

WOPAMBANA MASTER CHING HAI

KIYI WA CHIDZIWITSO CHOPEZEKERATU
Kabukhu Kaulere

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“Ine sindine wachiBuddha kapena wakatolika. Ine ndine wa chilungamo ndipo ndimalalika choonadi. Mukhoza kuchitcha chiBudha, Tao kapena china chirichose mungachitche ndimalandila zonse.

The Supreme Master Ching Hai

Tikapeza mtendere wamumtima ndi zonse. Kukhutitsidwa konse ndikukwaniritsidwa kwa zilakolako zadziko ndi zakumwamba zimachokera mu ufumu wa Mulungu-kuzindikira kwa mtima, chisangalalo ndi nzeru zosatha komanso mphamvu. Ngati sitipeza zimenezi, sitidzapeza kukhutitsidwa ngakhale tikhale ndi ndalama kapena udindo wina uliwonse.

The Supreme Master Ching Hai

Chiphunzitso chathu chimati chinalichose chimene tingachite “tichichite ndi mtima wathu wonse. Tikhale wokhululupirika ndinso tidzi lingalira tsiku lilonse. Mudzapeza nzeru zapadera, mtendere kuti mudzitumikire ndi dziko. Osaiwala kuti muli ndi ubwino mkati mwanu. Osaiwala kuti Mulungu amakhala mkati mwanu. Osaiwalanso kuti Mulungu amakhala mu mtima wanu.”

The Supreme Master Ching Hai

MAU OYAMBIRIRA

Kuyambira kalero, munthu pa dziko lapansi wakhala akuyenderedwa ndi anthu apadera kwambiri omwe cholinga chawo ndi kulimbikitsa uzimu pakati pa anthu. Yesu Khristu ndi mmodzi mwa alendowa. Monganso Shakyamuni, Buddha ndi ena mwa anthu amenewa. Atatu amenewa ndi amene ali otchuka koma alipo ena amene sitimawadziwa. Ena amaphunzitsa poyela koma ena samadziwika. Anthuwa amatchedwa maina osiyanasiyana kumalo osiyana ndi nthawi zosiyana. Akhala akutchedwa Master, Avata, Wosankhidwa, Mpulumutsi, Mesiya, Mai oyera, Mtumiki, Mtsogoleri, Woyera wamoyo ndi zina. Iwo anadza kudzatiuza za chipulumutso, kuzindikira, chidziwitso, kumasuka ndi kugalamuka. Mauwa akusiyana koma amatanthauza chinthu chimodzi.

Master Ching Hai ndi m'modzi mwa anthu amene amatengedwa kukhala senti wamoyo. Iye ndi mzimayi, ndipo maBuddha amakhulupilira kuti mzimayi sangakhale Buddha. Iye ndiwachimwenye koma anthu achiluya amayembekezera kuti mpulumutsi wao ali wachiluya. Koma ife ochokera kumaiko osiyanasiyana ndi zipembedzo zosiyana koma amene timamudziwa ndikutsata ziphunzitso zake, timadziwa chimene ali. Kuti mudziwe izi maganizo anu ayenera kukhala omasuka komaso olungama mumtima. Zikutengerani nthawi komaso chidwi.

Anthu amataya nthawi yao kupanga ndalama ndi kudzisamalira. Timagwila nchito kuti tifewetse moyo wathu ndi mabanja athu. Nthawi tikayipeza timakhala ndi chidwi ndi ndale, masewela, kanema kapena milandu. Kwa ife amene takhudzidwa ndi mphavu yachikondi chakudziwana ndi Woyerayo timadziwa kuti moyo sizokhazi. Timamva chisoni kuti uthenga wabwino siwofalikira. Yankho lamavuto athu liri mmitima mwathu, kutidikila. Timadziwa kuti kumwamba kuli pafupi. Tikhululukileni tikalankhula ndimphavu ndikunena zinthu zimene zikhoza kukukhumudwitsani. Ndi zovuta kuti tikhale chete kuona zimene zikuchitika ndikudziwa zimene timadziwa.

Ife amene timadzitenga ngati otsatila ake a Master Ching Hai komanso otsatila a njira ya Quin Yin tikukupatsani bukuli ndi chiyembekezo choti likubweretsani chikhutitso mwa Master wathu kapena wina.

Master Ching Hai amaphunzitsa za ubwino woganiza mwakuya ndi kudzisanthula mtima komanso pemphero. Iye

akufotokoza kuti tiyenera kuzindikila uzimu umene uli mkati mwathu ngati tili okondwa. Iye akuti chidziwitso sichosowa koma nchopezeka kwa iwo otuluka muzochitika za dziko. Ntchito yake ndikuutsa uzimu mwaife pamene tikhala moyo wabwino. Iye akuti zili ngati chonchi, timadziwa chilungamo koma tinaiwala. Ndithu nthawi zina munthu amayenera kutikumbutsa zacholinga cha moyo wathu ndikukhulupilila Mulungu kapena Buddha kapena amene timati ali ndi mphamvu mumlengalenga. Sakupempha kuti timutsatile, akungopeleka chitsanzo cha chidziwitso chake kuti ena akathe kumasulidwa.

Bukuli ndi chiyambi cha ziphunzitso za Master Ching Hai. Chonde dziwani kuti ziphunzitso, mau, miyambi yonenedwa ndi Master Ching Hai zomwe zalembedwa zinalankhulidwa ndi iye mwini koma zinamasulidwa muzilankhula zina nkukonzedwa kenako kusindikizidwa. Tikulimbikitsa kuti mumvere kapena kuonera matepi ake. Mudzapeza zambiri kusiyana ndibukuli. Komanso kuti mudziwe zambiri muyenera kumuona maso ndi maso.

Kwa ena Master Ching Hai ndi mai, kapena tate wao. Kwa ena ndi okonedwa. Iye ndibwenzi lapamtima limene mungapeze padziko. Anadza kudzatipatsa osati kudzatenga. Salandira malipilo ku ziphunzitso zake. Chinthu chimene angatenge kwa inu ndi mavuto, chisoni ndi kusweka mtima kwanu. Koma ngati inu mukufuna!

*****Uthenga Wochepa*****

Pokamba za Mulungu master akutilamula kuti tigwiritse mau opanda mwini, kuti tipewe mtsutso woti Mulungu ndi wammuna kapena wamkazi.

She + He = Hes (as in Bless)

Her + Him = Hirm (as in Firm)

Hers + His = Hiers (as in Dear)

Chitsanzo: Mulungu akamayankhula zomwe akufuna, Hes amapangitsa zinthu kuti zichitike monga mwa Hiers kuti zgwirizane ndi Hirmself.

Monga katswiri wa zolemba ndi zojambula komanso mphunzitsi wa zauzimu Master akutiphunzitsa za kukongola kwa mkati. Pachifukwa ichi iye amatchula dziko la Vietnam kuti "Au Lac" ndipo Taiwan kuti "Formosa". Au Lac ndi dzina la kale la Vietnam ndipo limatanthauza 'chimwemwe.

Ndinso Formosa limatanthauza 'wokongola' ndiposo limanenanso za kukongola kwa chilumbachi ndi anthu ake. Master amaona kuti kugwiritsa ntchito mainawa kumabweretsa kusunthika ndi mwai.

“Master ndi amene ali ndi upangili wokusandutsa master..... kukuthandiza kuzindikila kuti ndiwe master komaso kuti ndiwe mmodzi ndi Mulungu.Imeneyo ndiyo nchito ya master.”

The Supreme Master Ching Hai

“Njila yathuyi sichipembedzo.Ine sinditembenuza aliyese ku chiBuddha, chikatolika kapena zina. Ndimangopeleka njila yoti mudziwire komwe mukuchokera, nchtito yanu ,zisisi za chilengedwe, ndikumvetsetsa chifukwa chimene kuli chisoni chambili ndi zomwe zikudikila tikamwalila.

The Supreme Master Ching Hai

Talekana ndi Mulungu chifukwa chotanganidwa. Munthu akamatilankhula, lanya nkumalila, komaso mukuphika kapena kucheza ndi ena ndekuti palibe angalumikizane nanu. Ziliso chimodzimodzi ndi Mulungu Iye alikuitana tsiku ndi tsiku koma tilibe nthawi yomvetsera kwa Iye.

The Supreme Master Ching Hai

MBIRI YA MASTER CHING HAI MWACHIDULE

Master Ching Hai anabadwa mu banja lopeza bwino ku Au Lac. Iyeyu anali mwana wa mkulu wachipembedzo, anakula muchikatolika naphunzila za chiBuddha kuchokera kwa agogo ake. Monga mwana amaonetsa chidwi mu ziphunzitso zauzimu ndi umunthu komaso chidwi ndi chilengedwe. Ali ndi zaka khumi ndi zisanu ndi chitatu, iye anapita ku Mangalande kukachita maphunzilo kenako ku France komaso ku Jeremani kumene amagwira ntchito ku bungwe la Red Cross na kwatiwa ndi mwamuna wa konko amene amachita za kafukufuku wa sayansi.

Patapita zaka ziwiri ali mbanja komaso ndichilolezo cha mwamuna wake iye anasiya banja pofuna ‘chidziwitso’ kukwanilitsa nzeru imene amaifuna kuyambira ali mwana. Panthawi nkuti akuphunzila za njila ndi ziphunzitso za uzimu kwa aphunzitsi ndi master amene anali naye pafupi. Anazindikila kuperewera kwa nzeru za munthu komanso ntchito yokanika kuthandiza pawekha ndiye anafunitsitsa kuti apeza mpata wothandizila ena komanso kuyenera kudzidziwa wekha. Ichi chinakhala khumbo lake ndipo iye anayenda maiko osiyanasiyana kufuna “chidziwitso.”

Anadutsa mu zaka zamayetsero Master Ching Hai anapeza njira ya Quan Yin ndi ulendo wa uzimu ku Himalayas!. Patapita nthawi yachiyetselo ku aHaimalayasi iye analandila “chidziwitso.”

Papita zaka chilandilileni chidziwitso Master Ching Hai anakhala moyo wa chete wa mtumiki wachiBuddha. Ali wamanyazi, amasunga chiphunzitso mpaka pomwe amalankhula kwa anthu omwe amafuna malangizo ndi mwambo. Chifukwa cha pempho lochokera kwa omutsatira ku Formosa ndi ku Amerika Master Ching Hai waphunzitsa mmalo osiyanasiyana, nupatsa mwambo kwa anthu zikwizikwi. Lelolino anthu ambili ofuna choonadi amapita kwa iye kukafuna nzeru zake . Kwa iwo ofuna ofuna kuphunzira njila ya”chidziwitso” imenne li mwambo wa Quin yin iye ali wolola kupeleka mwambo ndi nzeru zauzimu.

*Dziko ladzadza ndi mavuto
 Koma ine ndadzadzidwa ndi Inu
 Mukanakhala mkati mwa dziko
 Mavuto onse akanatha
 Koma dziko ladzadza ndi mavuto,
 Ndipo ndilibe nthawi nanu*

*Ndikanagulitsa dzuwa , mwezi ndi nyenyezi
 Mumlengalenga
 Kuti ndigule limodzi maonedwe anu
 O Master wa kukongola kozwizwitsa
 Khalani ndichisomo nundi patsa chimwemwe chamumtima
 wanga wosweka*

*Anthu adziko amaimba nuvina usiku
 Mukuwala kwa dziko ndi nyimbo zadziko
 Ine ndekha ndikhala odala
 Kuvina ndi chimwemwe chamumtima*

*Nditangodziwa ulemelelo wanu Mbuye
 Sindingakonde zadzikoli
 Ndikumbatileni mchikondi cha chisomo chanu
 Kwamuyaya!
 Amen*

*Kuchokera 'misozi yamumtima'
 ndakatulo yolembedwa ndi Master Ching Hai*

ZINSINSI ZA DZIKO LIKUDZA

Chiphunzitso cha Master Ching Hai pa

June 26, 1992, ku United Nations mu mzinda wa New York

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Mwalandiridwa kuno ku United Nations chonde pempherani limodzi kwa mphindi zochepa muchipembedzo chanu kuti tathokoza pazomwe tilinazo, tapatsidwa nufuna kuti iwo amene alibe akapatsidwa ngati ife kwa othawa nkondo, okhudzidwa ndi nkondo, asilikali, atsogoleli a boma ndi atsogoleli a United Nations kuti akakwaniritse zofuna zao ndikukhala mu mtendere.

Timakhulupilila kuti tikapempha tidzapatsidwa tidzalandila chifukwa Baibulo limatero. Zikomo!

Monga mukudziwira mutu wathu lero ndi “dziko lilinkukudza” chifukwa sindingafune kunena za dziko lino zomwe inu nonse mukudziwa. Koma mdziko limene likudza muli zinthu zina. Ndikudziwa kuti nonse mwabwera kuno mukhoza kufuna kudziwa. Sichinthu ngati ananena mzathu za zozwizwitsa kapena zinsinsi zimene simungakhulupilile. Ndi chinthu chofunika, cholondola ndi choona.

Tamva kuti mabuku achipembedzo munenedwa kuti kuli kumwamba asanu ndi awili, kulinso kaganizidwe kaumunthu kosiyana. Kuli ufumu wa Mulungu mmene muli Buddha ndi ena. Izi ndi zina zolonjezedwa mu dziko likudza. Koma ambili sapeza mpata wodziwa zolembedwa mmawu opatulika. Kutengera chiwerengero cha dziko anthu odziwa izi ndi ochepa.

Ngati muli ku America muli ndi mwai wowerenga mabuku ambiri okamamba zadziko limene likudza. Mafilimu ena amene anthu aku Amerika amapanga siabodza ayi enanso anapangidwa ndi anthu aku Japan. Chifukwa anthuwa anawerenga mabuku olembedwa ndi anthu amene anapita ku dziko limene likudza kapena iwo eni anaonako ufumu wa Mulungu.

Kodi muufumu wa Mulungu mulinji? Kodi tivutikilani ndi ufumu wa Mulungu ngati tili ndi nchito yoti tigwile padziko, tili ndi nyumba zotetezeka, maubale olimba ndi zina? Chifukwa tili ndi zonsezi tiyenera kukhudzidwa ndi ufumu wa Mulungu.

Zimamveka zokokomeza tikati ufumu wa Mulungu. Koma ndi njila yoganizila ya pamwamba. Anthu akale amati kumwamba koma tikhoza kunena kuti kaganizidwe, nzeru zapamwamba. Ndipo tikhoza kufikako ngati tidziwa kafikidwe kake

Posachedwapa tinamva kuti ku Amerika anapanga makina amene akhoza kukuikani mu samadhi. Kodi izi zinayamba zakuchitikilani? Chiliko ku Amerika pamalonda. Kaya mufuna zala mazana asanu kapena zisanu ndi ziwiri. Akutcha ichi njila yoti anthu aulesi ndi mmbindikilo akhale mu samadhi. Ngati simudzira ndifotokozapo pazimenezi.

Akuti makinawa akhoza kukuikani munjira yopumulila ndikukuonjezerani zeru. Zikuyenera kukupatsani nzeru, umunthu ndikumvetsa bwino. Makinawa magwilitsa nchito nyimbo, nde mumafunika maiyefoni kenako mulumikiza kumagetsi kenako mumaona ziwaliwali. Mumafunikaso chophibila mmaso. Zimenezi nzimene mumafunika mu samadhi. Makinawa ndiabwino komaso ali pamtengo wa mazana anayi okha basi. Koma njila yathu ndiyo yotchipa simufunika ndalama komaso ndiyamuyaya. Simuyenera kutchaja mabatile kapena magetsi, kapena kukonzetsa ikaonongeka.

Tsono ngati nyimbo ndi kuwala zimapatsa munthu nzeru zikuyenera kuwapatsa, sindinayesereko koma ndinawerenga mu nyuzi. Nchifukwa makinawa akuyenda malonda. Ngati zinthu zopangidwa ndi munthu zimaonjezera nzeru nanga bwanji chenichenicho? Chenichenicho chili mudziko limene likudza koma nchopezeka kwa aliyese ngati tichifuna. Izitu ndi nyimbo zakumwamba ndi mvekero wamumtima. Kutengera ndi kafulumilidwe ka nyimbo tikhoza kudzitengera kumalingalilo akuya akaganizidwe.

Ndiyesa zimangokhala ngati lamulo lazinthu za phunzilo la fizikisi (sayansi). Kuti ngati mufuna kutumiza ndege mumlengalenga

pakuyenera kukhala mphamvu zambili ndiposo ikauluka imatulutsa kuwala. Ndikhulupilila kuti tikalowa mudziko limene likudza tikhoza kuonetsa kuwala komaso tikhoza kumva.

