

# Introduction

Throughout the ages, humankind has been visited by rare individuals whose sole purpose is the spiritual upliftment of humanity. Jesus Christ was one of these visitors, as were Shakyamuni Buddha and Mohammed. These three are well-known to us, but there are many others whose names we do not know; some taught publicly, and were known by a few, and others remained anonymous. These individuals were called by different names, at different times, in different countries. They have been referred to as: Master, Avatar, Enlightened One, Savior, Messiah, Divine Mother, Messenger, Guru, Living Saint, and the like. They came to offer us what has been called: Enlightenment, Salvation, Realization, Liberation, or Awakening. The words used may be different, but in essence they all mean the same thing.

Visitors from the same Divine Source, with the same spiritual greatness, moral purity, and power to uplift humanity as the Holy Ones from the past are here with us today, yet few know of their presence. One of them is the Supreme Master Ching Hai.

Master Ching Hai is an unlikely candidate to be widely recognized as a Living Saint. She is a woman, and many Buddhists and others believe the myth that a woman cannot become a Buddha. She is of Asian descent, and many Western people expect that their Savior will look like them. However, those of us, from all over the world, and from many different religious backgrounds, who have gotten to know Her, and who follow Her teachings, know who and what She is. For you to come to know this, will take a measure of openness of mind and sincerity of heart. It will also take your time and attention, but nothing else.

People spend most of their time earning a living and taking care of material needs. We work in order to make our lives, and those of

our loved ones, as comfortable as possible. When time permits, we give away our attention to such things as politics, sports, TV, or the latest scandal. Those of us who have experienced the Loving Power of direct inner contact with the Divine know there is more to life than this. We feel it is a pity that the Good News is not more widely known. The solution to all of the struggles of life is sitting quietly inside us, waiting. We know that Heaven is just a breath away. Forgive us when we err on the side of over enthusiasm and say things that may offend your rational mind. It is difficult for us to remain quiet, seeing what we have seen, and knowing what we know.

We who consider ourselves disciples of the Supreme Master Ching Hai and fellow practitioners of Her method (the Quan Yin Method,) offer this introductory book to you with the hope that it will help bring you closer to your own personal experience of Divine Fulfillment, whether it be through our Master or any other.

Master Ching Hai teaches the importance of the practice of meditation, inner contemplation and prayer. She explains that we must discover our own inner Divine Presence, if we are to be truly happy in this life. She tells us that enlightenment is not esoteric and out of reach, attainable only by those who retreat from society. Her job is to awaken the Divine Presence within us, while we lead normal lives. She states: **It is like this. We all know the Truth. It's just that we forgot it. So, sometimes someone has to come and remind us of the purpose of our life, why we must find the Truth, why we must practice meditation, and why we must believe in God or Buddha, or whoever we think is the Highest Power in the Universe.** She asks no one to follow Her. She simply offers Her own enlightenment as an example, so that others may gain their own Ultimate Liberation.

This booklet is an introduction to the teachings of the Supreme Master Ching Hai. Please note that the lectures, comments, and quotes by Master Ching Hai contained herein were spoken by Her; recorded,

transcribed, sometimes translated from other languages, and then edited for publication. We recommend that you listen to or watch the original audio or video tapes. You will get a much richer experience of Her presence from these sources than from the written words. Of course, the most complete experience is to see Her in person.

For some, Master Ching Hai is their Mother, for some She is their Father, and for others She is their Beloved. At the least, She is the very best Friend you could ever have in this world. She is here to give to us, not to take. She takes no payment of any kind for Her teachings, help or initiation. The only thing She will take from you is your suffering, your sorrow and pain. But only if you want this!

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## A Little Message

☆ In speaking of God, or the Supreme Spirit, Master instructs us to use original nonsexist 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 Dear)

Example: When God wants, Hes makes things happen according to Hiers will to suit Hirmself.

☆ 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"(meaning beautiful). Au Lac is the ancient name of Vietnam and means "happiness." And the name Formosa reflects more completely the beauty of the island and its people. Master feels that using these names bring spiritual elevation and luck to the land and its inhabitants.