

*“Find your own Everlasting Treasure and you will be able to draw from its Inexhaustible Source. This is Infinite Blessings! I have no words to advertise it with. I can only praise it and hope that you believe my praise, and that my energy will somehow affect your heart and lift you to that kind of joyous feeling, and then you will believe. After initiation, you will truly know the meaning of my words. I have no way to convey to you this Great Blessing, which God has bestowed on me, and gave me the right to distribute, free of charge and conditions.”*

*~ Supreme Master Ching Hai ~*

*“We take some karma from the people around us, by looking at them, by thinking about them, when sharing a book or a meal, et cetera. This is how we bless people and reduce their karma. This is why we practice, to spread the Light and dispel the darkness. Blessed are those who give us some of their karma. We are happy to help them.”*

*~ Supreme Master Ching Hai ~*

*“In the human language we talk nonsense all the time. We always have to blah, blah, blah about everything. We have to compare, we have to value, we have to identify, we have to give a name to everything. But, the Absolute, if it is the true Absolute, you couldn't even speak about it. You cannot talk about it. You cannot even think about it. You cannot imagine it. There is nothing. Understand?”*

*~ Supreme Master Ching Hai ~*

# Good News For Vegetarians

## The Essential Vegetable Protein

**A** vegetarian diet is not only of great benefit for our spiritual practice but it's also very healthy for us. However, we must pay special attention to the balance of nutrition and make sure that we do not lack the much needed vegetable protein.

There are two types of protein: animal protein and vegetable protein. Soybeans, chick peas and snow peas are some of the sources of vegetable protein. Keeping a vegetarian diet does not simply mean eating fried vegetables. Protein should be included to complete the nourishment a person requires.

Dr. Miller was a vegetarian his entire life. He practiced medicine and treated the poor in the Republic of China for forty years. He believed that we only need to eat cereals, beans, fruit and vegetables to get all the nourishment we need to maintain good health. According to Dr. Miller, "Bean curd is 'meat' of no bones."

"As soybean is very nutritious; supposing if people could only eat one kind of food and they ate soybeans, they would be able to survive longer."

Preparing a vegetarian meal is the same as cooking a meal with meat, except that vegetarian protein ingredients such as vegetarian chicken chunks, vegetarian ham or vegetarian meat slices are used in its place. For example, instead of cooking "saute shredded meat with celery" or "seaweed soup with egg," we can now cook it as "sauteed shredded vegetarian meat with celery" or "seaweed soup with bean curd sheets."

If you are in countries where these vegetarian protein ingredients are not readily available, you can contact your local Center of the Supreme Master Ching Hai International Association and we will provide information on some main suppliers and vegetarian restaurants for your reference.

As to how to cook vegetarian food, you may refer to ***The Supreme Kitchen*** that's published by the Supreme Master Ching Hai International Association, or any other vegetarian cookbooks.

In order to obtain a list with vegetarian restaurants around the world, please visit: <http://www.GodsDirectContact.com/vegetarian/veg.html>

Here is a list of some vegetarian restaurants and vegetarian food companies for your reference.

