golden Year 9 (2012) Supreme Master Ching Hai contributed US\$100,000 to the organization. Soon after, Captain Watson sent letters sincerely thanking Master, saying,

"Your incredibly generous support for our efforts is more appreciated than I can fully express. You have made it possible for us to achieve the impossible and you have provided the material and essential resources to drive our crew of passionate volunteers to courageous efforts to defend endangered life in our oceans."

On behalf of Sea Shepherd Conservation Society, I would like to extend our deep appreciation to you for your very generous donation. It is only through the continued support of concerned citizens such as yourself that we are able to persist in our efforts to protect our planet's marine wildlife."

Captain Watson further described Sea Shepherd's recent accomplishments:

"Looking back it has been an incredible year that began with Operation No Compromise cutting the Japanese whaling fleet whale kills by 83%. This was followed by Operation Blue Rage 2 to stop poachers from poaching Bluefin tuna off the coast of Libya, followed by Operation Desert Seal to oppose the clubbing of Southern Fur seals in Namibia, followed by Operation Ferocious Isles that prevented the Faeroese whalers from killing a single pilot whale during July and August of last year, followed by our current ongoing Operations Infinite Patience in Taiji to protect dolphins, and Operation Divine Wind to stop the killing of whales in the Southern Ocean Whale Sanctuary."



Receipt and thank-you letter from Captain Watson for the US\$100,000 contribution from Supreme Master Ching Hai



SHINING WORLD HERO AWARD

Then, in October Golden Year 9 (2012), Sea Shepherd sent to Master a beautifully crafted model of its flagship vessel, *Steve Irwin*, as a special token of gratitude. This inspirational gift, which has been given only to a very few honored recipients, reminds everyone who sees it of Sea Shepherd's dedicated noble endeavors.

Bravo Captain Paul Watson and all Sea Shepherd Conservation Society staff and volunteers for your courageous acts to safeguard gentle marine life. May your heroic actions meet with outstanding success, as we work together to create a planet of peace and freedom for all its inhabitants, with Heaven's blessings. ☀



To watch an interview with Captain Paul Watson that aired on Supreme Master Television, please visit:
<http://video.godsdirectcontact.net/magazine/AW1470.php>

To learn more about the Shining World Awards, please check out our archived programs at
<http://www.Godsdirectcontact.org.tw/gv/>



Master Tells Joke

The Young Face of Age

Spoken by Supreme Master Ching Hai, December 26, Golden Year 4 (2007)
 International Four-day Retreat, Paris, France (Originally in English) (DVD #817)

A man who had a lot of gray hair was walking down the street when a stranger went up to him and asked, "Are you young with gray hair?"

The man replied, "No. I just have a young face." ☀

Please visit the following website to enjoy the original soundtrack of this joke, and also to share the joy of Master's humor with those around you:
<http://video.Godsdirectcontact.net/magazine/jk210-1.php>





Letters to the Animal Industry on Stopping the Practice of Cruelty

To help create an organic, vegan world and a peaceful future in which all sentient beings enjoy happy, healthy lives, in Golden Year 8 (2011) Supreme Master Ching Hai sent letters to animal-based garment and food companies around the world, imploring them to move away from their current products and practices so as to end animal abuse and curb human-caused global warming. We pray that the people in these industries reflect deeply on Master's message and make the appropriate changes.

Letter to animal-based garment companies



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.

Tel: 1-408-218-2635; Fax: 1-928-222-3333

[Full name]
[Full Title]
[address]
[City, AreaCode]

15 April 2011

Ref: With Utmost Respect and Urgency

Renowned [title],

First, my heartfelt gratitude for your creative efforts to brighten our world with beautiful artistic designs bringing much colour to our world. Your work is much appreciated by society as by Heaven.

When wearing new attire we feel so good, but for clothing that uses animal skin or products there is another side to the beauty – that is the ugliness and cruelty of its production. Wrapped in fur or refined leather, the buyer cannot fathom the true cost that the innocent animal had to pay. Nowadays, so many alternatives exist such as premium quality Faux Furs which look and feel similar and even the ethically accepted vegan leather and no-kill silk. We no longer have to harm another being to have luxury and to feel special.

The issue is the needless abuse of animals in the name of fashion. Millions of animals are killed for the clothing industry each year. Fur farm animals spend their entire lives confined to cramped, filthy wire cages. Farmers use the cheapest methods available to kill them, including suffocation, electrocution, gassing, and poisoning. In the U.S., over half come from countries where millions

of dogs and cats are bludgeoned, hanged, bled to death, and sometimes even skinned alive for their fur. These are often deliberately mislabeled so people who want to make a difference, don't know what they're wearing.

Developing countries are the largest suppliers of leather, where animals routinely have their throats cut and their skin ripped off while alive. Reptiles are skinned alive because of the belief that live flaying makes leather more supple. Kid goats are boiled alive to make gloves, and the skins of unborn calves and lambs — some purposely aborted, others taken from slaughtered pregnant cows and ewes — are considered especially “luxurious.”

Buyers mostly choose what is available on the rack, so if designers could produce stylish cruelty-free clothing, then retailers will provide customers a real choice to make a difference in the lives of countless beings. We cannot stop farmers treating animals in an inhumane way unless we reduce demand.

Laws against cruelty are a great beginning, yet enforcing them all over the world would be almost impossible. No animal wants to be eaten. No animal wants to be killed or abused. They just want to be loved, like we all do. They would gladly die for us if we were in trouble.

We implore you, for the animals and for humanity's sake. Use your God given talent to help put an end to the abuse of animals. Please help give people a choice by designing, fabricating and retailing garments that have no animal skins or products. Once educated, your customers will reward you for caring and for making a positive difference towards the betterment of our planet.

For your reference, we have also included some literature about the plant-based diet and the effect of animal agriculture on climate change.

Please find enclosed the following:

- Book entitled “From Crisis to Peace - The Organic Vegan Way is the Answer.” This book is a compilation of climate change conferences held all over the world. It gives a current snapshot of the state of the planet, what is causing global warming and what government and individuals can do to mitigate climate change.
- Climate Kit, which includes a press release, climate change facts and the impact of livestock on our planet
- Supreme Master Ching Hai Press Kit
- Various flyers on the harms of meat/drugs/alcohol and tobacco and the benefits of the vegan diet.



Thank you for your attention and noble spirit.

With Great Honour, Love and Blessings,

Supreme Master Ching Hai



Letter to animal-based food companies



The Supreme Master Ching Hai International Association

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Tel: 1-408-218-2635; Fax: 1-928-222-3333

[Full name]

15 April 2011

[Full Title]

[address]

[City, AreaCode]

Ref: With Utmost Respect and Urgency

Dear [title],

Firstly, we wish to praise farmers and food factories for feeding the nation. From sunrise to sunset, our hard working producers toil under harsh conditions, often fighting the elements in order to nourish us, so that we may live.

All life on Earth needs food to survive. People living in the city especially, are very dependent on their country counterparts, with most needing to purchase all their food while having little knowledge of how it was produced or what it contains. As humans; with the ability to discern right from wrong; we need to keep our dignity by ensuring that what we put into our mouths has not come from an act of cruelty.

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.

Animal agriculture is no longer to be ignored as the most serious cause of human-induced global warming, 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: *"Our 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 primary 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.

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 of the world's oxygen and regulate the climate, is vital to overall planetary health.

Thus, we must move away from fisheries, animal products and animal factory farms towards a more sustainable solution. What we propose is for governments to help farmers transition to Organic Vegan farming practices through subsidies, and thus ensure continued national and world food security while mitigating global warming. The benefits of Organic Vegan farming 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 rendered safe and nutritious for all humans [Rodale Institute 2008]
- 80% of global climate change mitigation costs saved
- Global warming halted for good!

For your reference, we have also included some literature about the plant-based diet and the effect of animal agriculture on climate change.

Please find enclosed the following:

- Book entitled "From Crisis to Peace - The Organic Vegan Way is the Answer." This book is a compilation of climate change conferences held all over the world. It gives a current snapshot of the state of the planet, what is causing global warming and what government and individuals can do to mitigate climate change
- Climate Kit, which includes a press release, climate change facts and the impact of livestock on our planet
- Supreme Master Ching Hai Press Kit
- Various flyers on the harms of meat/drugs/alcohol and tobacco and the benefits of the vegan diet.



Thank you for your attention and noble spirit.

With Great Honour, Love and Blessings,

Supreme Master Ching Hai

A Guiding Light for the New Era

A New Messiah Heralds Peace and Prosperity

The Earth before and after 2012 as Prophesied by Nostradamus

In his famous quatrain collection *Les Propheties* (The Prophecies), 16th-century French clairvoyant Michel De Nostredame foretold the occurrence of numerous major world events. Experts studying the poems state that Nostradamus predicted the Great Fire of London, the French Revolution, World War II, and the September 11, 2001, tragedy in the United States. Thus, as the world quickly approaches the Aquarian Age and the December 21, 2012 baktun cycle change on the Mayan calendar, Nostradamus' writings are garnering much attention.



Those researching Nostradamus' other works are uncovering more remarkable findings. For example, in August 2002, the US-based newspaper *Sun* published Grant Balfour's article, "Nostradamus: I Know America's Future!" on a letter discovered in France. Mr. Balfour reported that a respected panel of academic experts led by Dr. Jeanne LaFobruge concluded that the letter contained a record of Nostradamus' visions about significant recent and future events in the US and elsewhere.

In his letter, not only did Nostradamus accurately describe the international economic recession and other important present-day global events, he also described a new leader who would usher our world into an "age of exploration and limitless prosperity" lasting more than 1,000 years. The following is a condensed collection of excerpts from the *Sun* article about the new leader Nostradamus described.

Sun Newspaper, August 6, 2002

Nostradamus: I Know America's Future!

By Grant Balfour

Second Coming

The rebuilding of America's government, Europe's bombed cities, and the war-ravaged Middle East will all take place thanks to a single leader Nostradamus called "Faro." (1)

"He will come from the mountains to the northeast of India, possibly Tibet, and where he walks, prosperity follows," LaFobruge says.

"His organization will combine the best elements of church and state by feeding the hungry (2) and teaching new prayer techniques." (3)

Although active before the end of the War on Terror, it is only after the final victory that this world leader's true identity will be revealed.

"For his final vision, what Nostradamus wrote was: 'While bells ring in London (4), in the time of Scorpion, the new Jesus shows his face to all in the New World's island cities (5). The ocean sings – Miracle! (6) – to behold the risen Lord.'" says LaFobruge.

"This vision clearly indicates several things about this mysterious Tibetan hero. He will be in Hawaii or Puerto Rico, possibly during a world tour. There will be a miraculous happening that will be witnessed by the world, and it will take place in November of 2004.

"Most importantly, this miracle will leave no doubt that this man, Faro, is none other than the Second Coming of Christ Himself."

Eternal Youth

Once accepted as the world's leader, the new Messiah will replace all governments with a scientific think-tank whose only responsibility is to solve humanity's problems.

"The first problem eliminated by this so-called 'Parliament of sages' (7) will be human aging," LaFobruge says. "By 2006, they will have solved the problem – and no one need ever grow old again. (8)

"Following that amazing discovery will be an age of exploration and limitless prosperity for over 1,000 years."

End of excerpt

.....

Notes:

(The following views do not necessarily represent those of Sun or Mr. Balfour.)

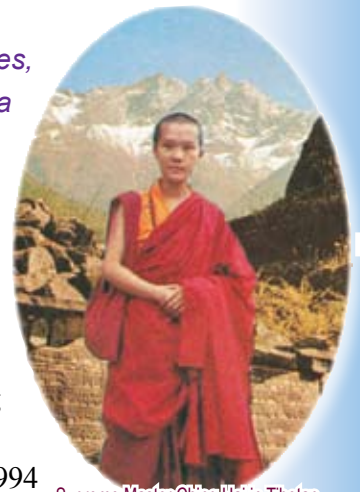
Nostradamus' description of the Second Coming of Christ and Dr. LaFobruge's explanation of the Messiah's mission bear a remarkable resemblance to the noble life of the world-renowned spiritual teacher, humanitarian and artist, Supreme Master Ching Hai, and the work of Her Association. The following are some examples regarding the prophecies cited in the article:

1. "The rebuilding of America's government, Europe's bombed cities, and the war-ravaged Middle East will all take place thanks to a single leader Nostradamus called 'Faro.' He will come from the mountains to the northeast of India, possibly Tibet, and where he walks, prosperity follows."

Faro in Spanish means "lighthouse" or "guiding light."

Supreme Master Ching Hai achieved complete enlightenment in the Himalayas and was in a region of India bordering Tibet before being sought out to share Her teachings with the public.

A recipient of the World Spiritual Leadership Award, presented in 1994



Supreme Master Ching Hai in Tibetan monastic habit in Her early years.

by governors of six states in the US, Supreme Master Ching Hai has long served as a foremost spiritual guiding light.

Supreme Master Ching Hai is still working to bring peace to all parts of the world and fulfill the realizable dream of “Heaven on Earth” for all beings.

2. “His organization will combine the best elements of church and state by feeding the hungry...”

Over the last two decades, Supreme Master and Her Association have been providing emergency assistance, disaster relief, and ongoing charitable aid to alleviate the pain and suffering of humans and other beings across the globe. Some of their activities include the rapid provision of vital supplies following calamities such as the 2011 Japanese tsunami; the 2010 Haiti earthquake; the 2008 Sichuan, China earthquake; Cyclone Nargis in Myanmar (Burma) and other Asian countries; Hurricane Katrina in the US and the Kashmir earthquake of 2005; the 2004 Indian Ocean earthquake and tsunami, and the September 11, 2001 event in New York, USA.

Additionally, Master and Her group have helped refugees, orphanages, and many organizations that benefit humans, animals and the environment. Often giving anonymously, Supreme Master Ching Hai always contributes whatever She can at any time or in any place where help is needed.

3. “...teaching new prayer techniques”

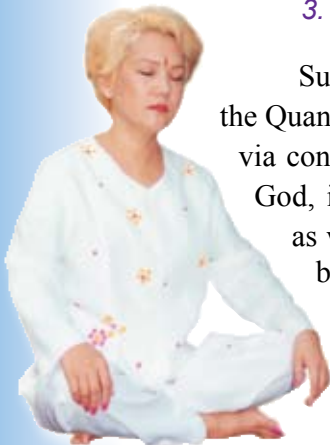
Supreme Master Ching Hai practices and shares a meditation technique called the Quan Yin Method, through which one can reach a deeper union with the Creator via contemplation of the inner Light and Sound. The inner Light, or the light of God, is the same light referred to in the word “enlightenment.” It shines forth as wisdom and compassion. The cosmic vibration known as the inner Sound, being all powerful and ever present, is also experienced as an inner melody of divine love and can heal all wounds, fulfill all desires, and quench all worldly thirsts. As the deepest and most effective form of real prayer, the meditation technique taught by Supreme Master Ching Hai thus allows a sincere spiritual aspirant to be transported to higher realms of existence through contact with the direct teachings of God.

4. “Bell rings in London...”

Supreme Master Ching Hai spent much time in England as a young adult during Her university



Master and the representatives of the governors of the six states Chicago, USA, (February 22, 1994)





studies and became a naturalized British citizen. In more recent years, She has travelled and resided there often, returning to London many times for lectures and to give initiation to Truth seekers. During a 1999 European lecture tour, Her visit to England coincided with the signing of the Kosovo Peace Treaty. The bells ringing in London could well signify this newfound regional peace, as well as welcoming the arrival of the light-bearer “Faro” as seen by Nostradamus, the grand city’s former student,

now returning as the Master – a cause for true celebration by all.

5. “...the new Jesus shows his face to all in the New World’s island cities’ ... This vision clearly indicates several things about this mysterious Tibetan hero. He will be in Hawaii or Puerto Rico, possibly during a world tour.”

Responding to requests from spiritual aspirants, Supreme Master traveled in a series of world tours, offering lectures on nearly every continent. In both 1989 and 1993, Her stops included cities such as Los Angeles, Seattle, Washington, DC, and others, located on or near islands throughout North and South America. Lectures were also held in New York City on the island of Manhattan, and Mexico City, which was originally built by indigenous Aztecs on an island in Lake Texcoco.

Supreme Master Ching Hai was invited to speak in the US island state of Hawaii in 1993 and later held an international meditation retreat there. Her selfless dedication to humanity was recognized by the late Honorable Mayor Frank Fasi of Honolulu, Hawaii in 1993, when She was granted honorary US citizenship and bestowed the International Peace Commendation. She also stayed for some time on Coconut Island in Hawaii, and later on San Marino Island in the city of Miami Beach, Florida as well as in southern Florida, where many students of the Quan Yin Method were fortunate enough to join Her in spiritual gatherings.



6. “The ocean sings – Miracle! – to behold the risen Lord.”

The Supreme Master’s name, “Ching Hai,” means “Pure Ocean” or “Clean Sea” in Chinese. Apart from the grace and miracles bestowed as a spiritual Master in saving countless souls through many years of sharing the Truth, Supreme Master is also a multi-talented artist and musician. She is an extremely rare spiritual Master who can transform people’s consciousness through Her uplifting talents, which include singing, poetry, and music. Her songs and music are empowered by a loving vibration that brings incredible healing, purification and spiritual elevation, comforts innumerable souls’



longing to return to Heaven. A worldwide spiritual awakening is taking place – as when “the ocean sings,” divine blessings flow and miracles happen.

7. *“Once accepted as the world’s leader, the new Messiah will replace all governments with a scientific think-tank whose only responsibility is to solve humanity’s problems... ‘Parliament of sages’...”*

In 2006, Supreme Master Ching Hai inspired the launch of Supreme Master Television, a 24/7 internationally broadcast channel viewed by millions of people around the world via satellite and over 90 cable and IPTV networks in multiple languages. This unique channel focused on constructive news and programs to inspire peace through outstanding examples of excellence in humanity and noble ways of living. Most notable was the channel’s landmark coverage on practical, efficient solutions to the current major world issue of global warming. Featured broadcasts included live climate-change conferences, interviews with Nobel Prize-winning and US National Aeronautic and Space Administration (NASA) scientists, government leaders and leading environmental experts.

Throughout the channel’s five-year broadcast, Supreme Master Ching Hai Herself spoke frequently via televised videoconferences with government leaders, eminent scientists, physicians, artists, environmental protection groups, and animal welfare organizations, offering practical solutions and spiritual insights for addressing urgent world problems. This unique broadcast forum transcended all governments and national boundaries, sharing messages of peace and the collective wisdom of renowned world experts throughout the global community, making it truly a “Parliament of Sages.”



Photo captions for note 7:

- (Photo 1) Supreme Master Ching Hai with His Excellency José María Figueres, former President of Costa Rica
- (Photo 2) Supreme Master with the Honorable Mayor of Cancún, Jaime Hernández Zaragoza, and his wife, the First Lady of Cancún, Paty Meneses de Hernández
- (Photo 3) Dr. Janez Drnovšek, 2nd President of Slovenia (vegan)
- (Photo 4) Her Highness Princess Maja von Hohenzollern
- (Photo 5) Her Excellency Annette Lu Hsiu-lien (Vegetarian), former Vice President of the Republic of China (Taiwan)
- (Photo 6) Dr. Rajendra Pachauri (Vegetarian), Chair of the United Nations Intergovernmental Panel on Climate Change (IPCC)
- (Photo 7) Her Excellency Maneka Gandhi, Member of Parliament in India (vegan)
- (Photo 8) Ms. Lisa Bloom, civil rights attorney and US legal analyst (vegan)
- (Photo 9) John Salley, 4-time NBA basketball champion (vegan)



(Photo 10) Al Jardine, singer and founder of the Beach Boys
 (Photo 11) Ms. Jane Velez-Mitchell, Emmy Award-winning CNN journalist (vegan)
 (Photo 12) Eric Roberts, Oscar-nominated actor (vegan)
 (Photo 13) Dr. T. Colin Campbell, bestselling author of The China Study (vegan)
 (Photo 14) two-time Oscar winning composer Al Kasha

(Hundreds of sages, world leaders, scientists, scholars and saints can be found at www.suprememastertv.com)

8. "...no one need ever grow old again"

Most holy scriptures refer to the state of being "ever young" or having "eternal life" as a level of spiritual attainment that means one has transcended the cycle of birth, aging and death that binds all mortals. The Light and Sound meditation as transmitted by Supreme Master Ching Hai promises restored awareness of the soul's eternal nature and complete liberation from the cycle of physical birth and death.