Kamvekedwe kameneka ndikamene kamati sunthila ife kumalo okwera koma izi zimachitika popanda phokoso, zovuta zilizonse, mtengo, komaso kumangika kwa ochitikidwa. Imeneyi nde njira yopitila muzakudza. Kodi mulinji chimene chili choposa cha dziko lino? Zonse zimene tikhoza kuganiza ndi zimene sitingathe. Zikatichitikila ndipamene timadziwa. Palibe amene angatiuze. Koma tiyenera kukhala olimbika chifukwa palibe wina angatichitile.

Chimodzimodzi ndi munthu wina kutenga malo anu antchito nkulipidwa. Monganso munthu wina kudya ife nkukhuta. Chonchoso njilayi iyenera kutsatidwa. Tikhoza kumvera kwa amene zinawachitikila, koma sitingadziwe zambili kudzera mmenemo. Tikhoza kudziwa kamodzi kapena kangapo kutengera mphamvu yamunthu amene wakumana ndi Mulungu kenako timaona kuwala kapena timamva mau popanda khama lathu koma sakhalitsa ndiye tiyenera kuyesa patokha.

Mudziko likudza muli maiko osiyanasiyana. Mwachitsanzo monga iye ali wopambana kuposa ife. Chimene timatcha kuti dziko la Astra. Mudziko la Astra muli milingo yoposera makumi khumi. Ndipo mulingo uliwose ndi dziko palokha. Ndipo limaimila mlingo wa kaganizidwe kathu. Monga tikapita kusukulu yaukanjede, timakwera zaka zikamapita, zimaimila kaganizidwe kathu, komaso zophunzila zimachulukuka kenako timamaliza ndikupanga galajuweti..

Mudziko la Astra timaona zozwizwitsa ndipo timayesedwa ndizozwizwitsazi ndipo ifenso tikhoza kukhala nazo. Tikhoza kuchiza munthu, nthawi zina kuona zinthu zimene ena sangaone. Tili ndi mitundu isanu ndi imodzi ya mphamvu yochitila zozwizwitsa. Tikhoza kuona kuposera zomwe maso angathe kapena kumva zimene zili mumlengalenga. Utali umene ulipo siutanthauza chilichose kwa ife. Zimenezo ndizimene timazitcha maso ndi makutu zakumwamba. Penanso timatha kuona zomwe zili mmaganizo a ena. Zimenezi ndi mphamvu zimene timapeza tikafika mumlingo woyamba waufumu waMulungu.

Mkati mwamlingo woyambawu, ndanena kale kuti tili ndi milingo yambili imene mau sangathe kufotokoza. Mwa chitsanzo ukatha mwambo kenako nkubindikila komaso ngati tili mumlingo woyambilira ndekuti timakhala ndi mpata wochita zinthu zambiri. Timathaso kukonza kalankhulidwe kamene tinalibe. Komaso timadziwa zinthu zimene anthu samadziwa pena kulandira mphatso zochokera kumwamba ku mbali yazachuma, ntchito ndi zina zambiri. Kenako timayamba kulemba ndakatulo ndikujambula zithunzi ndikumapanga zinthu zimene sitinapangapo kapena kuganizirapo. Umenewo nde mlingo woyamba. Ndipo tikhoza kulemba ndakatulo ndi mabuku mwaluso. Tikhoza osakhala mlembi koma nkulemba mwa ukatswiri. Zimenezi ndi zina mwa zinthu zimene tingapeze tikakhala mumlingo woyambilira.

Zimenezi simphatso za Mulungu. Zinthuzi zili kumwamba mkati mwathu koma chifukwa tazitsitsimutsa izo zakhala zamoyo. Kenako tikhoza kuzigwilitsa ntchito. Zimenezi nde zina za mlingo woyambilira.

Kenako timapita ku mlingo wokwera, timaona zinthu zambiri ndi kukwaniritsa zina. Malinga ndi nthawi sindikwanitsa kukuuzani zonse. Sibwinoso kumva zakakomedwe ka mkate koma osaudya. Ndendimango utsa mudyo ngati mufuna kudya imeneyo ndi nkhani ina. Tikhoza kupeleka chakudya chenicheni patsogolo. Inde mwina mufuna kudya zinthuzi.

Tsono ngati tipita kumlingo wachiwiri tayenera kukhala ndi upangili woposera woyamba monga zozwizwitsa. Koma chosililika chimene tingapeze mumlingowu ndikuthekera kwa mtsutso. Palibe munthu amene angagonjetse iye amene ali mumlingo wachiwili chifukwa iye ali kafotokozedwe kopambana akakhala pachimake cha mphamvu.

Anthu ambiri amene ali ndimaganizidwe ochepa sangafane ndi munthu wotele chifukwa nzeru zake zimakhala zitamasuka kufika poonjezekera. Siubongo wokha umene umakhala utamasuka, imakhala mphamvu yakumwamba ndi nzeru zomwe zimakhala mwa ife. Tsopano zimayamba kumasuka. Ku India anthu amatcha mlingowu "Buddhi" kutanthauza mlingo womasuka. Ukafika pa "Buddhi" umasanduka "Buddha", pamene ndi pamene mau oti Buddha

anachokera kumau oti buddhi. Ine ndikudziwitsani za Buddha yekha basi koma kuli zina zoposera apo.

Anthu amatcha munthu wachidziwitso kuti Buddha. Ngati sadziwa zoposera pamlingo wachiwiri ndiye akhoza kunyadila, nkuganiza kuti iye ndi Buddha wamoyo ndipo omutsatila ake akumamutcha Buddha. Koma ngati akwaniliritsa mlingo wachiwiri iye akhoza kuona kale tsogolo komanso zatsopano za amene iye afuna komanso kamasukidwe kalankhulidwe ndesimathero a ufumu wa Mulungu.

Munthu aliyese asanyadire mphatso yake yowerenga mbili zakale, zamtsogolo komanso zapompano zimenezi nde mbiri za “Akashic” monga mmene amtchulira kumaiko akummwera. Nonse amene mumatsata m'bindikiro kapena yoga mukhoza kumvetsetsa mbiri ya akashic, imene ili ngati nyumba yosungira mabuku monga imene yagundizana ndi UN imene ili ndizilankhulo zosiyanasiyana. Mumapezamo chiArabia, chiRasha, chiChaina, Chingerezi, Chifuransa, Chijeremane zonse monga munyumba tagundizana nayo. Ngati mukhoza kuwerenga zilankhulo zonsezi nde mukudziwa zimene zikuchitika mmaiko ake. Chimodzimodzi iye amene angafike pamlingo wachiwiri amamvatsetsa ndi kumasulira njira zamunthu monga mmene timaonera mbiri yathu yomwe.

Pali zambiri zomwe tingapeze pamlingo wachiwiri. Koma munthu akafika mlingo wachiwiri amakhala ali Buddha chifukwa umakhala utatsegula buddhi. Ndipo timadziwa zinthu zambiri zimene sitingathe kuzitchula. Ndipo zozwizwitsa zikhoza kutichikira kaya tifuna kapena ayi chifukwa kamasukidwe kathu katseguka ndipo kadziwa kalumikizandwe ndi mphamvu yamachiritso yakakonzedwe kuti moyo wathu ukhale wabwino ndi wokoma. Ndipo buddhi yathu imakhala itatseguka ndipo ikhoza kufufuza ndikulongedza zonse zoipa zimene tinapanga mmbuyo. Kuti tikonze zolakwikazo nkukonza moyo wathu kuti ukhale bwino.

Mwachitsanzo ngati sitinadziwe kuti takhumudwitsa anzathu osati mwadala nde pano tadziwa. Zophweka, ngati sitikudziwa ndipo nzathu akusinkha kuchita chinachake chotibwezera koma pano tikudziwa chifukwa chomwe chinachitikira. Nde ndi zosavuta tikhoza kupita, kutchaya thenifolo kapena kumuitanitsa mzathuyo nkukambirana kuti

tithetse mkangano.

Molingana ndi mmene timachitila tikafika pamlingo womasuka mwachifatse timatha kumvetsa ndikuzilinganiza kapena kulumikizana ndi mphamvu imene ikhoza kutithandiza kuti moyo wathu usinthe nde timachepetsa ngozi, ndi zosalakika zina zamumoyo wathu. Tsono tikafika mlingo wachiwiri zimakhala kale zinthu zosangalatsa.

Zimene ndafotokozazi ndizochitika komaso zoon. Palibe chifukwa choganizira kuti munthu wochita mmbindikiro ndi yoga ndimunthu wamphamvu zapadera. Ali apadera monga ena mwa ife amene tatukuka chifukwa tikudziwa.

Ku Amerika timanena kuti chilichonse chimatengera ndi zimene timadziwa nde tikhoza kuphunzira chirichonse. Tsono zimenezi zili ngati sayansi ya dziko limene likudza mmene tikhozanso kuphunzira. Zimaoneka zodabwitsa koma, ngati zinthu zinka nukwerera ndekuti zinkaso zikuphweka. Ndizophweka kusiyana ndikupita kusukulu za ukachenjede ndi zasekondale ndi masamu osokonekera.

Mkati mwa mlingo wachiwiri muli magawo osiyanasiyana. Koma ndizichepetsa chifukwa sindingathe kudziwa zinsinsi zonse zakumwamba. Mukhoza zinthuzi mutayenda ndi Masta amene anayendapo kale njilayi. Nde palibe chinsinsi koma ndiyayitali zedi ngati tidutsa mlingo uliwonse umene ulinso ndi magawo angapo ndetiyangana chirichose zimatenga nthawi. Nde nthawi zina master amangokutengera kumilingo yosiyanasiyana mwachindunji mwamsanga. Ngati ulibe chidwi ndizauMasta nde palibe chifukwa chophunzilira zonsezi. Nde amangodutsitsa ndi kukubweretsanso chifukwabe zimatenga nthawi. Nthawi zina zikhoza kutenga moyo wathu wonse. Koma chidziwitso timachipeza pompo.

Koma chimenechi ndichiyambi chabe monga kulembetsa. Tsiku loyamba kusukulu timalembetsa tikatero timakhala wophunzira wapasukuluyo. Koma zikusiyana ndi Ph.D. pakapita zaka zisanu ndi chimodzi, zinayi kapena khumi ndi ziwiri kenako timapanga galajuweti. Koma ngati ukhala wophunzira pasukulu, ngati ili sukulu yamphamvu ukangolembetsa ndekuti wafunitsitsa kukhala wophunzira. Nde mbali zonse ziwiri ziyenera kugwirizana.

Mongaso ngati tifuna kupita koposa dziko lino mwachitsanzo mwina kokasangalala chifukwa tilibe kopita kuno ku New York tadziwa zonse zaku Manhatani. Nde tingo ganiza kuti tifuna kupita kumalo opuma kuti tikaone zimene zikuchitika. Poti timalipila ndalama zambiri popita ku Miami kuti tikasambire nde bwanji nthawi zina sitingangopita mmaiko ena oposela dziko lino kutitikaone mmene zolengedwa zina zimaonekera ndikukhalira. Sindikuona chachilendo ndizimenezi. Ayi? Ndi ulendo wakaganizidwe, uzimu mmalo mwa thupi. Pali mitundu iwiri ya ulendo. Nde ndizophweka kuzimvetsetsa.

Tsopano, tili pa mlingo wachiwiri, ndinene chiyani? Ndimmene timapitilizila pa dziko pano, koma tili ndi mbiri yamaiko ena nthawi imodzi. Chifukwa timayenda.

Monga ukakhala mzika ya ku Amerika kapena dziko linalililonse nde umayenda kupita kumaiko ena kuti ukaone mmene maikowo amaonekera. Komaso ndikhoza kuona kuti ambiri mwa inu muli muno simbadwa zakuno ku Amerika. Ayi kapena Eya. Tsopano nonse mwadziwa chinthu chimodzi. Tikhoza kupita kudziko lina kapena mlingo wina wamoyo kuti timvetsetse chifukwa chakutalika sitingathe kuyenda kapena kukwera roketi.

Maiko ena alipatali zedi moto olo UFO siingafike. UFO chinthu chosadziwika, chouluka. Tsono tilinawo upangili mkati mwathu umene uli wachangu kuposera UFO. Umene uli mzimu wathu. Ndipo tikhoza kuuluka popanda mafuta, polisi, kapena chilichose chotipinga. Sitingadandaule kuti aluya asiya kuti gulitsa mafuta. Chifukwa ndiopezekeratu. Samatha pokhapokha ngati tifuna kuononga pochita zosiyana ndi chigwirizano cha kumwamba ndi dziko lapansi zimene zisali zovuta kupewa. Tikuwuzani zambiri ngati mufuna.

Mwachitsanzo, ndichita chindunji sindine mlaliki. Osadandaula sindikupititsani kutchalitchi mwachitsanzo.

Pali malamulo ena a chilengedwe amene tiyenera kudziwa monga tikamayendetsa galimoto tiyenera kudziwa malamulo apa mseu. Getsi lofiila limati uyime, lobiliwira nyamuka. Nde kulinsu malamulo

achilengedwe aku thupi. Kupyolera dziko lino kulibe malamulo. Tili afulu ndi omasuka koma tiyenera kudutsa dziko lino kuti tikhale afulu. Koma ngati tili mudziko lino muthupi lino tiyenera kuyesetsa kusunga malamulo kuti tisagwe mmavuto. Kuti magalimoto athu asanonongeke kutiso tiuluke mothamanga opanda mavuto.

Tsono malamulowa analembedwa mu Baibulo la Chikhristu, chiBuddha ndi chiHindu. Zosavuta ngati osafunira nzako zoipa, osapha, osaba ,osapanga chigololo komanso osamwa zoledzeletsa. Buddha ayenera kuti anadziwa kuti muzaka zama 2000 anthu tipanga kokeni. Ndiye iye analetsa zozunguza bongo. Zozunguza bongo zikuphatikizaso njuga ndi chilichonse chimene chikhoza kutipanga kuti tizikonda zosangalatsa thupi nku iwala ulendo wauzimu.

Palinso malamulo ngati mufuna kuuluka mwaliwiro opanda zovuta komanso ngozi. Roketi ikafuna kuuluka woipanga amayenera kutsata malamulo ena. Nde tiyenera kusamalitsitsa chifukwa tikufuna kudutsa pamenepo.Tikufuna kudutsa maroketi ndi ma UFO. Koma pali zina zofunika kuzifotokoza ngati mungasangalitsidwe imeneyo idzakhala nthawi ya mwambo. Sitikufuna kukutopetsani ndizofunika kutsata zonsezi zimene mukhoza kunena kuti mukuzidziwa kale ndinaziwerenga mu Baibulo pa malamulo khumi.

Ambiri mwa ife tinawawerenga koma sitiwamvetse. Kapena timafuna kuwamvera mmene tifunira osati zimene atanthauza. Nde sizolakwika kutikumbutsa kapena kumvera kumvera tanthauzo lakuya lina. Mwachitsanzo mu Baibulo chipangano chakale tsamba loyamba Mulungu akuti analenga nyama kuti zikhale bwenzi lathu ndi mthandizi kuti muzilamulire. Nde akuti anapanga chakudya cha nyama zosiyanasiyana . Koma sanatiuze kuti tizidy. Akupitiliza kunena kuti anapanga zomera, zipatso zakudya zamNthaka zimene zili zokoma mmaso. Zimenezi zidzakhala chakudya chanu koma anthu ambiri samalingalira zimenezi choncho ambiri otsata Baibulo amadya nyama osamvesetsa chimene Mulungu amatanthauza.

Kafukufuku wa sayansi amatitsimikizira kuti sitiyenera kudya nyama. Thupi lathu, matumbo, mano, mamba zathu zinapangidwa kuti tizidya zamasamba zokha. Chifukwa chake anthu ambiri amadwala, kalamba,

kutopa, ngakhale anabadwa amphamvu ndi nzeru. Nde amanka nzeru zikuhepera nchifukwa munthu akamakalamba amamva kuipa za iye mwini. Nchifukwa choti timaononga zoyendera zathu nde ngati tifuna kuzigwiritsa ntchito kwa nthawi yaitali tiyenera kuzisamala.

Mwachitsanzo tili ndi galimoto. Nonse mumayendetsa magalimoto. Ndengati muika mafuta olakwika chinga chitike nchiyani? Ikhoza kuyenda mtunda waufupi kenako nkuima. Nde sumanena galimoto koma mafuta olakwika amene waikamo. Kapena ngati mafuta athu ali ndi madzi ikhoza kuyenda kenako nkuima. Kapena mafuta athu ali ndi dothi nde sitinawakonze ikhoza kuyenda koma iyima. Nthawi zina ikhoza kuyaka moto chifukwa sitinayisamale mokwanira.