### AMERICA

#### MEXICO:

**Name:** Grupo Manjares Vegetarianos Internacionales S.A De C.V.  
Vegetarian Food Company - Admopn La Joya Col.

**Address:** La Joya Apartado 22-149 C.P. 14091 Tlalpan D.F., Mexico

**Tel/Fax:** 52-5-8492755

**E-mail:** mexicocity@supernet.com.mx

#### USA:

##### Arizona:

**Name:** The Supreme Master Ching Hai International Association Vegetarian House

**Address:** 4812 N. 7<sup>th</sup> Avenue Phoenix, AZ 85013 USA

**Tel.:** 1-602-2643480 **Fax:** 1-602-7800855 **E-mail:** MinhAZ@aol.com

##### ★ Los Angeles

**Name:** All Vegetarian Inc. (Vegetarian food wholesale & retail dealer)

**Address:** 9649 Remer St. South El Monte CA 91733 USA

**Tel.:** 1-626-4485919/1-626-4485809

##### ★ Oakland

**Name:** Bo De Vegetarian House

**Address:** 464 8<sup>th</sup> St Oakland CA 94607 USA

**Tel.:** 1-510-4442891

**Fax:** 1-510-8347478

**Name:** Golden Lotus

**Address:** 1301 Franklin St Oakland, CA 94612 USA

**Tel.:** 1-510-3930382

##### ★ San Jose

**Name:** The Supreme Master Ching Hai International Association Vegetarian House

**Address:** 520 East Santa Clara Street, San Jose CA 95112 USA

**Tel.:** 1-408-2923798/1-408-2923832 **E-mail:** Veghouse@juno.com

##### ★ Georgia

**Name:** Cafe Sunflower

**Address:** 2140 Roswell Rd. Atlanta, GA 30309 USA

**Tel.:** 1-404-3528859

##### ★ Massachusetts

**Name:** Life and Light Vegetarian Restaurant

**Address:** 115 Ela St W Newten MA 02165 USA

**Tel.:** 1-617-6308101

**Name:** Quan Yin Vegetarian Restaurant

**Address:** 56 Hamilton St. Worcester MA 01604, USA

**Tel.:** 1-508-8311322

**Fax:** 1-508-8313502

##### ★ Dallas

**Name:** Suma Veggie Cafe

**Address:** 800 E. Arapho Rd, #120, Richardson TX 75081 USA

**Tel.:** 1-972-8898598

##### ★ Houston

**Name:** Quan Yin Vegetarian Restaurant

**Address:** 10804-E Bellaire Blvd, Houston TX 77072 USA

**Tel.:** 1-281-4987890 **Fax:** 1-281-4987972

## ASIA

### HONG KONG

**Name:** Nature House

**Address:** Shop 3, G/F Tai Wing House Tai Yuen Estate Tai Po. N.T., Hong Kong

**Tel.:** 852-26652280/852-26670681

### INDONESIA

**Name:** The Supreme Master Ching Hai International Association Vegetarian House

**Address:** Jl Pasar Besar 3, Surabaya, Indonesia

**Tel.:** 62-31-5469933

### JAPAN:

**Name:** Angel's Cookies (Tenshi no okashi)

**Address:** 937 Kanbara Tsumagoi-mura, Agatsuma-gun, Gunma, Japan

**Tel/Fax:** 81-279-971065

### KOREA:

**Name:** S.M. Vegetarian Restaurant

**Address:** Seoul-City, Kang Nam-Ku, Poi-Dong, 22-10, Seoul, Korea

**Tel.:** 82-2-5769637

### MALAYSIA

**Name:** Pusat Makanan Sayur-Sayuran Litevon Vegetarian Center

**Address:** 82 Lorong Hullon, 10050 Pulau Pinang, Malaysia

**Tel.:** 60-4-2289601

**Fax:** 60-4-2626909

## EUROPE

### GERMANY:

**Name:** S.M. Vegetarisch .....

**Address:** Amalienstr. 45, D-80799 Munich, Germany

**Tel.:** 49-89-281882

### SPAIN:

**Name:** Restaurante Vegetariano "El Legado Celestial"

**Address:** Calle Medellin, N3, Bajo 29002 Malaga, Spain

**Tel.:** 34-5-2351521

**Name:** Restaurante Casa Vegetariana "Salud"

**Address:** Calle Conde Altea, N44, Bajo 46005 Valencia, Spain

**Tel/Fax:** 34-6-3744361

### UNITED KINGDOM

**Name:** Chai Chinese Vegetarian Restaurant

**Address:** 236 Station Road, Edgware, Middlesex HA8 7AU, UK

**Tel.:** 44-181-9053033

## OCEANIA

### AUSTRALIA:

★ Sydney

**Name:** Tay Ho Vegetarian Restaurant

**Address:** Shop 11 Belvedere Arcade 66-68 John St., Calosamatta NSW 2166 Australia

**Tel.:** 61-2-97287052