Nostradamus' prophecies were largely written as four-line poems, made difficult to decipher through the frequent use of symbolism and anagrams as a way to avoid possible persecution from officials during his time. Perhaps it's no accident that the meaning of Nostradamus' French name, Michel De Nostredame, is "Michael 'Angel' of our Lady." In one of his quatrains,

Nostradamus refers to himself as "the next to the last of the surname of prophet (*Le penultiesme du surnom de prophete*)," who will deliver the impossible to a great people.

The last four letters of his chosen Latinized name Nostradamus, when written backwards, are "SUMA" – a term that has been used regularly in the past to refer to Supreme Master Ching Hai (SU: Supreme; MA: Master). In Quatrain #3-94, he described a glorious outcome of the new Messiah's divine mission; that is, giving immediate enlightenment to uplift human consciousness:

94.

'De cinq cens ans plus compte l'ou tiendra ,
 Celui qu'estoit l'ornement de son temps ,
 Puis à vn coup grande clarté donra ,
 Que par ce siecle les rendra tres contents.

For five hundred years more one will keep count of him,
 Who was the ornament of his time,
 Then suddenly great light will he give,
 He who for this century will render them very satisfied.

*"Suddenly great light" = immediate enlightenment.

In a heartfelt letter addressed to his son, Nostradamus mentioned that his prophecies would extend from his time to the year 3797. He explained, "This may perturb some, when they see such a long time span, (but) this will occur and be understood in all the fullness of the Republic; these things will be universally understood upon Earth, my son."

Since the beginning of Her lectures to the public in 1988, Supreme Master has often spoken of crossing the threshold into a Golden Age, the 1,000-year period of exploration and limitless prosperity envisioned by Nostradamus. Through the years, She has worked tirelessly in both the spiritual and



physical realms to elevate the consciousness of sentient beings in preparation for this transition, while promoting the vegan diet, compassion for all beings and a righteous way of living. In the year 2004, during an intensive personal retreat that lasted more than two years, She sent several messages to Association members, informing them of a New Golden Era, and of the blessing by Heaven of all beings on Earth. In one letter, She wrote:

“This planet has undergone tremendous changes for improvement. Lots of purification and blessing has been bestowed upon this world in all aspects. Saturate yourselves with this once-in-eons-of-a-chance-love, for it is your absolute refuge – as the cleansing is taking effect around you. Meditation, noble precepts and unconditional love will draw you more towards the field of positive Grace.”

A few months later, during a February 2005 talk with fellow initiates in Hungary, She spoke again of this promising shift for the planet: *“Especially at this time, in the transitional period when Earth is joining all the more developed galaxies, everything is blessed and opened for the faithful ones.”* She also advised everyone to spend more time in deep meditation during this special period.

Indeed, the life of Supreme Master Ching Hai is the manifestation of divine blessing. Never in history has an enlightened Master been able to unite as many people from so many different nationalities, cultures, and religions. As observed by the Honorable Mayor Frank Fasi of Honolulu: “She brings love around the world where there is hate. She brings hope where (there) is despair. And, She brings understanding where there is misunderstanding. She is the light of a great person, an angel of mercy for all of us.”

As human consciousness is being further elevated, following the natural evolution of the whole universe, let us rejoice at this great news about the dawn of enlightenment and the noble vision of peace and harmony for all beings on Earth. May more and more people be inspired by the guiding light of the “Faro” and choose to lead lives of love and compassion. We pray that all children of the Divine — humans, animals, plants and other creations, live in peace and happiness together in the paradise called Earth, as intended by God and as foretold by the beloved prophet, Michel De Nostredame! ☀

To learn more about the life and work of Supreme Master Ching Hai, please visit:

<http://video.godsdirectcontact.net/magazine/smwork/>

<http://suprememastertv.com/press-kit/>

<http://www.godsdirectcontact.org.tw/eng/download/smtv-brochure.pdf>

To learn more about the life of Nostradamus and further information on his prophecies, please visit:

<http://www.nostradamus.org/>

For further information on the connection between Supreme Master Ching Hai's life and the Prophecies of Nostradamus foretelling the coming of a Great Master, please refer to our News magazine article at:

<http://www.godsdirectcontact.org.tw/eng/news/108/p-2.htm>

http://www.godsdirectcontact.org.tw/eng/news/211/na_20.htm



Photo Archive:
Hungary ((2005))

Multi language edition can be accessed at
http://www.godsdirectcontact.org.tw/eng1/guiding_light/index.htm



Animal Friends Croatia

By Croatian News Group (Originally in Croatian)

In the beautiful, Central European nation of Croatia, located near the Mediterranean Sea, the compassionate, non-profit organization Animal Friends Croatia (AFC) has been promoting animal rights and the vegetarian/vegan lifestyle for over a decade. AFC's aim is to end all forms of animal abuse, torture and exploitation.

Since 2001 AFC staff and volunteers have been using a wide range of methods to inform the public about the cruelty involved in animal farming and the fur industry, and the importance of adopting a healthy, plant-based diet. To convey its message, the group has conducted more than 300 public events, such as demonstrations and performances, and placed billboards and posters all over Croatia. Many celebrities have joined in the group's campaigns by posing for AFC posters to send a message to the country's citizens, often resulting in media exposure and interviews. In addition, the organization publishes books, produces films and distributes flyers to reach the public. AFC also gives public lectures and visits schools and kindergartens to teach children that animals are living beings that deserve respect and should not be abused to suit human needs.

One of AFC's new campaigns is Green Monday, known worldwide as "Meatless Monday," during which people in Croatia are invited to follow a vegan diet for one day a week. The campaign is proceeding well and helping to bring awareness to the health benefits and ease of being vegan. AFC also encourages citizens to show compassion for animals who are victims of hunting, and in Golden Year 8 (2011) launched a poster campaign with Croatia's Miss Sport, Kristina Vilc, asking citizens to avoid and condemn hunting both as a sport and

a form of entertainment. To promote plant-based cooking, AFC organizes workshops and holds the annual ZeGeVege Festival of Sustainable Living in the capital city Zagreb's main square. In Golden Year 9 (2012), the Festival's fifth year, ZeGeVege attracted over 60,000 attendees and 40 local vendors.

AFC also conducts regular anti-fur and anti-live-animal-transport campaigns, presenting film footage of the breeding of chinchillas and other animals. Many viewers are appalled by the films' gruesome images of stressed, frustrated animals living in dirty cages, without adequate food or water. It is AFC's belief that in time people will reject the fur industry and stop wearing fur altogether. In January Golden Year 4 (2007), Croatia introduced one of the most progressive laws in Europe prohibiting the breeding of animals for fur, and banned animal testing for cosmetics and cleaning products. Thus, Croatia is no longer one of the world's main cultivators of chinchillas for fur.

Expressing the group's vision for the future, AFC coordinator Alen Crnčan says, "Our vision is a vegan world, a world where all animals, including humans, live freely, without exploitation for any reason, and live according to their natural instincts and needs, complying with what nature gives them including their freedom and family. This is the vision of the Association. It is what we want to achieve through our actions." We wish AFC great success in all its endeavors and may God continue to bless its staff and volunteers. 🌻

For more information on Animal Friends Croatia, please visit <http://www.animal-friends-croatia.org/index.en.php>



Evidence that Jesus and the Original Aramaic Christians Were Vegetarians

Excerpts from James Bean of Spiritual Awakening Radio, USA (Originally in English)

A Western Master of the Sound Current named Pythagoras once said, “Our Earth has an abundance of pure and harmless foods and there is no need for us to partake of meals for which blood has to be shed and innocent life sacrificed.”

“Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet.” (Albert Einstein)

When it comes to the question of vegetarianism and Christianity the first question people always ask is: “In the scriptures aren’t there passages describing Jesus as serving fish, as well as eating lamb during the Jewish holiday known as Passover?” Some might also cite a verse about John the Baptist eating insects (locusts). This of course is based on a couple of quotes from the Orthodox New Testament that people are familiar with.

For those not acquainted with early Christian history and the various collections of writings or scriptures from that period that have survived, at first glance it appears as if Jesus ate fish and that John the Baptist dined on locusts. Certainly the well-known writings of European Christianity portray it that way.

Those in Jerusalem, Jesus’ own family and spiritual successors headed by the Apostle James, the brother of Jesus and next leader of the Aramaic-speaking Jerusalem Community, were all vegetarian. “The consumption of animal flesh was unknown up until the great flood. But since the great flood, we have had animal flesh stuffed into our mouths. Jesus, the Christ, who appeared when the time was fulfilled, again joined the end to the beginning, so that we are now no longer allowed to eat animal flesh.” (Hieronymus)

Hebrew gospels did not portray Jesus as eating fish or Passover lamb, and in those gospels, John the Baptist did not eat any insects. There were pro-meat gospels, as we all know, but there were also vegetarian gospels: the Hebrew Gospel of Matthew, the Gospel of the Hebrews, the Gospel of the Nazarenes, the Gospel of the Ebionites, and other Ebionite literature including the Clementine Homilies and the Recognitions of Clement. These are not channeled or recently composed writings, but scriptures that have long been known to scholars and were used by other branches of Christianity from the Middle East in antiquity. Sometimes these books are called “extra-canonical writings” or “lost books of the Bible.” These are books of someone else’s Bible; in other

words, sacred texts once used by other forms of Apostolic Christianity long ago in Israel, Syria (Mesopotamia), Turkey (Asia Minor), Egypt, Ethiopia, the Mediterranean region, etc.

The Jewish Christians called themselves “Ebionites.” “Ebionite” is a word derived from Hebrew meaning “the poor.” They traced their vow of poverty back to the first Christian community described in the New Testament Acts of the Apostles (4:32-35), and were a spiritual community that shared all of their possessions in common.

Epiphanius quotes their gospel, the Ebionite or Hebrew Gospel, as ascribing these words to Jesus: ‘I have come to destroy the sacrifices’ (Panarion 30.16.5), and as ascribing to Jesus rejection of the Passover meat (Panarion 30.22.4), and these are analogous to numerous passages found in the Recognitions and Homilies (e.g., Recognitions 1.36, 1.54 and Homilies 3.45, 7.4, 7.8).

The Ebionite or Hebrew Gospel quotes Jesus as saying, “I have come to abolish the sacrifices, and if you cease not from sacrificing, my wrath will not cease from you.” (Panarion 30.16.5)

One of the earliest Ebionite Christian documents is the Clementine Homilies, a work based on the teachings of Saint Peter. Homily XII states, “The unnatural eating of flesh meats is polluting, with its sacrifices and its impure feasts.”

The author of the Book of Revelation in the New Testament also denounced this practice. (see Book of Revelation 2:12-17).

The first Christians, also known as Ebionites or Nazoreans were not only kosher, but strictly adhered to a vegetarian diet. The largest surviving collection of Ebionite scriptures are the Clementine Homilies and the Recognitions of Clement, which are vegetarian gospels that condemn animal sacrifice in any form. For example, the Book of Homilies states that God does not want animals killed at all (3.45), and condemns those who eat meat (7.4, 7.8). And the passages below also show that the Ebionites’ diet was vegan (no eggs, no dairy, and no animal products).

Peter said, “I live on olives and bread, to which I rarely only add vegetables.” (Clementine Homilies 12,6; also see, Recognitions 7,6)

“And happiness is found in the practice of virtue. Accordingly, the Apostle Matthew partook of seeds, and nuts, hard-shelled fruits, and vegetables, without flesh.” (Clement of Alexandria, The Instructor, Book 2, Chapter 1)

“John never ate meat.” (Church historian Hegesippus according to Eusebius, History of the Church II 2:3)

“James, the brother of the Lord, lived on seeds and plants and touched neither meat nor wine.” (Epistulae ad Faustum XXII, 3)

“James, the brother of the Lord was holy from his mother’s womb; and he drank no wine nor strong drink, nor did he eat flesh.” (Hegesippus, quoted in The Church History of Eusebius, book 2, chapter 23)

Inter-Faith Love, Not Hate

The following passage is from the Recognitions of Clement. This Ebionite Christian author has very nice things to say about those in India who worship One God, follow peaceful customs and laws, and are vegetarian or vegan. Imagine! Clearly he sees parallels between his own religion and that of his brothers and sisters “in the Indian countries.” This is one of the most amazing passages I know of in the extra-canonical scriptures, as it is a rare example of one religion (Ebionite, Hebrew Christianity) recognizing “Truth” in another religion (Hinduism), a rare inter-faith moment in human history. The Recognitions of Clement, and the Clementine Homilies are surviving Jewish-Christian texts representing an Ebionite, vegetarian, Christian point of view:

“There are likewise amongst the Bactrians, in the Indian countries, immense multitudes of Brahmans, who also themselves, from the tradition of their ancestors, and peaceful customs and laws, neither commit murder nor adultery, nor worship idols, nor have the practice of eating animal food, are never drunk, never do anything maliciously, but always fear God.”

-- Recognitions of Clement, Book 9, Chapter 22, Brahmans Volume Eight, of the, Ante-Nicene Fathers, page 187, T & T Clark Eerdmans edition

More Wisdom from the East

The harshest words that Guru Kabir, a great Master from Northern India (loved by Sufis, Sikhs, Jains, and Hindus alike) ever spoke were directed against the slaughter or consumption of innocent animals. Kabir says, “Keep away from the man who eats meat -- his company will ruin your meditation.”

The following passage, on the reason that many practitioners of various spiritual paths advocate following the vegetarian diet, is from the book, Harmony of All Religions, published by Maharshi Mehi Ashram, Bihar, India:

“The saints have addressed violence with particular attention to the foods which are eaten. Foods which are produced by killing living beings, as well as foods which are not pure and fresh, are considered Tamsik (‘of darkness’). Consumption of these is prohibited by the teachings of the Saints. This includes animal products such as meat, fish, and eggs. These foods inhibit the clarity of mind and the health of the body.”

Further, Kabir Sahab says, “The kind of food and drink which we consume directly influences how our mind will become. Even the quality of water which we drink will influence our speech.” (Maharishi Sant Sevi Ji Paramahans)

In *The Prayer of Thanksgiving*, one of the “Lost Books of the Bible” unearthed at Nag Hammadi, Egypt, this is the vegetarian prayer that they spoke:

**“We give thanks to You!
Every soul and heart is lifted up to You,
undisturbed name, honored with the name ‘God’**

and praised with the name 'Father',
 for to everyone and everything
 (comes) the fatherly kindness
 and affection and love,
 and any teaching there may be that is sweet
 and plain,
 giving us mind, speech, (and) knowledge:
 mind, so that we may understand You,
 speech, so that we may expound You,
 knowledge, so that we may know You.
 We rejoice, having been illuminated by Your knowledge.
 We rejoice because You have shown us Yourself.
 We rejoice because while we are in (the) body,
 You have made us divine through Your knowledge."

"The thanksgiving of the man who attains to You is one thing:
 that we know You.
 We have known You, intellectual Light.
 Life of life, we have known You.
 Womb of every creature, we have known You.
 Womb pregnant with the nature of the Father,
 we have known You.
 Eternal permanence of the begetting Father,
 thus have we worshiped Your goodness.

There is one petition that we ask:
 we would be preserved in knowledge.
 And there is one protection that we desire:
 that we not stumble in this kind of life."

"When they had said these things in the prayer, they embraced each other and they went to eat their holy food, which has no blood in it."*

*A vegetarian meal. This passage also turns up in the "Epilogue of Asclepius," in *Hermetica*, translated by Sir Walter Scott, published by Shambhala:

"Having prayed thus, let us betake ourselves to a meal unpolluted by flesh [animalia] of living things."

The G.R.S. Mead translation of the same passage in *Hermetica* (Samuel Weiser Books) says, "With this desire we now betake us to our pure and fleshless meal."

"With such hopes we turn to a pure meal that includes no living thing." (Epilogue of Asclepius," translated in *Hermetica*, Brian Copenhaver, Cambridge University Press) 🌻

James Bean explores the world of spirituality, comparative religion, the vegan diet, and meditation
 via Spiritual Awakening Radio at www.SpiritualAwakeningRadio.com



Life Continues Forever

Spoken by Supreme Master Ching Hai, Seoul, Korea

May 8, 2000 (Originally in English) (DVD#694)

Q: I heard the Bible says that there is eternal life. I would like to hear about it.

M: Yes, yes, there is eternal life, because life is always continual. Even after we leave this physical body, our life continues. Life has nothing to do with this physical body! This is just one temporary instrument, and our life continues forever. We use one instrument, and this instrument, and that instrument, just like we use different car every day. We can know eternal life right now in this life if we set aside a little bit of time every day to walk out of this physical “car” for a moment and step into eternal life. And we could always come back to this temporary life again, and step out of the body to eternal life again, every day. Like this, we know that life always exists and even death will not terminate anything... it’s just changing the clothes. That’s why the Bible also mentions that the Saints mentioned that “I die daily.” Also saying that: *Learn to die so that you will begin to live.* If you practice just a little instruction* I have shown you before, you concentrate well, you will experience that you leave the body and you can visit Heaven, if you concentrate well. If you want to know deeper, you have to have initiation. It takes some time for me, for us, to explain things to you. And then you can step out of the body every day... and come back. That means dying daily. Die and come back, die and come back. Very easy! You will never be

afraid of death again.

*The Convenient Method of meditation taught by Supreme Master Ching Hai could be watched at: <http://www.suprememastertv.com/worldvegan/>



Eternal Life

Spoken by Supreme Master Ching Hai, Seoul, Korea
May 8, 1993 (Originally in English) (Videotape #370)

Q: In Christianity, they believe in eternal life and resurrection. Jesus Christ said, If you believe in me, you will live after you die. And when you live, you will never die. What do you think of the eternal life? Does this mean we can keep our physical body forever?

M: No! The physical body, no; the soul body, yes. This physical body is only the clothing for the Real Body. And it's the Real Body that lives forever. When a Master is alive, like Jesus or Buddha, when we believe the living Master, of course we will have eternal life because the Master will help to lead us into eternal life. The Master will show us, teach us what to do. But after the Master is gone, we have to look for another Master. Then we will have the same result.

Meditation Changes our DNA

Spoken by Supreme Master Ching Hai, Teleconference with Supreme Master Television staff, Los Angeles, California, USA
August 30, Golden Year 7 (2010)(Originally in English)

Q: Master has said, "Due to the change of the internal vibrations while we are practicing Quan Yin, new ideas will come up and new cells will grow. At that time, it is as if we were reborn." Master, does meditation affect our DNA?

M: Yes. Sure, it does. It does. Because normally DNA is just the fixed one, and they're burdened with all kinds of karmic information from the previous lives and from the parents. That's why in the Bible it even told us that we carry our ancestors' sins, remember? (Q: Yes, Master.) That's what it means. So what we do is during the Light and Sound meditation, the Light

and the Sound will feed it, feed the DNA with more divine, more true information about who we really are: it's not the flesh that we inherit from the parents and not all the karmic-burden connection and record that we had in a former life, through the connection with the physical DNA of the parents, for example. The Light and Sound will tell DNA that "You are not that, no, no, no. The real inheritance of the DNA, the real owner of the DNA, is God," for example like that, and keep feeding it, feeding it with more true information. Therefore, the DNA becomes different, has more information, and then slowly, slowly, the divine message, the true revelation, will replace all those garbage and dark imprints on the DNA about the past, burdensome, karmic consciousness, okay? It gives better information all the time and gives more positive, divine, full of love, bliss, happiness... The cells will get recharged and renewed and even new cells are born again and again because we are eternal normally. We normally could live forever if we want. So, the new cells will be reborn to replace the bad ones, negatives one will be replaced with the positive ones, etc., etc... And then, even whatever's left, the cells will be infused with limitless Wisdom, Light, Love, youth, and happiness and bliss, etc.

