

How this Book is structured

This book is composed of two components respectively comprising part 1 and 2. Part 1 reveals the enormous merits of meditation, as a powerful natural unparalleled tool, which can enable you to harness your deepest level of wisdom, creativity, imagination and more; thereby offering you the highest level of fulfilment and happiness in this lifetime.

Part 2 beautifully brings to light the fascinating secrets by which you can consciously choose the planet where you wish to reside, once your life comes to an end in this physical world. Beyond this physical world are numerous residential territories of varying beauty and happiness. Some of these residential territories are characterised by the most admirable degree of beauty, bliss and wonder. On the other hand, some of these planets are typified by the most deplorable form of unpleasantness and misery. By subscribing to the soul-liberating supreme divine science of the great Masters, you can consciously choose the planet where you will reside after death.

A small story to put this book into context

In a small village in Peru- Latin America, resided a certain extremely poor man named Mr. Diamonté; who dwelled in a tattered thatch hut. Indeed, Mr. Diamonté suffered from the most chronic form of impoverishment than any living memory can testify. Everyday, Mr. Diamonté energetically blamed God for subjecting him to the most deplorable form of downright misery. Little did Mr. Diamonté know that underneath the piece of land where his hut was erected lied the most copious reservoir of gold and other precious metals.

One day, a team of mineralogists made an appearance in the village where Mr. Diamonté resided. The team was actually scanning the village to determine if any underground water reservoirs existed there. Upon scanning the land where Mr. Diamonté's hut was erected, they discovered the presence of a rich reservoir of gold and other precious metals. Exploitation of these precious metals soon went underway; and Mr. Diamonté was paid a substantial amount of royalties; which soon rendered him the richest man in the entire village.

Like Mr. Diamonté, an overwhelming majority of us are not aware of our most enviable divine goldmine, which has the inherent capacity to quench all our desires and wishes here and now. More often, we languish in self-ordained misery and feel suffocated as though the sky has fallen on our shoulder. Therefore, this book shows you how to access and harness your inexhaustible divine goldmine, so that you can achieve the highest level of happiness and fulfillment in serenity and peace.



Part 1

The Quan Yin Method of Meditation

The Highest Means to the Highest End

Achieve the highest level of wisdom,
creativity, happiness and fulfilment

Why You Should Meditate

The Quan Yin Method of Meditation

The Highest Means to the Highest End

Your Passport to your Highest Potential

The Means to the Highest Level of Happiness

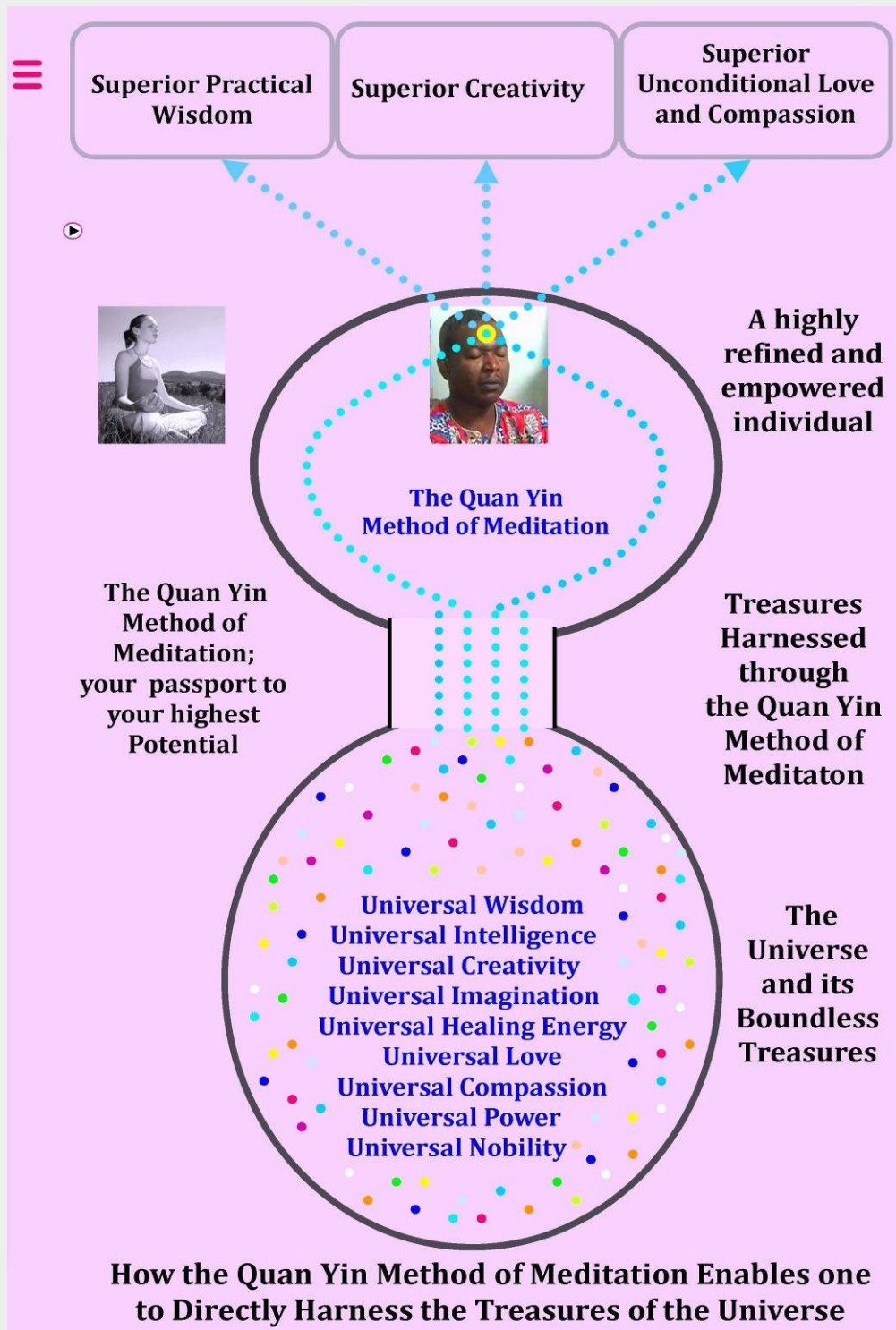


If you seek wisdom in schools, you find theories; but if you seek wisdom within yourself, you create schools. (Emmanuel Ebah)