Chimodzimodzi thupi lathu liri ngati galimoto imene tikhoza kugwiritsa ntchito ulendo wa kumwamba. Koma nthawi zina timaliwononga ndi kuigwiritsa ntchito pazinthu zolakwika. Mwachitsanzo galimoto yathu layenera kuyenda mitunda itali itali kuti pititsa kuntchito, kwa anzathu ndikumalo ambiri. Koma sitisamala timaikamo mafuta olakwika, sitionanso mosungila madzi ndi zambiri. Nde imasiya kuthamanga kwa mitunda italiitali. Ndetimango zungulira mmakomo mwathu. Ndizabwino koma kutaya cholinga chimene tinagulira galimoto, ndalama komaso nthawi ndi mphamvu zathu. Palibenso mlandu kwa apolisi, sangakulipilitsani chifukwa chazimenezo. Timangotaya ndalama zathu tikapita kutali nkukaona zinthu zambiri nkukasangalala.

Monganso matupi athu. Tikhoza kukhala dziko lino nkumadzisamala zonse zamkati mwathu chifukwa tili ndi zida zimene tikhoza kuyendetsa kupatula apo. Monga woyendetsa roketi amakhala mkati mwa roketiyo imene ili chida chake. Ayenera kusamala kuti asaswe malamulo a sayansi kuti ayende bwino ndi liwiro. Koma woyendetsayo ndi wofunika chifukwa roketi ikangomufikitsa kumene iye akupita. Chifukwa roketi siyofunikira koma woyendetsa ndikumene akupita. Koma ngati agwiritsa ntchito kuti angozungulila ku chilumba cha Long ndekuti wataya nthawi komaso ndalama za dziko.

Tsono matupi athu ndi amtengo wapatali chifukwa mwa ife ndimmene master amakhala. Nchifukwa chake Baibulo limanena kuti simudziwa kodi kuti ndinu kachisi wa Mulungu? Kutiso Mulungu amakhala mwainu chimodzimodzi Mzimu Woyera. Ngati Mzimu Woyera akhala mkati

mwathu talingalirani mmene izi zilili zovuta. Koma anthu ambiri amangowerenga osamvetsetsa zimene zikutanthauza. Nchifukwa chake onditsatira amakonda ziphunzitso zanga chifukwa akhoza kufufuza amene amakhala mkati mwathu ndizimene zili mudziko lija kupatula mavuto athu atsiku ndi tsiku.

Tili ndi kukongola, ufulu, nzeru zochuluka mkati mwathu. Ndiye tiyenera kudziwa njira yoyenera yofikira kuzimenezi. Zonsezi ndi zathu chifukwa zili mkati mwathu. Nchifukwa choti sitidziwa kumene makiyi ali nde takhoma nyumbayi kwa nthawi yayitali nde taiwala kuti tili ndi chinthu cha mtengo wapatalichi.

Nde iwo wotchedwa Master ndiamene akhoza kutithandiza kutsegula khomo ndikutionetsa zimene zili zathu. Koma tiyenera kukhala ndi nthawi yoti tilowemo ndi kuona ngati zonse zili momwemo .

Tsono tinali mudziko lachiwiri. Kodi ndinu osangalatsidwa kuti tinke patsogolo? (Inde! Inde!) Mukufuna kudziwa zonse osagwilira ntchito? Chabwino. Komabe munthu akhoza kukuuzani zakaonekedwe ka dziko lina ngati anapitako. Mwina mukhoza kukhala osangalatsidwa ngati mungafune kupitako. Chabwino tikachoka kudziko lachiwiri sindinamalize koma mukudziwa kuti sitingakhale muno kwa tsiku lonse. Tikachoka lachiwiri umakhala ndi mphamvu zochuluka. Ngati watsimikizika nulimbikira umapita kulachitatu. Dziko lachitatuli ndi mlingo wapamwamba.

Amene apita kudziko lachitatu ayenera kukhala wopanda ngongole ina iliyonse ya dziko lino. Ngati tili ndi ngongole ndi fumu ya dziko lino nde sitingathe kupita mwamba. Ngati ukakhala mkaidi wadziko lina ulibe chilolezo cholowa dziko lina. Nde ngongole ya dziko lina ili monga zinthu zimene unapanga mbuyo ndi pano mwinaso mtsogolo la moyo wathu. Zonsezi zikuyenera kubwezedwa monga timalipilira msonkho tisanalowe mdziko lina. Koma ngati tili mudziko lachiwiri timayamba kugwiritsa ntchito Karma yotsalira ya moyo wathu wakale ndi watsopano chifukwa popanda Karma yakale sitingakhale mmoyo uno.

MaMasta ali mmagulu awiri. Mmodzi wopanda Karma koma ambwereka Karma kuti itsike, winayo ali ngati ife anthu chabe koma a Karma yoyeletsedwa. Nde aliyense akhoza kukhala Masta. Nthawi

zina Masta amatsika kuchokera kudziko lapamwamba ndi Karma jobwereka. Inu mwazimva bwanji kubwereka Karma? Ndizotheka.

Mwachitsanzo, musanabwere pasi pano munali mutabwerapo kale. Komaso mwapereka ndikutenga ndi anthu osiyanasiyana kwa zaka zikwizikwi. Ndeno munapita kumwamba kapena kumpumulo kumene kuli kutali, milingiyo yosiyana ngati mlingo wachisanu. Imeneyo nde nyumba yaMasta mlingo wachisanu. Koma kupyola pamenepe pali milingo ina.

Tsopano, tikafuna kubwerera chifukwa cha chikondi cha Mulungu mwachitsanzo. Nde timabwera pansu. Koma chifukwa chakuchuluka kwa anthu ambuyo tikhoza kubwereka Karma . Ngongole yokha basi palibe chabwino cha anthu ake. Tikhoza kutenga ngongole ndikuibweza ndi mphamvu tuzimu pang'onopang'ono mpaka titamaliza ntchito yathu padziko lino.Tsono uwu ndi mtundu wina wa Masta.Komaso pali ena amena ali adziko lino akangoyesera nthawi yomweyo amakhala Masta. Monga kusukulu kumakhala aphunzitsi ndi ophunzira, amene akamaliza maphunziro awo akhoza kukhala aphunzitsi. Pali aphunzitsi akalekale komaso atsopano. Chimodzimodzi pali mitundu imeneyi ya maMasta.

Ngati tifuna kupita kudziko lachitatu tiyenera tikhale opanda Karma ili yonse. Karma ndi lamulo loti umakolola zomwe umadzala. Ngati timadzala malalanje timathyolaso malalanje, maapozi timapezaso maapozi. Ichi ndi chilankhulo cha chi Sanskrit cha cholinga. Baibulo sikamba za Karma koma limati udzakolola zomwe udzala zimene zili chimodzimodzi.

Baibulo lili ndi ziphunzitso zofupikitsidwa za Masta amenenso moyo wake unali wofupikitsidwa. Chonchonso Baibulo lilibe zofotokoza zambiri. Mafotokozedwe a Baibulo asinthidwa kuti agwirizane ndi atsogoleri a magulu amenewa, amene si anthu azauzimu nthawi zonse. Mukudziwa kuti muchinthu chilichonse anthu amagulitsa ndikugula. Koma Baibulo lenileni ndilosiyana pang'ono, lalitalipo, ndi losavuta kumvetsa. Nde poti tilibe umboni wake weniweni sitimalikamba pooa kuti anthu angati tikuwanamiza. Kuti tikambe zokhazo zimene tikhoza kupereka umboni.

Nde mukanandi funsa kuti "mumakamba za dziko lachiwiri, lachinayi komaso lachitatu umboni wake ndiwotani?" Ndikhoza kupereka umboni. Ngati muyenda limodzi nane mnjira imodzi tidzaona zinthu zimodzi. Koma ngati simungayende nde sindingapereke umboni. Nchifukwa ndimakamba zazinthuzi chifukwa zili ndi umboni. Pamodzi otsatila mazana mazana tili ndi umboni. Nde tikhoza kukamba zinthu zimene tikuzidziwa. Koma izi muyenera kuyenda nane chifukwa simungati ndikuyendereni nkukufotokozerani zonse chifukwa sindichite.

Mwachitsanzo ngati sindiri ku United Nations mchipinda chino palibe chaphindu ndi maonekedwe achipindachi. Izi sizinandichitikirepo. Ndetiyenera kuyenda ndi mtsogoleri wodziwa. Ndilinso ndi otsatira ochokera mmiko osiyanasiyana mchipinda chino akhudzidwa ndi zina zimene ndafotokozazi.

Dziko lachitatu likatha palibe chilichonse. Zimene ndakuuzani ndi gawo lazonse. Ngati nkhani yolumikizitsa zinthu koma osafotokoza zonse. Tikawerenga buku lokhudza dziko lina silimakhala dzikolo. Tawerenga mabuku ambiri akayendedwe ndi maiko koma timakonda kupita kumaloko tokha. Timadziwa za Spain, Tenerife, Greece koma zimenezi ndizammabuku basi. Tiyenera kupitako tokha nkukadzionera zakudya, anthu, nyengo ndi madzi anyanja zakumeneko.

Nde nanga ukafika dziko lachitatu chimachitika nchiyani? Umapita mmwamba nkupita kudziko lachinayi limene lili lodabwitsa. Sitingathe kugwiritsa ntchito mau chabe pofotokoza poopa kulakwira mbuye wadzikoli. Chifukwa dzikoli ndi lokongola kwambiri ngakhale liri ndi malo ena amdima. Koma tisanafike nkuwala mdima ndi wowirira zedi uli ngati mzinda woletsedwa. Tisanafike kunzeru za Mulungu timaimitsidwa kumeneko. Koma ndi Masta wozolowera mukhoza kudutsa koma nokha simungapeze njira mumdima wotere.

Tikafika pamalo osiyana timaona kusunthika kwa uzimu, kuthupi ndi chinachilichonse mmoyo wathu. Timaona moyo njira yosiyana, komaso timasintha kayendedwe ndi kagwiridwe kathu ka ntchito. Ingakhale ntchito yathu imasintha tanthauzo yake kwa ife, nde timamvetsa chifukwa chimene timagwirira ntchito.

Timamvetsetsa cholinga cha moyo wathu nde timalaka kulema ndi kuthodwa. Komaso timayembekeza mosawilingula nthawi imene ntchito yathu padziko lino idzathe chifukwa tikudziwa kumene tidzapite. Timadziwa izi chufukwa tikadali ndi moyo. Nzimene zimatanthauzidwa tikamati kufa uli ndi moyo. Ndikhulupilira ena mwa inu munamvapo zaizi koma sindikudziwa Masta amene angalankhule mosiyana kupatula kuti tiyenera kumva chimwemwe cha masophenya.

Munthu wina agafotokoze zaa benzi mosiyana? Zikuyenera kukhala chinthu chimodzi. Nde anthu amene ali ndi benzi ndikuidziwa akhoza kufotokoza zimodzi koma zimenezi si benzi. Nde ngakhale ndikukulankhulani mophweka koma zimenezi sizapafupi tikuyenera kuzichita tokha, ndi ntchito komaso ndi mtsogozzi. Ngakhale tikhoza kudzazichita tokha koma ndi kusamala chifukwa tikhoza kupeza zotsatira zosalakika.

Anthu ena akale Swedenvorg anadzipanga okha. Kapena Gurdjieff amene akanazipanga anapita yekha. Koma ndikawerenga mabuku palibe mwaiwo amene akhala opanda zozunza ndi zovuta. Sizofunikira kuti afike mlingo wokweretsa.

Ukachoka umapita pa mlingo wokwererapo. Ukachoka pamlingo wachinayi umapita mnyumba ya Masta imene ili mlingo wachisanu. Mamsta onse amachokera kumeneko. Ngakhale milingo yawo ili yokwererapo amakhala pompo. Nkumalo kokhala maMasta. Kupyolera pamenepo pali nthambi zambari zaMulungu amene ali ovuta kuwamvetsetsa. Sindikufuna kukusokonezani nde ndidzafotokoza nthawi ina mwina mwambo utatha chifukwa mudzakhala mutakonzeka ndipo ndidzakuuzani za maganizidwe anu mmene nthawi zina amaganiza molakwika za Mulungu.

NTHAWI YAMAFUNSO CHIPHUNZITSO CHITATHA

Q: Munanena kuti master akhoza kubwereka Karma ya anthu. Nanga ngati Karma yafufutika chimawachitikila anthu nchiyani?

M: Master akhoza kufufuta Karma yaaliyense. Ngati zimenezo zili zimene afuna kuchita. Otsatira onse panthawi ya mwambo Karma ya kale imafufutika. Ndimangokusiyirani Karma yapanoyi. Kuti tipitilire ndi moyo. Palibe Karma ingakhale pano. Nde Masta akuyenera kufufuta Karma yosungidwa iliyonse kuti munthuyo ayeretsedwe nkumusiyira Karma pang'ono kuti apitilire ndi moyo ndikugwira ntchito yake.

Q: Kodi cholinga chachiphunzitso chanu ndi chani?

M: Cholinga chathu nchiyani? Sindinakuuzeni? Kuti tiyende koposera dziko lino, kubwerera ku ufumu wa Mulungu kudziwitsa nzeru zako ndikukhala munthu wosinthika mmoyo.

Q: Ndipo kodi Karma imapezeka mmilingo yonse?

M: Osati yonse, kulekeza pamlingo wachiwiri basi chifukwa ubongo wathu, makina a kompyuta amakonzedwa mumlingo umenewo. Tikatsika kuchokera mmilingo yammwamba kuthupi lino kudzagwira ntchito. Mongaso master amatsika kuhokera mlingo wake kufika pamlingo wammusi kuti akathe kugwira ntchito.

Q: Munati pomaliza dziko lachiwiri tisananke mwamba kuti timasiya Karma yathu mmbuyo kapena kuyikonza. kodi izi zikutanthauzaso moyo wakale umene timakhala nawo mumoyo watsopano.

M: Inde chifukwa opanda kompyutayi palibe kulembetsa. Tili ndi Karma chifukwa cha kompyutayi imene ili ubongo wathu umene uyenera kulembera chinachiri chonse chotichitikira mdziko lino. Chifukwa chake tili nacho kuti tilembere zabwino kapena zoipa. Nchifukwa chake timatcha kuti Karma. Kodi Karma nchiyani? Zokuchitikira mmoyo zabwino, zoipa ndimmene timachitira tikakumana nazo. Koma chifukwa cha umunthu timadziwa kuti tiyenera kuchita bwino koma nthawi zina timapanga zoipa. Ndipo zoipazo zimatitsata ndikutilemetsa monga katundu nkutikanikitsa kukwera mapiri.

Q: Kodi zinalembedwa kuti tidzafika mlingo uti, tidzafika mlingo uti tikabadwa?

M: Ayi, tili ndi chisankho chothamanga kapena ayi. Monga tili ndi galimoto nde tathila malita 100 amafuta tikhoza kuthamanga kuti tikafike nsanga kapena kuyenda pang'onopang'ono. Zili kwa ife kusankha..

Q: Ndimangofuna kufunsa kodi angelo ali mlingo uti?

M: Ali mlingo uti? Zimatengera mtundu wake wa angelo.

Q: Angelo oyang'anira anthu.

M: Angelo oyang'anira akhoza kukhala mu mlingo wachiwiri. Angelo ali muni mwa anthu ndi oyitumikira.

Q: Kodi saposera pamenepa?

M: Ayi! Kupatula akasanduka anthu. Amachitira anthu nsanje chifukwa Mulungu amakhala mkati mwawo. Ife tili ndi upangiri wokhala amodzi ndi Mulungu. Anapangidwa kuti tikhoza kuwagwiritsa ntchito. Mwachitsanzo ngati chinalengedwa ndi Mulungu nde chinapangidwa kuti chidziti tumikira. Chitsanzo china mnyumba yanu muli zinthu zina zimene munapanga nokha kuti zifewetse moyo wanu. Monga mukhoza kukhala muno nkuyatsa magetsi ndikuwazimitsa, kuyatsa kanema ndi zina. Ngakhale zili zoposa inu eni ngati zikhoza kukhala malo amodzi nkuchita zinthu zingapo chinthu chimene simungachite ndi mphamvu zanu za kuthupi. Koma izi sizikutanthauza kuti ndi zoposa inu. Cholinga chake ndi kukutumikirani.

Q: Master Ching Hai, ndimafuna kudziwa kuti kodi pano mmene tili mthupi ndekuti tikhoza kukhala kuti tinagwa nkumasilidwa kwa thupili? Takhala tili chonchi kapena tinali pabwino.

M: Kusiya thupi nkunika mtsogolo? Eya tikhoza ngati tingathe. Pali njira zosiyira thupi nkupita mdziko likudza. Ena amapita pafupi, ena kutali enanso kumathero. Koma ndikafukufuku amene ndachita kuyambira ndili wang'ono njira yathuyi nde yofikitsa kumathero enieni. Pali njira zambiri zimene mukhoza kusankha kuti mutsate. Zilipo zambiri koma zochepa ndi zimene zimapita kumalecheleche a dziko. Komaso siambiri amene angapite mudziko lachisanu.

