

“Zitholele owakho uMnotho wanaPhakade usuyokwazi ukuthi udonse kuwo uMthombo ongena Mkhawulo. Lesi yiSibusiso esingena Siphelo. Anginawo amazwi okusisakaza. Ngingakutusa nje bese ngiyethemba ukuthi uzokukholwa ukutusa kwami, nanokuthi lamandla ami ngandlela thile angayithinta inhliziyi yakho, akukhuphulele kulolohlobo lwemizawa ethokozisayo, bese uyakholwa. Emuva kokugcotshwa, uyowazi ngokweqiniso amazwi ami. Anginayo indlela yokudlulisela kuwe lesisiBusiso esiKhulu engasethweswa nguNkulunkulu, wanginikeza ukukhanya ukuthi ngikusabalalise ngaphandle kwenkokhelo nezibopho.”

~Umfundisi OnobuKhosi uChing Hai~

“Sithatha I-karma kubantu abasizungezile, ngokubabuka, ngokubacabanga, uma ufunda nabo noma udla nabo, kanjalo. Sibabusisa kanjena abantu sinciphise I-karma yabo. Kungakho nje sizijwayeza, ukusabalalisa ukuKhanya siqede ubumnyama. Babusisiwe labo abasinikeza enye ye-karma yabo. Kuyintokozo ukubasiza”

~Umfundisi OnobuKhosi uChing Hai~

“Ngokwenkulumo yoluntu, sikhuluma umbhedo ngaso sonke isikhathi. Kufanele sithi blah, blah, blah, ngayo yonke into. Kumele siqhathanise, kumele sazise - value, kumele sikhombe - identify, kufanele yonke into siyinike igama Kodwa okuPhelelele, uma kungokuPhelele ngokweqiniso, awungeke use ulokothe ukhulume ngako. Ngeke uze ukucabange. Ngeke ukufanekise. Akukho lutho. Uyabona?”

~Umfundisi OnobuKhosi uChing Hai~

Umculo Wama-cassettes Oqoshiwe Nama CD

1. **Uhumo Lesi Buddhist Ku** (Volume 1,2,3)
2. **Amahubo Angchele: I Halleluya**
3. **Umculo O We Au Lac noMculo: I Mandolin neChinese Zither** (Gu Zeng)
4. **Imbongo Ishiwo Nguma uMfundisi Ofhakeme uChing Hai: ngesi Au Lac**
5. **Ingqokelela no Moulo Oqanjwe ngu uMfundisi uChing Hai** (e Volume 1-9): I Dulcimer, I Harp, I Piano, I Chinese Zither, I Digital Piano, njalo-njalo
6. **Ingoma Eqansje nguMfundisi uChing Hai: Inqokelela ya ka uMfundisi uChing Hai ehuba ama hubo akhe ezomoya kwi special video**

Emhlabeni Wonke WWW ye Internet, ungawufumana umlayezo wohlobo le Quan Yin Method Kulohlobo URL:

<http://www.Godsdirectcontact.org.tw> (Formosa; in Chinese, English)
<http://www.Godsmediatecontact.com> (Singapore; in English)
<http://www.Godsmediatecontact.co.kr> (Korea; in Korean)
<http://www.GodsmediateContact.org/index.htm> (Japan; in Japanese)
<http://www.Spiritual-Discovery.org> (U.S.A.; in English, Chinese, Korean, Aulacese)
<http://mason.gmu.edu/~lduan/index1.html> (U.S.A.; in English)
<http://members.tripod.com/~Godsdirectcontact/> (U.S.A.; in English)
<http://www.Godsdirectcontact.com> (U.S.A.; in Spanish, French, English, Chinese)
<http://www.spiritweb.org/Spirit/audiovideo-archive-sumachinghai.html> (U.S.A.; in English)
<http://www.Godsdirectcontact.org> (Canada with Real Audio service)
http://members.aol.com/ChingHai/d_hpagen.htm (Germany; in German)
<http://www.telecom.at/chinghai> (Austria; in German)
<http://mach.ulb.ac.be/~ifaybish> (Belgium; in English)
<http://ourworld.compuserve.com/homepages/quanyin> (UK; in English)
http://www.extra.hu/kovettien_kapcsolat_istenne
 (God's direct contact in Hungary; Hungarian)
<http://www.Godsdirectcontact.com/IhavecometotakeyouHome> (in English)
 (Book order - I Have Come To Take You Home)
 News Group: lovesrc@Godsdirectcontact.org