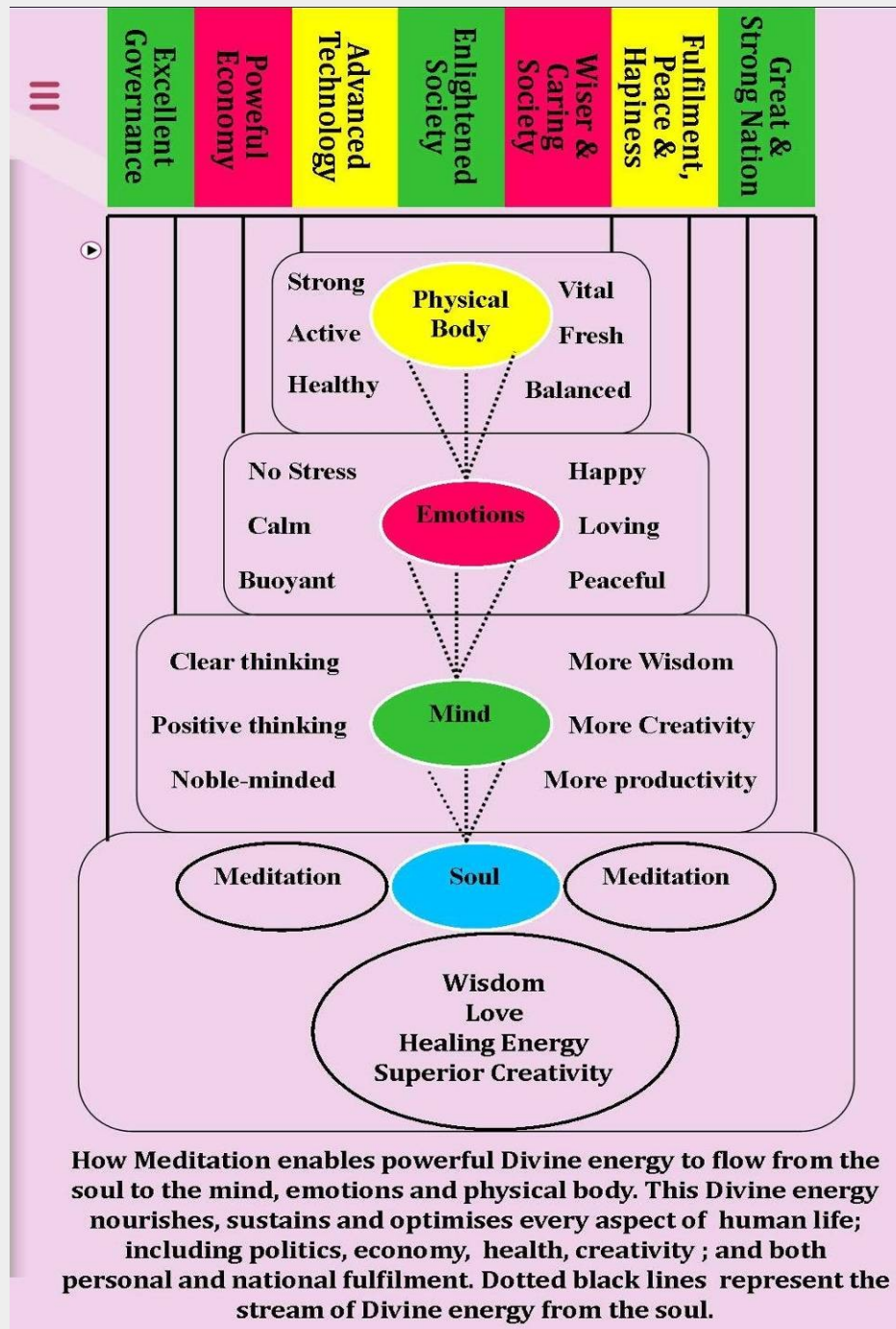
The Quan Yin Method of Meditation

An express superhighway to superior wisdom and sophisticated creativity. Reclaim your divine glory with this excellent divine educational technique, prescribed by the creator since the dawn of creation. A method of Meditation that transforms ordinary people to extraordinary individuals. The current life of most of our people hardly befits the children of God. Unleash and harness your divine-endowed goldmine with the Quan Yin Method of Meditation. Behold the fascination of your innate divine glory. Explore the enviable splendour of your heavenly birthright.

Harnessing the Treasures of the Universe with The Quan Yin Method of Meditation



How the Quan Yin Method of Meditation Transforms individuals and Nations



*Nor matter how beautiful a car is; if it has no fuel, it won't take you anywhere.
Fuel is to the car as meditation is to our lives. (Emmanuel Ebah)*

Meditation is a methodical process and means by which one harnesses one's inner divine wisdom and all other self-contained intrinsic capabilities and possibilities in the soul, for the express betterment of all aspects of one's life. It's now common knowledge that the **Quan Yin Method of Meditation** is the most powerful form of meditation on earth. Also known as **contemplating the inner divine light and the inner divine sound**, the Quan Yin method of meditation is the highest and most effective form of meditation, which offers an impressive variety of benefits to millions of people around world, who have taken refuge in it, as a reliable tool for self-empowerment.

The human entity is multidimensional in character; comprising the **spiritual, mental, emotional** and **physical** facets. The soul is the source of all human capabilities; including wisdom, creativity, love, compassion, courage, bravery etc. These qualities pour from the soul in the form of divine energy; and flow through the mental, emotional and physical realms; offering them vitality and sustaining their welfare. When the soul, mind, emotions and physical body are in perfect harmony, the physical body enjoys perfect health.

Now, when we meditate on **the inner divine light and the inner divine sound**, we open the door of the soul, intensifying the flow of this divine light and sound from the soul to the rest of our being, including the physical body.

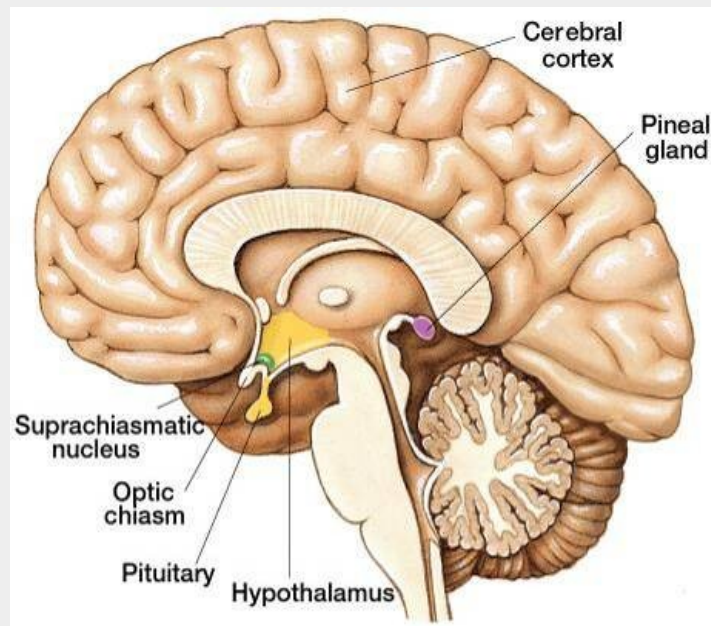
The **inner divine sound** is the powerful creative force of the universe, which sustains and nourishes everything, including humans. Embodied in this divine sound and light are all the qualities, capabilities and potential, which justify and sustain our status as humans. These qualities include wisdom, intelligence, superior creativity, unconditional love, compassion, constructive bravery, virtues and morality, noble sacrifice, dignity etc. Therefore, meditation enables us to harness this excellent package of intrinsic divine qualities. The more we meditate, the greater the intensity of this divine light and divine sound that pours into our consciousness; and the more sophisticated our wisdom, intelligence and creativity. Meditation can transform an individual from an ordinary person to a superman, just as water and manure can transform a withering plant to a highly luscious and blossoming version. Refusing to meditate is tantamount to someone whose house is erected on a massive gold deposit, but for which the gold had never been harnessed. Therefore, such an individual remains a prisoner of misery in the midst of his own glory. If a

majority of people commence meditating on the Quan Yin Method today, we shall begin pragmatically and effectively quelling all undesirable phenomena that are now plaguing our world. These evil deeds are an express manifestation of the prevalence of massive negative energy in most of our societies. Therefore, to substantially and sustainably combat these atrocities, we are called upon to increase the flow of positive divine energy through meditation. This very powerful divine energy can then cleanse and disable the negative energy, which has now materialised into a multitude of distasteful scenarios.

Change must begin from inside, before it can take effect outside. The **inside-out** approach is the best kept secret to human evolution. Right now, numerous nations are making very little headway in overall achievement because they are using the **outside-in** approach to human fulfilment. If we instead adopt the inside-out approach, then we shall experience an unprecedented quantum leap in all our endeavours. We don't need to be eternal slaves of austerity measures and loans. Let's embrace the process of planetary metamorphosis.

The Quan Yin method of meditation usually involves focusing attention in the central area of the forehead, just above the level of the eyebrows. This position corresponds to the seat of the soul and mind in the human body. The Quan Yin method of meditation can be learnt without charge, from an internationally-acclaimed expert such as Supreme Master Ching Hai.

In his book on human physiology published in the seventeenth century, the French philosopher, René Descartes, purported that activities in the human body are governed by a 'rational soul' situated in the pineal gland. The Greeks on the other hand held the pineal gland to constitute some form of a device, which modulates the influx of thought to the ventricles of the brain. Now, spiritual scientists have determined that this is the almighty powerhouse of human life; as it constitutes the seat of the soul and mind. Below is a diagram showing the location of the pineal gland in the centre of the brain cavity.



Who is a qualified Spiritual Teacher?

A qualified spiritual teacher is someone who through concerted personal effort and God's approval, has achieved the highest degree of spiritual evolution; and by virtue of that achievement, has developed the capability, competence and qualification to offer others practical spiritual guidance and edification. For example, a university professor is someone who is qualified to instruct students in his or her field of expertise. An example of a powerful spiritual teacher now on the planet earth is Supreme Master Ching Hai. A qualified spiritual teacher can be viewed as a highly sophisticated divine scientist, who has perfectly realised his or divine nature; and maintains perfect and practical understanding of the laws and principles of the universe. A qualified spiritual teacher is entirely aware of what is happening in both heaven and hell; and is fully conversant of all the secrets and techniques that can help others accelerate their own spiritual evolution. A spiritual teacher is not someone who just reads the scriptures and reproduces them, but someone who has had firsthand experience of what the scriptures say. For instance, if the scriptures state that there are angels in heaven, the spiritual teacher would say that he or she has met, talked to and worked with those angels. A spiritual teacher is skilled in both theory and practice.

Examples of Spiritual Teachers who Meditated

Jesus Christ

“After fasting forty days and forty nights, he was hungry. The tempter came to him and said, “If you are the Son of God, tell these stones to become bread. Jesus answered, “It is written: ‘Man does not live on bread alone, but on every word that comes from the mouth of God. Then the devil took him to the holy city and had him stand on the highest point of the temple. “If you are the Son of God,” he said, “throw yourself down. For it is written. ‘He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone. Jesus answered him, “It is also written: ‘Do not put the Lord your God to the test ... Jesus said to him, “Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only. Then the devil left him, and angels came and attended him.”

(Mathew 4:2-11)

“The kingdom of God does not come with your careful observation, nor will people say, ‘Here it is,’ or ‘There it is,’ because the kingdom of God is within.”

(Luke 17:20-21)

“I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father.”