Q: Master, is this why we notice that after initiation the person looks different, even physically? How does this work?

M: Yes, yes. Because the cells changed, I told you. The cells, they are infused with more positive energy, more Light, more wisdom and more youthful information, more youthful energy. Everything is created with energy. After initiation or after meditation, the Light will replace the darkness in the cells, and the Light will reinvigorate again, renew and be filled with true information. It's lively energy, youthful energy, eternal energy. ☀

The Method of Attaining Immortality

Spoken by Supreme Master Ching Hai, Tainan, Formosa
July 7, 1988 (Originally in Chinese)

In some realms, there is no birth, death, deterioration, or destruction, but on our Earth, we have all of these phenomena. There are many realms where there is no birth, no destruction, no contamination, and no purity. They exist forever. Only after we have reached these dimensions can we attain immortality, which is impossible in this world. Many people ask why we do not practice for physical enhancement. They think that instead of practicing for the upliftment of the heart, one should first practice for the physical body to achieve longevity. They have misunderstood the method of Lao Tzu, of Taoism. They have heard that Taoist practitioners can attain immortality. However, we know that all the ancient Taoist practitioners left us; none of them ever stayed. If they became immortals, then where are they? Stop dreaming.

We want to leave this ephemeral world, transcend the three realms, and attain immortal life. Thus, we should practice the method of immortality. Only when we have found and arrived in an immortal world can our dreams come true. We know that such worlds exist because many people have been there before and have told us about them. Jesus Christ, Sakyamuni Buddha, Mohammed and others have told us about the existence of worlds that are eternal, happier and more glorious than this one. ☀

The Secret Method to Achieve Immortality

Spoken by Supreme Master Ching Hai, Penghu, Formosa
January 26, 1989 (Originally in Chinese)

The immortality of the spiritual body can be achieved by practicing the method of the Buddha, of the Saints. It is the immortality referred by Lao Tzu when he said those who

had attained the Tao (the Truth) would become immortal, or those who had attained “the Tao that’s indescribable” would become immortal. However, if we want to become immortal, we should go to the immortal realm. Even if we can live in this world immortally... Suppose we can live a long long time, as long as the Earth, we will still die one day, because Earth will be destroyed one day. This is an ephemeral world. It cannot exist forever. Therefore, to achieve true immortality, we have to go to the land of the Buddha, or the Kingdom of God. The ultimate way, or the ultimate method leading to the Kingdom of God is the Quan Yin Method. We have to rely on the inner vibration, or the Buddha Power, or the “Word of God” to elevate our spiritual body. ☀

The Internal Light and Sound Are Vital in Achieving Eternal Life

Spoken by the Supreme Master Ching Hai, Paris, France, April 24, 1993 (Originally in French) Videotape #359

To achieve eternal life, we depend on the internal Light and Sound. Without them, there will be no happiness, either on Earth or in Heaven. We could never reach the state of perfection in spite of however hard we tried to become a virtuous or elegant person. These qualities belong only to the interior world. All the so-called Beauty, Truth and Virtue manifested in this material world are inferior duplicates. ☀

Aphorism 

Remember God All Day Long

Spoken by Supreme Master Ching Hai, March 28, Golden Year 9 (2012)
during International Gathering, Europe (Originally in English) **DVD #1000**

Before you meditate, pray very hard, sincerely, to help you to calm down and to concentrate. Also, write “Holy Names,” “Holy Names” everywhere, so that wherever you see it, you remember to recite them, not just when you meditate. Then when you meditate, it becomes a habit. Don’t wait until you meditate to recite the Names. Recite all day long. ☀

Special Reports

*Be One with God and
Heaven at All Times**--- A Special Gathering
with Supreme Master Ching Hai*

Compiled by USA News Group (Originally in English)

For many fellow initiates around the world, the spring of Golden Year 9 (2012) was unforgettable, as they spent time with Supreme Master Ching Hai for an international gathering in Europe. Rejoicing in Her divine presence, they listened to Her enlightening discourses and meditated by Her loving side. From March 23 to April 9, Master graciously received initiates in groups almost every day, as much as possible, and showered them with abundant spiritual blessings.

Master announced the wonderful news that the life of the Earth has been extended by five more decades* and counting, and the number will increase at an even faster pace as She continues meditating

for the world. **“It will go to centuries and thousands of years,”** She mentioned. She revealed that during the planetary crisis, She became very upset with all the Heavenly deities, saying that the whole planet did not have to be destroyed, especially since Mother Earth didn’t want to go yet. People should be allowed to live the way they chose and, if necessary, to later come back and pay their own karma. She also explained that meditation does help balance the Earth’s vibration and uplifts the consciousness of humanity toward beneficial change: **“They will not know why, but they feel something change in them, and that they would like to switch to a more benevolent lifestyle.”**

With much optimism for the future of humankind, She said, **“The longer the planet lives, the more people will have a chance to become vegan and spiritually uplifted.”** Recounting

*Editorial note: In a December 22, Golden Year 9 (2012) video-conference with the Supreme Master Television staff, Supreme Master Ching Hai conveyed the following message: According to Her December 18th spiritual diary entry, our planet will be blessed to continue existing for another 8,331,171 years and even longer as Master continues to bless the world through Her deep meditation.

Her own experiences of dealing with people in society, Master observed that many nowadays have more love and are more open. Also, conditions in the world are getting better. There is less war and fewer disasters. Master said that She was happy to see that many leading news agencies, such as CNN, Russia Today, France 24 and others, have changed in response to Supreme Master Television and are now airing programs more conducive to healthy, moral and noble living. She also noticed that many world leaders have improved their lifestyles by drinking less, smoking less and even adopting the compassionate animal-free diet. She urged these decision-makers to be more open about their uplifting choices, to generate greater positive influence on their fellow citizens.

Master thanked all the initiates for their supportive energies and actions, saying, **“Every time you think nobly and you act nobly or selflessly, the results are always fantastic, visibly and invisibly. And it affects the whole world, not just that person you did a favor for, or not just yourself or your family or your five generations. It affects the world and even the universe, depending on how big your action or how grand your noble thoughts are. It always works, because when you’re thinking nobly or acting selflessly, you are one with Heaven. And then, you’re adding more power to Heaven to overcome the negative power in this world... So, the more practitioners, the more noble thoughts you have, the more selfless actions you do, you will save the world.”**

Master pointed out that when we meditate, our purpose is to be one with God, and that purposeful good intention and holy example is very powerful. She has thus had to go on retreat and concentrate more to be able to dilute all the adverse influences of the world as well as the impurity that latches onto Her being. She said, **“The higher you go, the quicker you assimilate, and the more you can draw from the spiritual energy of the universe. And we can really change Heaven and Earth.”** As She can earn more than zillions and zillions of spiritual points per day, even Heaven’s gates can be increased and moved to the desired locations. She pointed out, **“More Heaven gates for more Heaven roads, so that we can overtake the hell gates and hell roads. We flip them over and shut each one down, like demolishing an old, bad building and building a new, beautiful lux-o condo. That we will do. I also didn’t think it could be possible, but it is possible. It’s going on like that now.”**

Concerning our diet and food choices, Master noted that even if we are vegetarian or vegan, we could still be harming the trees, the plants, and the planet. We thus should be more conscious in our selection of fruits and vegetables. Master then read from a list of “Peace and Loving Foods” She had created based on extensive research during Her meditation. These plants can be harvested with minimal harm or even no pain (please refer to “Peace and Loving Foods” for detailed list). She also reminded: **“Always be humble and always thinking of God, not feeling proud or arrogance of any kind. Always have compassion in your heart, no matter what you eat.”**

With enthusiasm, fellow initiates shared with Master their success stories in introducing the vegan diet to their local communities. From mainland China to Brazil, Belgium and cities across the United States, more and more vegan restaurants now serve a diverse selection of cuisines to an ever-increasing population of vegans. Working with creativity, love and persistence, both local

Loving Hut franchises and other initiates' vegan restaurants have become very popular, offering services such as drive-through, pick-up, and catering. Master commented that it's very important for all restaurant staff to have "bright-and-shine" quality as well as positive hearts.

Master was delighted to hear that in some European countries such as the Netherlands and Germany, the number of vegan shops is quickly increasing and other stores are offering more vegan and vegetarian options. In addition, in Vienna, Austria, fellow initiates have opened Vegan World, a shop that sells plant-based food supplies, and a vegan supermarket was scheduled to open in the area. Master encouraged others to do the same, to start a new trend of vegan shops and supermarkets. "I can see maybe a paradise coming, sooner than we think."

In light of the extension of Earth years, Master said to everyone, **"Don't hesitate to open a vegan deli, vegan café, vegan flea market cart. And have a vegan tea party; invite your neighbors. If you cannot open one, just invite the neighbors. Have a community also so people are not too lonely anymore, at least."** Jokingly, She said that if She didn't have the job of a Master, She would surely open a deli corner or a café, to serve people, talk to them, make them happy, healthier, and help change their life for the better. "Isn't that noble and nice and lovely to (even) think about it? I would love that job."

One initiate told Master how she put her faith in God while going through a series of setbacks and unexpected events, and she eventually found ideal housing for herself. Master commented, **"Even though sometimes we have a place that we do not feel is up to our liking, if we somehow believe that it is for us because Heaven wants to give it to us, or we trust in God, or trust in Heaven, or trust in Master power and just accept it anyway, then later, even if it's bad, it will turn into good. Or we will somehow use it as a step to go to a better place. Because we passed the test, or maybe because we are so spiritual that Heaven is touched... So we just have to be patient, accept and be grateful for anything."**

Master shared reminiscences of Her early days in Hsihu and Her solitary life in the mountains where She could always remain within Herself in contentment despite the lack of material comfort. From the past to the present, many masters and yogis have also led simple lives, often meditating in caves, because they could concentrate better with fewer mundane distractions.



“It’s not lonely to be alone. It’s lonely to be with people,” She said. Reflecting on Her own life, Master said, **“Since I knew of spiritual practice, everything in my life is just for that category, for spiritual practice only, for improvement in spiritual practice, for myself and for everyone as well.”** She encouraged initiates to also give meditation foremost importance in life.

Always seeking new ways to preserve the Earth’s natural resources, Master discussed the merits of recycling and the use of renewable energies such as solar and wind power. She highly recommended rainwater harvesting systems as well, saying that collecting rainwater is not only eco-friendly, it is also healthy, clean, less expensive and less karma.

During the gathering, Master patiently answered many questions from fellow initiates on a variety of topics, offerings words of wisdom and practical guidance to solve problems in their daily lives. Relating humorous stories about Her taxi drivers, Master offered tips on maintaining a good marriage. While expressing complete understanding of the human need for companionship, She pointed out that most physical love is a form of attachment, which is different from the unconditional love of Masters like Buddha or Jesus. However, She always lets us make choices for ourselves. She said, **“You have the right to fall and rise; you have the right to make mistakes and recover; you have the right to feel sad and return to happiness; you have the right to experience life in this physical realm.”**

Master explained that there is nothing accidental in this world. Certain incidents in our life could occur even from thinking too much about someone or some events in the past, causing the karma to connect immediately. She reminded everyone to concentrate on the wisdom eye and repeat the Holy Names at all times to protect ourselves. Master also graciously summarized the ideal priorities for our life: **“Promote the vegan diet, meditate, and pray. Meditation is very important. The intention of meditation is very important. We should share with this world.”**

With God’s grace, fellow initiates experienced joy and peace in Master’s presence, inspired by Her insights and compassion. Words cannot express our gratefulness for all the efforts and sacrifices that Master has made to save the planet. Remaining positive and counting our blessings, we will continue our endeavors to elevate ourselves spiritually, share the vegan lifestyle and help to more quickly create a paradise on Earth. 🌻



CELEBRATING THE 19TH ANNIVERSARY OF
SUPREME MASTER CHING HAI DAY

Loving the Silent Tears

By Supreme Master Television (Originally in English)

“SOULFUL VERSES”

- PLAYBILL

“DAZZLING MUSICAL!”

- BROADWAY WORLD

“**I**nspirational and beautiful!” “Dazzling!” “One of the most spectacular events of the year!” These were just some of the glowing responses for the musical extravaganza held to commemorate the 19th Anniversary of Supreme Master Ching Hai Day, honoring the spirit of peace, charity, and love.

On October 27, Golden Year 9 (2012), the world premiere of the musical, *Loving the Silent Tears*, was a joyful, star-studded event held in Los Angeles, California, USA, at the





prestigious Shrine Auditorium, which not only hosted the Academy Awards ceremony for years, but is also one of the largest stages of its kind in North America.

The celebration began with an exciting red carpet filled with members of television, radio and print media, cheering fans, and international Association members greeting guests in traditional costumes reminiscent of the glorious cultures they represented.

On the red carpet, guest 3-time Tony nominee Brenda Vaccaro said, "I'm just amazed that there are 16 countries all contributing to this musically. This brings together so much talent, and to see six continents involved, I think it's amazing, it's sort of a miracle."



Celestial Art exhibition

The spacious expo hall adjoining the venue was transformed into an art gallery featuring Supreme Master Ching Hai's creative works. Attendees admired the beautiful artistic displays as they could better understand the rich source of inspiration for the show they were about to enjoy.

The grand Shrine Auditorium, which had held a 1998 benefit concert titled "One World... of peace through music"

with guest of honor

Supreme Master

Ching Hai, was

once again filled to

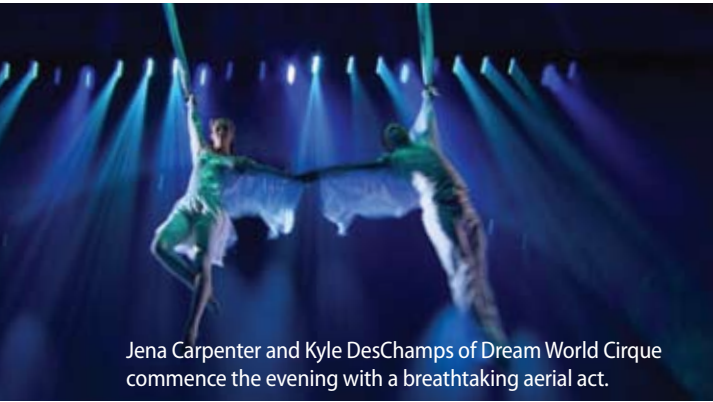
capacity at the 6,300-seat venue. It was exciting to discover that some people had flown from across the country and from other nations to attend. People from around the world also tuned in live on SupremeMasterTV.com, making the event truly global in nature.

"Loving the Silent Tears received much appreciation from art lovers."

- VOICE OF AMERICA

An Uplifting Opening

Beginning the program was a special act by two aerialists from Dream World Cirque. The audience expressed their awe as the acrobats, dressed as angels in white, soared above the stage together to a soulful instrumental version of "I Will Forever Love You," a song by Supreme Master Ching Hai and orchestrated by Emmy winner Doug Katsaros, who was also the show's



Jena Carpenter and Kyle DesChamps of Dream World Cirque commence the evening with a breathtaking aerial act.



Veg emcees (left to right): Kristoff St. John, Kelly Packard, Susie Castillo, Corey Feldman



Left: State Senator of California, USA Curren Price, Jr.
Below: Oscar-winning actor George Chakiris (vegetarian)



music director and conductor of the 21-piece live orchestra. Hosts of the evening were enthusiastic vegetarian/vegan celebrities: TV personality, actress and former Miss USA Susie Castillo, award-winning actor Corey Feldman (*The Goonies*, *Stand By Me*), actress Kelly Packard (*Baywatch*), and 2-time Emmy-winning actor Kristoff St. John (*The Young and the Restless*). Mr. Feldman said, "It's amazing, all these beautiful countries and continents represented here today. It's a true representation of world peace and all beings being together as one."

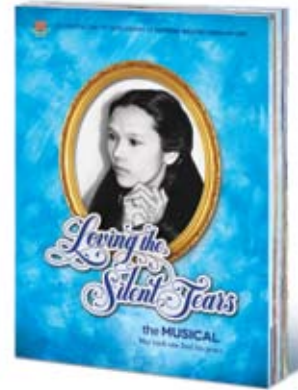
Before the musical started, The Honorable Curren Price, Jr., State Senator of California, delivered commendatory remarks about Supreme

Congratulations and commendations from government officials of the United States



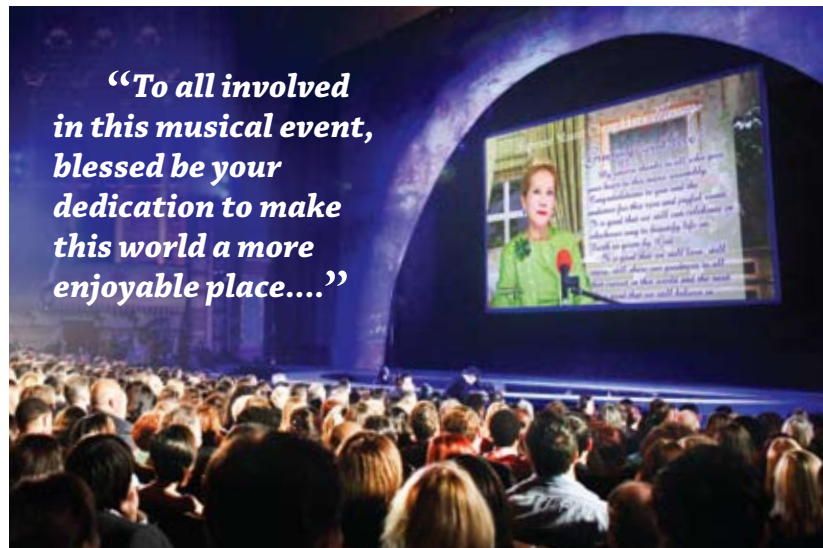
Master Ching Hai Day, which had been proclaimed in 1993 by The Honorable Frank F. Fasi, Mayor of Honolulu, Hawaii, USA, to recognize Supreme Master Ching Hai's international humanitarian works and peace advocacy. During his speech, Senator Price stated that the event was "an apt and a very important tribute to a woman who has demonstrated her commitment to humanity, to the arts, and to our society."

Next, the evening's guest speaker, vegetarian Academy Award-winning actor George Chakiris (*West Side Story*) spoke more in depth about the significance of Supreme Master Ching Hai Day. He said, "Supreme Master Ching Hai's message is that all beings, human or animal, have the right to live in peace and dignity on this beautiful planet; and that each person can do his or her part to save lives, better our planet, and be heroes. And my personal way to be a hero and save these important lives is to be a vegetarian."



Supreme Master Ching Hai's Video Greeting

Then, the audience watched a video greeting from Supreme Master Ching Hai, who was unable to attend due to Her intensive meditation retreat. The following is an excerpt: "It is good that we still can celebrate in whichever way to beautify life on Earth as given by God. It is good that we still love, still enjoy, still share our goodness to all that coexist in this world and the next. It is good that we still believe in everything that is noble and positive, and Heavenly power will definitely prevail. To all involved in this musical event, blessed be your dedication to make this world a more enjoyable place, cheering up the masses and giving thanks to Heaven and Earth in this way."



Supreme Master Ching Hai then shared wonderful news about our Earth as She concluded Her greeting: "And as a token of love, I share with you good news. Maybe just to help pacify all worrying hearts, all hearts that concern about the survival and wellness of all in this world. And that good news is our planet will still be blessed to exist for 10,000 years more to come, and continue depending on our goodness in the future. And for that praised be God. Thanks to all co-inhabitants' loving prayers and contributions in different aspects. For my humble self, my humble self also continues the best to support our common united endeavor to save this planet for this generation and countless next. Enjoy the show, thank you all again! May God bless the universe and protect our world. Love you!"