Izindaba Ezinhle Kwabadla Izitshalo

Ukubaluleka Kwamaprotheni Aphuma Ezitshalweni

Ukudla kewzitshalo akubalulekile kuphela kubantu abakhonza uNkulunkulu kodwa kubalulekile nasezimpelweni zethu. Noma kunjalo kufanele siqikelele ukuthi umsoco namaprotheni kuyatholakala ekudleni kwemimfino esikudlayo.

Zimbili izinhlobo zama protheni:

amaphrothenia ezilwane kanye namaphrotheni ezitshalo.

Emaphrothenini ezitshalo kutholakala lokhu okulandelayo.

Soybeans, chick peas, kanye snow peas. Ukugcina kokudla kwezitshalo akusho ukudla izitshalo ezithosiwe kuphela.

Amaphrotheni kumele makafakwe ukuZe agcwalise umsoco odingwa umzimba womuntu.

U Dr. Miller uphawula ukuthi sidinga nje kuphela

awacerealizinghlavu zizithombo zohlobo lokweleni notshani, obontshisi, nemifino ukuze suthole konke ukondleka senzela impilo enhle. Ngokusho kukaDokotela Miller; "Ubhontshisi inyama engenama thambo." Nzengoba uSoybean inempilo nomsoco ongaka, abantu abawudlayo bangaphila kahle isikhathi eside.

(Lokhu kucashunwe ekhasimi "Imbangela Yokuthi Abantu Badle Izitshalo." Kutholakala encwadini ebhalwe u-Supreme Master Ching Hai, "Ithuba lokuKhanyiselwa Masishane 1." Nebhukwana eliyisampula.)

Ukulungiselela ukudla kwezitshalo. Kufana nokupheka ukudla kwenyama ngaphandle kwezithako zamaphrotheni ezitholakala kuzi cubu zenkukhu ezenziwe ngemimfino kumbe ngezitshalo, ne ham yezitshalo, nenyama yezitshalo okusetshenziswa esikhundleni senyama. Isibonelo, esikhundleni sokuba sipheke inyama noma isobho namaqanda sesi ngapheka manje inyama eyenziwe ngezitshalo kumbe isobho nobhontshisi.

Uma-ke usemazweni lapho lokudla kwezitshalo kungatholakali kalula, thintana nesizinda esise duze nawe sika Supreme Master Ching Hai International Association, futhi kukhona eszokunikeza ulwazi lapho ungakuthola khona lokudla kwezitshalo (uxolo bheka itafula lokuqala kulencwadi.)

Uma ufuna ukupheka ukudla kwezitshalo, ungathintana ne The Supreme Kitchen eshicilelwe uSupreme Master Ching Hai International Association. noma eliphi ibhuku elifundisa ngokuphekwa kwezitshalo qaphela: Udokotela Miller wayephila ngokudla izitshalo impilo yakhe yonke. Wayesebenza ngamakhambi elapha abantu abahluphekayo eRepublic of China iminyaka engamashumi amae (40).

Isiqephu

I Main Factory

Formosa Name: Pure Brother Co. Ltd.

Address: 2F, No. 10, Lane 306, Fu-Der 1st Rd., Si-Tze Cheng.
Taipei Hsien Formosa
TEL:02-6949946/Fax:02-6949804

Name: Shin-Der Enterprise Co. Ltd.

Address: No. 551, Yuong-Ping Rd., Yang-Mei Cheng,
Taoyuan Formosa
TEL:03-481-5267/Fax:03-481-5265

Name: The Infinite Light Vegetarian Food Co., Ltd.