(John 14:12)

Shakyamuni Buddha

Despite being copiously nurtured on the very lap of classical luxury, the noble Buddha still engaged in vigorous contemplation about the delusive nature of physical life.

At about the age of ten, he meticulously executed the following judicious reflection:

“Luxury of the palace, healthy bodies, rejoicing youth! What do they mean to me? Some day, we may be sick, we shall become aged, from death, we cannot eventually escape. Pride of youth, pride of health, pride of existence, all thoughtful people must cast aside.”

He then further stated:

“A man struggling for existence will naturally look for help. There are two ways of looking for help; a right way and a wrong way. To look the wrong way

means that, while he recognises that sickness, old age and death are unavoidable, he looks for help among the same class of empty, transitory things. To look the right way means that he recognises the true nature of sickness, old age and death, and look for life in that which transcends all human suffering. In this palace life of pleasure, I seem to be looking for help in the wrong way.”

Seated under a tree during meditation, the Buddha said:

“Blood may become exhausted, flesh may decay, bones may fall apart, but I will never leave this place until I find the way to enlightenment.”

The prophet Mohammed

The prophet Mohammed and the founder of the Islamic faith was known to habitually retreat in a cave for the purpose of meditation. The cave which served as his sanctuary of retreat was the Hira cave in a mountain contemporarily dubbed the “mountain of light”, which is proximal to the territory of Makkah. It was towards the conclusion of a month of retreat in this cave that he was granted audience to spiritual revelations that constituted the very marrow of the Islamic faith.

While in the cave, He heard a voice say: “Read!” He said: “I cannot read.” The voice again said: “Read!” He said: “I cannot read.” A third time the voice, more terrible, commanded: “Read!” He said: “What can I read?” The voice said:

“Read: In the name of thy Lord Who createth.”

“Createth man from a clot.”

“Read: And it is thy Lord the Most Bountiful.”

“Who teacheth by the pen,”

“Teacheth man that which he knew not.”

Supreme Master Ching Hai

Supreme Master Ching Hai became enlightened in the deep recesses of the Himalayas Mountain. She is the international teacher of the Quan Yin Method of Meditation. About the Quan Yin Method of Meditation, Supreme Master Ching Hai stated.

“The Quan yin Method is a spiritual meditation method, contemplating on the inner Light & Sound, through which we come to know God, uncover our inner Wisdom and Love, enlightening our life and get eternal liberation. The

inner Light, the Light of God, is the same Light referred to in the word “enlightenment”. Its intensity can range from a subtle glow to the brilliance of many millions of suns. The inner Sound, is the Word referred in the Bible: “In the beginning was the Word, and the Word was God...” It is through the inner Light and Sound that we come to know God...”

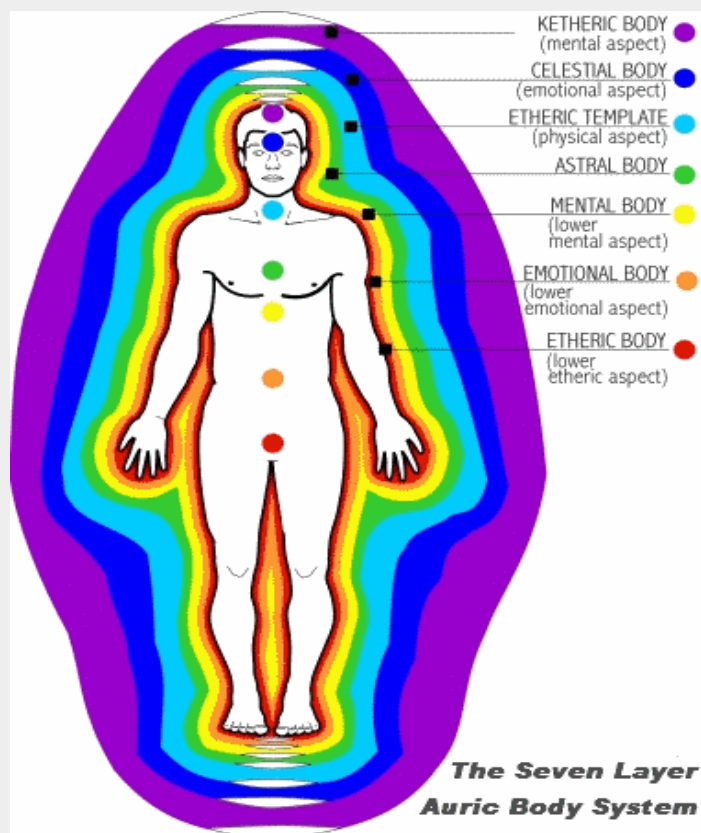
(Supreme Master Ching Hai:

<http://www.sharewarist.com/love/Meditation.htm>)

So why did these Great Masters all meditate ?

These great Masters were all aware of the veracity that the human soul is a reservoir of unlimited wisdom, boundless love, immeasurable intelligence, inestimable creativity, untold beauty, inconceivable power and numerous other fascinations. Nonetheless, these qualities can only be harnessed and channelled towards serving humanity through meditation. In the like manner, a wealthy person must go to the bank to withdraw some money; a farmer must go to the farm to harvest food; gold must be extracted in order to make use of it. Without meditation, this mighty power will remain in the soul unharnessed and thus wasted; just like the rich person who refuses to go and collect some of his money from the bank; and as a result, unwisely succumbs to undeserved starvation. Therefore, meditation is naturally supposed to be a routine activity for everyone on earth, just as consuming physical food is now part and parcel of life. As a car requires fuel to sustain its mechanical operations, so does our being require divine energy, which can only be adequately harnessed through meditation.

The Invisible Beautiful Ethereal Divine Bodies that surround the physical body



The human physical body is surrounded by seven layers of beautiful spiritual bodies known as auras. The auras of spiritually developed, good-hearted and virtuous people are as bright as depicted by this picture. The auras of evil people are as black as charcoal; and very ugly to look at. Every deed, emotion, speech and thought you exercise in this world is faithfully registered in the causal body (causal aura). During death, these auras and the soul detach from the physical body and levitate to the spiritual world. There, everything that you ever did in this world will become visible to everyone, with the highest degree of exactitude. Meditation through the Quan Yin Method also thoroughly cleanses your auras, so that you may be admitted to higher heavens, when your journey in this world will ultimately come to an end one day.

Who is a living High Order Spiritual Master Such as Supreme Master Ching Hai ?

Discover more enriching wonders at: www.Godsdirectcontact.org

Supreme Master Ching Hai is the world-renowned international Teacher of the Quan Yin Method of Meditation. She achieved Her own spiritual greatness through the Quan Yin Method of Meditation and therefore, She attends to the needs of spiritual aspirants through Her own personal experience. She is the spiritual leader of millions of disciples around the world.

Within the solemn regime of authority in the universe, the noble **high order Masters** occupy a distinctive and compelling position in that, they are expressly nominated by the Supreme Lord of dimensions; and dispatched onto this earthly abode of gross spiritual torpor, as illustrious spiritual viceroys; vested with the full mandate and powers, to enable their execution of the complex and incredibly demanding operation of liberating souls from the intricate maelstrom of overwhelming spiritual debt or karma, incurred in this maddening dark earthly podium of distressful drama; and effecting the secured delivery of such souls, to the exalted superior spiritual abodes of eternal liberty, infinite bliss, timeless peace and unfathomable jubilation.

In order to disburse their stupendous and exceptionally monumental duties, the noble Masters are vested with inconceivable powers and capabilities, which have been distilled to the ultimate degree. This enables the successful embarkation and accomplishment of their very demanding and complex operations. Pertinent exemplars of **high order Spiritual Masters** had included **Jesus Christ of Nazareth, Shakyamuni Buddha** and currently, **Supreme Master Ching Hai**, just to mention a few.

A high order Master can be defined as a distinctive Spiritual Ambassador and Redeemer, who has been expressly nominated and deployed by the Supreme Lord of dimensions; vested with the mandate, powers and capabilities, to carry out large-scale rescue operations of trapped or storm-battered souls, which have attained exhaustion point of struggle, on this earthly abode of spiritual lethargy. **A high order Master** is thus someone of this category, who has achieved the highest attainable degree of spiritual development and God realisation; and by virtue of that utmost and unmatched attainment and realisation, occupies a category of His/Her own, as

the most sophisticated, the most powerful, the most capable, the most productive, the most benevolent, the wisest, the most fulfilled, the most loving and indeed the most fascinating human specimen that had ever and shall ever be documented by the pages of human history.

A Master can be classified as a member of the *homo sapiens* family, inasmuch as the Master is in possession of a physical body, as His/Her instrument of service, during His/Her contact with coarse matter in this physical world. With the exception of the physical body, the Master is a purely and extremely evolved spiritual being, whose totality of latent spiritual potentialities have unfolded and fully matured to the very highest degree that such maturation and perfection are possible; such that a Master possesses unrestricted access to all the dimensions of consciousness, and to all the planets within each dimension in the universe. These super Divine scientists have mastered all the principles, laws, state of affairs and secrets of the universe.