Loving the Silent Tears: The Musical

Two-time Academy Award-winning composer Al Kasha had the original idea to create a unique musical based on the poem anthology by Supreme Master Ching Hai titled *Silent Tears*, which reflects a Truth seeker's inner spiritual journey, the joy along with the tribulations,



Above: 2-time Oscar-winning composer Al Kasha was inspired to create a musical based on Supreme Master Ching Hai's *Silent Tears*.
Left: The musical's acclaimed director, Tony nominee Vincent Paterson.



in search of everlasting fulfillment. Mr. Kasha said, "The Supreme Master has written poetry that touches my heart. All these composers who are the best in the world, who have won Grammys and Tonys, worked on this piece because they saw the spiritual nature of it. It's not the typical musical." He explained that the poems' themes are "peace, love, joy, patience, kindness, and faithfulness."

This show *Loving the Silent Tears* was the next phenomenal production after the previous year's successful sold-out musical, *The Real Love*, based on Supreme Master Ching Hai's true life story of love and courageous sacrifice.

Loving the Silent Tears was directed by Tony Award nominee Vincent Paterson, the acclaimed director/choreographer of Michael Jackson's and Madonna's world concert tours. He stated, "Theatre is a magical place.... I try to put something in there that the people have to think about and that somehow touches them deeply in some way."

"Winners of the most major and recognized awards in entertainment in this country."

- UNIVISION

The choreographer was Emmy winner Bonnie Story, who is known for creating the elaborate dance scenes in the hit movies, *High School*

Musical 1, 2, and 3. The scenic designs were by Emmy-winning John Iacovelli (*Peter Pan*) and the costumes were by award-winning Sharell Martin (*Chicago*).

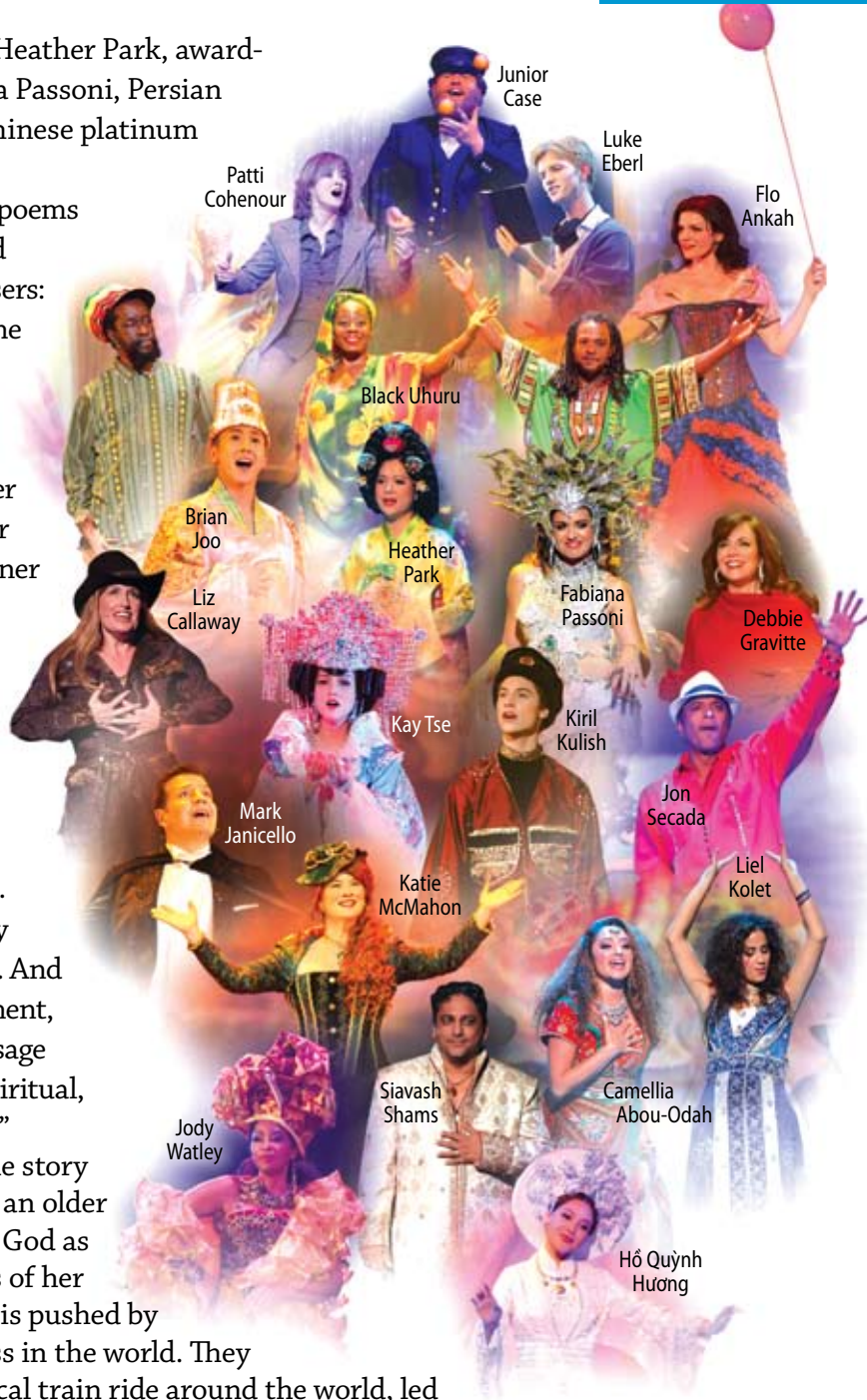
The star cast included an impressive array of vocal talent from pop music to Broadway's stages to the world music scene, such as 2-time Grammy Award-winning music icon Jon Secada, Grammy winner R&B/pop star Jody Watley, and Broadway stars: Tony winners Debbie Gravitte and Kiril Kulish, Tony nominee Patti Cohenour, and Emmy winner and Tony nominee Liz Callaway. The stars also included Grammy-winning reggae legends Black Uhuru, Arab singer Camellia Abou-Odah, French singer Flo Anka, actor Junior Case, award-winning actor Luke Eberl, Aulacese (Vietnamese) pop star Hồ Quỳnh Hương, Italian tenor Mark Janicello, Korean pop star Brian Joo, award-winning Israeli singer Liel Kolet, Irish soprano

Katie McMahon, Korean singer Heather Park, award-winning Brazilian singer Fabiana Passoni, Persian superstar Siavash Shams, and Chinese platinum pop star Kay Tse.

Supreme Master Ching Hai's poems were set to songs by distinguished Broadway and Hollywood composers: 6-time Grammy winner and 2-time Oscar nominee Jorge Calandrelli (*Crouching Tiger, Hidden Dragon*), Emmy winner Doug Katsaros (*Footloose*), 2-time Grammy winner and Oscar nominee Henry Krieger (*Dreamgirls*), Tony and Emmy winner Don Pippin (*La Cage aux Folles*), Grammy winner Nan Schwartz (*Harry Potter*), and Oscar and 2-time Grammy winner David Shire (*Saturday Night Fever*).

"Supreme Master Ching Hai's poetry is beautiful, very inspiring!" shared Mr. Calandrelli. "When I wrote the music, I mainly responded to what the lyrics were. And the lyrics are all about enlightenment, love, all positive things. That message is what we nowadays all need – spiritual, profound thoughts and emotions."

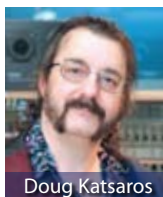
Loving the Silent Tears told the story of two troubled individuals: Joy, an older woman who has lost her faith in God as she still grieves the long-ago loss of her son, and Pete, a young man who is pushed by his father to find material success in the world. They find themselves going on a magical train ride around the world, led by a jovial and wise train conductor. They stop at 16 countries, where they are helped along in their inner journeys by a representative singer from each country or region: France, Jamaica, Korea, Brazil, USA, Australia, China, Russia, Cuba, Italy, Ireland, Iran, Israel, Arab region, Africa, and Âu Lạc (Vietnam).



Al Kasha
2-time Oscar winner



Jorge Calandrelli
6-time Grammy winner
& 2-time Oscar nominee



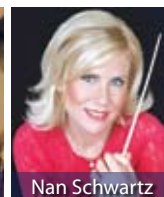
Doug Katsaros
Emmy winner



Henry Krieger
2-time Grammy winner
and Oscar nominee



Don Pippin
Tony and Emmy
winner



Nan Schwartz
Grammy winner



David Shire
Oscar and 2-time
Grammy winner

"An extraordinary new musical certainly proved itself a great boon for Los Angeles music and theatre lovers."

- California Adventure TV (CATV) / KCAL-TV

Loving the Silent Tears: The Musical

The audience joined the amazing cast of singers and dancers on a fantastic journey, the work of an expert creative team led by Tony-nominated director Vincent Paterson and Emmy-winning choreographer Bonnie Story. All musical numbers were based on Supreme Master Ching Hai's poetry, ingeniously set to memorable songs by world-class composers.



FRANCE

French singer/actress Flo Anka sings "Accept Me the Way I Am," with music by Grammy winner Nan Schwartz; accompanied by a waltz dance.



KOREA

"Singing Praise" is performed by Korean singers, Brian Joo and Heather Park (vegan); set to music by Oscar and 2-time Grammy winner David Shire.



JAMAICA

Grammy-winning Black Uhuru perform "Make a Deal"; music by Emmy winner Doug Katsaros; dance by The Lula Washington Dance Theatre.



BRAZIL

Award-winning Brazilian singer Fabiana Passoni performs "Your Eyes, Your Ears, Your Heart"; music by 6-time Grammy winner & 2-time Oscar-nominated Jorge Calandrelli.



USA

Broadway's Tony-winning star Debbie Gravitte sings "No Place for You" in a modern scene; music by 2-time Oscar winner Al Kasha.



AUSTRALIA

"Monkey Mind" sung by Tony-nominated singer/actress Liz Callaway; music by David Shire.



CUBA

2-time Grammy winner Jon Secada sings "All Love, All Forgive" in both English and Spanish as the ensemble dances in salsa style.



MIDDLE EAST

Israeli singer Liel Kolet, Arab singer Camellia Abou-Odah, and Persian pop star Siavash Shams sing "Truth, Ego, Soul and Blessings"; with ensemble and Zahira Dance Company; music by Doug Katsaros.



CHINA

Chinese pop star Kay Tse (vegetarian), with ensemble, performs "Talking to a Stone Buddha," a song composed by Supreme Master Ching Hai.

**"Fascinating tale
of humanity's search for
true happiness."**

- BEVERLY HILLS COURIER



ITALY

Ensemble dancer Miguel Perez portrays a marionette, accompanying Italian tenor Mark Janicello (vegetarian) who sings "Initiation"; music by Tony & Emmy winner Don Pippin.



AFRICA

Grammy-winning pop icon Jody Watley performs "A Real Fool" with Lula Washington Dance Theatre dancers; music by Nan Schwartz.

LOVING THE SILENT TEARS SPECIAL REPORT



RUSSIA

Tony-winning Broadway star Kiril Kulish sings "The World Is a Whirlpool," joined by lively dancers; music by 2-time Grammy & Oscar nominee Henry Krieger.



IRISH

An exciting Irish step dance unfolds as Irish soprano Katie McMahon performs "Between the Master and I" in English and Gaelic; music by Nan Schwartz.



ÂU LẠC (VIETNAM)

"Enlightenment" is performed by Tony nominee Patti Cohenour and Aulacese (Vietnamese) pop star Hồ Quỳnh Hương (vegan), accompanied by dancers; music by Henry Krieger.



Left to right: Junior Case (Conductor), Luke Eberl (Pete), and Tony nominee Patti Cohenour (Joy)



Right: 2-time Grammy winner Jon Secada

Left: Chinese platinum pop star Kay Tse (vegetarian)

One particularly beautiful song was “Talking to a Stone Buddha,” which was composed by Supreme Master Ching Hai Herself, and performed by Hong Kong superstar Kay Tse, who sang in both English and Mandarin.

The Cuban-style song titled “All Love, All Forgive,” featuring Supreme Master Ching Hai’s poems from *Silent Tears* and “Words from a Child” (*The Dogs in My Life* and *The Birds in My Life*), was set to music and performed by the legendary singer Jon Secada. He said of the song, “I love the fact that it’s a simple message but with a lot of depth: love, forgiveness, understanding, and caring. Those messages we need today more than ever.”

In addition, the rich cultures were portrayed, not only through the songs partially sung in the native languages, but also by the vibrant costumes and especially the exquisite dances by 48 ensemble members, including many selected from the best across the US.

The train ride brings Pete life experiences, including temptations of wealth and attraction, and thus he becomes arrogant and money-hungry. When the three main characters are suddenly bumped off the train, the journey somehow continues. Pete loses everything he prized and eventually learns to be humble. Joy, meanwhile, makes profound realizations



about herself, releases her bitterness, and with the help of the train conductor embraces initiation into a spiritual path of enlightenment.

The deeper message of peace and love conveyed through such a high caliber of international talent was truly a first in musical theatre history. As platinum artist and cast member Jody Watley said, “The musical’s message is faith, compassion, gratitude, finding your way out of despair, and finding your inner peace and joy. Ultimately, it’s about lifting yourself out of the darkness into the light.”

For the musical’s finale, all the cast members converged to sing “Loving the Silent Tears.”

*“Loving the silent tears for You
more than the diamonds of the world.
But, O King of all the wish-fulfilling-Jewels,
Do I really have any choice?”*

The musical received a standing ovation, with the audience cheering for an encore bow. Feeling the search for inner peace resounding in their own hearts, many of the audience members were moved to tears.

The Charity Presentation

As the second part of the charity event began, a brief video introduced the humanitarian works of Supreme Master Ching Hai that have reached people and animals in need throughout the globe.

An Association representative thanked Senator Price for his earlier commendation of

Supreme Master Ching Hai. She said that while Supreme Master Ching Hai has been recognized in many countries, the United States has given Her the most and highest honors. Thus, the representative said, “Supreme Master Ching Hai truly loves America and is always thinking of how She could be of any further help to the United States and Her beautiful people.”

Next, Supreme Master Ching Hai honored three charities with gifts totaling US\$300,000.

An Association representative read aloud Her message sending “a hero salute and heartfelt gratitude to these organizations and others whose love

“The stage was elaborately set, the performers were exceptional, and philanthropic spirit was as beautiful as the songs.”
- PASADENA NEWS



Supreme Master Ching Hai (vegan)
August 8, 2009

“Kindness, compassion, generosity, love and spiritual evolvment through adversity is the lesson and thread woven through this high-energy and wonderful uplifting show.”

- CAL REVIEW LA

and courage help make this world a more loving place. I also thank all the artists for your contribution and feel privileged to present this gift on your behalf, and to honor these organizations with a token of gratitude with this financial contribution and wish them the best in furthering their noble work.”

Checks of US\$100,000 each were presented by the Association chairman and government officials, California Assembly Member Katcho Achadjian, California State Assembly Member Jose Solorio, and Lebanese Consul General Johnny Ibrahim, to representatives of Broadway Cares / Equity Fights AIDS, Animal Defenders International, and Worldwide Veterinary Service. Broadway Cares Executive Director Tom Viola stated, “I’d like to thank Supreme Master Ching Hai for this extraordinary, gracious, and generous gift. I also honor her for her spiritual principles, so beautifully [put] on the stage, but also in our communities. In her poem, ‘Singing Praise,’ she writes, ‘The Master is more than just kind.’ With this very generous gift, she puts those words into action. Thank you so much.”

Vice President Tim Phillips of Animal Defenders International said, “This money will go so far to helping these animals, helping us rescue more animals, and most important of all, raising awareness about the treatment of animals around the world.”



Clockwise: California Assembly Member Katcho Achadjian and Broadway Cares Executive Director Tom Viola; Lebanese Consul General Johnny Ibrahim and Worldwide Veterinary Service's US ambassador Daniela D'Angelo; California State Assembly Member Jose Solorio and Animal Defenders International.



The Grand Finale

In a high-spirited finale, the full cast returned to the stage and performed “Take Each Other’s Hand,” with music by Al Kasha and lyrics based on Supreme Master Ching Hai’s poetry. As the cast held one another’s hands, the audience also rose to their feet, all waving star-shaped glowing wands to the elevating music.

After the show, a magnificent VIP vegan banquet was enjoyed, as catered by some of the best local vegan restaurants.

As the newspaper Canyon News wrote after the event, “By the end of the night, many couldn’t help speaking with fellow guests about their favorite scenes or the emotional connection they made with its overall theme. Supreme Master Ching Hai’s contributions to



society have influenced people to convey her message through art which then inspired the audience to give back as well. Her work has caused a never ending cycle of humanitarianism that will prove beneficial to this world's future."

We respectfully thank Master for Her boundless inspiration for this once-in-a-lifetime event, as well as Her generous love and guiding light, always. We pray that She will continue Her incredible mission for the life and prosperity of our planet and all beings in the universe. Our gratitude to all the brilliant artists for manifesting the special musical, *Loving the Silent Tears*, and we wish them all the best of success and happiness as they continue to bring joy and nobility to the world. 🌻

"Supreme Master Ching Hai's contributions to society have influenced people to convey her message through art... Her work has caused a never ending cycle of humanitarianism that will prove beneficial to this world's future."

- CANYON NEWS



The VIP banquet catered by wonderful local vegan restaurants was a sumptuous feast of compassion, a message highlighted during the event.



Peace and Loving Food List (incomplete)

List of absolute or almost non-violent food

Spoken by Supreme Master Ching Hai, March 23-28, Golden Year 9 (2012), International Gathering in Europe
(Originally in English, Aulacese and Chinese)

During Her intensive meditation retreat for the survival of the planet and the redemption of humans and animals, Supreme Master Ching Hai naturally discovered certain foods that can be consumed by humans, while causing least harm to the plants. Early this year, at the international gathering, Master generously shared the information with the disciples. She cautioned that it is important to take enough nutrition and if needed, consider adding supplements such as vitamins to your diet.

She explained that even though with the list, our food choices may seem to be more restricted, compared to many people in the world, we have more than enough. In addition, when we take any food, the plant will automatically share our spiritual merit to evolve. Master said, **“Because I love the trees, and I feel the pain they have, not because I want to go higher level with that... The trees cannot scream out, that is the worst thing. Just like you, you are tight, or you are made immobile, but then someone just keeps beating you or cutting you and you can’t do anything. That is terrible. We can run, we can kind of struggle and we can scream, but the trees cannot. The plants cannot.”** That’s the reason She personally prefers to refrain even from cutting flowers. Master also explained at the December 22, Golden Year 9 (2012) video conference with Supreme Master Television staff, that She personally chooses to eat only the plants that have no feeling which include “two or three kinds of vegetables, melons, cucumbers.”

Based on Master’s research, the following crops and fruits can generally be harvested without harm to the plants or trees, causing them minimal or no pain:

Peace and Loving Food List	
Cereals	Wheat grain Wheat products like bread, noodles, couscous
	Millet, Quinoa, Amaranth
	Muesli (as long as ingredients are from the Peace and Loving Food List)
Nuts	Cashews, Pine nuts, Pistachio (Other nuts are sure only if they fell off the tree by themselves)
Seeds	Melon seeds, Pumpkin seeds, Sunflower seeds
Beans	Dry beans (dry harvested, not fresh beans), Lentils (dry)
Vegetables	Chinese cabbage or Pak choi, Baby Pak choi, Coriander, Celery, Chinese celery, Romaine lettuce, Chicory, Cress, Water spinach, Spinach (only the leaves, not if the whole twig or plant was cut)
	Arrowroot, Beet root, Carrot, Radish, Potatoes, Turnip
	Garlic, Ginger, Ginseng
	Dry corn (dry harvested, not fresh corn)
	Any sprouts (only water in there)
	Bitter gourd (or bitter melon), Cucumber
	Mushrooms (fresh or dry) and any of the fungus family (e.g., black fungus)



Fruits	All fallen fruits
	All berries (no strawberry)
	Citrus fruits (without the stem or parts of the stem, like the fruit head at the stem)
	Dates (fresh and dry), Figs (fresh and dry)
	Melons
	Coconut, Apricot, Peach, Star fruit, Tomatoes (if harvested without the stem), Avocados (if black ripened and harvested without any attachment to the fruit)
	General guideline: Painless for the plant, if the fruit is harvested without any parts of the tree or plant (e.g. apples without stem), or if the fruit is cut at 2/3rd and 1/3rd is left on the tree, or if the fruit just fell off the tree to the ground by itself. Also painless, if the fruit is ripe, is very easy to pluck, and immediately falls into your hand. The best is to plant and harvest our own fruit trees, to be sure. For example, a banana can be peeled when still hanging on the tree, or cut below the stem (at 2/3rd of the fruit)
Condiments	Star Anise, Cloves (dry)
	Coriander seeds and powder, Cumin seeds and powder
	Maggi-Sauce, Soya-Sauce, Salt
	Vegetable broth (if made of foods from the Peace and Loving Food List)
Sweeteners	Beet sugar (from sugar beet, radish and alike), Agave juice
Vegan Protein	Dry soy texture and powder, Dry wheat texture and powder
	Vegan ham, Vegan sausages, Vegan Seitan
	Tofu (e.g. mixed with mushrooms or plain)
Herbs	Any herbs and wild herbs if just the leaves are plucked off the plant and the stems are not harmed.