Nde njira yathu ndiyokutengerani kulachisanu tisana kumasuleni. Timaona ngati tikankera mwamba ndebwino koma sizili choncho. Ganizirani mutaitanidwa kunyumba yachifumu nde munapatsidwa chakudya chabwino kenaka mwati muzungulireko nkukaona dzala ndizina kapena mwakaona malo okonzera magetsi mmene munati muyendeko mwagwidwa ndi shoko nkumwarila nde nthawi zina sizonse zapatsogolo zimene zima khala zabwino.

Q: Ndili ndimafunso awiri loyamba nali kodi mbiri zakale zimachokera mdziko liti ngati tili nazo? Lachiwiri, kodi moyo wakale umagwirizana bwanji ndi Karma kodi zili mbali imodzi yazinthu zolemetsa?

M: Eya ndizogwirizana kwambiri. Funso loyamba kodi Karma imachokera kuti? Ukhoza kuwerenga zambuyo. Ndipo zonse zambuyo zimachokera ku zosungidwa za akashic. Iyi ili ngati musungira nkhani mdziko lachiwiri kwa aliyese amene akhoza kufikako. Sialiyense angapite ku malo osungira mabuku a United Nations koma ine ndikhoza kwa lero chifukwa nda itanidwa kuti ndidzalankhule koma inuso mukhoza chifukwa muli ngati okhala muno. Monganso tikalowa dziko lachiwiri tikhoza kudziwa mbiri ya munthu penanso tikalowa dziko loyamba tikhoza kuonako pang'ono za mbiri yakale ya munthu. Koma simakhala yapamwamba kapenaso yonse.

Nanga kodi mbiriyi imagwirizana bwanji ndi Karma yatsopano? Timati zimenezi ndi zimene taphunzira kuti tikathe kulimba mmoyo uno.

Timene mwaphunzira mmbuyo ndizimene zakufikitsani pamalo amene muli lero lino. Monganso zoipa zimene zinakuchitikirani mmbuyo zimakupatsanibe mantha. Mwachitsanzo ngati mumatsika masitepe nkugwa mmoyo wakale komaso kunali mdima mumati mukamatsika masitepe mumaopa kugwa nkudzivulaza ngati kalero. Monga Mozati amene anali katswiri ali ndi zaka zinayi anayamba kuimba piano ndipo pano akadali otchuka koma anamwalira asanafikepo mmoyo ndipo anali osakhutitsidwa kuti asiye luso lake chifukwa cha ichi anatsitsimuka ndipo luso lake lonse linamubwererela chifukwa anali ndi khumbo lopitiliza atamwalira.

Ndipo anthu ambiriwa amaphunzira zinthu zambiri mudziko la Astra asanabwerere kudziko lino. Ndipo amapatsidwa maluso oimba,

kafukufuku, kulemba ndi zinthu zina zimene anthu sadziwa. Amapanga zinthu zoti ena sanaganizepo kapena kulota chifukwa iwo anazona. Ndepali zinthu ziwiri zophunzira mdziko lino ndi lina. Iwo amphatso ndi luso ndi akatswiri adziko likudza monga la Astra dziko lachiwiri nthawi zina lachitatu ngati asankha kubwerera.

Q: Kodi mu mwambo wanu mulinji ndipo kodi kachitidwe kake katsiku ndi tsiku kamakhala kotani?

M: Poyamba ndikaulere komanso kopanda kumangika pokhapokha mudzimangilira nokha ngati mufuna kunka mtsogolo. Simuyenera kukhala mutayesapo kale yoga ndi zina. Koma mumalowa mu mgwirizano wosadya mazira ayi, mkako ndiololedwa ndi chinachilichonse chimene sichiphedwa kuti chidyedwe. Mazira ayi chifukwa ndikuphabe olo likhale losabala. Komanso amakonda kukoka mphamvu yoipa. Nchifukwa chake azamatsenga amagwiritsa ntchito mazira pochotsa matsoka kwa anthu aziwanda. Ngati mukudziwa (wina ayankha Eya). Mumadziwa nde zosangalatsa bola ndiri ndi umboni ngati ndilibe ndiri ndi chidziwitso chanu (kuseka).

Nthawi ya mwambo mumamva kuwala ndi mau aMulungu. Nyimbo yamzimu imakutengerani ku mlingo wina wa umunthu. Mukhoza kumvetsa kakomedwe ka samadhi-ntendere ndi chimwemwe chozama. Mukatha apo mukhoza kumakapanga nokha kunyumba. Ngati mumaliza ndikufuna kuti ndikuthandizeni nde ndikhoza. Chepetsani zonse zadziko mmenemo ndi mmene otsatira ambiri apitilizira atamaliza mwambo.

Q: Ine ndi maona ziwaliwali.....

M: Eee koma ziwaliwali zikusiyana ndi kuwala. Ziwaliwali zili ndi mitundu yosiyanasiyana nthawi zina kuda pena khofi pena chikasu kapena yofiyira. Zimatengera mmene alili. Koma mukaona munthu wa ziwaliwali zauzimu zamphamvu mumadziwa kuti nzosiyana.

Q: Ndilibe fuso koma ndinkapanga raja yoga kwa kanthawi nde ndimaganiza kuti ndinaona ziwaliwali nthawi imeneyo sindimazimvetsetsa.

M: Nde simumazona pano kapena mumazona kwa nthawi zina?

Q: Ayi ndinaleka kupanga mmbindikiro.

M: Nchifukwa chake munataya mphamvu zanu. Ngati mumakhulupilira mnjirayo mmbindikireso sizingakuonogeni.

Q: Ndinawerenga za zofunika kutsata. Kodi ukalandira mwambo umayenera kukhala molingana nazo?

M: Inde mene aja ndi malamulo a chilengedwe chonse.

Q: Sindikumvetsetsa chigololo.

M: Zikutanthauza kuti ngati muli ndi mwamuna kale osaganiza zopeza wina (kuseka). Khalani ndi moyo wosavuta wopanda zidangodango ndi zokhumudwitsa. Zimakhumudwitsa anthu ena. Sitikhumudwitsa anthu ena olo mmaganizo ndi mumtima. Timayesetsa kupewa mikangano, kuvutika kwa mtima, thupi, mmaganizo makamaka kwa okonedwa athu basi.

Ngati muli naye kale osamuuzwa. Zimapweteka kwambiri ukamuuzwa. Mungozikonza pang'onopang'ono ndi mwachete koma osamuuzwa. Chifukwa nthawi zina anthu amaona ngati ali ndi chibwenzi nkupita kunyumba ndikuuzwa akazi awo kapena amuna awo izi ndi kukhulupilila komanso za nzeru. Ndizopanda pake. Munalakwitsa kale mutengeranji nyasizo kupita nazo kunyumba kuti ena akazione. Ngati sakuzidziwa samamva kuwawa. Koma kudziwa kumapweteketsa mtima. Nde timakonza vuto nkuyesetsa kuti lisapezekeso.

Q: Ndaona kuti maMasta ambiri amakhala anthu oseketsa kodi pali mgwirizano wanji pakati pa kusangalatsa ndi moyo wauzimu.?

M: Ndikuona ngati amakhala okondwa ndi opeputsa zinthu. Nde amadziseka kapena anthu ena ndi zinthu zimene timakangamira nkuzitenga ngati zofunikira. Tikamaliza timamva kumasuka nde sititha kutengera chinthu pamgong'o. Ngati timwalira mawa timwalira ngati tikhala ndi moyo tikhala ndi moyo. Tikataya tataya yikapeza tapeza. Tili ndi nzeru ndi umunthu wotithangata mu zonse tikumana nazo. Nde sitiopa chilichonse. Timakhala opanda mantha nchifukwa chake timakhala mopanda phuma. Timamva wopatulika kwa dziko lino.

China chilichonse chimene timataya ndikupeza sichitanthauza kanthu kwa ife. Ngati tipeza zambiri zichitira ubwino anthu ndi abale. Sitimaona moyo wathu kukhala wopambana moti tingadutse muzowawa zadziko lino. Sizitanthauza kuti timangokhala koma

timagwira ntchito. Mwachitsanzo ndimagwirabe ntchito. Ndimachita zojambula ndi zamanja kuti ndipeze kangachepe.

Q: Ndimaona chionongeko chambiri pafupi nane. Ndimangodabwa kuti mumaganizapo bwanji ndikuti mungamulimbikitse bwanji munthu amene akufuna kumasuka kuti agwirizane ndi zowazungulira. Kodi mukuganiza kupita kudziko likudza ndikokwanira kutizindikiritsa zimene tisiya mmbuyo kapena ife amene tili mwamba tili ndi udindo ochepetsa kuvutikaku. Nanga kodi zitichitira ubwino?

M: Zikhoza. Kwaife bola umunthu wathu udziti tachitapo kanthu. China chili chonse mufuse ndikuchita, ndidza chita .Ndakuuzani kale ndalama zathu zinagawidwa kumabungwe, maiko osiyanasiyana kukakhala mavuto. Sindimafuna kunena koma mwa chitsanzo tinathandiza dziko la Philipines kupulumutsa Mt. Pinatubo. Tinathandizaso okhudzidwa ndi kusefukira kwa madzi ku Au Lac ndi China. Tikuthandizaso okhala mmaiko ena kuti tithandize UN ngati ikufuna chithandizo chathu.

Ansemble ndi otitsatira onse ayenera kugwira ntchito monga inu. Kupatula apo timathandiza pazauzimu, kuvutika kuli mdziko ndikuchepetsa kuvutika pa dziko. Tiyenera kuchita izi. Sikuti timakhala mu samadhi tsiku lonse nkumadzisangalalira. Ameneyo nde ndi Buddha wodzikonda. Sitikufuna kukhala naye pano (kuseka).

Q: Munakamba zamlingo pamene munthu amazindikira kuti ali ndi mphamvu zochokera kukudziwitsidwa. Koma ngati ukudziwa za mphamvu koma sukudziwa kuti ulinazo. Ukhoza kumva ngati uli nazo. Kodi ungazipeze bwanji kapena kuzitaya. Mukumvetsetsa zimene ndikunena?

M: Ndikumvetsetsa. Zimene mumatanthauza kuti ngati tili ndi mphamvu yosintha zinthu koma zotizungulira ziyenda mosiyana kudi mukhoza kupilira bwanji? Kapena mukhoza kungopemphera kapena kuloza chala ena. Ayi ine ndimapilira chifukwa ndimayenda ndi mmene dziko likuyendera. Mwachitsanzo mwana sangathamange. Osati poti mufuna kuthamanga kuti mumagwetsa mwana. Nde tiyenera kupilira.

Ngakhale tili ndimphamvu zothamanga koma tiyenera kuyenda limodzi ndi mwana. Nchifukwa nthawi zina ndimakhumudwa koma ndiyenera kudziphunzitsa kukhala opilira. Nchifukwa chake ndimayenda kwa

mapulezidenti chifukwa cha anthu opanda kwao. Ngakhale tipeleke ndalama zambiri. Timatsata mfundo yakuti tipereke kwa kaesala za kaesala.

Sindingalozze chala UN kapena kuwa thamangitsa. Timadzetsa mavuto achilengedwe tokha. Koma tikhoza kukweza kaganizilidwe ka anthu powachiza mu uzimu. Apatseni nzeru zimene akhoza kugwitsa ntchito.

Nde tiyenera kuganiza kawiri, kukonzaso, zimene zifunika chilolezo kuchokera kumaiko ambiri. Ayenera kuti dalitsa ndi kukhulupilika, ulemu ndi ukhondo ndi chilakolako chotumikira anthu mmalo mwa iwo eni. Ngati izi zichitika nde tilibe vuto lililonse. Tiyenera kukhala ndi utsogoleri wabwino ndi kayendetsedwe ka chuma ndi luso loyendetsera boma. Koma izi zikhoza kutheka ngati anthu ambiri akhoza kukhala auzimu. Ndeno amadziwa khalidwe. Nde amadziwa kukhulupilika ndi ukhondo. Komanso amadziwa kugwiritsa ntchito nzeru. Tsono akhoza kuganiza zambiri ndi kudzikonza okha.

Q: Nde zikuoneka ngati zovuta zovutika za nthaka zikulingana ndi kuchuluka kwa anthu ndi kufuna malo ambiri okhala, olima ndizina.

M: Inde chirichonse chili ndi ubale ndi zina. Ndipo njira zozikonzera ndi kuchokera kumizu yake osati nthambi. Ndipo muzuwu ndikukhazikika kwa uzimu (kuomba mmanja). Nde zimene tiyenera kuchita ndi kufalitsa uthenga wauzimu. Zimenezo ndi zimene anthu alibe. Ndizabwino kudzilumikiza kumagetsi nkumaona magetsi nkumva nyimbo nkukhala mu samadhi. Koma ngati mulibe chikhalide nde mumagwirittsa ntchito mphamvuzo pazinthu zolakwika.

Ndakondwa ndi mafuso anu anzeru. Anthu amapanga zinthuzi chifukwa alibe nzeru zokwanira ngati kuononga nthaka. Ndeno muzuwu nde nzeru, ndi kutsata zauzimu. Pezani chidziwitso.

Ndikukuthokozani nonse chifukwa chakutchera khutu lanu. Zabwino zonse..

“Mwambo suulidi mwambo...mumangobwera ine nkukuthandizani kudzithandiza nokha. Sindinadze kudzakupangani otsatila koma otsogolera”

The Supreme Master Ching Hai

“Aliyese amadziwa kale kulingalila koma mumalingalila zoipa ena akazi okongola, ndalama, bizinesi. Nthawi iliyonse muganiza chinthu ndi mtima wonse kumeneko nde kulingalila. Ine ndimaganizila za mphamvu, chikondi, ndi chisomo cha Mulungu.

The Supreme Master Ching Hai

“Mwambo umatanthauza chiyambi cha moyo wa tsopano mu gawo latsopano. Zikutanthauza kuti Masta wakulolani kukhala nawo muchilinganizo anthu woyera. Nde sindinu munthu wamba, mwakwezedwa. Kalero amati ubatizo kapena mukhala mwa Masta.

The Supreme Master Ching Hai

MWAMBO:

NJIRA YA QUAN YIN

Master Ching Hai akupereka mwambo kwa anthu ofuna kudziwa chilungamo. Ku njira ya Quan Yin ya kalingalidwe. Kakhalidwe kachi Tchaina ka Quan Yin kamatanthauza kuganiza molinga ndi mvekero. Njirayi imagwiritsa ntchito kuya kwa kuwala kwa mkati ndi phokoso lamkati. Masophenyawo afotokozeredwa zolembalemba zachipembedzo mnthawi zambuyomu. Mwachitsanzo Baibulo limanena kuti 'pachiyambi panali mau, ndipo mau anali ndi Mulungu, ndipo mauwo anali Mulungu (Yohane 1:1)

Mauwa ndi mvekero wamkati mwa mtima. Atchedwaso kuti logos, shabd, tao, naam, kapena nyimbo yaulemerero. Mauwa amatchedwa kuti logos, shabd, tao, ndi naam. Master Ching Hai akuti zimagwedera mkati mwa moyo ndikuyanjanitsa chilengedwe. Ndikuchiza zilonda zonse nkukwaniritsa zosowa zathu komaso kuthetsa ludzu lazinthu zamdziko. Ndiyamphamvu komanso lachikondi. Chifukwa choti ndife olumukizika ndi mvekero umenewo umabweretsa mtendere ndi kukhutitsidwa mmoyo wathu. Tikamvera nyimboyi umunthu wathu wonse umasintha ndikukhala woposa kale.

Kuunika kwa mkati kumene kuli kuwala kwa Mulungu ndimau amodzi ndi kuwatsidwa kapena kudziwitsidwa. Kuwala kwake kuli kuchokera kwa lawi mpaka koposa dzuwa. Ndikupyolera mwakuwalaku kumene tikhoza kumudziwa Mulungu.

Kulowa munjira ya Quan Yin simwambo wolowera chipembedzo chatsopano. Mkati mwambowu Master Ching Hai amapereka malangizo akuwala ndi kuyendetsa mizimu. Kulawa kwa kupezeka kwa Mulungu kumapelekedwa mwachete. Master Ching Hai sakuyenera kupezeka kuti akutsegulireni chitseko. Kasunthidwe nde kofunikira kwambiri munjirayi. Chifukwa mukhoza kumva ndikuona kuwala mwambo ukachitika zimenezi zimatchedwa chidziwitso chadzidzidzi.

Master Ching Hai amalandira anthu ochokera malo osianasiana ndi zipembedzo zosiyanasziyana. Simuyenera kusintha zikhulupirizo zanu. Simudzapemphedwa kuti mulowe mgwirizano umene sukugwirizana ndi moyo wanu watsiku ntsiku. Koma

mudzapemphedwa kuti mukhale wodya zamasamba zokha. Chipangano cha moyo wonse kuti mulandire mwambo. Mwambowu umaperekedwa mwaulele.