Address: No. 5, Kong-Chong Rd., Liu-Du Ind. Area.
Keelung Formosa
TEL:02-6949946/Fax:02-6949804

Okuqokethwe Esitolo

Africa

Johannesburg Name: Nature's Choice
Address: P.O. Box 747, Meyerton 1960
TEL: 016-362-2564

Name: Health and Herb
TEL: 011-783-7906

Name: Balfour Park Health Shop CC
TEL: 011-786-9539

Cape Town Name: Sunflower Health Cafe & Store
Address: 161 Long Market Street (Cnr Long St.), Cape Town.
Tel: 424 6560

Name: Fields Health Store & Buffet
Address: 84 Kloof St., Tamboerskloof, Cape Town.
Tel: 423 9587

Durban Name: Spice Emporium
Address: 31 Pine St. Durban
TEL: 031-332-6662

Ne Main Vegetarian Houses

Africa

Johannesburg Name: The Crazy Nut
Address: corner of Dey and Bronkhorst St., Brooklyn
TEL: 012-462-874

Name: Fabulous Food Company
Address: Colony Shopping Center, 345 Jan Smuts Ave., Craighall
TEL: 011-442-3836

Capetown Name: Zucchini's
Address: Shop 1 - 83 Loop St., Tarquin House, Cape Town.
TEL: 424 8571
Shop 2 - 7 Waterkant St., Boston House, Cape Town.
Tel: 418 2815

Name: Lola's
Address: Cnr Long & Buiten Streets, Cape Town.
Tel: 423 0885

Name: Shambhala

Address: 134 Long St., Cape Town.

Tel: 426 5452

Name: The Co-Op Constantia Waldorf Vegetarian Buffet & Juice Bar

Address: Spanschemat River Rd., Constantia, Cape Town.

Tel: 794 4997

Durban

Name: Govinda's Restaurant, Hare Krishna Temple

Address: 50 Bhati Vedanta Circle, Chatsworth

Name: Kapitan's

Address: 71 Albert St. Durban

TEL:304-3282

Name: Khana Kazana

Address: Crescent St, Overport

TEL: 209-3221

Name: Little Gujarat

Address: 107 Prince Edward St. Durban

TEL: 306-2272

Name: Patel's Vegetarian Refreshment Room

Address:202 Grey St. Durban

TEL:306-1774

Name: Vegetarian Take-Away

Address: Beatrice and Albert Streets, Durban

North America

U.S.A.

Arizona Name: The Supreme Master Ching Hai International Association
Vegetarian House
Address: 4812 N. 7th Avenue Phoenix, AZ 85013 U.S.A.
TEL: 1-602-264-3480/Fax: 1-602-780-0855
E-Mail: NMinhAZ@aol.com

California

Oakland Name: Bo De Vegetarian House
Address: 464 8th St Oakland CA 94607 U.S.A.
TEL: 1-510-444-2891/Fax: 510-8347478
Name: Golden Lotus
Address: 1301 Franklin St Oakland, CA 94612 U.S.A.
TEL: 1-510-393-0382

L.A.

Name: All Vegetarian Inc.
Address: 9649 Remer St. South El Monte CA 91733 U.S.A.
TEL: 1-626-4485919/1-626-4485809

San Jose

Name: The Supreme Master Ching Hai International Association
Vegetarian House
Address: 520 East Santa Clara Street, San Jose CA 95112 U.S.A.
TEL: 1-408-292-3798/1-408-292-3832
E-mail: Veghouse@juno.com
Name: Vegetarian Food To Go
Address: 388 East Santa Clara St. San Jose, CA 95113 U.S.A.
TEL: 1-408-286-6335

Georgia Name:Cafe Sunflower
Address:2140 Roswell Rd. Atlanta, GA 30309 U.S.A.
TEL:1-404-352-8859