Aulacese Herbs and Vegetables, additional to peace and loving food list above



Aulacese Name

Ngô
also known as
ngô ôm

English Name

Rice Paddy Herb



Aulacese Name

Cải cúc (Tần ô)

English Name

Chrysanthemum Coronarium Linn.



Aulacese Name

Rau răm

English Name

Vietnamese Coriander,
(Hot Mint), Laksa leaf,
Daun laksa



Aulacese Name

Tía tô

English Name

Perilla frutescens
also known as
violet shiso



Aulacese Name

Ngò gai

English Name

Thorny Coriander



Aulacese Name

Diếp cá

English Name

Fish Mint



Aulacese Name

Húng quế

English Name

Basil



Aulacese Name

Húng lủi

English Name

Mint

To harvest the following crops and fruits hurts the plants or trees (incomplete, only few examples):

Rice, Fresh Beans, Sugar Cane, Banana (unless cut from the tree at 2/3rd like mentioned above)

Sesame seeds, Peanuts, Sweet Yams, Cassava, Zucchini

Master mentioned that the list above is by no means complete, but it serves as a guideline for us if we want to act in this direction. She lovingly reminded us to always be humble, always think of God and always have compassion in our heart no matter what we eat. **“Be very grateful for the sacrifice of all creations. And be thankful to Heaven, to all involved in your meal, so that you have such a delicious fruit or vegetable, raw or not raw. So, don’t be proud of anything that you do, because we are zero here. Whatever we do, without the grace of Heaven, without the grace of initiation, whatever you do is all sin. Don’t ever be proud that you are vegan, vegetarian, or raw or whatever you eat or not eat.”**

We are extremely grateful to Supreme Master Ching Hai for sharing such precious information with the world. May more Earthly people cherish the knowledge and strive to live a simple life with minimal destruction to other beings while following the noble spiritual ideal. 🌻

God’s Direct Contact

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

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

This portal provides a directory of links to Quan Yin Websites in a variety of languages, as well as 24-hour access to Supreme Master Television. You may also download multilingual editions of The Key of Immediate Enlightenment sample booklet, download or subscribe to The Supreme Master Ching Hai News available in eBook or printable format, or browse the site’s contents online.

Master is always deeply concerned when disasters occur in any part of the world. Upon hearing news of such events, She immediately provides financial assistance and sends relief teams. Through such efforts, Her unconditional love and support are conveyed to those affected, thus reducing their suffering while helping them to rebuild their lives.

In recognition of the selfless actions of governments, organizations and relief workers around the globe, Master expresses Her gratitude as follows: "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."

Bolivia, Brazil, Peru

Providing Emergency Aid to the Flood Affected in the Amazon

By South America Relief Team (Originally in Spanish)

In early 2012, unusually intense seasonal rains brought severe flooding to Bolivia's Amazon lowland plains, washing out roads, inundating large areas of farmland, rendering approximately 9,000 families homeless, and causing several people to lose their lives. The northern Department of Pando bordering Brazil was the worst hit area, with much of the capital city Cobija being left under water. Also affected were neighboring regions in the Peruvian and Brazilian Amazon.

To render aid to those affected, Supreme Master Ching Hai immediately provided a US\$40,000 relief fund and asked our Association members to go to the region. Initiates from Argentina, Brazil and Paraguay then formed a relief team and set off for Cobija, Bolivia on February 27. With assistance from the city's civil defense department and the army, the team quickly distributed 800 bags of rice to people in need, along with candy for the children and crackers for stray dogs in the cities of Cobija, Puerto Rico and El Porvenir and the region of Bolpebra.

The mayor of Bolpebra personally drove the team for three hours on muddy roads to the native community of Central Indígena de Pueblos Originarios de la Amazonia (Indigenous Headquarters of the Original Amazonian Peoples) or CIPOA, in the remote





city of San Pedro, where they were warmly welcomed by the residents. The team members were deeply touched by the chief’s sincere expressions of thanks, which reflected the people’s pure, noble hearts.



In Brazil, with help from the Assis City Social Assistance Department office staff, the team distributed 80 bags of food to the most affected people, and in Peru, 150 bags in Iñapari, Tahuamanu Province, Madre de Dios Department. The Mayor of Iñapari, Mr. Celso Curi Paucarmaita, read a warm he had written letter to Master, thanking Her for Her generous support. “Your Excellency Supreme Master,” he wrote, “I have the pleasure to address you..... to express our everlasting appreciation for your voluntary support to contribute for the people who have been affected by the floods which took place this year on February 16, 17 and 18 in this region of the planet.”

All during the relief effort, the team members could feel the strong presence of Master’s love and protective power, and felt honored and happy for the opportunity to convey Her love to our brothers and sisters most in need. 🌻

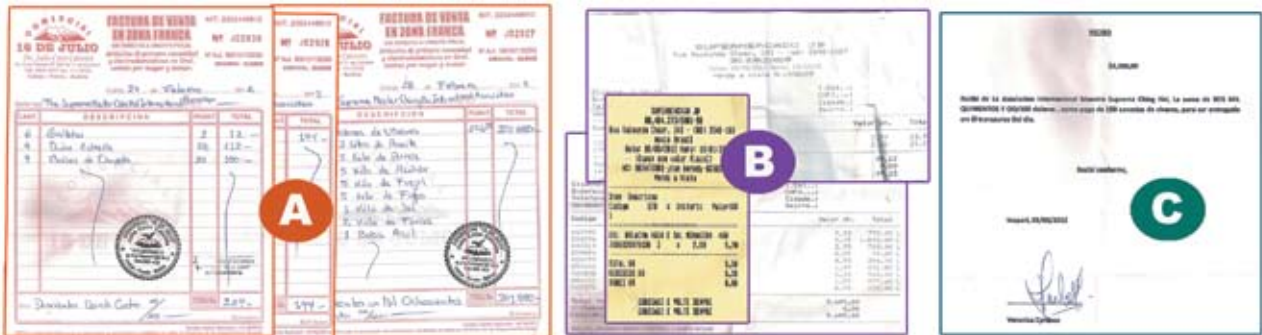


Thank-you letter from Mr. Celso Curi Paucarmaita, Mayor of Iñapari city

Expenditures by Supreme Master Ching Hai for Flood Relief Work in Boliva, Brazil and Peru

Description	Amount (US\$)	Receipt
Pando, Bolivia: 20 tons of food, candy and crackers	30,067	A
Assis, Brazil: 80 bags of food (rice, beans, wheat and corn flour, sugar, salt, cooking oil, candy) and crackers for dogs	6,500	B
Iñapari, Peru: 150 bags of food	3,217	C
Total	US\$39,784	

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



Mexico

Delivering Gifts of Love to the Earthquake Affected

By Mexico News Group (Originally in Spanish)

On March 21, 2012, an earthquake measuring 5.8 on the Richter scale struck the town of Ometepec in Guerrero State, Mexico, causing many buildings to collapse and necessitating thousands of people to be evacuated from homes, schools and workplaces. Supreme Master Ching Hai immediately sent funds to be used for the relief work in the area, and a team from the Mexico Center travelled for more than 10 hours to the affected town.

The team provided MXN\$1,000 each to 60 families, thus helping them to cope with the situation and rebuild their homes. With the kind assistance of Ometepec Mayor The Honorable Efren Adame Montalvan and soldiers of the National Army, the team was able to deliver 1,412 food bags in vans to the

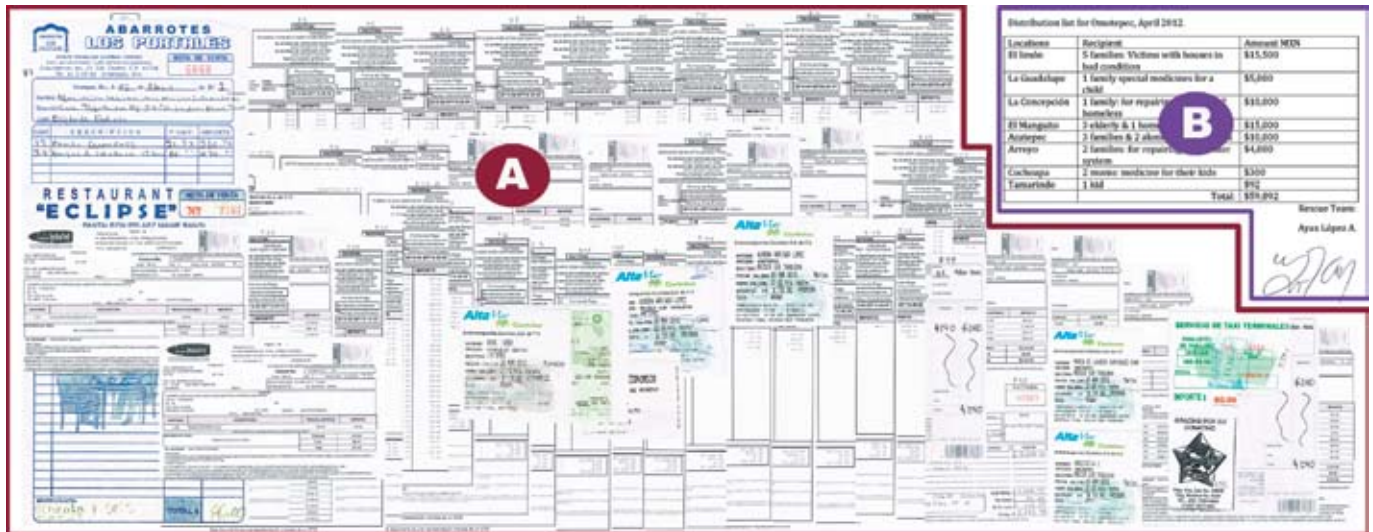


most desperate families in a remote area. The people welcomed the relief team with big smiles, were surprised by the large size of the food bags, and were thankful to Master for Her gesture of love. With a great round of applause, the townspeople then bade farewell to the team with sincere love and gratitude. 🌻



Expenditures by Supreme Master Ching Hai for Earthquake Relief Work in Mexico

Description	Amount (MXN)	Receipt
Food (pastries, pasta, rice, cookies, crackers, beans, soy drinks, peanuts, tortillas, chocolate powder, chick peas, lentils, almonds, raisins, oats, cereal, cooking oil and vinegar); supplies (water containers, soap, detergent and toilet paper); transportation fees; travel expenses for the relief team	241,247	A
Cash contribution to the homeless, the elderly and other locals for construction	59,892	B
Total	MXN301,139 (US\$25,500)	



Belize

Helping Flood-Affected Neighbors

By Costa Rica Relief Team (Originally in Spanish)

In mid-June, 2011 a tropical storm caused flooding and severe crop destruction across the beautiful nation of Belize. Hearing news of the event, Supreme Master Ching Hai immediately contributed US\$10,000 in relief funds and requested our nearby Association members to go if possible to render aid to the most vulnerable.

Upon arriving in Belize on July 10, our Association's relief team from Costa Rica went to the main headquarters of the National Emergency Management Organization (NEMO) in Belmopan, where they met Mr. Barret Palacio, officer of the regional Ministry of Agriculture of Punta Gorda, an important southern coastal city. Mr. Palacio kindly provided a list of the four most severely affected villages near Punta Gorda, which housed 35 families in need.

The next day, thanks to the generosity of a local store owner, the team was able to purchase food and prepare





35 packages at the store with the help of a Ministry officer and store employees. The store owner and another man also lovingly contributed several bags of candy for the children. Due to the extreme weather conditions, the distribution work was delegated to regional NEMO officers, who planned to visit the villagers as soon as the flood waters receded.

Upon returning to Belize to meet with Ministry of Agriculture officer Mr. Flint Wagner, the relief team made the decision to help approximately 450 families in the area's most affected towns. At the NEMO office, the team members quickly prepared 473 food packages with the help of volunteers, and then distributed the supplies on July 13 and 14. Everywhere the team went, the people expressed their deep appreciation to Master for Her loving concern, while the children were delighted to receive the candy.

The Honorable Edmond Castro, Minister of State in the Ministry of Works and Transport and Area Representative for Belize Rural North, provided help by coordinating transport arrangements and participating in deliveries, including the one to his hometown of Maskall. While accepting the Press Kit which has been prepared to introduce Supreme Master Ching Hai to members of the media (the Kit can be accessed at <http://suprememastertv.com/press-kit/>) and during a conversation with a team member, The Honorable Minister Castro showed great interest in organic farming and other methods of vegetable production such as hydroponics, which avoids the destruction of crops by floods.

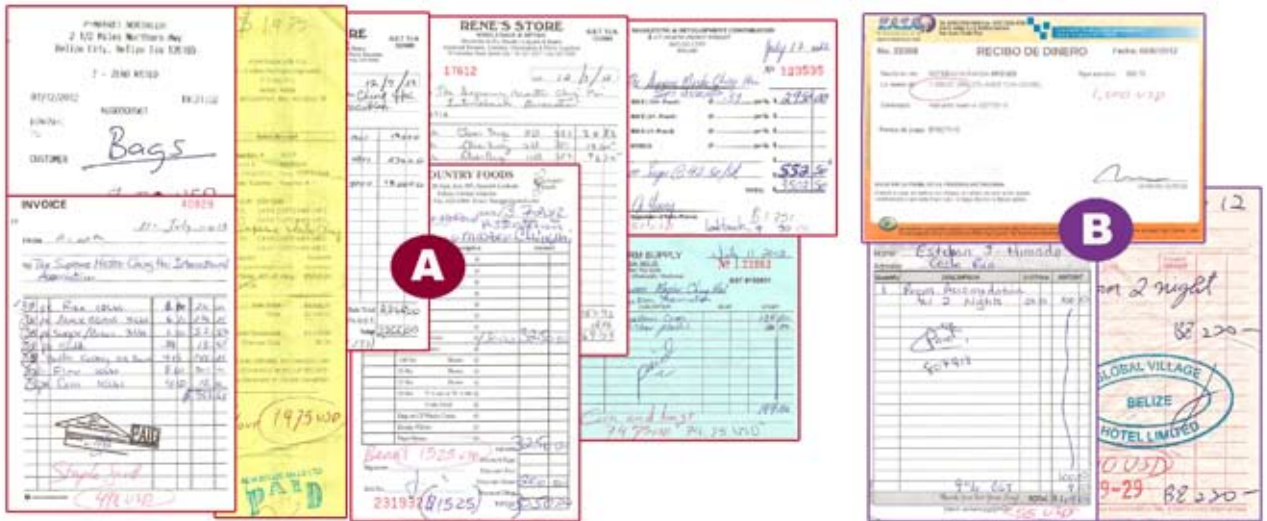


Copies of Master's book *From Crisis to Peace* and the free Sample Booklet introducing Master's teachings were also happily supplied by the relief team to the local people, who were highly receptive to the vegan diet and Master's message. The team members were pleased to see that soy milk and many other vegan products are readily available in Belize. They are deeply grateful to Master for giving them this opportunity to learn the lessons of compassion and service to others. 🌻



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

Description	Amount (US\$)	Receipt
Food (beans, salt, cooking oil, corn, rice, flour and brown sugar); miscellaneous expenses (packing bags, tips for drivers and helpers)	7,150	A
Travel expenses for relief team members (airline tickets, lodging and food)	1,300	B
Total	US\$8,450	



Haiti

Flood Victims Thankful for Emergency Aid

By Costa Rica Relief Team (Originally in Spanish)

In August 2012, Tropical Storm Isaac struck Haiti's capital city Port-au-Prince, causing flooding that forced thousands of families from their homes. Many had already lost everything in the devastating 2010 earthquake and were living in tents. The affected people were thus in urgent need of food supplies.

After receiving US\$30,000 in relief funds from compassionate Supreme Master Ching Hai, Association members from Costa Rica formed a relief team and traveled to Port-au-Prince on September 5. The team first met with orphanage director Pastor Ezequiel, his wife and co-workers, who had kindly offered their assistance during previous relief efforts in Haiti. This time, they helped to locate flood victims living in camps in the area and arranged for food to be distributed in a safe, efficient manner.

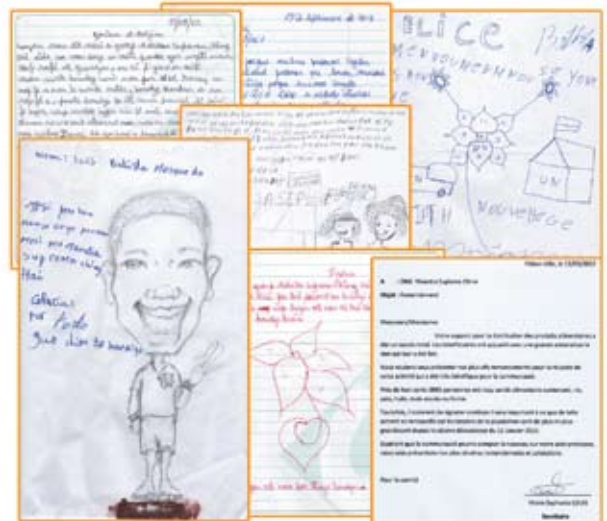
Through God's blessing, the relief team was able to purchase sufficient food supplies, pack the items with the help of local volunteers and distribute the packages to over 2,150 families from 11 camps. The recipients were deeply grateful to Master for thinking of them in their dire situation and sent Her all their love and good wishes. ☀



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

Description	Amount (US\$)	Receipt
Food (rice, beans, sugar, oil, spaghetti and corn flour)	30,128	A
Airline tickets, transportation of food, gasoline and hotel	2,723.97	B
Total	US\$32,851.97	

(All of the travelling costs for this relief work have been provided by Association Centers in the USA).



Thank you letters from flood affected people.



Russia

Helping Krasnodar's Flood Victims

By Russian Relief Team (Originally in Russian)

On July 7, 2012, the Krasnodar Krai region of southern Russia was struck by torrential rains that caused the most devastating flash flooding the area had experienced in 70 years. Approximately 35,000 people were affected, with 171 losing their lives and hundreds more being injured. Many homes were



inundated and the region’s fields were totally submerged. The town of Krymsk suffered the most severe damage. Thousands of people across Russia extended a helping hand to those suffering from the effects of the flooding.

Upon learning of the situation, Supreme Master Ching Hai immediately allocated EUR20,000 to assist in a relief operation. Our Association members from the Moscow Center contributed an additional EUR17,966 and formed a relief team to provide aid to the victims.

Finding all the necessary emergency items recommended by local government officials was a challenge, but when the team members were about to give up hope, as if by a miracle, extra supplies appeared in a nearby city and the team was able to purchase enough folding beds, mattresses, blankets, pillows and bed linens to supply those in need. Joined by local volunteers, the team transported the supplies to the main distribution center in Krasnodar, where army officers helped load the items. The first batch of folding beds was sent to the local hospital, and thanks to the Ministry of Emergency Measures, the rest of the supplies were then sent to other centers and distributed to the people.