By the standard order of things, it is deemed implacably warranting for a Master to be in possession of a healthy physical body, devoid of pronounced and inhibitory disfigurements. Even though the noble Masters usually assign but peripheral consequentiality to the physical body, it nonetheless constitutes an indispensable instrument, serving as a critical service-dispensing tool, during their mission on earth. A Master may or may not have partaken in elaborate and protracted scholastic pursuits; and the exhaustion of catalogues in national and academic libraries does not by any means constitute a prerequisite for Mastership; for, indeed, Mastership requires something more than elaborate scholastic endeavours. Scholasticism is symptomatic of intellectualism; but the **Supreme Divine Science of the Masters** is exorbitantly transcendental to the mind, which in essence, constitutes the cardinal agency for the intellect.

Nonetheless, since the intellect depicts a principal conductor of human matters, the Masters abide by the mundane scheme of affairs; and thus, the noble Masters hold proprietorship to a very keen mind, bequeathed and potentiated to the highest degree of penetration, discernment and deliberation. The Masters depict the ultimate logicians. Far too often, mortals subscribe to pseudo-logic, characterised by perversions, deformations and inherent fallacies, as dictated by their own independent whimsies, or simply owing to a quasi-comprehension of the issues at hand. Nonetheless, the logical

formulations of the noble Masters are entrenched in the fortress of ultimate spiritual veracities, against the backdrop of complete and total spiritual illumination. Therefore, Masters are the most perfected and ennobled human specimens that can ever exist. All the operations of the venerable Masters are disbursed with absolute wisdom and in consideration of both the visible and invisible factors; in the appropriate scale and scope.

The full spectrum of latent capabilities and spiritual faculties with which an individual is endowed, enjoy the amplest degree of unfoldment in a **high order Master**. Indeed, all these capabilities and potentialities have eventuated into their respective summits of perfection and maturation in a **high order Master**. Therefore, a Master resides at the summit of wisdom. He/She is the real Emperor/Empress of ultimate wisdom, in the most immaculate of forms imaginable. He/She is Master of wisdom both in heaven and on earth. He/She is venerated by the angels and other spiritual beings, as a being of inconceivable magnitude of spiritual attainment. The Masters are even more cherished by the superior beings in the spiritual dimensions, who can more directly perceive the immense spiritual prodigy of the Masters, without the encumbrance of the physical body. Yes, these are the Masters of the very highest order, the distinctive spiritual envoys, the classical Divine Ambassadors.

Tranquilly nestled in the sacred treasure chambers of the noble Masters is an immense reservoir of inexhaustible self-less love and compassion. His/Her genuine and egalitarian love for all sentient beings is entirely disentangled from spasms of passionate grimace typical of ordinary mortals; for, the Masters' egalitarian and detached love for all sentient beings is administered, nourished and sustained in perfect accord with the lofty principle of universal fraternity of all sentient beings; in perfect unison with spiritual integrity, harmony, peace and in view of the welfare of all planets and of the entire universe. Every single virtue with which mortals are acquainted, acquires the highest degree of manifestation in the Master. He/She is the most relishable and distinguished human specimen, of the most endeared and endearably calibre of *prominenti*; the noblest of the noblest, the philanthropist's role model, the maker of the ultimate philosopher, the errand of mercy for many a spiritually derailed and storm-battered soul; the object of veneration for the spiritual aspirant. The Master is the guaranteed palladium for the vulnerable,

eyes for the blind and ears for the deaf; a home for the unsheltered and food for those tormented by famine.

His/Her intellect operates at the keenest and deepest horizon; by virtue of the fact that all His/Her mental faculties have unfolded and matured to the ultimate degree of maturation. His/Her soul is completely evolved and for the Master, death exists no more. Yes, these are the noble Masters, the nominated and super-powerful spiritual envoys of the Supreme Lord. No other person's mind is as fully matured as that of a real Master; and thus, it can be affirmed without an iota of hesitation and reservation that the Masters are the most intellectual specimens in the world. Yet, the Masters assign but marginal importance to the intellect, regarding it as a necessary inconvenient, to be employed only within the perimeters of necessity. If the capabilities actualised by a high order Master are stratified on a hierarchy of merit and magnitude of importance, then the intellect would appear at the very foot of that hierarchy. While many a multitude inflatedly endear and fasten themselves onto intellectual attainments as the climax of human endeavour, the noble Masters consider intellectual attainments as a meaningful starting point, of the fascinating and virtually inexhaustible vistas of spiritual evolution that await human exploration. The fervent and diehard intelligentsia needs not take offence from this disclosure; for, fundamental spiritual veracities cannot be withheld or concealed for fear of injuring people's flourishing and subtle egos. The intellect is only a product of the second dimension of consciousness; but the arena of operation of the venerable Masters is incredibly transcendental to the second dimension of consciousness. It is imperative that the limitations of the mind and the intellect be explicitly conceded, to inspire humans into aspiring to more wondrous dimensions of spiritual development. Jesus Christ of Nazareth for instance, did not seek any formal scholastic pursuits; yet, even the most reputed scholar in the world could not emulate the tremendous power of mental energy displayed by this honourable and most beloved son of Nazareth.

A real **high order Master** is the Master of the entire cosmic empire; yet, He/She is also the most faithful and competent servant. The benefits that one great Master can yield to the entire world in five minutes are ten million fold the benefits that an individual can yield to his family and society as a whole, in his or her entire lifetime. A Master never fails to perform a duty, nor, does

He/She at any point disengage with His/Her obligations. The noble Masters discharge their functions with distinctive approbation, characterised by efficiency and promptness. They disburse their operations with total dispassion, utterly unfettered by the nefarious cords of delusion. The Masters not only disburse duties in this physical world, but conduct very fascinating operations in other spiritual worlds as well. He/She deals directly with the evolved spiritual beings in the spiritual worlds and with the angels who carry out various administrative functions in the universe; yet, this does not detract the Masters from physical duties. Thus, as rightfully enunciated by Dr. Julian Johnson, “the Master is the only man/woman manifesting in history, whom individualism and universalism are combined in full expression...”

A Master disregards no religion, philosophical tradition, creed, race, culture, nation, gender, profession, background etc. He/She embraces all with equitable tenderness but is attached to none of them. The Master is the only person in the world who impeccably and exemplarily validates and conveys the deepest meaning of freedom. The Masters never require nor seek any favours from anyone at any time; for, the self-adequacy of the noble Masters is pre-eminently axiomatic. If anyone volunteers to execute a prompting duty within the entourage of a Master, such may be ratified by the Master, provided the executor thereof, is self-justified through immaculate and unflinching sincerity. Yes, a real Master is the moulder of the superman, the inspiration of the ultimate genius. The attainment of Mastership must constitute the next principal objective of the ultimate genius.

Supreme Master Ching is the most powerful **high order Master** now dwelling on the planet. Please discover more about this highly benevolent super-Master at: www.Godsdirectcontact.org

For entirely fascinating, uniquely invigorating, ultimately edifying and wholly inspiring discussions by Supreme Master Ching Hai, please consult the link: www.SupremeMasterTV.com



Part 2

**Eternal Liberation of
the Soul from Karma
and Reincarnation**

**The Highest Human
Achievement Ever**

Prologue

This part 2 presents the fascinating method and process by which the human soul can achieve absolute and irreversible freedom from karma and reincarnation in one lifetime; and thus return to its native land of eternal bliss and absolute spiritual security.

The human soul is a perfectly spiritual entity, which originates from the purely spiritual regions of unblemished bliss, peace, eternal safety and absolute security. Therefore, the soul is a classical foreigner in this physical world. The anatomy, physiology and functional mechanisms of the soul are of such delicacy that it's entirely impossible for the soul to establish and maintain direct contact with this physical world, because this earthly realm is unbelievably coarse to the degree of its inability to sustain the delicacy and complex functional features of the soul. Consequently, to practically function in this physical world, the soul utilises tools that are adapted for operation in this physical world. These tools comprise the physical body, the astral body, the mind and the subconscious mind. These tools are expected to serve the soul in a manner that is unassailably compliant with the principles and laws of nature, whose jurisdiction is applicable to the physical universe. Unfortunately, these tools of service to the soul more often violate the principles and laws of nature, thus incurring a spiritual debt called karma, which then fastens itself to the soul. More often, this spiritual debt is of such an overwhelming magnitude that the soul might even be traumatised to a dismal degree. Every person in this physical world incurs a spiritual debt in varying degrees.

It so happens that death overtakes many a multitude when their spiritual debts have not yet been entirely resolved. Therefore, during death, the soul may proceed to the heaven of the astral world or that of the mental world; but it cannot return to its native spiritual land because of the spiritual debt it has incurred in this physical world. Thus, while the soul may spend some time in the astral or mental heaven, once its provisional residential duration in those realms comes to an end, it would be reborn on earth in a process called reincarnation, to afford that soul the opportunity to resolve its unsettled debt. As a result, each reincarnating soul makes an appearance on earth with the full scale of its outstanding spiritual debt incurred in the previous life. Earthly inhabitants take birth in different life circumstances that correspond to their respective previous lives' spiritual debts. Some souls have incurred severe

spiritual debts that prompt such souls to be reborn in extremely painful circumstances, corresponding to the magnitude of their outstanding spiritual debts.