Kutsata tsiku ntsiku njira ya Quan Yin ndikutsata mfundo zisanu ndezofunika mukatha kulandira mwambo. Kutsata zisanu zimenezi kukuthandizani kupewa kuononga moyo wanu ndi wa ena. Zinthu zimezi zidzamitsa ndi kulimbikitsa kudziwitsidwa kwanu ndikukulolani kuti mupeze kudzutsidwa ndi uMulungu mwainu. Popanda kuzitsata muiwala kuwalitsidwa kwanu nkubwerera kumoyo wanu wakale.

Cholinga cha Master Ching Hai nkutiphunzitsa kukhala odzidalira. Tsono akuphunzitsa njira yoti ikhoza kutsatidwa ndi aliyese. Sakufuna otsatira kapena opembedza kapena kuyambitsa bungwe lolipilitsa kuti ukhale membala. Sadzalandira ndalama, mphatso zochokera kwa inu nde simufunika kumpatsa. Adzalandira kukhulupirika kwanu mmoyo watsikuntsiku ndikusunthika kwanu kopita kugulu la masenti.

ZOYENERA KUTSATIRA ZISANU

1. Pewani kuvulaza za moyo;
2. Pewani bodza;
3. Pewani kuba;
4. Pewani chigololo;
5. Pewani zoledzeletsa;

Zoyenera kutsatira zimafunika kutsata kadyedwe kamasamba okha. Osadya nyama, nsomba, nkhuku, mazira kapena chopangidwira ndi mazira kapena china chilichonse chopangidwa kuchokera ku nyama. Mukhoza kudya zopangidwa ndi mkaka bola zisakhale ndi nyama.

Zikuphatikizaso zonse monga mowa, mankhwala ozunguza ubongo, fodya, njuga, zithunzi zolaula ndi zoonera kapena zosewera zachiwawa.

“Munthu wauzimu ndi munthu woona. Munthu woona ndi wodzala ndi uzimu. Panopa ndife anthu osakwanira. Timachita zinthu mwamachawi komaso mowiringuka. Sitikhulupilira kuti ndi Mulungu amene amakonza izi pofuna kutikondweretsa. Timasiyanitsa uchimo ndi ubwino. Timakokomezeka zilizonse ndikudziweruza tokha ndi ena. Timazunzika chifukwa chochepetsa zomwe Mulungu akhoza kutichitira. Mulungu ali mkati mwathu nde timamupeputsa. Timakonda kusewera ndi kunjoya koma sitimatha. Timangonena kwa ena kuti musachite zimenezo ndi kwatokha kuti usachite zimenezi. Nde ndidyerenji zamasamba? Ndimadya zamasamba poti Mulungu amene ali mwaine amazifuna.”

The Supreme Master Ching Hai

“Tikakhala woyera muzochita zathu ,malankhulidwe, maganizidwe kwa mphindi mizimu yonse, milungu, ndi angelo adzatifungatira. Nthawi imeneyo chilengedwe chonse nchathu ndipo chidzatithandiza ndipo mpando ulipo woto ife tikhalepo.”

The Supreme Master Ching Hai

UBWINO WODYA ZAKUDYA ZAMASAMBA

Chisankho chamoyo wonse chodya zamasamba ndichofunika pa mwambo wa Quan Yin. Zakudya zopangidwa kuchokera kwa zomera ndi mkaka ndi zololedwa koma zochokera kwa ziweto monga mazira sizololedwa. Pali zifukwa zambiri koma chofunika kwambiri chikuchokera pazofunika kutsata pamene akuti osapha,.

Kusapha kapena kuvulaza zamoyo zimazipindulira. Komaso kusavulaza ena kumatichitira ife eni ubwino. Chifukwa Chani? Chifukwa cha lamulo la Karma loti chomwe wafesa udzatuta. Pamene timapha pokwaniritsa chilakolako cha nyama ngongole imeneyi idzayenera kubwenzedwa.

Kudya zamasamba ndi mphatso yomwe timadzipatsa. Timamva bwino pamene mtundu wamoyo wathu usunthika chifukwa chokhala opanda ngongole ndi Karma timapatsidwa mpata wolowa mumlingo wakumwamba watsopano. Ndizolingana ndi mtengo wochepe umene mumalipira.

Mkangano wauzimu woletsa kudya zamasamba ndiwokhulupilika kwa ena komaso pali zifukwa zina. Zonse zazama mmaganizo. Nzokhudza thanzi lathu, njala, chilengedwe ndi zina zambiri.

Ukhondo ndi thanzi

Kafukufuku amasonyeza kuti makolo athu kalelo amadya zamasamba. Thupi la munthu silinapingidwe kuti adzidya mnyama. Izi zinalembedwa mchimangilizo cha Dr. G.S. Huntington wa univesite yaku Columbia. Iye anati nyama zomwe zimadya mnofu zili ndi matumbo akulu komaso afupi. Thumbu lawo lalikulu ndi lowongoka ndi losalala. Kusi yana ndi nyama zamasamba zili matumbo ang'onoang'ona atali ndi akulu aatali. Chifukwa chakuchepa kwa faiba ndi kuchuluka kwa mapulotini mnyama matumbo satenga nthawi yayitali akuti ayamwe mchere nchifukwa matumbo a nyama zodya mnofu ali afupiafupi.

Anthu monga zina zonse zodya masamba ali matumbo akulu ndi ang'ono ataliatali. Palimodzi matumbo athu ndiautali wa mamita atatu ndi hafu. Matumbo ang'onoang'ono ndiopindikapindika ndiosasalala. Chifukwa ndi aatali nyama yomwe timadya imakhala mmatumbo kwa nthawi yayitali. Nyamyo chifukwa chokhalitsa ikhoza kupanga ziphe. Zimene zikhoza kuyambitsa khansa nkutopetsa chiwindi muntchito yake yochotsa zoipa.

Nyama imakhala ndi urea wambiri amene akhoza kusokoneza ntchito ya impshyo. Mu kilo iliyonse ya nyama muli magalamu khumi ndi anayi a urokinasi. Ngati ziwalo zamoyo ziikidwa muurokinasi wosungunuka kagwiridwe kake kantchito kamachepa. Nyama ilibe faiba ndipo zimenezi zikhoza kuyambitsa kudzimbidwa. Nzodziwika kuti kudzimbidwa kukhoza kuyambitsa khansa mmatumbo kapena zilonda. Mafuta amnofu amayambitsa matenda a mtima amene apha anthu ambiri ku Amerika ndiku Formosa.

Khansa ndiyachiwiri pamatenda amena apha anthu ambiri. Zoyesera zinasonyeza kuti kuotcha nyama kumatulutsa mankwala (Methylcholanthrene) amene atapatsidwa kwa makoswe amatupitsa ubongo, mamba ndi zina zimene zili mtundu wa khansa. Kafukufuku wasonyeza kuti makoswe ang'ono oyamwitsidwa ndi khoswe wakhansa amatengaso khansa. Papene khansa ya munthu imabadwira mwa nyama nyamazo zimatenga khansayo. Ngati nyama zimene timadya zinali ndimatenda amenewa ndi mpata woti tikhoza kudwala matendawa ndi waukulu.

Anthu ambiri amaona ngati nyama ndi yaukhondo poti imapimidwa kaye mmabutchala isanagulitsidwe. Pali nyama zambiri zimene zimaphedwa tsiku lililonse kuti zosezi zikathe kupimidwa. Ndziovuta kuyesa ngati nthuli iliyonse ili ndi khansa kapena ayi nanga bwanji nyama iliyonse. Pakadali pano ndi malo okhawo amene ali ndi vuto amene amadulidwa, poipa pokhapo pamataidwa koma kwinko kumagulitsidwa.

Dr. J.H. Kellogg anati tikadya zamasamba sitimadandaula zamatenda amene anapha chakudyacho zimene zimapangitsa kuti tidye bwino. Pali vuto lina loti mankwala amabailidwa mnyama kuti zikule mwansanga. Zakambidwa kuti anthu odyana nyama zoterezi amakhala

akumwa nawo mankhwalawa zimene zikuchepetsa mphamvu yamankhwala tikamwa.

Pali ena amene amaona ngati kuti zamasambazi zathanzi kwambiri. Dr Miller yemwe ndi waku Amerika koma wagwira ntchito ku Formosa kwa zaka makumi anayi anatsegula chipatala chimene chakudya cha odwala ndi ogwira ntchito chinali zamasamba zokha. Iye anati khoswe ndi nyama yomwe ikhoza kukhala ikudya zamasamba zokha kapena kumadya zakasakaniza. Tikasiyanitsa makoswe awiriwa tipeza kuti kakulidwe kawo ndi kamodzi koma wodya zamasamba amakhalitsa nkukhala ndichitetezo chachikulu kumatenda. Makoswewa atadwala khoswe wa zamasamba anachira mwa nsanga.

Anawonjezera ponena kuti mankhwala akhoza kuchiza koma zakudya zimasunga thanzi. Aati zamasamba zili ndi thanzi kuposa nyama. Anthu amadya nyama koma thanzi lanyamalo limachokera mumsamba amene zimadya. Miyoyo ya nyama zambiri ndiyafupi ndipo zili ndimatenda ambiri amene anthu ali nawo. Ndizotheka kuti matenda a anthu anadza chifukwa chodya nyama ya ziweto zodwala. Nanga bwanji anthu samapeza thanzi muzamasamba? Iye akuti tiyenera kudya nyemba, masamba ndi zina ngati soya kuti tikhale athanzi.

Anthu ambiri amaganiza kuti mapuloteni ochokera kwa nyama ndiopambana kwa ochokera kwa zomera.

Mu Marichi 1988 bungwe la American Dietetic Association linalengeza kuti zakudya zamasamba ndi zathanzi zikakonzedwa moyenera.

Ndizabodza kuti ody nyama ndi amphamvu kuposa ody zamasamba koma kafukufuku wopangidwa ndi Proffesa Irving Fisher waku Yale Univesite pa ANTHU ody zamasamba 32 ndi ody nyama 15 anawonetsa kuti ody zamasamba amapilira kuposa ody za nyama. Iye anawauza kuti atambasule manja kwa nthawi imene angathele. Zotsatira zake zinali zoonekeratu. Pa anthu 15 ody nyama awiri okha anakwanitsa kutambasula manja awo kwa mphindi 15 mpaka 30. Anthu 15 anakwanitsa kwa mphindi 30.9 kwa ola , 4 kwa maola awiri ndi mmodzi koposera maola atatu.

Othamanga amitunda italiitali amatsata kadyedwe kazakudya za

masamba panthawi yamipikisano. Dokotala Barbara More, kastwiri wazamasamba anathamanga mtunda wama mailosi 110 mu maola 27 ndi mphindi 30. Mzimayi wazaka 56 anaswa mbiri yoposa anyamata. ‘Ndikufuna kukhala chitsanzo choonetsa anthu kuti anthu otsata kadyedwe kazamasamba amakhala ndi thupi lamphamvu, maganizo ndi moyo woyetsedwa.”

Kodi wodya zamasamba amapeza puloteni wokwanira? Bungwe lowona zoti padziko pali thanzi la World Health Organisation (WHO) limalangiza kuti 4.5% ya macaloli adzichokera ku mapuloteni. Tiligu ali ndi macaloli 17% mwa mapuloteni ake, brokoli ali ndi 45% ndi uli ndi mpunga 8% mwa ma puloteni ake. Ndizosavuta kudya chakudya cha mapuloteni koma osadya nyama. Izi zimathandiza kupewa matenda oyamba chifukwa chakuchuluka kwa mafuta monga matenda amtima, khansa. Kudya zamasamba ndi chisankho chopambana.

Ubale wapakati pa kudya nyama ndi zakudya zochokera kunyama ndi matenda a mtima, khansa, zinatsimikizidwa. Nthenda zina zimene zimachizidwa kapena kupewedwa ndi ; miyala ya muimpsyo, khansa, shuga, zilonda za m’ mimba, ziphuphu, kudzimbidwa, hypoglycemia (kuchepa kwa shuga m’thupi), asima ndi ena.

Palibe chinthu choononga thanzi kupatula kusuta ngati kudya nyama.

Ubale wa Pakati pa Chilengedwe ndi Zotizungulira

Kuweta ziweto zanyama kuli ndi mavuto ake. Zimadzetsa kuonongeka kwa nkhalango, kuonongeka kwa madzi ndi kusowa kwake, kusasamala kwa mphamvu zogwirira ntchito ndi njala.

Kuyambira 1960, theka la nkhalango m’kati mwa A merika zatenthedwa kuti pakhale zakudya za ng’ombe zanyama.

Kudya zamasamba kumathandiza kuti uyende momasuka padziko. Kuonjezera kudya zomwe zikufunika zokha ndikuchepetsa zoonjezera mukhoza kumva bwino kuti chamoyo sichiyenera kuphedwa nthawi iliyonse mungadye.

Njala pa Dziko Lonse

Pafupifupi anthu wani biliyoni amakhudzidwa ndi njala ndi kunyentchera. Anthu oposera 40 miliyoni amafa chakanchaka chifukwa cha njala ndipo ambiri mwa iwo ndi ana. Kupatula izi, theka la zokolola za dziko zimaperekedwa ngati chakudya kwa ziweto. Ku Amerika ziweto zimadya 70 mwa zokolola 100 zilizonse. Tikanakhala kuti timadyetsa anthu m'malo mwa ziweto bwenzi padziko palibe njala.

Kuzunzika kwa Nyama

Kodi mukudziwa kuti ng'ombe zoposera 100,000 zimaphedwa tsiku lililonse ku Amerika? Ziweto zambiri kumaiko akumwera zimawetedwa m'mafamu amafakitale. Malo amenewa anapangidwa kuti ng'ombe zambiri ziwetedwe pamtengo wotsika. Nyamazi zimathinana, kupundulidwa, ndipo amazitenga ngati ndikukhala makina wosandutas chakudya kukhala mnofu. Izi ndi zithu zoti ambiri mwa ife sitingaone ndi maso athu. Zinanenedwa kuti ulendo umodzi wokaonerera kuphedwa kwa nyamazi kudzakupangitsani kuyamba kudya zamasamba zokha.

Leo Tolstoy anati ngati malo ophera alipobe malo ankondo adzapezekanso. Kudya zamasamba ndi kayesedwe ka umunthu weniweni. Ngakhale ambirife sitikondwera ndi m'chitidwe wakupha tathandizira podya nyama osaganizira zimene zinachitikira nyama tadyayo.

Chilinganizo cha ma Oyera Mtima ndi Ena

Kuyambira kumayambiriro, kwa mbiri tikuona kuti masamba ndiwo chakudya cha anthu. Nkhani zakale za ku Girisi ndi chiHeberi zimakamba za anthu kudya zipatso. Ansembe akale aku Iguputo samadya nyama. Anzeru aku Girisi monga Plato, Diogenes ndi Socrates amalimbikitsa kadyedwe ka zamasamba.

Ku India, Shakyamuni Buddha amalimbikitsa ubwino wa Ahisma imene

ili mfundo yosavulaza zamoyo zilizonse. Anachenjeza omutsata kuti asadye nyama kapena anthu akayamba kuwaopa. Buddha anaona zinthu izi; kudyanya ndi chinthu chomwe timachita kutengera, sitinabadwe ndi chilakolakochi. Anthu odyanya nyama amadula mbeu yao ya chisomo chopambana. Anthu odyanya nyama amaphana ndi kudyanya. M'moyo una ndikudya ndipo mu moyo winawo mundidya.

Matao ndi akhritsu oyambilira anali odyanya zamasamba basi. Izi zinalembedwa m'mabaibulo. Ndipo Mulungu anati "Ndakupatsani zomera ndi zipatso zonse kuti mudyane koma kwa nyama ndi mbalame ndapeleka udzu (Genesisi 1:29). Zitsanzo zina za m'Baibulo; musadye nyama ili ndi magazi chifukwa moyo uli m'magazi (Genesisi 9:4), Mulungu akuti anakuuzani ndani kuti muphe mbuzi munga nsembe kwa ine? Ziyeretsemi inu ku mwazi kuti ndimve pempho lanu kapena ndidzatembenusa mutu wanga chifukwa manja anu ali ndi mwazi (Yesaya 1:11-16). Paulo amane anali mtumiki wa Yesu mukalata yake kwa Aroma akuti 'sibwino kudyanya nyama kapena kumwa vinyo (Aroma 14:21).

Posachedwapa anthu anapeza mabuku amene amafotokoza zambiri za moyo wa Yesu Khristu ndi ziphunzitsi zake. Yesu anati anthu amene adya mnofu wa ziweto umasanduka manda awo omwe. Ndikuuzani kuti iye amene apha adzaphedwaso. Munthu amene apha zamoyo nkudya nyama yake akudya nyama ya anthu akufa.

Zipembedzo zachilindiya amalewa kudyanya nyama. Zimanenedwa kuti anthu sangapeze mnofu osapha zinthu. Munthu amene amavulaza zamoyo sangadalitsidwe ndi mulugu. Ndiye pewani kudyanya nyama!

Mau oyera aChisilamu mu Korani amaletsa kudyanya nyama zakufa, magazi ndi mnofu.