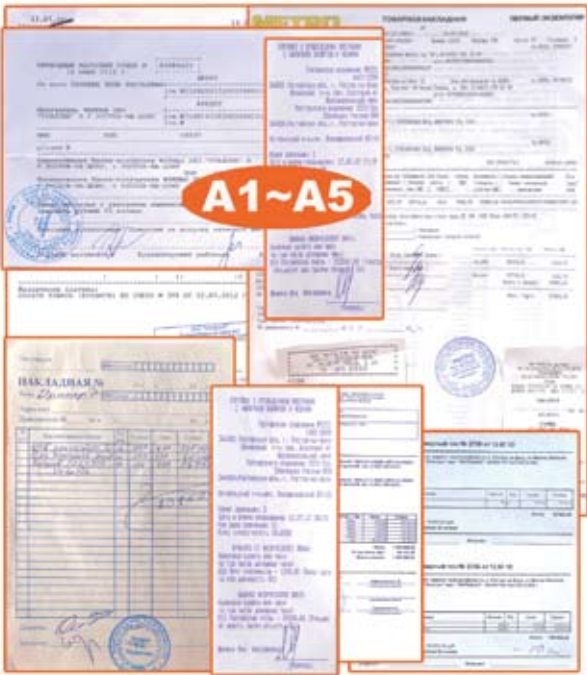
Through Master’s loving blessing, the Krasnodar relief operation was conducted smoothly. In addition to the relief items, the team also distributed Alternative Living flyers to the people, so that they could be even more graced by God’s love. 🌻



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

Description	Amount (RUB)	Receipt
Truckle beds, 705 items	1,200,000	A1~A5
Mattresses, 685 items	66,663	
Blankets, 66 items.	32,000	
Pillows, 500 items.	100,000	
Bed-clothes, 500 items	120,000	
Total:	RUB1,518,663 (EUR37,966)	

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



Nigeria

Helping the Flood Affected in Nigeria

By Benin Relief Team (Originally in English)

In October 2012, Nigeria's Ogun State was struck by devastating floods that destroyed many homes and displaced thousands of residents. Deeply concerned about those affected, Supreme Master Ching Hai contributed US\$4,800 in assistance to meet their immediate needs.

On October 17, with the help of local Association members, a relief team from Benin went to the flooded areas to convey Master's love, prayers and condolences. Working with the Red Cross of Nigeria and the local government of Ogun State, the team distributed much-needed rice and semolina to the flood affected, who expressed their sincere thanks to Master. May God bless the Nigerian people with a quick recovery.

Upon completing the relief operation, the relief team members sent the following touching letter to Master.

Dearest beloved Master,

We are very grateful for Your invisible guidance and assistance during this humble work. All our hearts are full of Your Love and Blessings.

We love You forever and ever, ♥♥♥♥♥♥♥♥

Benin Cotonou Relief Team



Receipt in the amount of NGN738,700 (US\$4,811) for rice and semolina purchased for the flood-affected

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



Thank-you letters from the Nigerian Red Cross Society, Ogun State Branch, and the Office of the Executive Chairman of the IFO Local Government of Ogun State.

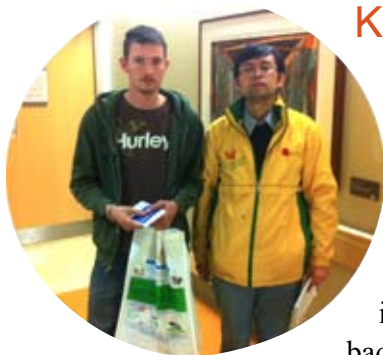


USA

Providing Loving Comfort to Tornado-Affected Families

By Midwest News Group (Originally in English)

On March 2, 2012, severe tornadoes swept across the US Midwest, touching down on Southern Indiana, Eastern Kentucky, and parts of Ohio, causing at least 39 people to lose their lives. In Kentucky, the small town of West Liberty was completely obliterated. The events were among the worst tornado outbreaks in the US during the 2012 season. Upon hearing news of the devastation, Supreme Master Ching Hai immediately provided relief funds to give comfort to the families of the deceased and others who were affected. Our local Association members from Kentucky, Ohio and Indiana quickly formed teams in their respective states and from March 4 to 10 brought Master's love and monetary aid to those in need. The teams also prepared gift bags containing SOS flyers and Master's book *From Crisis to Peace: The Organic Vegan Way is the Answer*, and purchased water and vegan snacks for distribution.



Kentucky

The local team members made their first stop at a church that was sheltering more than 50 people in the town of West Liberty, where they distributed Master's monetary gifts to the appreciative individuals. Later that night, in the badly damaged area of Woodsbend, the team reached out to several families that had suffered the loss of loved ones and provided more financial support, along with gift bags. The team members were touched to see that in such a dire situation, the people were attempting to help one another. For example, one family was generously housing 15 to 25 displaced people and raising funds to replace the lost trailer homes of the others.

On the morning of March 7, the team went to the University of Kentucky Hospital, Lexington, to visit an injured victim who had lost three family members to the tornado, and presented him with monetary and other gifts, including vegan snacks. Then in the afternoon they brought comfort to affected families in Laurel County, and in the remaining two days returned to Morgan County, Menifee County, Johnson County, and Lawrence County to present more funds to the affected families.



Ohio

On March 10, the Ohio relief team travelled to Kenton County, Kentucky and the village of Moscow, Ohio. In Moscow, many homes had been either totally or partially destroyed. Seeking out



the neediest families who might not receive government aid, the team provided them with funds and gift bags. Additional funds were given to the families who had lost their relatives to the tornado. One man was especially thankful for Master's kind assistance of US\$1000 as his deceased father had no life insurance and he had had to borrow a friend's credit card to pay for his father's funeral. Sharing precious memories of his father in photos and a powerpoint presentation, he again expressed his sincere gratefulness and was happy to accept the gift bag with Master's book, SOS flyer and vegan recipes booklet.

Indiana

On the morning of March 5, the Indiana relief team went to the University of Louisville Hospital to visit a brave woman who had lost both legs while saving her children during the tornado, and gave her Master's loving contribution. The courageous mother of two, who has since received international recognition for her selfless act, has started a foundation to develop prosthetic technology and help children with prosthetics play sports.

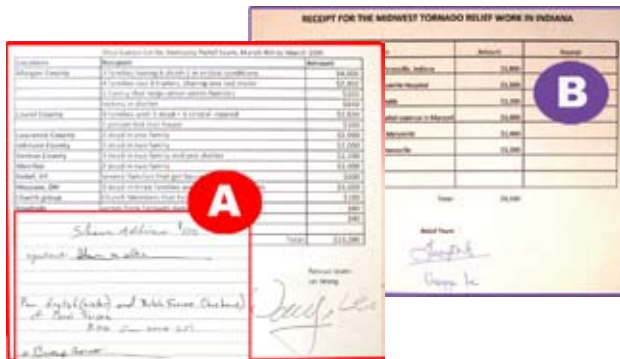


The next day, the team travelled to the towns of Paynesville, Nabb, Marysville, and Henryville, and went house to house, bringing cash assistance and gift bags to the affected families. All along the way, they felt Master's blessing and guidance leading them into the difficult to reach areas. Some recipients shed tears upon receiving the unexpected gifts full of love. Then, late in the afternoon, the team drove to another town where a family of five had lost their lives as a result of the disaster and provided financial assistance to help cover the hospital expenses that had been incurred. The team members are grateful to Master for the chance to bring God's love to our brethren in their time of need. ☀

Expenditures by Supreme Master Ching Hai and Her International Association for Tornado Relief Work in Kentucky, Ohio and Indiana, USA

Description	Amount (US\$)	Receipt
Cash assistance and gift bags for affected families:		
Kentucky	17,720	A
Ohio	5,560	
Indiana	9,100	B
Total	US\$32,380	

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



North Korea

Assisting the Typhoon and Torrential Rain Affected

By Formosa News Group (Originally in Chinese)

From mid-June to late August 2012, typhoons and torrential rains struck North Korea, causing more than 900 people to lose their lives, be missing, or injured, while displacing nearly 290,000 people and producing incalculable agricultural losses.

As soon as Supreme Master Ching Hai heard the news, She contributed a relief fund of US\$30,000 and requested Association members to render aid to those affected.

The Formosan relief team bought emergency supplies of flour, vegan protein, instant noodles, instant porridge, biscuits, and rice, and on September 14 shipped the items to the North Korean Red Cross for distribution to those most in need. ☀



Receipt for the purchase and delivery of relief supplies totaling NT\$888,859 (approximately US\$30,000)



Âu Lạc

Cheering Children's Hearts During the Moon Festival

By Âu Lạc News Group (Originally in Aulacese)

In Aulacese culture, the Moon Festival is an important and fun occasion when children can play with paper lanterns, watch lion dances, eat moon cakes, and sing songs. Thinking of Aulacese children in deprived situations during this year's (2012) Festival, compassionate Supreme Master Ching Hai provided three separate allotments of US\$5,000 to our Association members in Northern, Central and Southern Âu Lạc so that they could bring special gifts to the little angels in their regions.

Northern Âu Lạc

After preparing gift packages containing moon cakes, a team of our Association members from Northern Âu Lạc set off on September 24 to Tả Phời Village, Lào Cai District, Lào Cai Province. After a long journey in windy weather and on flooded roads, the team managed to deliver 260 gift packages to a preschool and to a representative of the village people's committee to share with local children.



The next day, the team went to Khao Mang Village, Mù Cang Chải District, Yên Bái Province, and gave a total of 300 gift packages to students at the Khao Mang preschool and primary school as well as those in Làng Nhi Village, Trại Tấn District, Yên Bái Province. They then went to Lập District, Phú Thọ Province, and distributed 165 gift packages to students at a primary school. On the third day, the team shared 275 more gift packages with the students of a pre-school in Hà Trung District, Thanh Hoá Province.



The children accepted the unexpected gifts with smiles and cheerful eyes, warming the hearts of our Association members.

Southern Âu Lạc

From September 27 to 28, our Association members in Southern Âu Lạc distributed 500 loving gift packages, each containing a box of vegan moon cakes and a red envelope (containing lucky money) with 100,000 Aulac Dong to disadvantaged children in the cities of Cà Mau, Sóc Trăng, Cần Thơ, Vĩnh Long, and Sài Gòn, including blind youngsters in the rural area of Vũng Liêm District, Vĩnh Long Province. With these gifts full of Master's love and blessing, the children enjoyed some moments of happiness and comfort.



Central Âu Lạc

After receiving Master's relief fund, a team of Association members from Central Âu Lạc prepared gifts, enthusiastically rehearsed



entertainment programs, and contributed VND6,698,000 (US\$322) of their own money to the fund.

Then, on September 25, the team travelled by bus to visit orphans living at The Warm House, Kon T'Nê, in Kon Rẫy District, Kon Tum Province. While watching the team's entertainment program,



which featured legendary fairies, the children shouted and laughed loudly. The youngsters then eagerly participated in a riddle game and other fun activities, and also sang and danced. At the end of the program, our Association members said a prayer, distributed moon cakes to the children, and contributed 1,500 kg of rice and vegan food along with some daily necessities. The head nun of The Warm House was moved to tears and thanked Master and our team

for bringing a meaningful Moon Festival to the children. Witnessing the love expressed during the occasion, the young driver of the bus refused to accept tips from the team members and instead wished to share the money with the children. He also said he planned to adopt the vegan diet and work with the orphanage to help the less fortunate.

After their trip to Kon Tum, a good-hearted transportation company let the team use their bus free of charge and another organization contributed 100 paper lanterns to the effort. On September 27, when the team members arrived at Buôn Hàng, a highland village of the Ê Đê indigenous people, the children and adults were waiting excitedly to see their beautiful program, because they had never before seen a performance group. After enjoying the team's fun programs and games, the children received gifts from Master, after which they raised the items in the air and shouted, "Oh, so many cakes and candies! Thank Supreme Master Ching Hai! Thank everyone! "



At N'Trang Long primary school in an indigenous village outside Buôn Ma Thuột Province, the team gave gifts to children, teachers and those coming to watch the program. Touched by the team members' thoughtfulness, the school's principal Ms. H'Win wrote a letter of appreciation to Master.



Continuing their journey on September 28, the team travelled on muddy roads in the rain to a remote village of Mông people in Đắk Uyn Commune, Cư Jut District, Đắk Nông Province. When their bus arrived, the team members saw the people waiting for them wearing raincoats and holding umbrellas. During the celebration, the villagers also performed traditional songs and dances to entertain the guests. The children happily received Master's gifts and then reluctantly said farewell to our Association members.

In addition, the team in Huế distributed more than 1,200 gift packages to disadvantaged, young students in Cẩm Hà Village, Cẩm Xuyên District, Hà Tĩnh Province. In Phan Rang, 150 gift packages were handed directly to the children. Afterwards the chief of Vạn Phước Village wrote a sincere letter of thanks to Master. In Nha Trang, an education and rehabilitation center for handicapped and destitute children was given more than 150 gift packages, which included moon cakes, fruit, candy, and paper lanterns, so that the children could enjoy a happy Moon Festival.

The Aulacese Association members sincerely thank Master



Distributing gifts in Huế





for giving them this opportunity to bring Her love to their country's less fortunate children, thus allowing the youngsters to enjoy a blissful Moon Festival. On this occasion, may all Aulacese children get to eat moon cakes and sing this joyful song:

*“Holding the lantern in my hand during
the Moon Festival,
I went to all different streets
My heart was so happy
And I sang and danced under the full moon.”* 🌞



Distributing gifts in Phan Rang

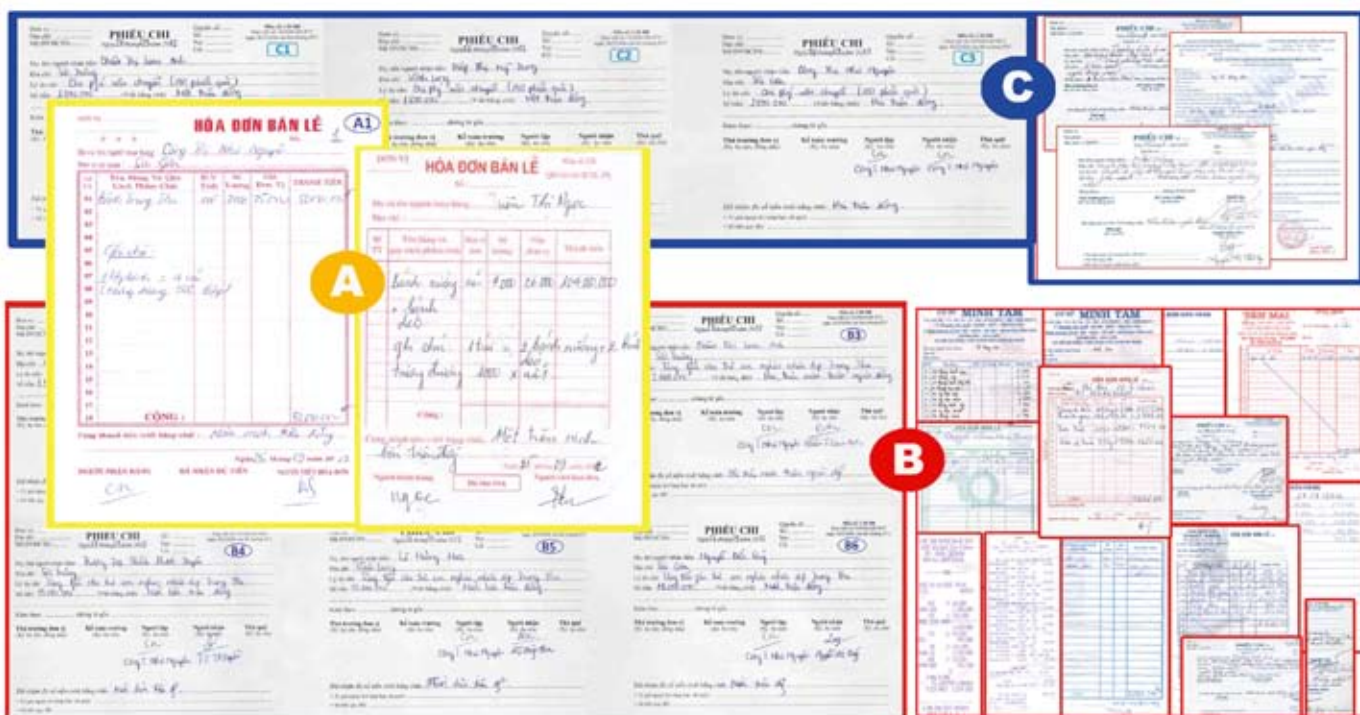
Expenditures by Supreme Master Ching Hai and Our Association members for Children's Moon Festival Celebrations in Âu Lạc

Description	Amount (VND)	Receipt
Gift packages containing moon cakes, rice, soy milk, candy, fruit, paper lanterns, and candles	253,398,000	A
Cash contribution	50,000,000	B
Transportation	15,300,000	C
Total	VND 318,698,000 (US\$15,322)	

* The team members paid for their own transportation, accommodation, and food.



Letters of appreciation from N'Trang Long School, Vinh Son Orphanage, Handicapped Children's, and Vam Phuc village chief



Pakistan

Assisting Flood-Affected Families

By Pakistan Relief Team (Originally in Urdu and English)

In September 2012, Pakistan was struck by monsoon floods that produced extensive food shortages and hunger and caused more than 400 people to lose their lives. According to the National Disaster Management Authority (NDMA), the most severely hit region was Sindh Province, where 2.8 million residents were affected. 2012 was the third consecutive year in which Pakistan suffered devastating monsoonal flooding.

Deeply concerned about the welfare of the Pakistani people, Supreme Master Ching Hai quickly provided a US\$15,000 fund to assist a team of Association members from Karachi and Islamabad in carrying out relief operations. After learning that the citizens of Sindh Province were still awaiting aid due to flood waters that had not yet receded, the team prepared 1,180 bags, each containing enough rice to sustain

seven people for a week, and delivered the supplies to

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

Description	Amount (PKR)	Receipt
Rice	1,416,000	A
Packing	11,800	
Loading	11,800	
Transportation	80,000	
Total	1,519,600 (US\$15,996)	

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



residents of Kashmore District from October 2 to 6. A total of 1,030 families received aid. May the Pakistani people soon recover from the aftermath of the floods and quickly rebuild their lives. 🌻

India

Providing Timely Aid to the Flood Affected

By Formosa Relief Team (Originally in Chinese)

In late June 2012, India's Assam State was struck by the most devastating flood it had experienced since 1998. The flood waters displaced almost a million people and inundated vast areas. The cities of Jorhat and Barpeta were among the areas most severely affected. Hearing about the disaster, Supreme Master Ching Hai immediately provided a US\$15,000 fund and requested our Association members to carry out relief work.

On July 8, a relief team reached New Delhi. After discussing their plans with local Association members, they flew to Jorhat City in Assam to meet with government officials. Then based on the information they obtained, the team prepared 1,050 relief packages containing a variety of food items, e.g. wheat flour, rice, sugar, chickpeas, and biscuits along with large water buckets and ladles, most of which were distributed on July 11 to those in need on islands such as Bheleli, Sakupara, and Dhudaay Bakeli. Fifty packages were left with local government officials to be shared with the people of Majorli Assam.