It's rather pathetic that most souls who are reborn on earth usually nurture the goodwill to resolve their outstanding spiritual debt so that they can return to their native spiritual territory of infinite bliss and peace. Unfortunately, when souls are reborn on earth, they often forget their fundamental objective to resolve the entirety of their spiritual debt. Instead, they incur even more spiritual debt, aggravating their initial liability.

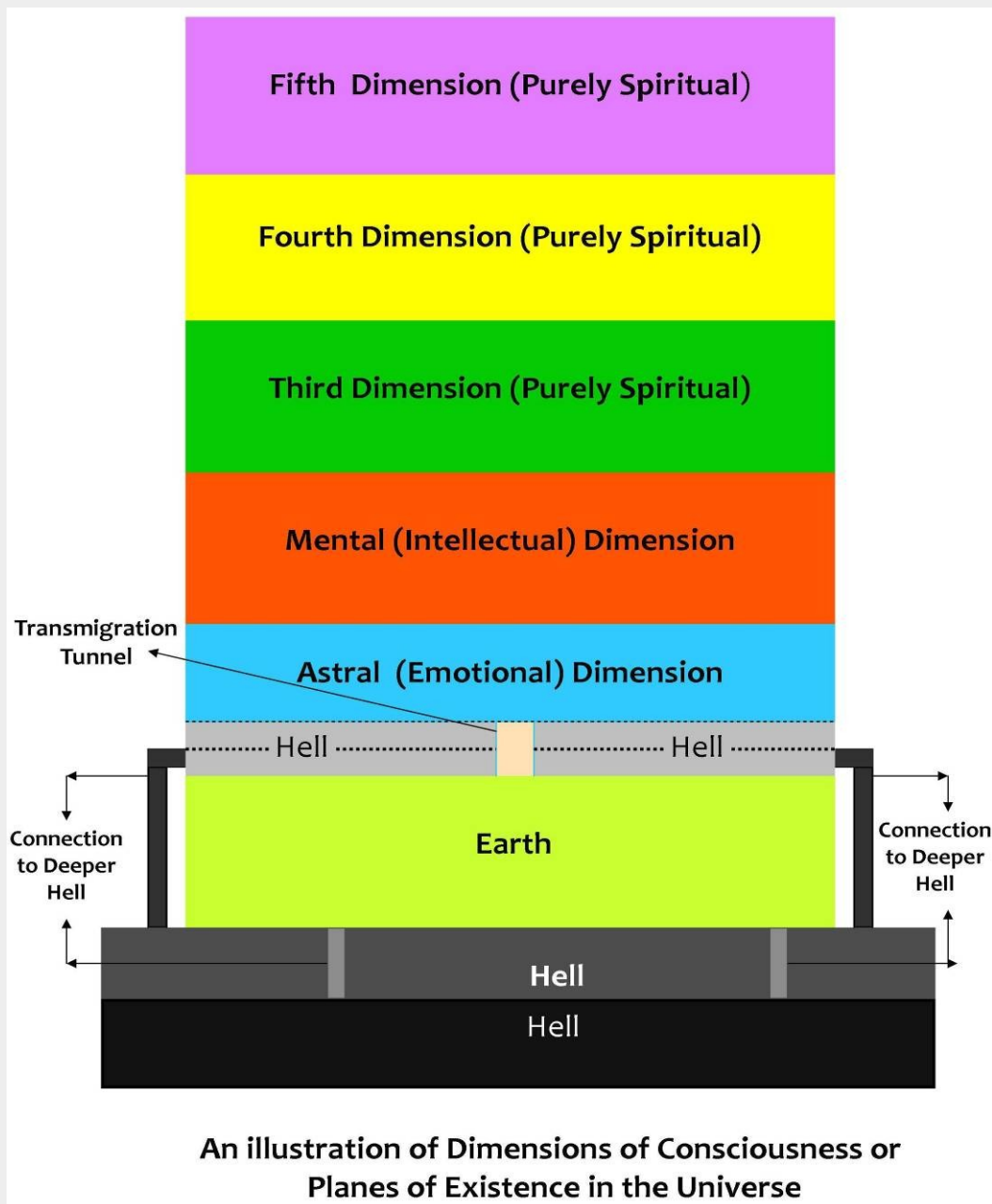
Eternal liberation of the soul is whereby the soul resolves the totality of its outstanding spiritual debt; and returns to its native land of infinite bliss and perfect safety.

Eternal liberation of the soul is by no means a mere belief or a wish, but a methodical process by which the soul progressively disentangles itself from the bondage of spiritual debt that ensnares it in this physical world; disposes of all its instruments of service, and flies back to its native land of everlasting bliss and freedom. Therefore, liberation of the soul is the highest human achievement ever. Every soul consciously or unconsciously yearns to resume its exalted native land. Thus, this section unveils the powerful means by which the soul can achieve eternal liberation from karma and reincarnation in this lifetime.

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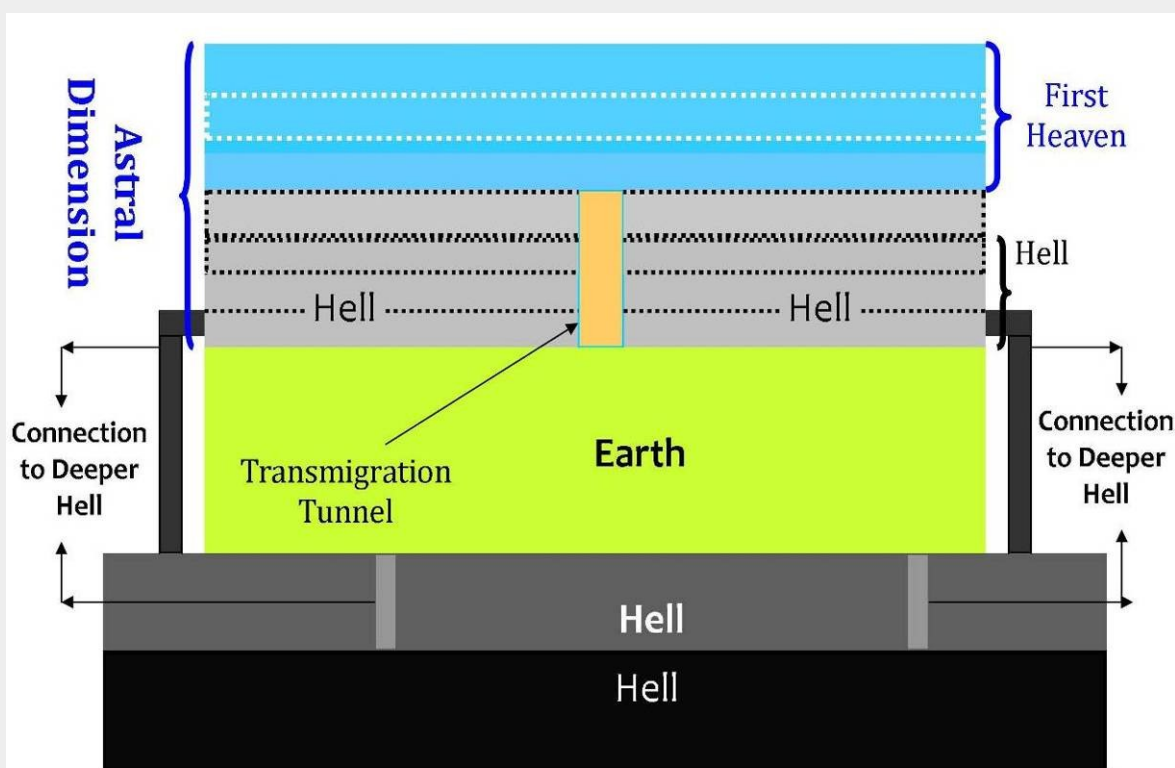
Dimensions of consciousness

The legendary Spiritual Masters usually maintain that the spiritual evolution of the human soul unfolds within the first five dimensions of consciousness in the physical universe. These five dimensions respectively comprise: the astral (emotional dimension), the mental (intellectual dimension), the third dimension, fourth dimension and fifth dimension of consciousness; illustrated thus as follows:



Below the planet earth are the deepest portions of hell, which serve as intensive care units for souls that are blemished by chronic moral and spiritual