Texas

Dallas Name:Suma Veggie Cafe
Address:800 E. Arapho Rd, #120, Richardson TX 75081 U.S.A.
TEL:1-972-889-8598

Houston Name:Quan Yin Vegetarian Restaurant
Address:10804-E Bellaire Blvd, Houston TX 77072 U.S.A.
TEL:1-281-498-7890 FAX:1-281-498-7972

Massachusetts

Name:Life and Light Vegetarian Restaurant
Address:115 Ela St W Newton MA 02165 U.S.A.
TEL:1-617-630-8101

Name:Quan Yin Vegetarian Restaurant
Address:56 Hamilton St. Worcester MA 01604, U.S.A.
TEL:1-508-831-1322 FAX:508-831-3502

Central America

Mexico Name:Grupo Manjares Vegetarianos Internacionales S.A De C.V.
Vegetarian Food Company
Admopn La Joya Col.
Address:La Joya Apartado 22-149 C.P. 14091 Tlalpan D.F.,
TEL\FAX:525-8492755
E-mail:mexicocity@supernet.com.mx

Asia

Formosa

Taipei Name:Loving Food Corp
Vegetarian food wholesale & retail dealer
TEL:886-2-3815836

Chiayi Name: The Supreme Master Ching Hai International Association
Vegetarian House
Address: 308 Hsinyeh East Road, Chiayi, Formosa, R.O.C.
TEL: 886-5-2234663

Kaoshiung
Name: Loving Food Corp
Vegetarian food wholesale & retail dealer
Address: No. 28, Chien-Hsin Road, San Min Dist, Kaoshiung, Formosa,
R.O.C.
TEL: 886-7-3961420 FAX: 886-7-3961637

Tainan
Name: Joy Vegetarian Plaza (Supermarket Chains)
Address: 115 Section 2, Hsian-Tai-Ann Road, Ann-Nun District, Tainan,
Formosa, R.O.C.
TEL: 886-6-2872102

Hong Kong
TEL: 852-23948614 FAX: 852-23902926
Name: Nature House
Address: Shop 3, G/F Tai Wing House Tai Yuen Estate Tai Po. N.T.,
Hong Kong
TEL: 852-26652280/852-26670681

Indonesia
Name: The Supreme Master Ching Hai International Association
Vegetarian House
Address: Jl Pasar Besar 3 Surabaya Indonesia
TEL: 6231-5469933

Japan
Gunma Name: Angel's Cookies (Tenshi no Okashi)
Address: 937 Kanbara Tsumagoi-mura, Agatsuma-gun, Gunma,
Japan
TEL/FAX: 81-279-971065

Korea
Name: S.M. Vegetarian Restaurant
Address: Seoul-City, Kang Nam-Ku, Poi-Dong, 22-10, Seoul, Korea
TEL: 82-2-576-9637

Malaysia Name: Pusat Makanan Sayur-Sayuran Litevon Vegetarian Center
Address: 82 Lorong Hullon, 10050 Pulau Pinang, Malaysia
TEL: 604-2289601 FAX:604-2626909

Europe

Germany

Munich

Name:S.M. Vegetarisch
Address:Amalienstr. 45, D-80799 Munich, Germany.
TEL:49-89-281882

Spain

Malaga

Name:Restaurante Vegetariano "El Legado Celestial"
Address:Calle Medellin, N3, Bajo 29002 Malaga, Spain
TEL:34-5-2351521

Valencia

Name: Restaurante Casa Vegetariana "Salud"
Address: Calle Conde Altea, N44, Bajo 46005 Valencia, Spain
TEL\FAX: 34-6-3744361

United Kingdom

Name: Chai Chinese Vegetarian Restaurant
Address: 236 Station Road, Edgware, Middlesex HA8 7AU, UK
TEL: 44-181-9053033

Oceania

Australia

Sydney

Name:Tay Ho Vegetarian Restaurant
Address:Shop 11 Belvedere Arcade 66-68 John St., Calosamatta
NSW 2166. Australia
TEL:61-2-97287052