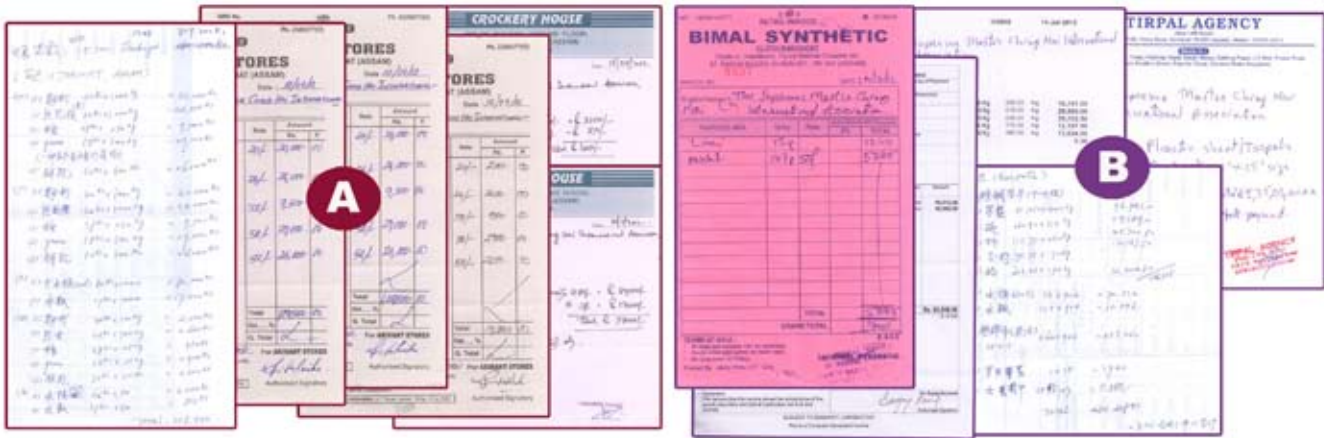
On July 12, the relief team proceeded to Barpeta and, after consulting with local officials, they made the decision to help the people of the remote small islands who had not yet received any aid. They prepared and delivered 904 relief packages containing plastic rain shades, large water buckets, ladles, cutlery, lungis and saris to the affected people on the 15th and 16th of the month. ☀



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

Description	Amount (INR)	Receipt
Jorhat City: 1,050 relief packages containing food (wheat flour, rice, sugar, chickpeas, biscuits), large water buckets, and ladles	328,900	A
Barpeta City: 904 relief packages containing plastic rain shades, large water buckets, ladles, cutlery, lungis and saris	480,408	B
Total	INR809,308 (US\$15,000)	

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



Bangladesh

Helping the Flood Affected

By Formosa Relief Team (Originally in Chinese)

In June 2012, torrential rainfall in the Kurigram District of Bangladesh caused the Dudkomor, Gonga Dhar, and Bromoputro Rivers to overflow their banks, causing severe damage in the region. Upon learning of the disaster, Supreme Master Ching Hai promptly allocated a relief fund of US\$10,000 and requested a team of Association members to render aid.

On July 2, the relief team went to Bangladesh and from the local Convenient Method of meditation practitioners, they learned the situation of the stricken area. They heard that some of the citizens that had been living by the river had been relocated to temporary shelters. After arriving at the two





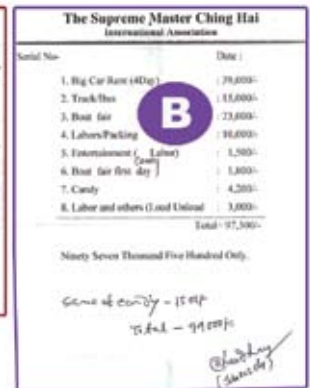
heavily affected villages of Noonkhawa and Narayanpur on July 4, the team met with staff members at the village offices and decided to distribute emergency food supplies, e.g. rice, potatoes and chickpeas to 1,000 of the neediest households, as well as candy to the children. When the team learned that there were three different varieties of rice available, they arranged with a local supplier who kindly gave a discount to supply the high-quality rice. The team then worked through the night to pack the relief materials, which they left with the village chiefs for later distribution due to continuing heavy rainfall.

Thanks to Master's loving blessing and the help of local Convenient Method practitioners, the relief operation went smoothly. Apart from giving the relief supplies, the team also distributed Alternative Living leaflets to share information about the importance of adopting the vegan diet. 🌻

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

Description	Amount (BDT)	Receipt
Food (rice, potatoes, and lentils)	718,000	A
Miscellaneous expenses (labor fees, transportation fees, sweets for children)	99,000	B
Total	BDT817,000 (US\$10,000)	

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



The Philippines

Master's Divine Love Comforts Typhoon Victims

By Formosa Relief Team (Originally in Chinese)

At the end of July 2012, Typhoon Saola swept across the Philippines, bringing heavy rains that devastated Manila and central and northern Luzon. More than 800,000 people were affected, with at least 51 losing their lives. Upon hearing the news, Supreme Master Ching Hai contributed US\$30,000 in relief funds and on August 6, The Supreme Master





Ching Hai International Association Formosa Relief Team arrived in the Philippines to bring Master's love and conduct a relief operation along with local Association members.



Mayor of Bacoar City (second from left)



Mayor of Cavite City (first from left)

On August 8, the relief operation began in the heavily flooded cities of Bacoar and Cavite, each with more than 10,000 affected households. Many places were still inundated and inaccessible. After a discussion with the local Bureau of Public Welfare, the team decided to prepare 3,000 food packages of rice, oil, soy sauce, salt, sugar, vinegar, etc. for each city. However, many suppliers were unable to handle such a large order. Just at that time, they learned that a major wholesaler had returned to the country and would be able to help with the purchase.

When the supplier found out about Master's charitable action, he immediately offered a discount price for the relief materials as well as a donation of 0.5 kg of salt to each household. The suppliers also promised to deliver the items to the affected areas free of charge. The team members believed that this was the result of God's miraculous arrangement. As a



sufficient amount of sugar was not on hand, the team purchased bath soap and laundry soap instead, and used the remaining relief funds to buy another 1,250

packages of relief materials for people in Cavite City. Later, with help from the Bureau of Public Welfare, the relief team was able to purchase rice and food at a low price from the National Food Authority. The staff of the Bureau of Public Welfare showed great interest in Master's sample booklets and other publications, as well as the plant-based diet. Once they realized the hazards of consuming dairy products, they immediately removed the creamers for tea or coffee from their office.



The mayor of Cavite leads his citizens in prayer and in thanking Master.



On August 14, the team distributed relief materials along with SOS flyers and sample booklets in Bacoar and Cavite. The mayors of both cities expressed their gratitude to Supreme Master Ching Hai for Her loving assistance, and

also helped with the distribution of the relief materials, which the people gratefully accepted. Local media said they would publish reports on Supreme Master Ching Hai's charitable deeds. Watching the people going home happily with packages of relief supplies, we felt strongly that Master's love had brought comfort to those affected by the typhoon. 🌻

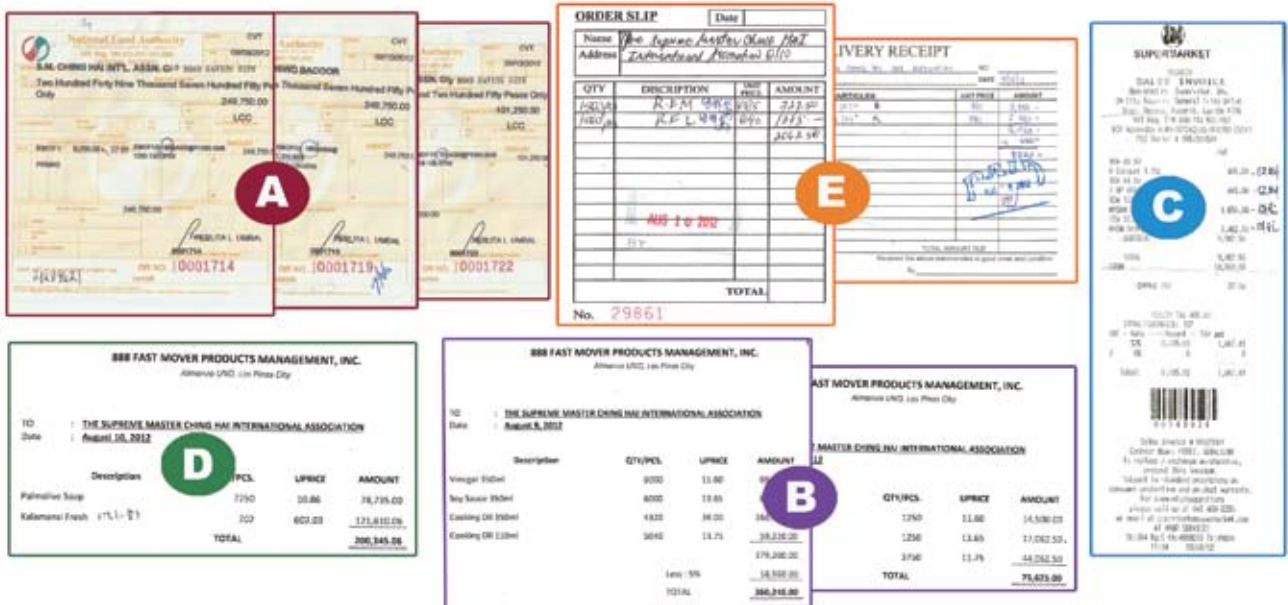
Expenditures by Supreme Master Ching Hai for Flood Relief Work in the Philippines

Description	Amount (PHP)	Receipt
Rice, sugar	600,750.0	A
Oil, vinegar, soy sauce	435,865.0	B
Beverages and biscuits	9,962.5	C
Bath soap and laundry soap	200,345.0	D
Packaging	10,582.5	E
Total	1,257,505 (US\$30,084)	

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



Letter of Appreciation from Mayor of Bacoor City



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

China

Loving Help for Earthquake Affected

Compiled report by fellow initiates in China (Originally in Chinese)

On September 7, 2012, earthquakes measuring 5.7 and 5.6 on the Richter scale struck China's southwestern Yunnan Province, causing at least 81 casualties and injuring 821 people. More than 700,000 residents were affected in Yiliang District and Daguang District of Zhaotong City and Weining District in neighboring Guizhou Province. After hearing news, Supreme Master Ching Hai immediately allocated US\$10,000 for emergency aid and requested local fellow initiates to form a rescue team.

On September 14, a team comprised of our Association members from Yunnan and volunteers from the Yunnan Buddhism Institute traveled to hard-hit Maoping Township in Yiliang to render aid. In addition to distributing army blankets, waterproof fabric etc., the team visited patients receiving treatment at the No.1 People's Hospital in Zhaotong City. Emergency funds were also provided to the severely injured and those in poverty.

On September 22, the team carried the provisions and funds, lovingly contributed by Master and fellow initiates, and made a four-hour journey along rugged

mountain roads with local initiates in Daguang County, where they distributed quilts, blankets, socks, school uniforms, food and other provisions to the earthquake affected of Zhongping Village in Shoushang Township.

The following day, some members of the team distributed quilts, blankets, socks, warm clothing and other supplies to people in severely affected Xinmin Village, Shimen Township, Weining County. Others purchased rice in Zhaotong City and sought assistance from the Shimen Township Government in transporting the food to the area's worst-hit villages.

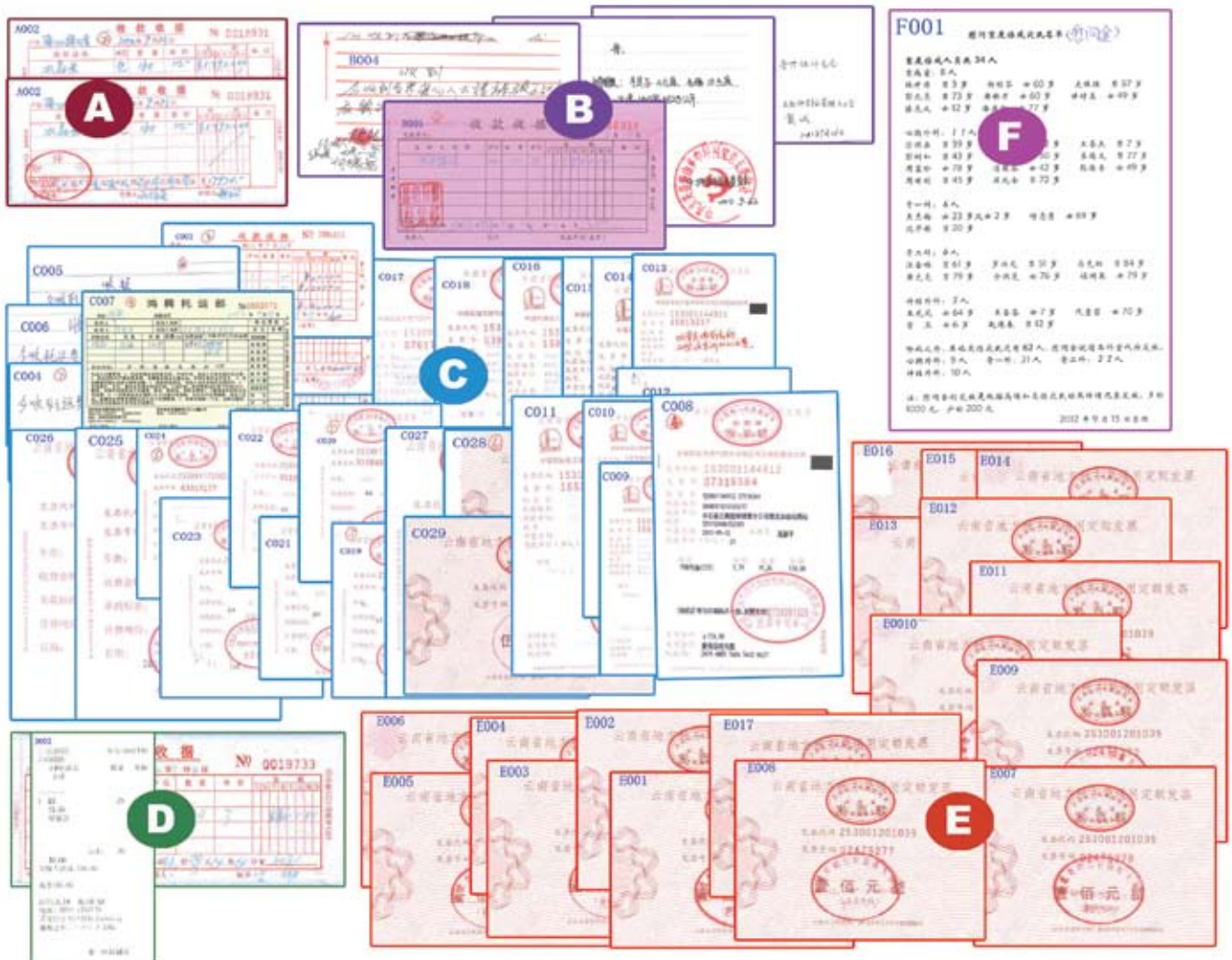
The villagers were delighted with big smiles on their faces to receive the materials along with Master's love and blessings, and thanked Master for Her loving concern. The relief team is grateful for the Divine blessing that enabled them to successfully perform their work. 🌻



Expenditures by Supreme Master Ching Hai and Her International Association for Earthquake Refugees in the Zhaotong, Yunnan and Weining, Guizhou Areas of China

Description	Amount (CNY)	Receipt
Food (rice)	35,056	A
Daily necessities (quilts)	20,800	B
Transportation fees	7,636	C
Miscellaneous expenses (red envelopes and eco-friendly bags)	70	D
Lodging	1,535	E
Gift money	60,000	F
Items contributed by Association members: quilts, blankets, warm undergarments, socks, and jackets.	0	
Total	CNY125,097 (US\$ 20,177)	

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



Expenditures by Supreme Master Ching Hai and Her International Association for Charitable and Relief Activities in Formosa from January to June 2012

Total Amount in Tables 1 and 2 = NT\$453,518 (Approx. US\$15,274)

Table 1: Details of Charitable and Relief Activities (Currency: NT\$)

Place	Date	Description of Activities	Amount	Appendix
Miaoli	2012.01.02	Warmth in Winter: Contributions to sponsor Hsihu Township's winter relief activities for disadvantaged households.	50,000	F1
Yilan	2012.01.03	Warmth in Winter: Visits to homeless people to offer them biscuits and nuts. (supported by fellow initiates)	0	
Changhua	2012.01.06	To support the government's "Save Energy, Reduce Carbon Emissions, Be Veg, Go Green" campaign, a Vegan Diet Against Global Warming seminar was held at Chunghwa Telecom, Changhua campus. Vegan food tasting was also provided. (supported by initiates)	0	
Hualien	2012.01.16	Visited parolees supervised by the Hualien District Prosecution Office, held a soul-elevating seminar to share the Vegan Diet Against Global Warming message, and served vegan snacks afterwards.	3,120	F2
Taoyuan	2012.01.16	Warmth in Winter: Offered rice, oil and sleeping bags to 157 disadvantaged households.	82,797	F3
Tainan	2012.01.18	Visit to the inmates of Mingde Labor Prison and distribution of spiritual books. A Spring Festival entertainment program was also held. (supported by fellow initiates)	1,983	F4
Tainan	2012.01.19	Regular monthly visit to inmates of the Tainan Prison, seminar on health, environmental protection and giving of books as gifts. (supported by fellow initiates)	0	
Hualien	2012.02.20	Visited parolees supervised by the Hualien District Prosecution Office, held a soul-elevating seminar, and shared the Vegan Diet Against Global Warming message. Served vegan snacks after the seminar.	3,040	F5
Keelung	2012.02.25	Cleaned up the beaches as an environmental protection effort.	500	F6
Hualien	2012.02.25	Warmth in Winter: a relief fund to assist native disadvantaged children in the mountainous areas. (supported by fellow initiates)	0	
Changhua	2012.02.28	Held Amoura Lake photos exhibition in Datong Junior High School to promote art and beauty. (supported by fellow initiates)	0	
Taipei	2012.03.08	Banquet to welcome the 12th President of the Philippines, His Excellency Fidel Ramos. (supported by fellow initiates)	0	
Miaoli	2012.03.12	Adopted and maintain 20 street lights at Hsihu Township	10,000	F7
Hualien	2012.03.19	Visited parolees supervised by the Hualien District Prosecution Office, held a soul-elevating seminar, and shared the Vegan Diet Against Global Warming message. Served vegan snacks after the seminar.	3,200	F8
Taipei	2012.03.21	Send "Auspicious Locations for Leaders' New Headquarters – A Boon for World Peace" DVD to the President, Vice President and legislators for reference, and urged political leaders from all walks of life to consider the relocation of the Legislative Yuan to auspicious place to benefit national affairs to create peace and happiness.	2,014	F9
Changhua	2012.03.29	Held Amoura Lake photos exhibition to promote art and beauty and Vegan Diet Against Global Warming seminar at Changhua Police Station. (supported by fellow initiates)	0	
Tainan	2012.04.14	Cleaned up the beaches as an environmental protection effort. (supported by fellow initiates)	0	
Hualien	2012.04.16	Visited parolees supervised by the Hualien District Prosecution Office, held a soul-elevating seminar, and shared the Vegan Diet Against Global Warming message. Served vegan snacks after the seminar.	4,000	F10
Tainan	2012.04.18	Regular monthly visit to inmates of the Tainan Prison and Mingde Labor Prison, seminar on health, environmental protection and giving of books as gifts. (supported by fellow initiates)	0	