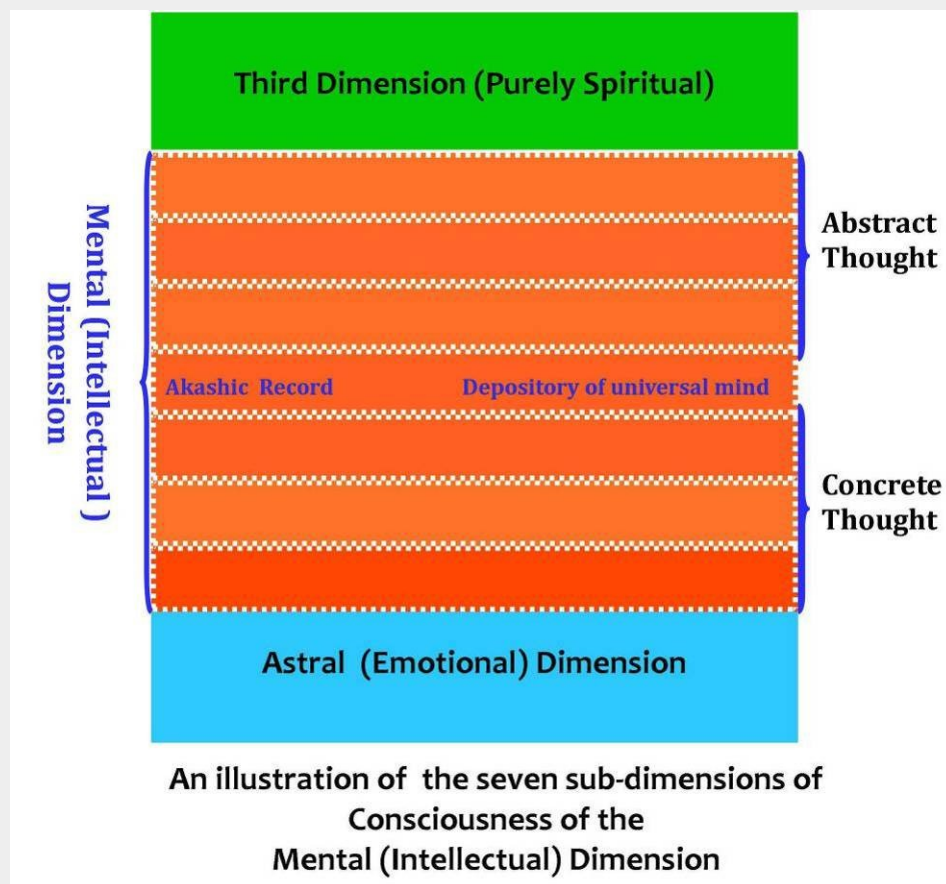
sickness. Just above the physical world is the astral dimension of consciousness. The physical world is connected to the astral world by a passage known as the transmigration tunnel. Souls which have passed on by way of death usually make their way to the astral world via the transmigration tunnel. The astral dimension is partitioned into seven sub-dimensions. The three sub-dimensions closest to the physical world serve as purgatories and hells; which are then connected by dark tunnels to the deepest portions of hell. The three upper sub-dimensions of the astral world are generally regarded as the first heaven. Sub-dimension four serves as a buffer zone between the three upper and the three lower sub-dimensions. Above the astral dimension is the mental or intellectual dimension.



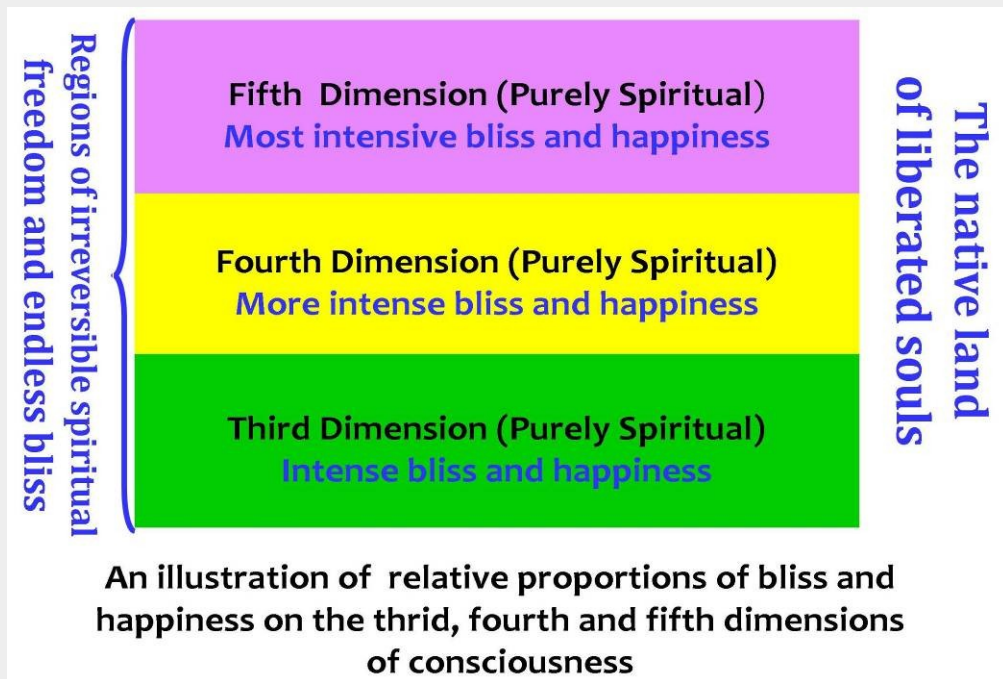
An illustration of the seven sub-dimensions of the Astral Dimension

The mental dimension is partitioned into seven sub-dimensions. The three upper sub-dimensions are the zones of abstract thought, while the three lower sub-dimensions are the zones of concrete thought. Sub-dimension four constitutes the depository of universal mind. During its downward journey, the soul picks up the mind from sub-dimension four; and during its upward journey of liberation, the soul discards the mind back to the depository of

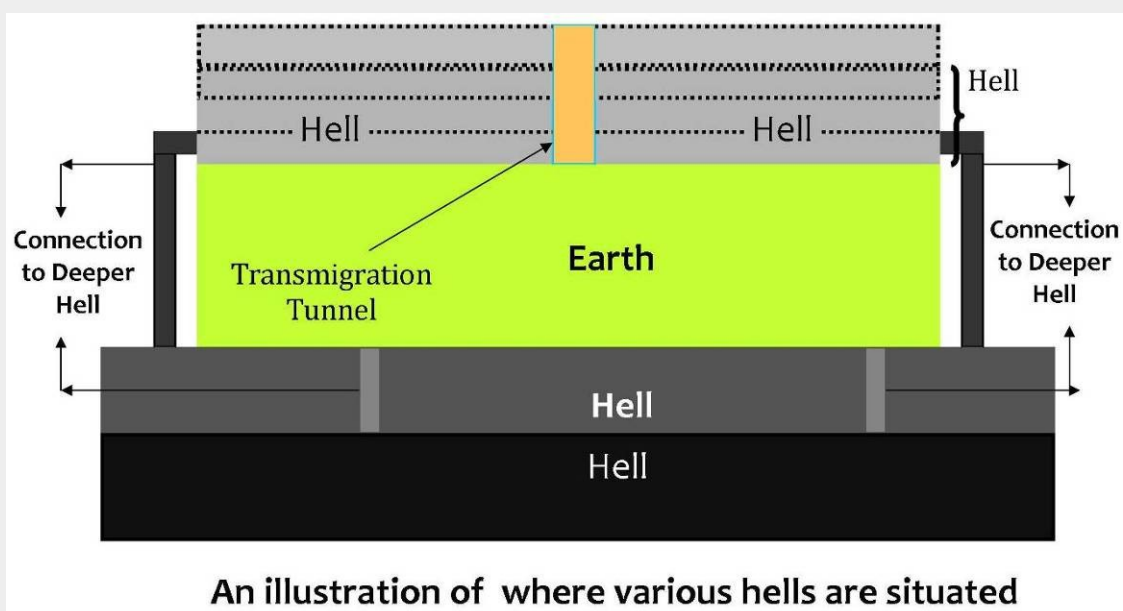
universal mind in this sub-dimension. Also, in sub-dimension four can be found the akashic record or the akashic library; which is, the vast documentation system in the universe that contains the spiritual history of all the souls from when they were created till this material point in time.



The third, fourth and fifth dimensions of consciousness are territories of supreme bliss and endless happiness. The intensity of bliss and happiness proportionally increases from the third, fourth and fifth dimensions of consciousness respectively.