Masta wolemekezeka wa Zen, Han Shan Tzu analemba ndakutulo imene imatsutsana ndi kudyanya nyama: Thamanga kumsika kukagula nyama ndi nsomba kuti udyetse akazi ndi ana ako. Koma nchifukwa ninji miyoyo yao iwonongedwa kuti ikonze wako sizidzakubweretsani mtendere kumwamba koma chitonzo ku gahena!

Anthu ambiri otchuka pa dziko lino anali odyanya zamasamba. Anthu ali

munsimu ndi amene anatsata zamasamba: Shakyamuni Buddha, Yesu khristu, Virgil, Horace, Plato, Ovid, Petrarch, Pythagoras, Socrates, William Shakespeare, Voltaire, Sir Isaac Newton, Leonardo Da Vinci, Charles Darwin, Benjamin Franklin, Ralph Waldo Emerson, Henry David Thoreau, Emile Zola, Bertrand Russell, Richard Wagner, Percy Bysshe Shelley, H. G. Wells, Albert Einstein, Rabindranath Tagore, Leo Tolstoy, George Bernard Shaw, Mahatma Gandhi, Albert Schweitzer; ndipo atsopano Paul Newman, Madonna, Princess Diana, Lindsay Wagner, Paul McCartney and Candice Bergen, mwa ena.

MASTER AYANKHA MAFUNSO

Q: Kudya nyama ndi kupha zamoyo, kodi kudya kwamasamba sikupha kwapadera?

M: Kudya zomera ndikupha koma gwero lake ku Karma ndilochepe. Ngati munthu atsata Quan Yin kwa maola awiri ndi hafu tsiku lirilonse akhoza kufafaniza. Poti tiyenera kudya kuti tikhale ndi moyo tiyenera kusankha chakudya.

Q: Anthu ambiri amaganiza kuti ody zamasamba amakhala afupifupi ndi owonda kodi izi ndi ziona?

M: Anthu ody zamasamba zokha sikuti amakhala aafupi ndi ochepa thupi. Ngati chakudya chawo chili chosakaniza bwino akhoza kukhala aatali ndi onenepa. Monga m'mene mumadziwira nyama zikuluzikulu monga njovu, ng'ombe, nswala, mvuu ndi akavalo zimadya zamasamba zokha ndi zipatso. Zimakhalanso zamphamvu kuposa zodya nyama komaso ndiza phindu kwa anthu. Koma zodya nyama ndi zolusa komanso zopanda ntchito. Ngati anthu adya nyama zambiri amatengera chikhalidwe cha nyama. Anthu ody nyama samakhala aatali kwambiri koma moyo wao umakhala waufupi. Ma Eskimo ndi anthu oti amadya pafupifupi nyama yokha, koma kodi ndi aatali ndi amphamvu koma moyo wao umakhala waufupi.

Q: Kodi tikhoza kudya mazira?

M: Ayi tikadya mazira tikupha zamoyo. Ena amati mazira ogulitsa amakhala osabereka ndiye kuwadya sikulakwa. Iwo amakhala choncho chifukwa asephana ndi zina zimene zikanawaswetsa kukhala

nkhuku.

Tikudziwa kuyambira kale kuti kunali maMonki ambiri amene samadya mazira kapena nyama komabe anali ndi miyoyo italiitali. Mwachitsanzo Masta Ying Guang amadya mbale ya masamba ndi mpunga koma anakhala ndi moyo kwa zaka makumi asanu ndi atatu. Mazira ali ndi kolestro wambiri amene amayambitsa matenda ambiri amtima komanso amene apha anthu ambiri ku Formosa ndi ku Amerika. Nchifukwa chake odwala ambiri ndi anthu amene amadya mazira.

Q: Anthu amaweta ziweto monga nkhumba, ng'ombe, nkhuku, abakha ndizina nanga chosadzidyera ndi chani?

M: Tsono? Makolo amalera ana awo kodi ali ndi ufulu wowadya? Zamoyo zonse zidi ndi ufulu wokhala moyo ndiye aliyese asaphwanye ufulu umenewu. Tikaona malamulo aku Hong kong ngakhale kudzipha wekha ndi mlandu. Nanga kupha zamoyo zina ndikolakwika bwanji?

Q: Nyama zimabadwa kuti anthu azidye. Ngati sizidyedwa zidzadza dziko lino. Sichoncho?

M: Awa ndi maganizo olakwika. Musanaphe nyama mumaifunsa ngati ikufuna kuphedwa kapena ayi? Zamoyo zonse zimafuna moyo ndikuopa kufa. Sitifuna kudyedwa ndi kambuku ndiye nanga nchifukwa ninji nyama zimadyedwa ndi anthu. Anthu akhala pa dziko kwa zaka mazana angapo koma anthu kulibe kalelo kunali mitundu ya nyama zambiri kodi zinadzadza dziko?

Q: Ndidyeranji zamasamba?

M: Ndimadya zamasamba chifukwa Mulungu mkati mwanga amawafuna masambawo. Kudya nyama kutsutsana ndi lamulo losafuna kuphedwa. Tonsefe sitifuna kuphedwa komaso kuberedwa. Ndiye ngati tichitira ena timavutika ndife tomwe. Simungadzilume komanso simungadzibaye. Momwemo musaphe poti zikutsutsana ndi mfundo ya moyo. Zikhoza kutipangitsa kuti tivutike ndiye sitimachita. Sikuti zimachepetsa moyo wathu mnjira iliyonse. Zikutanthauza kuti zimakulitsa moyo wathu kufikira ku zamoyo zina. Zimatipangitsa kukhala okondwa, opambana ndi opanda omasuka.

Q: Kodi phindu lauzimu lodyera zamasamba ndi chiyani?

M: Ndakondwa kuti mwafunsa funsoli. Njira imeneyi chikukwa

zasonyeza kuti mwakhudgidwa ndi zopindul zauzimu. Ubwino wake ndiwakuti zamasamba ndi zoyeretsedwa komaso zopanda ziwawa. Osapha Mulungu akuti uza sanati kupha anthu koma kupha zamoyo. Kodi Mulungu sananene kuti analenga nyama zonse kuti zikhale nafe paubale ndikuti thandiza. Kodi iye sanati patse ife udindo wozisamalira? Iye ananena kuti zisamalireni ndikuzi lamulira. Kodi ukamalamulira okutsata kodi umawapha? Nde ukhoza kukhala mfumu wopand womulamulira.

Q: Ngati aliyese adya zomera sizingadzetse kusowa kwa chakudya?

M: Ayi, kugwiritsa ntchito malo kudzala mbeu kumapereka zakudya milingo khumi ndi zinayi.

Q: Kodi nsomba ndizoledwa kwa odyama zamasamba?

M: Palibe vuto ngati mukufuna nsomba. Koma ngati mufuna zamasamba nsomba simasamba.

Q: Ena amati ndikofunikira kukhala ndi mtima wabwino osati kudya zamasamba. Kodi nzoona?

M: Ngati munthu ali wantima wabwino nde adyaranji mnofu wachamoyo china. Poziona zikuzunzika sakuyenera kufuna kuzidya. Kudya nyama ndi nkhanza nde kungachitidwe bwanji ndi munthu wokoma mtima?

Master Lien Ch'ih ananena kuti 'ipha thupi lake idya nyamayo.' Mdzikoli palibe chinthu chankhaza, choyipa ngati munthu uyu. Anganene bwanji yekha kuti ali ndi mtima wabwino.

Mencius anati 'mukaiona ili moyo simungafune kuiona ikufa, ngati muimva ikubuula simungafune kudya nyama yake nde amunamuna amatalikira kitcheni.'

Nzeru za munthu ndizoposa za nyama ndipo tikhoza kugwiritsa ntchito zida kuti zisatidelere kuti zife ndi chidani. Munthu wopanga izi alibe ufulu otchedwa wammuna. Nyama zikaphedwa zimagwidwa ndi ululu, mantha, ndi kukanidwa. Izi zimapangitsa mankhwala amene amakhala mmatupi mwao kuti aononge odyama nyama yake.

Q: Kalekale ndinamva Masta wina akuti Buddha anadya phazi la nkhumba nkudwala nao mmimba mpaka kumwalira kodi izi ndi zoona?

M: Ayi! Buddha anafa chifukwa chodya bowa. Tikamasulira bwino chilankhulo cha Brahman mtundu wabowayo umatchedwa kuti phazi la nkhumba. Monga tikamatchula chipatso kuti langani pamene muchiTchaina amati diso la dilagoni. Pali zakudya zambiri pazina zimene zimakhala ngati sizakudya za zamasamba. Bowa ameneyu mu chi Brahma amatanthauza kuti phazi la nkhumba kapena chimwemwe cha nkhumba. Zonse zikukhudzana ndi nkhumba. Bowayu anali ovuta kumupeza ku India moti akapezeka anthu amaipereka kwa Buddha ngati kupembedza. Bowayu sangapezeke pa nthaka amapezeka mkati mwa nthaka. Ngati anthu aifuna ayenera kupeza ndi thandizo la nkhumba yaikulu imene imakonda kudya bowa ameneyu.

Q: Anthu ena odyanya nyama amati amaigula kumabutchala nde iwo saapha nyama. Kodi izi ndi zoona?

M: Uku ndikulakwitsa kwakukulu. Muyenera kudziwa kuti mabutchale amapha nyama chifukwa anthu akufuna kuidya. Mu Lankavatara Sutra, Buddha anati ngati kukanakhala opanda odyanya nyama bwenzi kulibe okupha nyama. Nde kudya nyama ndi kupha ndi nyama ndi tchimo limodzi. Chifukwa chopha zamoyo tili ndi zozunza za chilengedwe monga kusefukira kwa madzi. Nkhondoso zimayamba chifukwa cha kupha kwambiri.

Kafukufuku wopangidwa ku univesite ya lowa anapeza kuti mwa mankhwala ophera tiziombo toononga mbeu opezeka mthupi la anthu ambiri amachokera ku nyama. Anapeza kuti mlingo wamankhwala mmatupi mwa anthu odyanya zamasamba ndi ocheperapo. Palinso zoipa zina zopezeka munyama kupatula mankhwalawa. Poweta nyama zakudya zake zambiri zimakhala ndi mankhwala kuti zikule mwansanga.

Mwachitsanzo zosungira hormones, zopangidwa kuchokera kwa ma nitreti zimakhala zoononga kwambiri.

ZAMASAMBA

YANKHO LAVUTO LAKUSOWA KWA MADZI PADZIKO LONSE

Kuchokera kwa Master Ching Hai nyuzi namba 154

adzi ndi ofunika kuti zinthu zonse zikhale ndi moyo padziko lapansi. Koma kusasamala kwa madziwa kwaika kapezekedwe kamadzika kwa mibadwo yamtsogolo kukhala yokaikitsa. Zoululidwa ndi Stockholm International Water Institute (SIWI).

Pansipa ndi zinthu zina zodabwita zoperekedwa ku msonkhano wapachaka wa sabata ya madzi kuyambira pa August 16-20, 2004:

- * Kwa zaka zingapo kachulukidwe kachakudya kaposa chiwerengero cha anthu. Tsopano mbali zambiri zadziko zili opanda madzi.
- * Nyama zodyetsedwa deya zimafunika madzi olemera makilogalamu apakati pa 10000-15000 pa kilogaramu iliyonse ya nyama.
- * Zomera zina zimafuna madzi olemera makilogalamu 400-3000.
- * Pafupifupi madzi onse osamalika amagwiritsidwa ntchito muulimi.
- * Maiko ena monga Australia kumene madzi ali osowa kale amagula madzi kumaiko ena mmumtundu wa nyama.
- * Mmaiko amene akutukuka kumene anthu ody nyama amagwiritsa ntchito pafupifupi malita 5000 amadzi patsiku kusiyana ndi malita 1000-2000 a anthu ody zamasamba.

Mongowonjezerapo malo ambiri ankhalango ya Amazon yikuyetsedwa kuti kudzalidwe soya zokadyetsera ng'ombe. Zikadakhala chabwino ngati zikanamapatsidwa kwa anthu.

Olandira mwambo ambiri amakumbukira Masta akamafotokoza momwe kawetedwe ka nyama kakhudzira dziko muchiphunzitsa chake 'ubwino wa zakudya zamasamba' mu buku la chidziwitso 'kuweta nyama kuli ndi zovuta zake.' Zimadzetsa kuonongeka kwa nkhalango kukwera kwa kutentha, kuonongeka kwa madzi, kusowa kwa madzi kusagwiritsidwa bwino kwa zinthu ndi njala. Kugwiritsa ntchito malo, madzi, mphamvu, nde anthu kuti tipeze nyama sinjira yabwino

yogwiritsila ntchito kwa zinthu.

Ndiye mmalo mochepetsa kachulukidwe kamadzi ogwiritsidwa ntchito mtundu wa anthu ufunika njira yatsopano yodyetsera dziko ndi zamasamba akukwaniritsa chosowachi.

Ngati mufuna malipoti ngati awa pitani;

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

<http://news.bbc.co.uk/2/hi/science/nature/3559542.stm>

<http://news.bbc.co.uk/1/hi/sci/tech/2943946.stm>

UTHENGA WABWINO KWA ODYA MASAMBA

Puloteni yofunika yochokera ku masamba

Zamasamba sizongopindulira moyo wathu wauzimu komaso thanzi lathu. Koma tiyenera kuonetsetsa kuti sitisowa mapuloteni oyenera.

Pali mitundu iwiri ya mapuloteni; yanyama komaso yamasamba. Soya, nsawawa ndi nyemba ndi zina mwazakudya zamasamba zimene zili ndi mapuloteni. Kudya zamasamba sikutanthauza kudya masamba okazingidwa okha. Mapuloteni ayenera kukhala kuti timalize zofunika mthupi kuti likhale lathanzi.

Dr. Miller anali dotolo ndipo amagwira ntchito yake ku Tchiana kwa zaka 40 komaso amadya zamasamba zokha moyo wake wonse. Iye amakhulupilira kuti tiyenera kudya zipatso, nyemba, masamba ndi zina kuti tikhale ndi thanzi labwino. Kwa iye nyemba ndi nyama yopanda mafupa.

“Poti nyemba za soya zili ndi thanzi lambiri, nkoyenerabe kuti anthu azidya zakudya zina kuti akhale ndi moyo wautali”.

Kukonza chakudya chamasamba ndi kofanana ndi zanyama kungoti zoonjezera zamasamba zimathiridwa kuchakudyako monga nyama ya soya.

Ngati muli mmaiko omwe zamasambazi kulibe mukhoza kukambirana ndi bungwe lanu la Supreme Master Ching Hai International Association kuti yikupatseni malo ndi maina akomwe mungazipeze.

Monga mungaphikire zamasamba mukhoza kufufuza ku kitcheni yosindikizidwa ndi Supreme Master Ching Hai International Association, kapena mabuku azophikaphika zamasamba.

Kuti mupeze mndandanda wa mahotera ogulitsa zamasamba mmaiko chonde pitani ku

<http://www.godsdirectcontact.org.tw/eng1/food/restaurant/>

Nawu mndandanda wa malo ogulitsa zakudya zamasamba:

Nyumba Zogulitsa Zamasamba

(Zoyendetsedwa ndi otsatira)

Africa

South Africa

Benin

- SM Bar Cafe Restaurant vegetarien

07 BP 1022 COTONOU

Tel: 229-90921569

- Peace Foods

C/1499 VEDOKO(COTONOU)

Tel: 229-95857274

America

Canada

Vancouver

- Paradise Vegetarian Noodle House

8681-10th Ave. (Crest Plaza), Burnaby,

B. C. V3N 2S9, Vancouver, Canada

Tel: 1-604-527-8138

U.S.A.

Arizona

- Vegetarian House

3239 E. Indian School Rd, Phoenix AZ 85018

Tel: 1-602-264-3480/Fax: 1-623-780-0855

Oregon

- Sarang Korean Vegetarian Restaurant

706 SW Hurbert St., Newport, OR 97365, USA

Tel: 1-541-265-5803

California Los Angeles

- Au Lac Vegetarian Restaurant

16563 Brookhurst Street, Fountain Valley, CA

92708 U.S.A. (in Orange County)

Tel: 1-714-418-0658

- Veggie Era Vegab Restaurant

903-b Foothill Blvd Upland, CA 91786 U.S.A.

Tel: 1-909-982-3882

- Happy Veggie

709 N. Pacific Coast Highway, Redondo

Beach, CA. 90277

Tel: 1-310-379-5035 Fax: 1-310-379-5075

- One World Vegetarian Cuisine

178 S. Glendora Ave., W. Covina, CA 91790

Tel: (626) 917-2727

Email: info@oneworldveggie.com

Oakland

- Golden Lotus Vegetarian Restaurant

1301 Franklin St. Oakland, CA 94612 U.S.A.

Tel: 1-510-893-0383

- New World Vegetarian Restaurant

464 8th St. Oakland, CA 94607 U.S.A.