Taipei	2012.04.20	In response to the urgent need of New Taipei City Animal Protection Association (The Merciful Garden), gift of vegan food and a high pressure washer.	33,435	F11
Tainan	2012.04.22	Is response to the biking demonstration on Earth Day, provide vegan lunch boxes to attendees. (supported by fellow initiates)	0	
Tainan	2012.04.22	In response to the Tainan City Government's Earth Month "A fan a day, reduce carbon a kilo" activity, provided 1,000 vegan hamburgers.	27,006	F12
Keelung	2012.04.28	Cleaned up the beaches as an environmental protection effort.	400	F13
Formosa	2012.05.10	Distribute the good news from Master regarding the continuation of the Earth's life to leaders and elites of all fields	14,763	F14
Hualien	2012.05.21	Visited parolees supervised by the Hualien District Prosecution Office, held a soul-elevating seminar, and shared the Vegan Diet Against Global Warming message. Served vegan snacks after the seminar.	5,200	F15
Pingtung	2012.05.21	Participated in the "Save the Environment, Eco Enzymes (such as fruit) Learning Camp," and held a seminar of Vegan Diet Against Global Warming. Vegan meals were provided after the seminar. (supported by fellow initiates)	0	
Pingtung	2012.05.23	Participated in the Low Carbon Healthy Diet learning activities at Pingtung College of Education and held a Vegan Diet Against Global Warming seminar. Provided vegan meals after the seminar. (supported by fellow initiates)	0	
Tainan	2012.05.31	Regular monthly visit to inmates of the Tainan Prison and Mingde Labor Prison, seminar on health, environmental protection and giving of books as gifts. (supported by fellow initiates)	0	
Formosa	2012.05.31	Distributed the good news from Master regarding the continuation of the Earth's life to leaders and elites of all fields. (supported by fellow initiates)	0	
Pingtung	2012.06.15	Participated in the "Save the Environment, Eco Enzymes (such as fruit) Learning Camp," and held a seminar of Vegan Diet Against Global Warming. Vegan meals were provided after the seminar. (supported by fellow initiates)	0	
Keelung	2012.06.21	Dragon boat festival, care for the homeless people, distribution of cleaning supplies and dumplings	9,500	F16
Kaohsiung	2012.06.22	Visits households affected by Talim Typhoon, presented cash condolence gifts. (supported by fellow initiates)	0	
Pingtung	2012.06.22	Care for flood victims in Dahou Village in Laiyi Township, distribution of rice, rice noodles, and canned food. (supported by fellow initiates)	0	
Tainan	2012.06.23	Dragon boat festival, care for disadvantaged households and Good Neighbor activities, gift dumplings and red envelopes (contains lucky money)	22,000	F17
Tainan	2012.06.28	Regular monthly visit to inmates of the Tainan Prison and Mingde Labor Prison, seminar on health, environmental protection and giving of books as gifts. (supported by fellow initiates)	0	
Keelung	2012.06.30	Cleaned up the beaches as an environmental protection effort.	560	F18
Total			NT\$273,518 (US\$9,212)	

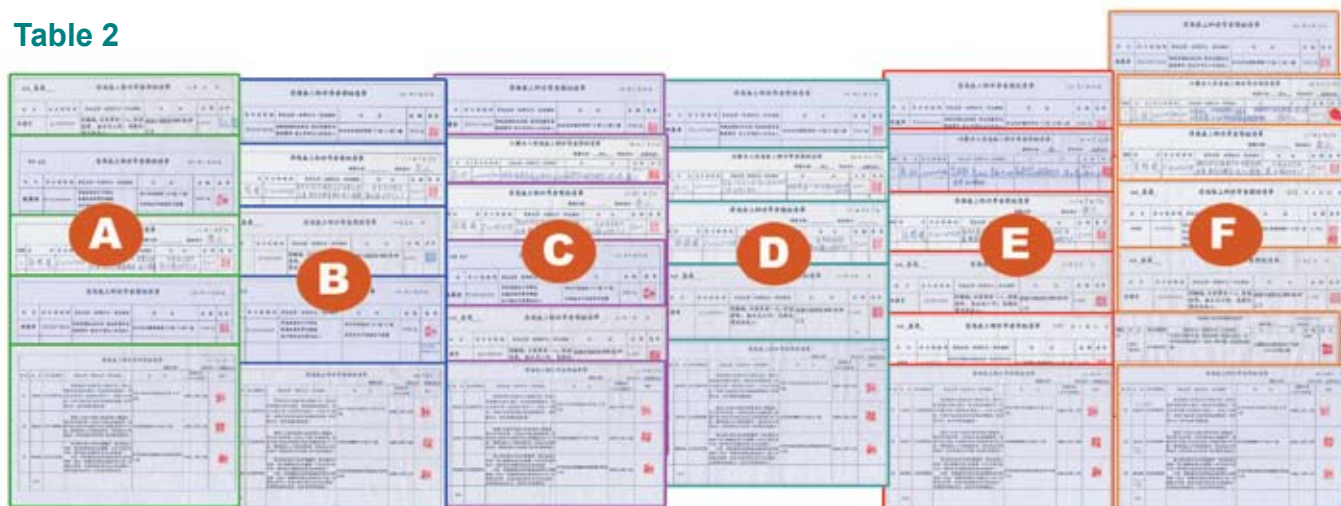
Table 2 Expenditures for Charitable Activities, January to June 2012, Formosa (Currency: NT\$)

Month	Description	Amount	Appendix
January	7 households (Taipei 1, Miaoli 3, Taichung 2, Chiayi 1)	29,000	A
February	7 households (Taipei 1, Miaoli 3, Taichung 2, Chiayi 1)	29,000	B
March	8 households (Taipei 1, Taoyuan 1, Miaoli 3, Taichung 2, Chiayi 1)	32,000	C
April	7 households (Taipei 1, Taoyuan 1, Miaoli 3, Taichung 1, Chiayi 1)	27,000	D
May	8 households (Taipei 1, Taoyuan 1, Miaoli 3, Taichung 1, Chiayi 2)	30,000	E
June	9 households (Taipei 1, Taoyuan 1, Miaoli 3, Taichung 1, Chiayi 2, Ilan 1)	33,000	F
Total	46 households	NT\$180,000 (US\$6,062)	

Table 1:



Table 2



Our Liaison Practitioners around the World

P.O. BOX 9, HSIHU, MIAOLI 36899, FORMOSA, R.O.C.

P.O. BOX 730247, SAN JOSE, CA 95173-0247, U.S.A.

In the following list are those among the good nations in which basic or greater freedom of faith is respected.
If there is no contact person in your area, please contact our headquarters or our office nearest to you.

AFRICA

- * **Angola** / Luanda center / 244-935177196 / walkinginlove@gmail.com
- * **Benin**:
 - Cotonou / Mr. Yedjenou Georges / 229-96681228 / smchwisdom@gmail.com
 - Cotonou / Mr. Yedjenou Sylvestre / 229-21380404 / yedsylves@gmail.com
 - Cotonou / Mrs. Hounwanou Sessito Lucie / 229 93427641, 229 95910948 / smchcelestialhome@gmail.com
 - Porto-Novo / Mr. Hounhoui Mahougbe Didier / 229- 90 93 29 99 / smportonovo@yahoo.fr
- * **Burkina Faso**: Ouagadougou / Mr. YAMEOGO Honore / 226-76 62 34 58 / honoreyam@yahoo.fr
- * **Cameroon**:
 - Douala / Boyomo Jean Jules / 237 94310598 / Boyalo86@yahoo.fr
- * **Dem. Rep. of the Congo**:
 - Kinshasa / Center / 243-991279996 / blessedcongo@yahoo.fr
- * **Gabon**: Libreville / Center / 241-06301779, 241-04572394 / Guimbety01@yahoo.fr
- * **Ghana**:
 - Accra / Mr. Amuzu Kwei Samuel / 233-203776912 / smghanac@yahoo.com
 - Accra / Mr. Emmanuel Koomson / 233-545032818
- * **Ivory Coast** / Abidjan / Mr. Yao Koua Kou / 255-01246302 / etienneyao82@yahoo.fr
- * **Kenya**:
 - Nairobi / Mr. Henry Nganga Mwangi / 254-720108871 / Deelock90@yahoo.com
- * **Mauritius**:
 - Port Louis / Mr. Janesh KISTOO / 230-2577520 / janesh1977@gmail.com
- * **Nigeria**: Yenagoga / Ms. Harry Juliana / 234 813 488 0142 / brayila@yahoo.com
- * **Rep. of the Congo**: Brazzaville Center / 242-5694029, 242-5791640 / goldenagecongo@yahoo.fr
- * **R.S.Africa**:
 - Cape Town / Center / 27-83-952-5744 / capetowncentre@yahoo.com
 - Johannesburg / Center / 27 83 468 7001/ sm.johannesburg.africa@gmail.com
 - Johannesburg / Mr. Tyrone Incendiario / 27 83 468 7001/ cp.johannesburg.africa@gmail.com
- * **Tanzania**: Center / 255-7773-54776
- * **Togo**:
 - Kpalime / Mr. Dossouvi Koffi / 228-905 42 76, 228-955 31 24 / jdossouvifr@yahoo.fr
 - Lome / Mr. GBENYON Kuakui Kouakou / 228-902 72 07 / kgbenyon@yahoo.fr
 - Lome / Mr. GERALDO Misbaou / 228-022 78 44 / gmisbaou@yahoo.fr
- * **Uganda**: Kampala / Ms. Kigoonya Rosalyn / 256-772-675436 / kigoonyarosalyn@yahoo.com
- * **Argentina**: Buenos Aires / Mr. Pablo Baez / 54-11-4381-9666/ hailovemaster@hotmail.com
- * **Brazil**:
 - Belem / Ms. Cleci de Brito Neves / 55-9188019288 / contato.belem@yahoo.com.br
 - Goiania / Mr. Eusmar Rodrigues Martins / 55-62-96016636 / goianiacenter@gmail.com
 - Recife / Center / recife.center.pe@gmail.com
 - Recife / Ms. Salma Casierira Alvarez / 55 81 3326 7479 / salmacasierra@gmail.com
 - Pernambuco / Ms. Isabela de Carvalho Cavalcante da Silva / 55-81-9612-7370 / isabela._cavalcante@hotmail.com
 - San Paulo / Center / 55-11-5904-3083, 55-11-5579-1180
 - San Paulo / Liaison office / 55-11-5083-7227 / sp@contatodiretocomdeus.org

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Master Tells Joke

Appreciating Good Literature

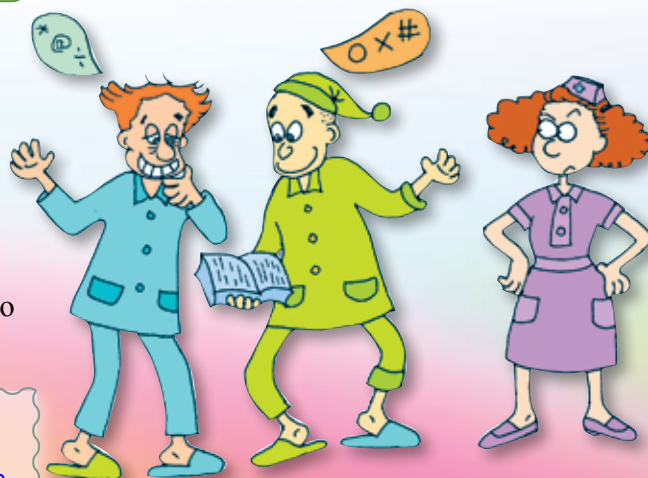
Spoken by Supreme Master Ching Hai, International Four-day retreat, Paris, France
December 27, Golden Year 4 (2007) (Originally in English) **DVD #819**

Two psychotics talked together. One asked the other, "How is it? Is the book well written, no?"

So the second one said, "Wonderful! It is really a masterpiece, without a word of nonsense; concise and powerful. But there is only one weak point: Too many characters are presented."

A nurse was nearby, and said, "Hey, you two over there, don't mess with the phonebook, okay?" 🌻

Please visit the following website to enjoy the original soundtrack of this joke, and also to share the joy of Master's humor with those around you: <http://video.Godsdirectcontact.net/magazine/jk210-2.php>





The grand premiere of *The Real Love* musical held at Pasadena Civic Auditorium in Pasadena, California, USA on August 27, Golden Year 8 (2011) received outstanding reviews and left everlasting fond memories in the hearts of many people. This musical adaptation was inspired by the life story of Supreme Master Ching Hai, and is the result of collaborative efforts of top musicians, actors and artists from around the world in bringing this moving true story to the stage. Although the preparation time for this incredible event was fairly short, the performance was an unprecedented success. This great success seemed to convey the clear message that LOVE can accomplish anything.

The book “The Real Love” is a collection of the full script, lyrics, sheet music and multiple color stills. Readers can take their time to appreciate each scene, feeling the heartfelt emotion and contemplating the profound meaning. The heartfelt musical lyrics are taken from the moving poetry of Supreme Master Ching Hai. It is fortunate indeed that by the release of the book, more people will have the opportunity to enjoy this fabulous musical and derive inspiration and benefit from it.

Master once said: “Because poetry appeals to the heart, also to the intellect, also to the emotion of human, it’s easy to remember, poetry is a very good instrument to teach people. Therefore, many of the Masters in the old time, they favored poetry as a teaching.”

“The Real Love” book is one of the best gifts that we could share with family and friends, which can purify the mind, bring joy to the heart and elevate the soul through Master’s sublime poetry and songs. 🌻



To order this book, please go to the following link in Amazon.

<http://www.amazon.com/Real-Love-Supreme-Master-Television/dp/9866895610/ref=?ie=UTF8&m=A1LK62J83HJ4L6>

Creative Designs Inspired by Images from The Noble Wilds

The Amoura Series Image Lights

◆The Pyramid Designs

During a video conference in Golden Year 8 (2011), the Supreme Master Ching Hai revealed the mysteries of the pyramids: “The inter-galactic beings built the pyramids so that some higher-developed, spiritual master would come down to the Earth before, and teach some chosen Earthlings to elevate to higher consciousness and to higher frequency so that they can adjust to the new planet when they come up.” With the start of a new Golden Era, we wish these pyramid shaped lamps will inspire people’s longings for spiritual elevation and increase the energy for the upliftment of the world.



The pyramid shaped image lights include three designs: take-off, the lakeside, and paradise family (from left to right)

◆Other Designs: hanging-lamps, table lamps, and wall lamps

*The glow of a light guides us
Whether we're in rhapsody, a soulful journey,
In a playful act or just simply relaxing*





“The Noble Wilds” 2013 Calendar

The precious pictures in the calendar were taken by The Supreme Master Ching Hai by lakeshores during Her retreat. The enchanting and superbly perceptive photographs reveal the beautiful moments of communication between Her and the wild animals. These photos and the amazing stories accompanying them have previously been compiled into the book “The Noble Wilds.”



To enjoy the online video for the introduction of the calendar, please go to the following link:

<http://www.youtube.com/watch?v=o9siA0iQ6BM>(English)

<http://www.facebook.com/photo.php?v=489961301036602&set=vb.374407885925278&type=3&theater>(Chinese)

For more information on exhibits and creative products, please search online for “Love Ocean Creative International Company, Ltd.” and go to the following links: <http://www.loveoceancreative.com>
info@loveoceancreative.com



Elevation of the Soul

Supreme Master Ching Hai's Latest DVDs

Please visit the following website to browse the summary of the DVDs
[http://www.smchbooks.com/\(English/Chinese\)](http://www.smchbooks.com/(English/Chinese))

Public Lectures

DVD-953 (Spoken in English with Spanish translation and 26 choices of subtitles)

Always Be Godlike

Cancun, Mexico, December 11, 2010

Video Conferences Series

DVD-951 (Spoken in English with 26 choices of subtitles)

From Crisis to Peace: The Whole Universe Is Blessing Us

Mexico City, Mexico, June 4, 2011

DVD-968 (Spoken in Chinese with 26 choices of subtitles)

Supreme Master Ching Hai's Book Premiere: The Love of Centuries, Chinese Edition & Videoconference with Ms. Hsiu-Lien Lu, 10th & 11th term Vice President of Formosa

Formosa, January 1/August 16, 2011

DVD-993 (Spoken in English with 26 choices of subtitles)

A New Year of Compassion: Special Message from Supreme Master Ching Hai & Bidding Farewell to Supreme Master TV

Los Angeles, California, USA, December 31, 2011/January 2, 2012

Group Meditation and Retreat Series

DVD-948 (Spoken in English and Aulacese with 26 choices of subtitles)

To Stop All Vices: Help Others to Be Independent

Europe, July 11, 2009

DVD-955 (Spoken in English with 25 choices of subtitles)

All Animals Are Inherently Good

Europe, December 26, 2008 & July 9/10, 2009



DVD-956 (Spoken in English and Aulacese with 26 choices of subtitles)

Be Strict and Correct in Our Moral Standards

Europe, December 6, 2008

DVD-958 (Spoken in English, Aulacese and Chinese with 25 choices of subtitles)

Love Is Very Important

Europe, February 13/14, 2009

DVD-959 (Spoken in English and Chinese with 25 choices of subtitles)

Get in Touch with Our Own Almighty Power

Europe, February 1/August 23, 2009

DVD-962 (Spoken in English and Chinese with 26 choices of subtitles)

We Cannot Become a Saint without a Loving Heart

Europe, December 17, 2008

DVD-963 (Spoken in Chinese with 26 choices of subtitles)

Doing Good Will Have Good Results

Europe, September 8, 2008/January 15, 2009

DVD-965 (Spoken in English, Aulacese and Chinese with 26 choices of subtitles)

The Wisdom of Zen Master Zhaozhou

Europe, September 10, 2008

DVD-994 (Spoken in English with 25 choices of subtitles)

It's Not Lonely to Be Alone

Europe, March 22, 2012

DVD-996 (Spoken in English with 25 choices of subtitles)

Changing Heaven and Earth

Europe, March 24, 2012



DVD-997 (Spoken in English, Chinese and Aulacese with 26 choices of subtitles)

Acceptance and Trust in Heaven

Europe, March 25, 2012

DVD-998 (Spoken in English, Chinese and Aulacese with 23 choices of subtitles)

We Are on the Path of Miracles

Europe, March 26, 2012

DVD-1000 (Spoken in English and Aulacese with 26 choices of subtitles)

Count Our Blessings and Be Positive

Europe, March 28, 2012

DVD-1003 (Spoken in English, Chinese and Aulacese with 23 choices of subtitles)

Try to Remember God All the Time

Europe, March 31, 2012

DVD-1005 (Spoken in English and Chinese with 24 choices of subtitles)

Paradise Is Coming Sooner than We Think

Europe, April 3, 2012

Art and Culture Series

DVD-931 (Spoken in English with 22 choices of subtitles)

A Gift of Love : Simple and Nutritious Cooking with Supreme Master Ching Hai - Delicious and Interesting Happy Children's Vegan Meals

October 18/21, November 21, 2008 & April 15/21, 2009

DVD-936 (Spoken in English with 22 choices of subtitles)

A Gift of Love: Simple and Nutritious Cooking with Supreme Master Ching Hai - Mid-Autumn Festival Delicacies - Yearning for the Reunion

September 14, 2008



Supreme Master Ching Hai's New Book Release: Of God and Humans

-- Insights from Bible Stories

Aulacese Edition



This special anthology, now available in Aulacese, includes thirteen Bible narratives, uniquely retold by Supreme Master Ching Hai on various occasions. What types of spiritual messages do Bible stories reveal to readers? In which ways are these revelations relevant to modern people's lives? In this book, Master provides in-depth answers to these questions and also guides us to the ultimate road to salvation, the Quan Yin Method, which leads humankind to regain its Paradise lost.

The Supreme Master Ching Hai said, "The first story in the Bible has given us many good points to ponder and study. It's not just a matter of fruit; it's a matter of discipline, mutual respect, cooperation and ego."

Following the first chronicle, "Paradise Lost," are many other extraordinary Bible stories, such as those of Noah (Lecture 2), Lot (Lecture 4) and Moses (Lecture 6). These tales depict how God's children misused their free will and deviated from the cosmic design of universal love, peace and harmony, with the inevitable result being destruction.

How can human beings avoid such natural and self-made calamities? Figures such as Abraham, Lot, Moses and Samuel's mother, Hannah, all humbly submitted themselves to God's will to the extent of giving up their worldly possessions or even their beloved children. Consequently, they received blessings that were many times more valuable than what they sacrificed.

Through this collection, we hope to share with readers Supreme Master Ching Hai's profound wisdom and wish that it serves as a reminder of God's eternal love for humanity.

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(You are welcome to join us in translating Master's books into other languages.)

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

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Loving Hut Vegan Restaurant

<http://www.lovinghut.com/>

How to Contact Us



Eternal Life

Designer: Supreme Master Ching Hai

S.M. Celestial Jewelry Series XV



Eternal Life

Designer: Supreme Master Ching Hai

S.M. Celestial Jewelry Series XV

Love and wisdom intertwine
The tree of life eternal
Transcending the illusion of time and space
A wellspring of everlasting youth
Within the limited is the infinite
The diamond's unwavering strength is forever.
When love is life
When life is love
The secret of eons is revealed
In the splendid treasure of Eternal Life.



Eternal Life

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S.M. Celestial Jewelry Series XV