Tel: 1-510-444-2891

San Francisco

- ◆ Loving Hut

516 Barber Lane

Milpitas, CA 95035

Tel: (408)943-0250 w (408)943-0260

email: info@lovinghut.us

web: www.lovinghut.us

- Golden Era Vegetarian Restaurant

572 O'Farrell Street, San Francisco, CA 94102

47 Kiyi Wa Chidziwitso

Tel: 1-415-673-3136

San Jose

● Supreme Master Ching Hai International Association Vegetarian House

520 East Santa Clara Street, San Jose CA 95112

Tel: 1-408-292-3798

info@vegetarianhouse.us

<http://Godsdirectcontact.com/vegetarian/>

● Tofu Togo

388 E. Santa Clara Street, San Jose CA 95113

Tel: 1-408-286-6335

Massachusetts Boston

● Quan Yin Vegetarian Restaurant

56 Hamilton Street, Worcester MA 01604

Tel: 1-508-831-1322 / Fax: 1-508-752-2061

◆ Loving Hut

415 Chandler Street Worcester, MA 01602

Tel: 508-459-0367 / Fax: 508-459-0784

Email: bostonbuddhahut@yahoo.com

Texas Houston

● Quan Yin Vegetarian Restaurant

10804-E Bellaire Blvd, Houston TX 77072

Tel: 1-281-498-7890 / Fax: 1-281-498-7972

Dallas

● Suma Veggie Cafe

800 E Arapaho Rd, Richardson, TX 75081

Tel: 1-972-889-8598

● Veggie Garden Restaurant

510 W. Arapaho, #112, Richardson, TX 75080

Tel: 1-972-479-0888 / Fax: 1-972-761-0691

Georgia

● Cafe Sunflower

5975 Roswell Rd. Suite 353, Atlanta GA 30328

Tel: 1-404-256-1675 / Fax: 1-404-256-6365

Wopambana Master CHING HAI

Washington

● Teapot Vegetarian House (Location 1)

125 15th Ave E, Seattle WA 98112, U.S.A.

Tel: 1-206-325-1010

<http://www.teapotvegetarianhouse.com>

● Teapot Vegetarian House (Location 2)

15230 NE 24th St #H, Redmond WA 98052,

Tel: 1-425-373-1888 , 1-425-747-8881

Website: <http://www.teapotvegetarianhouse.com>

Illinois

● Alice & Friends Vegetarian Cafe

5812 N Broadway St. Chicago, IL 60660-3518,

Tel: 1-773-275-8797

Peru

Lima

● Sabor Supremo

Av. Militar 2179 - Lince - Lima 14

Tel: 51-1-265-0310

● Vida Light

Jr. Camana 502 - Lima

Tel: 51-1-426-1733

Chile

● Chile

Antupiren # 9401 local D-3 Sabores

Celestiales, Penalolén, Santiago-Chile.

Tel: 56-09-8-2590763

Europe

Austria

● Go Veggie Be Green

Favoritenstr. 156, 1100 Vienna Austria

48 Kiya Wa Chidziwitso

Tel.: +43 699 12659473

Email.: govegdiner.vienna@gmail.com

Website.: <http://www.govegdiner.com>

● Paradies Naturkost

Altgasse 23a, 1130 Vienna Austria

Germany

Munich

● Zay Restaurant

Occumstrasse 13, 80802 Munich, Germany,

Tel: +49 89 330 569 48

● Restaurant Aulac,

Kurfuerstenstrasse 47, 80801 Munich

Germany

Tel: +49 89 28673021

France

Paris

● Tien Hiang

20, rue Nationale, 75013 Paris, France

Tel / Fax: 33-1-45829954

● Saveurs Veget'halles

41, rue des Bourdonnais, 75001 Paris, France

Tel : 33-1-40419395

Spain

● Restaurante vegetariano EL LEGADO

CELESTAL

Calle PEREGRINO ,2

29002 Malaga , Spain

Tel: 34-95-235-1521

Valencia

● The Nature Vegetarian Restaurant

Plaza Vannes, 7 (G.V.Ramon y Cajal, 36,

Wopambana Master CHING HAI

dcha), 46007 Valencia, Spain

Tel: 34-96-394-0141

● Restaurante Casa Vegetariana "Salud"

Calle Conde Altea, 44, bajo,

46005 Valencia, Spain

Tel: 34-96-3744-361

United Kingdom London

● The Peking Palace

669 Holloway Road, London, N19 5SE

Tel: 020-7281-8989, 020-7281-5363

Website: <http://www.thepekingpalace.com/>

● Mr Man

236 Station Road, Edgware, Middlesex, HA8

7AU.

Tel: 020-8905-3033

Website: <http://www.vegmrmn.com>

Oceania

Australia

Canberra

● Au Lac Vegetarian Restaurant

4/39 Woolley Street Dickson ACT 2602

Tel: 61-2-6262-8922

● Vegetarian House

Shop 7 Homeworld shopping centre

Tuggeranong ACT 2900

Ph: 61-2-6293 9788

Melbourne

● LA PANELLA BAKERY

465 High Street, Preston Victoria 3072,

Tel / Fax: 61-3-9478-4443

Sydney

● Happy Vegan Vegetarian Restaurant

49 Kiyi Wa Chidziwitso

11/68 John St, Cabramatta, NSW 2166

Tel: 61-2-9728-7052

● Duy Linh Vegetarian restaurant

10/117 John St, Cabramatta, NSW 2166

Tel: 61-2-9727-9800

● Color of Love, Vegetarian restaurant

227 Cabramatta Rd, Cabramatta, NSW 2166

Tel: 61-2-9755-4410 Mol: 61-405-735748

Kardinya

● One World Cuisine

Shop 7, 23 South Street, Kardinya WA6163,

Australia (beside IGA)

Tel: 61-8-9331-6677 Fax: 61-8-9331-6699

E-mail: enquiry@oneworldcuisine.com.au

Website: <http://www.oneworldcuisine.com.au>

Asia

Au Lac

<http://www.nhahangchay.com>

<http://www.comchayngon.com>

Hong Kong

Kowloon

● Buddha Hut

245 Amoy Plaza Phase 2, 77 Ngau Tau Kok

Road, Kowloon, Hong Kong

Tel: 852-27511321

New Territories

● AllareLove Health Food Shop

Address : Shop 89, 2/F., Hop Yick

Commercial Centre, 33 Hop Choi Street, Yuen

Long, New Territories

Tel.: 852-92298394

North Point

Wopambana Master CHING HAI

● Island Health and Beauty Centre

107, 1/F, 233 Electric Road

Tel: 852-2565-9088

<http://www.surya-ahimsa.com>

Tun Mun

● Nature House

(a retailer of Loving Food Corp. products)

Workshop No.6 5th Floor, Good Harvest

Industrial Building, No.9 Tsun Wen Road

Tuen Mun New Territories

Tel: 852-2665-2280

Website: <http://www.naturehouse.com.hk>

<http://www.lovingocean.com>

● Sam Hing Foods Co., Ltd (Retailer)

5 Shek Pai Wan Road, Wai Cheung Industrial

Centre, 12/F, Block O & P, Tun Mun, New

Territories, Hong Kong

Tel: 852-2467-3911

Japan

● Loving Hut

2f,6-15,otsuya-sanchome,Shinjyuku-ku,Tokyo

160-0004

Tel:03-6807-9625

Korea

● SM Vegetarian Buffet

229-10, Poi-dong, Gangnam-gu, Seoul,

Tel: 82-2-576-9637 Fax: 82-2-575-9562

Website: <http://www.smvege.co.kr/>

● Home of 5th World

59 Gwanhoon dong, Jongno-gu, Seoul,

50 Kiya Wa Chidziwitso

Tel: 82-2-735-7171

Website: <http://www.go5.co.kr/>

● Ahimsa

366-13 Sincheon 4-Dong, Dong-Gu,
Daegu, Korea

Tel: 82-2-053-774-3373

● Vegelove Vegetarian Buffet

8th Floor, Lotte Department Store, 937,
Daechi-dong, Gangnam-gu, Seoul, Korea
Tel: 82-2-565-6470

Website: <http://vegelove.co.kr/>

● Hanulchae

11-7 Youngjun-dong, Dong-gu, Daejeon
Tel: 82-42-638-7676

● ChaeSikSarang Restaurant (Andong)

158-5 Dongmun-dong, Andong, Korea
Tel: 82-54-841-9244

● ChaeSikSarang Restaurant (Ulsan)

185-4 Boksan2-dong, Jung-gu, Ulsan,
Tel: 82-52-297-4844

● GwiGerRaeSa

484-1, Baekil-ri, SanNae-myon, Namwon,
Jeonbuk-do, Korea

Tel: 82-63-636-8093

Indonesia Surabaya

● Surya Ahimsa Vegetarian Restaurant
Jl. Kusuma Bangsa 80, Surabaya - 60272

Tel: 62-31 - 535-0466

<http://www.surya-ahimsa.com>

Bali

● VEGGIE CORNER

Jalan Imam Bonjol 68 Denpasar - Bali

Tel: 62-361- 490-033

● Warung Vegetarian Mbak Tiek

Wopambana Master CHING HAI

Jl. Tukad Pakerisan 99C, Panjer

● Bodhi Chumani Vegetarian

Jl. Cok Agung Tresna 108 Renon

● Rumah Makan Vegetarian Alami

Jl. Bedahulu No. 43 Gatot Subroto

Tel: 62-361-436-382

Bandung

● Ahimsa Vegetarian Restaurant

Komplek Ruko Luxor Permai Kav. No. 25 Jl.
Kebon Jati Belakang No. 41

Tel: 62-22-423-4739

Jakarta

● Kantin Selera Alam

Jalan Samarinda No.29, Jakarta-Pusat 10150
Tel: 62-21-6386-0843

Medan

● Merlinda Vegetarian

Jl. Candi Biara No. 7 Medan

Tel: 62-61-451-4656

Yogyakarta

● Warung Soma Yoga (Vegi Jawi)

Jl. Raya Babarsari No. 102 Yogyakarta

Tel : 62-274-7110221

Malaysia

● Supreme Healthy Vegetarian Foods

1179, Jalan Sri Putri 3/3, Taman Putri Kulai,
81000, Kulai, Johor, Malaysia

Tel: 607-662-2518 Fax: 607-662-2512

E-mail: oldpiiong@streamyx.com

FORMOSA

Taipei

● Loving Hut

No.44, Huaining St., Zhongjheng District,

51 Kiya Wa Chidziwitso

Taipei City 100, Formosa (R.O.C.)

TEL:886-2-2311-9399 Fax 886-2-2311-3999

● Loving Hut

No. 198, Sec. 2, Mingzhi Rd.,
Taishan Shiang, Taipei County
TEL:886-2-85315689

02-85313230

● Loving Hut

No.30, Lane 280, Guangfu S. Rd.,
Da-an District, Taipei City, Formosa
TEL 02-27772711/ Fax 886-2-27772737

Taoyuan

● Loving Hut

No. 172, Chung Pei Rd., Chungli
City, Taoyuan County
Tel:886-3-456-0686 / 03-456-0695

Fax 886-3-436-9004

● Loving Hut

No. 325, Huanjhong E. Rd.,
Jhongli, Taoyuan
Tel:886-3-4623500 / Fax:03-4623500

Taichung

No.266, Sec. 4, Hankou Rd., North
District, Taichung City 404, Formosa
Tel:886-4-22354109 / Fax 886-4-22358629

Pingtung

● Loving Hut

No.130, Ansin 4th Side Lane,
Pingtung City, Pingtung County 900
Tel:886-8-7225577 / Fax: 886-8-7214700

Wopambana Master CHING HAI

Chiayi

No.396, Chueiyang Rd., West
District, Chiayi City 600, Formosa
Tel:886-5-2289079 / Fax 886-5-2289077

Changhua

● Loving Hut

No. 39, Chen Lin Rd., Changhua City
TEL:886-4-723-6450 / Fax 886-4-723-6438

Nantou

● Loving Hut

No. 895, Hu Shan Road, Cao Tun
Township, Nantou County
TEL:886-49-2300558 / Fax 886-49-2367153

Tainan

● Loving Hut

No. 142, Sec. 2, Jinhua Rd.,
South District, Tainan City
Tel:886-6-2611593 / Fax 886-6-2647590

Kaohsiung

● Loving Hut

No. 283, Chung Shan 1st Rd.,
Sin Sing District, Kaohsiung City
Tel:886-7-285-6895 / Fax 886-7-285-7836

● Loving Hut

No. 264, Sanduo 3rd Rd., Lingya
District, Kaohsiung City
Tel:886-7-3389951

*Chikondi cha Master chitandigwera
Ndabadwaso wachinyamata
Osandifunsa chifukwa
Chifukwa si gwelo la chikondi*

*Ndine mneneri
Wazolengedwa zonse
Kunena poyera
Zisoni ndi zowawa zao
Zamoyo moyo ukatha mu imfa.
Pemppherani wachikondi
Lekani! Thetsani zonsezi*

*Mdalitso ogwera onse
Abwino ndi oipa, okongola ndi onyasa
Olungama ndi opanda pake
Mofanana
Oh Master, sindingathe kuimba matamando
Chikondi chanu ndisunga,
Nugona nacho usiku*

*Kuchokera pa 'Misonzi Yosamveka'
Yolembedwa ndi The Supreme Master Ching Hai*

ZOSINDIKIZA

Potukula moyo wathu wauzimu ndi kutipatsa chilimbikitso, ziphunzitso za Master Ching Hai zimapezeka munjila ya mabuku, matepi omvera ndi oonera omwe, madvd, mp3 ndi ma cd. Kuonjezera apo ziphunzitsozi zimapezeka mwa ulele pa makina a intaneti.

Mabuku

Kuwelenga buku la Master mkati mwa tsiku kungakupatseni mpata. Mau ake ndi chikumbutso cha moyo wathu. Kaya muwerenga maphunzilo auzimu a Kiyi ya kuzizwa kapena ndakatulo zokhudza zimene zili mu Misozi yosamveka mmeneso mau a nzeru amapezeka.

Kiyi Wa Chidziwitso: A collection of The Supreme Master Ching Hai's lectures. Available in Aulacese(1-15), Chinese(1-10), English(1-5), French(1-2), Finnish(1), German(1-2), Hungarian(1), Indonesian(1-5), Japanese(1-4), Korean(1-11), Mongolian(1,6), Portuguese(1-2), Polish(1-2), Spanish(1-3), Swedish(1), Thai(1-6) and Tibetan(1).

Kiyi Wa Chidziwitso - Mafunso Ndi Mayankho:

A collection of questions and answers from Master's lectures.

Available in Aulacese(1-4), Chinese(1-3), Bulgarian, Czech, English(1-2), French, German, Hungarian, Indonesian(1-3), Japanese, Korean(1-4), Portuguese, Polish and Russian(1).

Kiyi Wa Chidziwitso - Special Edition/1993 World Lecture Tour: A 6 volume collection of The Supreme Master Ching Hai's lectures during the 1993 World Lecture Tour. Available in English and Chinese.

The Key of Immediate Enlightenment - Special Edition/7-Day Retreat:

A collection of Master's lectures in 1992 during a 7-day retreat in San Di Mun, Formosa.

Available in English and Aulacese.

Kiyi Wa Chidziwitso – Zokondweretsa Zanga Ndili Ndi Master: Available in Aulacese (1-2), Chinese (1-2)

Makalata Pakati Pa Masta Ndi Atsogoleri Azipembezdo:

Available in English(1), Chinese(1-3), Aulacese(1-2), Spanish(1)

Master Akamba Nkhani: Available in English, Chinese, Spanish, Aulacese, Korean, Japanese and Thai.

Kupenta Moyo Wathu: A collection of quotes and spiritual teachings by Master.

Available in Chinese and English.

Mulungu Amasamalira Zonse — Zojambula Za Nzeru Za Master Ching Hai:

Available in Aulacese, Chinese, English, French, Japanese and Korean.

The Supreme Master Ching Hai's Enlightening Humor – Your Halo Is Too Tight! Available in Chinese and English.

Zinsisnsi Za Muoyo Wauzimu (Secrets To Effortless Spiritual Practice):

Available in Chinese and English.

Njira Yeniyeni Yao Kumana Ndi Mulungu Kuti Upeze Mtendere (God's Direct Contact —The Way To Reach Peace): A collection of The Supreme Master Ching Hai's lectures during Her 1999 European Lecture Tour.

Available in Chinese and English.

Za Umulungu Ndi Anthu (Of God And Humans — Insights From Bible Stories)

This special anthology includes thirteen Bible narratives, uniquely retold by Master on various occasions. Available in Chinese and English.

The Realization of Health--Returning to the Natural and Righteous Way of Living: Available in Chinese and English.

I Have Come to Take You Home: A collection of quotes and spiritual teachings by Master. Available in Arabic, Aulacese, Bulgarian, Czech, Chinese, English, French, German, Greek, Hungarian, Indonesian, Italian, Korean, Polish, Spanish, Turkish, Romanian and Russian.

Aphorisms: Gems of eternal wisdom from Master.

Available in English/ Chinese, Spanish/Portuguese, French/German , Japanese/ English and Korean/English.

The Supreme Kitchen (1) – International Vegetarian Cuisine: A collection of culinary delicacies from all parts of the world recommended by fellow practitioners. Available in English/Chinese/Aulacese and Japanese.

The Supreme Kitchen (2) – Home Taste Selections:

Combined volume of English/Chinese

One World... of Peace through Music: A collection of interviews and musical compositions from a Benefit Concert in Los Angeles, California. Combined volume of English/Aulacese/Chinese.

A Collection of Art Creation by The Supreme Master Ching Hai:

Available in English, Chinese.

S.M.Celestial Clothes (6):

Available in a combined language edition of English/Chinese.

The Dogs in My Life(1-2): Available in Chinese and English.

The Birds in My Life(1): Available in Chinese and English.

Thoughts on Life and Consciousness: A book written by Dr. Janez:
Available in Chinese

The Noble Wilds(1): Available in Chinese and English

Ndakatulo

Silent Tears: A book of poems written by Master.

Available in English/Chinese, German/French/English, , Aulacese, Spanish, Portuguese, Korean and Filipino.

Wu Tzu Poems: A book of poems written by Master.

Available in Aulacese, Chinese, English

The Dream of a Butterfly: A book of poems written by Master.

Available in Aulacese, Chinese and English.

Traces of Previous Lives :A book of poems written by Master.

Available in Aulacese, Chinese and English.

The Old Time: A book of poems written by Master.

Available in Aulacese , English.

Pebbles and Gold: A book of poems written by Master.

Available in Aulacese , Chinese and English.

The Lost Memories: A book of poems written by Master.

Available in Aulacese, Chinese and English.

Traces of Previous Lives : Vols 1,2,3 (CD,Video, Audio tapes) Aulacese

A Path to Love Legends: Vols 1,2,3 (CD,Video, Audio tapes) Aulacese

Beyond the Realm of Time: (CD, DVD) Aulacese

A Touch of Fragrance : (CD) Aulacese

That and This Day : (CD) Aulacese

Dream in the Night: (CD,DVD) Aulacese

What the Hell! : (CD) Aulacese

Please Keep Forever : (CD) Aulacese

Songs & Compositions of The Supreme Master Ching Hai: (CD) English, Aulacese, Chinese

The Song of Love : (DVD) Aulacese and English

The Jeweled Verses: (DVD) Aulacese

The Golden Lotus: (DVD) Aulacese

Matepi omvera ndi akanema

Audio tapes, video tapes, MP3s, CDs and DVDs of The Supreme Master Ching Hai's lectures, music and concerts are available in Arabic, Armenian, Aulacese, Bulgarian, Cambodian, Cantonese, Chinese, Croatian, Czech, Danish, Dutch, English, Finnish, French, German, Greek, Hebrew, Hungarian, Indonesian, Italian, Japanese, Korean, Malay, Mandarin, Mongolian, Nepali, Norwegian, Persian, Polish, Portuguese, Russian, Sinhalese, Slovenian, Spanish, Swedish, Thai, Turkish and Zulu.

A Prayer for World Peace: Lecture in Ljubljana, Slovenia.

Be Your Own Master: Group Meditation in AT, USA.

The Invisible Passageway: Lecture in Durban, South Africa.

The Importance of Human Dignity: Group Meditation in NJ, USA.

Connecting Yourself with God: Lecture in Lisbon, Portugal.

How to Love Your Enemy: Group Meditation in Santimen, Formosa.

Return to the Innocence of Childhood: Lecture in Stockholm, Sweden.

The Way to Find the Treasure Within: Group Meditation in Chiang Mai, Thailand.

Together We Can Choose a Bright Destiny: Lecture in Warsaw, Poland.

The Choices of Each Soul: Group Meditation in LA, USA.

Walk the Way of Love: Group Meditation in London, England

Let Others Believe God the Way They Want: Group Meditation in LA, USA

Matepi ndi ma CD

Nyimbo ndizomvetsera zoyimbidwa ndi Masta

Buddhist Chanting: Vols 1, 2, 3. (Meditation chanting)

Holy Chanting: Halleluja

Collection of Music Composed by Master: (Vols 1-9) Original compositions played on dulcimer, harp, piano, Chinese zither, digital piano, and more.

DVDs

Code	Title	Place
184	The Truth About The World -- Maitreya Buddha & Six Children	Hsihu, Formosa
240	Leading The World Into A New Era	Hsihu, Formosa
260	The Mystery Of The World Beyond	UN., U.S.A.
356	Let God Serve Through Us	U.N. Geneva, Switzerland
389	Songs & Compositions of The Supreme Master Ching Hai -- MTV	
396	Forgive Yourself	CA., U.S.A.
401	The Mystery of Cause And Effect	Bangkok, Thailand
444	Rely on Yourself (1,2)	Hawaii, U.S.A.
467	The Suffering of This World Comes From Our Ignorance	Singapore
474	We Are Always Together	Paris, France
493	Appreciate The Value of Initiation	Hamburg, Germany
497	We Are Always Together	Hamburg, Germany
501	The Way of Family Harmony	Hsihu, Formosa
512	How To Practice In The Complicated Society	Hsihu, Formosa
513	The Best Way To Beautify Yourself	Hsihu, Formosa
518	Shiva's 112 Ways of Concentration (I)	Hsihu Center, Formosa
549	The Mark of A Great Saint	Phnom Penh, Cambodia
60	Each Soul Is The Master	Raising Center Cambodia
562	The God Consciousness Is in Everything	Raising Center, Cambodia
571	The True Manifestation of A Living Master	Hyatt Hotel, Long Beach, CA, U.S.A.
582	Be Determined On the Spiritual Path	Australia
588	Master's Pilgrimage to the Himalayas (Part 1, 2)	LA Center, U.S.A.
600	The Real Meaning of Ahimsa	Pune, India
602	Our Child Nature is God	LA Center, U.S.A.
603	Entering The Blissful Union of God	Singapore
604	Spiritual Life and Professional Ethics	Washington D.C., U.S.A.
605	The Purpose of Enlightenment	Washington D.C., U.S.A.
608	The Methods of Spiritual Improvement	Washington D.C., U.S.A.
611	Eternal Care From A True Master	Washington D.C., U.S.A.

618	Sacred Romance	Sangju, Korea Young Dong Center
620	The True Master Power	Young Dong Center; Sangju; Korea
622	Bringing Perfection Into This World	Young Dong Center; Sangju; Korea
626	The Choices of Each Soul	LA Center, U.S.A.
638	Bring Out the Best in Yourself	Florida Center, U.S.A.
642	Divine Love Is the Only True Love	Los Angeles, U.S.A.
645	Connecting Yourself with God	Lisbon, Portugal
648	The Way to End Wars	Edinburgh, Scotland
656	Spirituality Shines in Adversities	Dublin, Ireland
662	Face Life With Courage	London, England
668	The Invisible Passage Way	Durban, South Africa
665a	Pacifying The Mind	Istanbul, Turkey
667	Be a Torchbearer for God	Johannesburg, South Africa
670	Our Perfect Nature	Florida Center, U.S.A
671	To Be Enlightened	Tel Aviv, Israel
673	Transcend Emotions	Cape Town, South Africa
674	Walking In Love And Laughter	Cape Town, South Africa
676	Parliament of the World's Religions	Cape Town, South Africa
677	The Smile of an Angel	Bangkok, Thailand
680	Beyond the Emptiness of Existence	Bangkok, Thailand
681	The Heart of A Child	Bangkok, Thailand
685	Concentration On Work: A Way of Spiritual Practice	Bangkok, Thailand
688	Love Is The True Essence Of Life	Malaysia
689	Enlightenment and Ignorance	Nepal
690	True Happiness Is Recognizing Our True Nature	Hong Kong
691	Illusion Is A Reflection of Reality	Manila, Philippines
692	Listening Inwardly To Our Self-Nature	Taoyuan, Formosa
693	Wisdom & Concentration	Tokyo, Japan
694	Life Continues Forever	Seoul, Korea
695	A Spiritual & Intellectual Interchange	
	A Conference at the Academia Sinica	Formosa
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703	The Inner Telepathy with a Master	Young Dong, Korea 705
	Waking Up from the Dream	Seoul Center, Korea
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716	A Natural Way to Love God	Florida Center,U.S.A.
718	Love is Always Good	Florida Center,U.S.A.
719	Overcoming Bad Habits	FloridaCenter. U.S.A.
721	The Wisdom Eye	Florida Center. U.S.A.
726	A Selfless Motive	Florida Center. U.S.A.
728	The Blessing of a Loving Thought	Florida Center, U.S.A.
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730	Communicating with Love	Florida , U.S.A
731	The Strength of Many Hearts	Florida Center, U.S.A
732	The Power of Positive Thinking	Florida Center, U.S.A.
734	The Touch of a Master	Florida Center, U.S.A.
735	The Courage To Change	Florida Center, U.S.A.
733	To Live with A Noble Purpose	Florida Center, U.S.A.
736	The Illusionary Game of Life	Florida Center, U.S.A.
737	To Practice with Ease	Florida Center,U.S.A.
739	Master's Transformation Body	Florida Center,U.S.A.
740	Learning to Live in Harmony	Florida Center, U.S.A
741	The Millennium Eve Performance	Bangkok, Thailand
742	Elevating the World with Spiritual Practice	Hsihu,Formosa; Hong Kong and China
743	Buddha's Sadness(MTV)	U.S.A. & Au Lac
744	Since I've Loved You(MTV)	U.S.A. & Au Lac
745	Contributing to This World	Los Angeles , & Houstonr, U.S.A. Singapore Center
746	Our Loved Ones Go to Heaven	Toronto Center European Retreat in Hungary
747	Children of the Dragon and Fairy	Florida Center, U.S.A.
748	The Beginning of Humility	Seoul , Korea , San Francisco, USA
751	Non-Regressing Bodhisattvas	Hsihu, Formosa
752	A Meeting of Love	
753	Love for All Beings	Indiana Center, USA. & Vienna Center, Austria
754	The Ladder of Spiritual Enlightenment	Florida Center U.S.A.
755	The Laughing Saints	Florida Center U.S.A.
757	The Truth of Masters' Realm	Florida Center U.S.A.
756	The Value of Being Honest	Florida Center U.S.A.
758	The Power to Transmit Enlightenment	Florida Center U.S.A.
759	Au Lac in Ancient Times	Houston, Texas, U.S.A.
760	The Real Heroes	Staton, CA, U.S.A.
761	The Song of Love	Hungary Center
762	Dealing with Karma	Mexico City Center, Mexico / San Jose Center, Costa Rica
763	Self-Discipline in Spiritual Practice	Boston, USA /Jakarta, Indonesia Hamburg , Germany
766	Attending Retreats with a Pure Motive	Florida Center, U.S.A.

767	The Role of A Master	Florida Center, U.S.A.
768	Life is More Simple When You Listen to God	Florida Center, U.S.A.
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772	Laughing Through Life	
773	Unconditional Devotion	
774	Positive Thoughts Lead to a Peaceful World	Pattaya, Thailand
775	One Person Can Make A Big Difference	Pattaya, Thailand
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778	Spiritual Progress Is Reflected in Daily Life	Pattaya, Thailand
777	Gratitude Brings Glory to the World	Pattaya, Thailand
779	Springtime Folk Songs	Hsihu, Formosa
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783	All Through the Night God is Calling Us	Hsihu, Formosa
784	Live and Let Live	Hsihu, Formosa
785	Remember God in Our Heart, and Our Fate Will Improve	Hsihu, Formosa
793	A Simple and Noble Life	Paris Center, France
794	High Noble-Quality Countries	Paris Center, France
795	Laughter is Good for You	Paris Center, France
796	The Guardian Angels God Bestows Upon Humans	Paris, France
797	God's Will is Done Through the Master	Paris, France
798	The Best Way to Communicate with Animals	Taipei, Formosa
Sun	TV Art and Spirituality (Collections)	Formosa
TV1	Walk the Way of a Living Saint	
TV4	Love Beyond Boundaries	
800	The Noble Wilds	
801	An Ancient Love	
804	The Infinite Blessings of Meditation	Paris, France
807	Keeping Faith in Difficult Times	Paris, France
808	Food for the Soul	Paris, France
809	The Heart of Renunciation	Paris, France
810	Heaven's Loving Support	Paris, France
827	Go All Out to Resolve the Ecocrisis	Klagenfurt, Austria
828	Changing the World with Love	Klagenfurt, Austria

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Zolemba zonse zimapezeka pa mitengo yofewa. Ngati mufuna kupeza zolembazi chonde fufuzani kwa senta yanu. Kuti mupeze mndandanda wa mabukuwa pitani ku webusaiti iyi

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Kuonjezerapo, ambiri amamagazini opezeka pa intaneti ali ndi tsatanetsatane wamabuku ndi matepi. Malo achionetseroso ndi abwino owonera mabuku, matepi, zithunzi, zojambira ndi ndolo ndi mikanda ya Masta.

Ngati mufuna mukhoza kuzipeza ndi kuoda kuchokera ku hedi ofesi ku Formosa (P.O.Box 9, Hsihu, Zolem Formosa, ROC).

Za pa Intaneti zokhudza Quan Yin

Mukhoza kupeza nkhani za Supreme Master Ching Hai News mu za pa Intaneti komanso timabuku mu zilankhulo zosiyasiyana pa

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Dziwaninso kuti izi zimapezeka maola onse 24 pa ma pulogilamu apa wayalesi ya kanema,

A Journey through Aesthetic Realms. Mukhoza kupeza nkhani za Supreme Master Ching Hai News mu za pa Intaneti komanso timabuku mu zilankhulo zosiyasiyana.

“Pezani chaulere chanu kwamuyaya ndipo mudzamwa kuchokera mu kasupe wake. Awa ndi madalitso anuanu ndipo ndilibe mau owafotokozera. Ndikozitama ndikukhulupilira kuti mumvetsa matamando anga ndikuti mphamvu zanga zikutengerani kumalo omwe pali chimwemwe kenaka mukakhulupilira. Ukatha mwambo muzamvetsetsa tanthauzo lenileni la mau anga. Ndilibe njira yokupatsirani mdalitso Waukuluwu umene Mulungu wandipatsa komaso ufuklu woti ndikhoza kuugawa kwa ena.”

The Supreme Master Ching Hai

“Timatenga Karma kwa anthu otiyandikira pakuwayang’ana, powaganizira, pogawana buku kapena chakudya. Umu ndimmene timadalitsira anthu ndikuchepetsa Karma yao. Nchifukwa chake timchita. Odala ndiamene amatipatsa Karma yao.Tili okondwa kuwathandiza.”

The Supreme Master Ching Hai

“Muchilankhulo chaumunthu timakamba mbwerera nthawi zonse. Timasiyanitsa, kuyeza, kupeza ndikupereka maina. Koma kwa mwambayo palibe. Simungaganize, kulankhula kapena kukamba. Palibe. Mwamva?”

The Supreme Master Ching Hai

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*Mumndandawu ndi maiko amene ufulu wachimbedzo umalemekekedwa. Ngati palibe olumikizana naye mdera mwanu chonde pitani ku hedi yathu kapena maofesi athu amene ali pafupi nanu..

Mndandanda uwu umasintha nthawi zina kuti mupeze zatsopana pitani ku;
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Zonse zam'bukhumu n'zosati munthu azikopere mu njira ina iliyonse
popanda chilolezo.

Ndinu oloedwa kusindikiza kabukhuka koma pokhapokha
mutapatsidwa chilolezo kuchokera kwa mlembi kapena eni bukhu.

Ife, otsatira Supreme Master Ching Hai, takumana nazo zothina pomwe takhala tikufunafuna choonadi. Ndiye tikumvetsetsa komanso tikuona kuti mpovuta kupeza munthu wachidziwitso amene ali moyo nkumaphunzitsa njira zenizeni zapamwamba zounikira kupeza nzeru komanso choonadi yomwe ndi njira yokhayo yachikhalire. Izi ndi zomwe Master akhala akuphunzitsa nkutizamitsa nazo kuyambira makedzana. Pozindikira madalitso osaneneka kudzera mu kuchita mau aziphunzitsa izi, tikupatsirani malemba awa monga momwe Supreme Master Ching Hai akuphunzitsa mu uthenga wa ku mayiko padziko lonse lapansi ndi cholinga chothandiza onse amene akufuna kumasulidwa kolozera ku chipulumutso chamuyaya. Izinsu zikuthandizanso ofuna mayankho pa mafunso a moyo wathu monga kubadwa ndi imfa komanso kudzukanso muuzimu ndi mchoonadi.