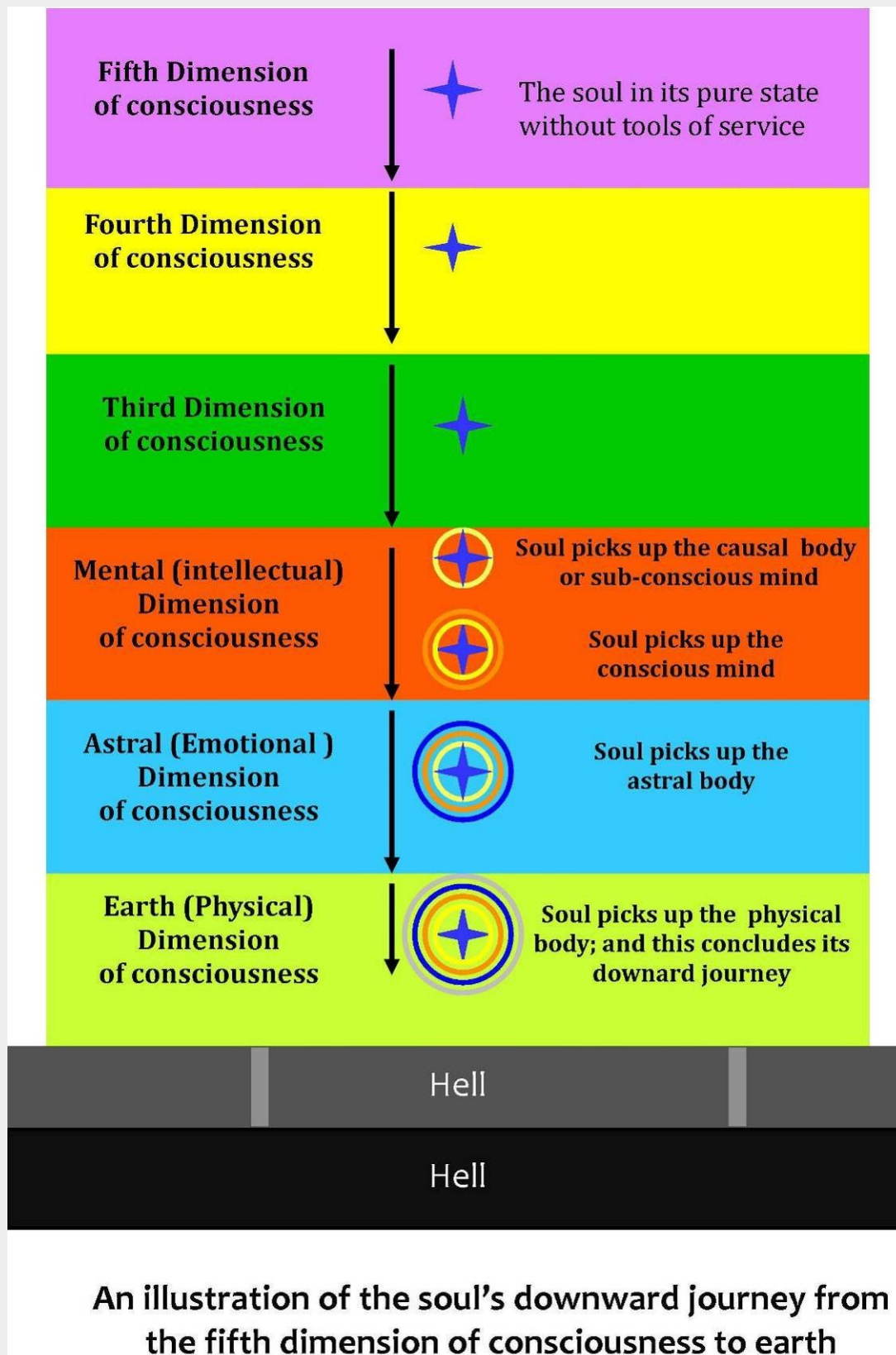
Hell or inferno serves as the garbage disposal bin of the universe; for, the coarsest and densest elements of material with which the universe was fashioned, has settled in hell. Also, hell serves as a temporary residence for beings who have violated the principles and laws that govern the universe. The deeper portions of hell are inhabited by zombie-like creatures and a host of other monstrous and horrifying beings. The three lowest sub-planes of the astral world serve as hellish abodes. These are connected by dark vertical tunnels to the most dreadful regions of hell, situated very deep beneath the surface of the earth.



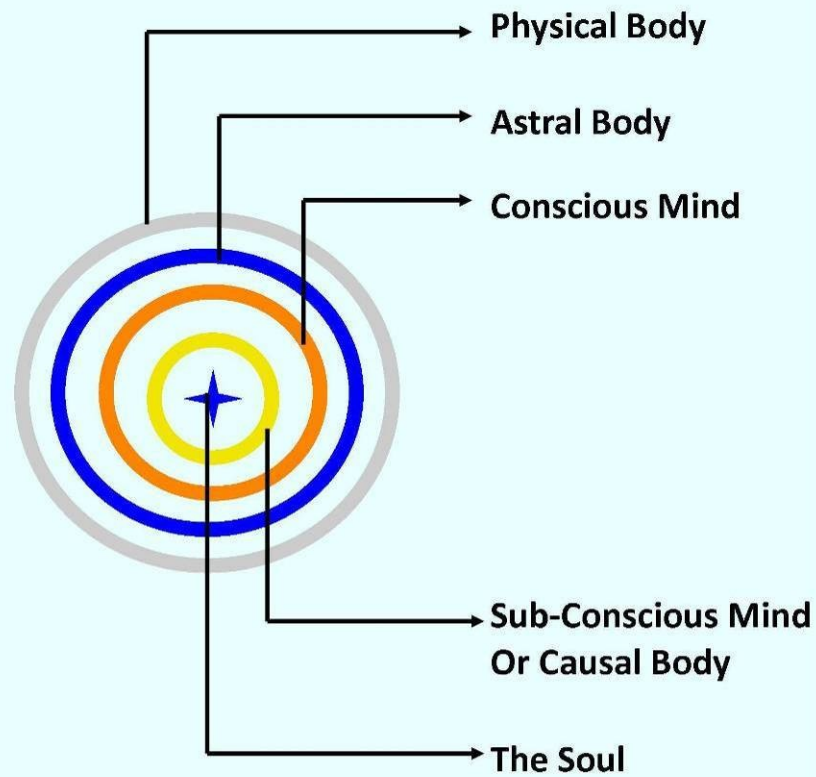
How the Soul picks up its tools of service

When the soul resides in its native territories of spiritual liberty, it does not by any means require any tools of service. The native lands for the soul where it does not require externally derived tools of service comprise the third, fourth and fifth dimensions of consciousness. For the soul to function in the mental (intellectual), astral (emotional) and physical dimensions, it must employ externally derived tools, means by which it can survive and experience phenomena in those realms. For example, the human anatomy and physiology are not adapted to function in the sea. Therefore, if a diver is keen to experience life in the sea, he or she must necessarily put on a diving suite and an oxygen mask, in order to survive in the sea. Meanwhile the fish does not require an oxygen mask or a diving suite in order to survive in the sea, simply because the anatomy and physiology of the fish are adapted for survival in water.

Therefore, during the soul's journey from its native land to this physical world, it picks up tools for survival and experience, as it goes through the corresponding dimensions of consciousness. On the upper part of the mental dimension, the soul picks up the sub-conscious mind or the causal body; on the fourth sub-plane of the mental dimension, the soul picks up the mind from the depository of universal mind contained there; on the astral plane, the soul picks up the astral body and on the physical plane, the soul picks up the physical body. These scenarios are illustrated as follows:

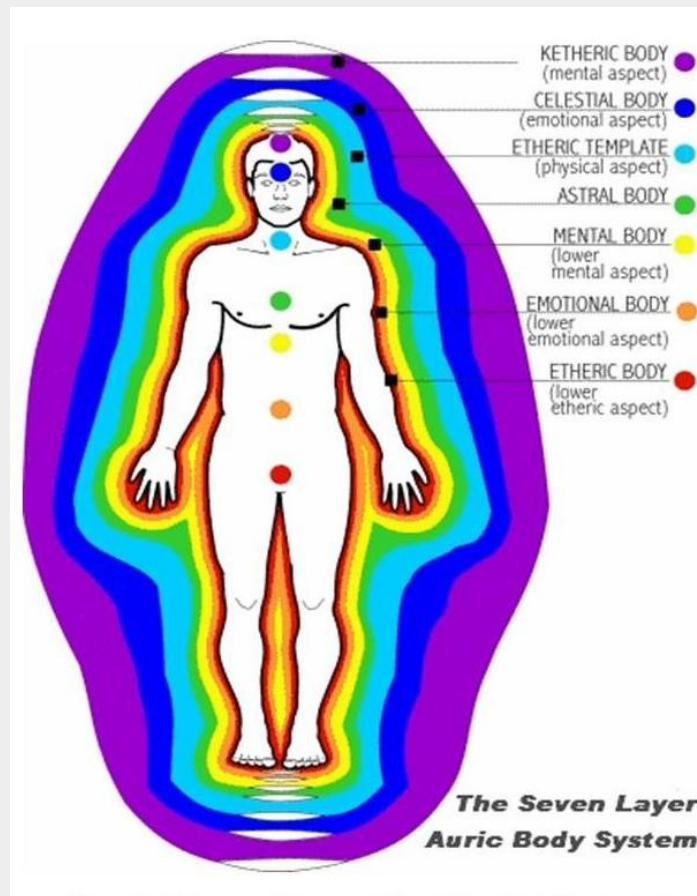


Therefore, upon the soul's arrival on earth, the structural pattern of the soul's connection to its principal instruments of service is illustrated as follows:

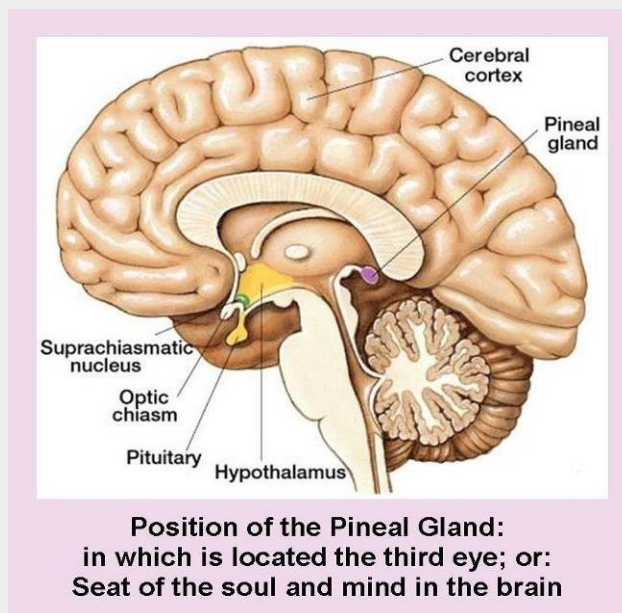


An illustrative diagram of the Soul and its various tools of action

Apart from its main instruments of service, the soul equally picks up a host of other smaller tools of service on each dimension of consciousness; such that by the time the soul arrives on earth, its structural connection to all the instruments of service it has picked up on its way to earth is as depicted below:



The above diagram illustrates how the soul is connected to its various instruments of service. It's imperative to indicate that while in the physical body, the soul itself takes up a place in the centre of the brain cavity, in that minute gland known as the pineal gland, thus illustrated as follows:



The logic of karma and reincarnation

So, as regards the tools for the soul, the sub-conscious mind serves as a depository or a storage chamber for all the experiences that the soul has had in the mental, astral and physical realms. The soul experiences mental energy with the conscious mind; it experiences emotional energy with the astral body and experiences physical phenomenon with the physical body, using its principal five senses and sensations of eyes for sight, mouth for taste, nose for smell, ears for hearing and the skin for the sensation of touch.

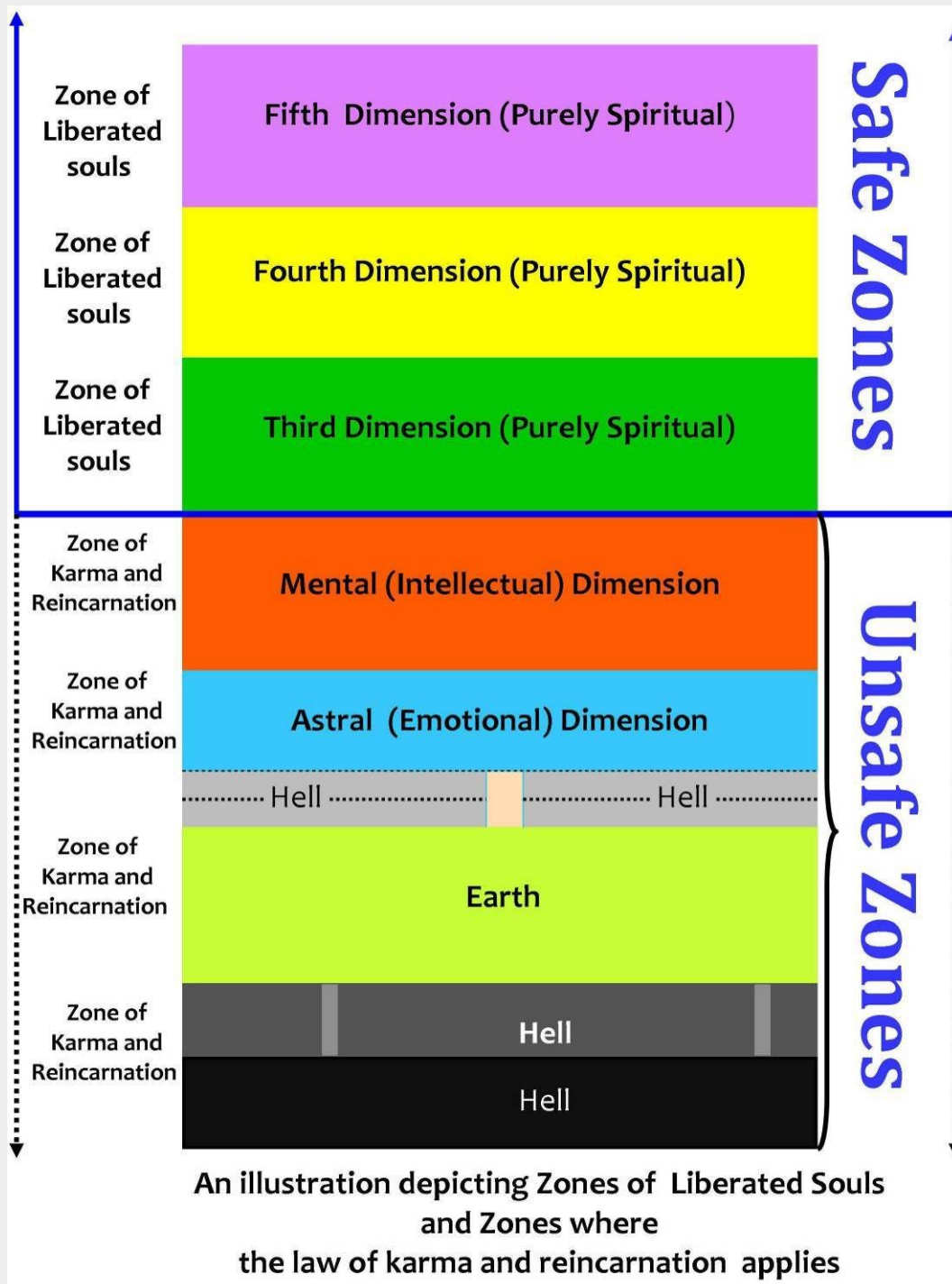
Therefore, to experience mental energy, the soul engages the mind; to experience emotional energy, the soul engages the astral body and to experience physical energy, the soul engages the physical body. Every single thought generated and exercised by the mind produces either positive or negative energy. A positive thought would generate positive energy, while a negative thought would generate negative energy. Also, every emotion generated and exercised by the astral body produces either positive or negative energy. Positive emotions generate positive energy, while negative emotions generate negative energy. Likewise every positive activity performed by the physical body generates either positive or negative energy. Positive actions generate positive energy while negative actions generate negative energy. The collection of all the energy generated by the mind, astral body and the physical body is what is referred to as karma or consequences. The totality of positive energy is referred to as positive karma; while the totality of negative energy is referred to as negative karma. Therefore, both positive and negative karma attach themselves to the soul through its instruments of service as a mass of energy. For the soul to return to its native land, it must be entirely free of this mass of energy called karma. When the physical body dies when the energy attached to the soul has not yet been neutralised, the soul travels to the astral or mental dimension of consciousness with that mass of energy attached to it. While this mass of energy is still attached to the soul, it cannot possibly return to its native land because this mass of energy keeps on pulling the soul downwards, just like someone who would prefer to float on water, but a heavy stone tied to his or her waist compels the person to sink to the depth of the sea. So, after death, the soul spends a certain amount of time in the astral or mental dimensions of consciousness, and after that, this mass of energy attached to the soul pulls back the soul to earth, where the energy was created.

Therefore, the return of the soul on earth to be born in another physical body is known as reincarnation. For a detailed and almost exhaustive discussion about karma and reincarnation, refer to the book titled: ***The Law of Karma and Reincarnation: How it Operates and Affects your life***, by Emmanuel Ebah.

The danger zones of the universe

The danger zones of the universe are those dimensions of consciousness where the law of karma and reincarnation operates. The law of karma and reincarnation operates from the mental (intellectual) dimension, through the astral world, physical world, right down to hell. Therefore, all the dimensions of consciousness situated where the law of karma and reincarnation operates are considered gravely unsafe for the prolonged stay of souls in those realms. In these territories, nothing is guaranteed as a matter of course. In one lifetime, you may bask in the most admirable form of glory, but in the next reincarnation, you may be born in circumstances in which you just manage survival on bread crumbs, if your record of karma changed for the worse. On the other hand, you may dwell in absolute misery in this lifetime, but reincarnate in circumstances of absolute and enviable fortune. Again, this would be determined by your karma. In brief, it's the record of your karma that dictates the circumstances into which you are born. In this lifetime, you may be born into one race and in the next reincarnation, you might take birth in an entirely different race. For instance, in this lifetime, if you hated a particular race and exhibited a chronic form of racism towards that race, in your next reincarnation, you may take birth in the race that you very much despised in your previous life.

Therefore, the mental, astral, physical and hellish dimensions of consciousness are deemed very unsafe for the soul. In this regard, the most unsafe zone is hell, followed by this physical world, then the astral region; and finally the mental dimension of consciousness.



The safe and eternally joyful zones of the universe

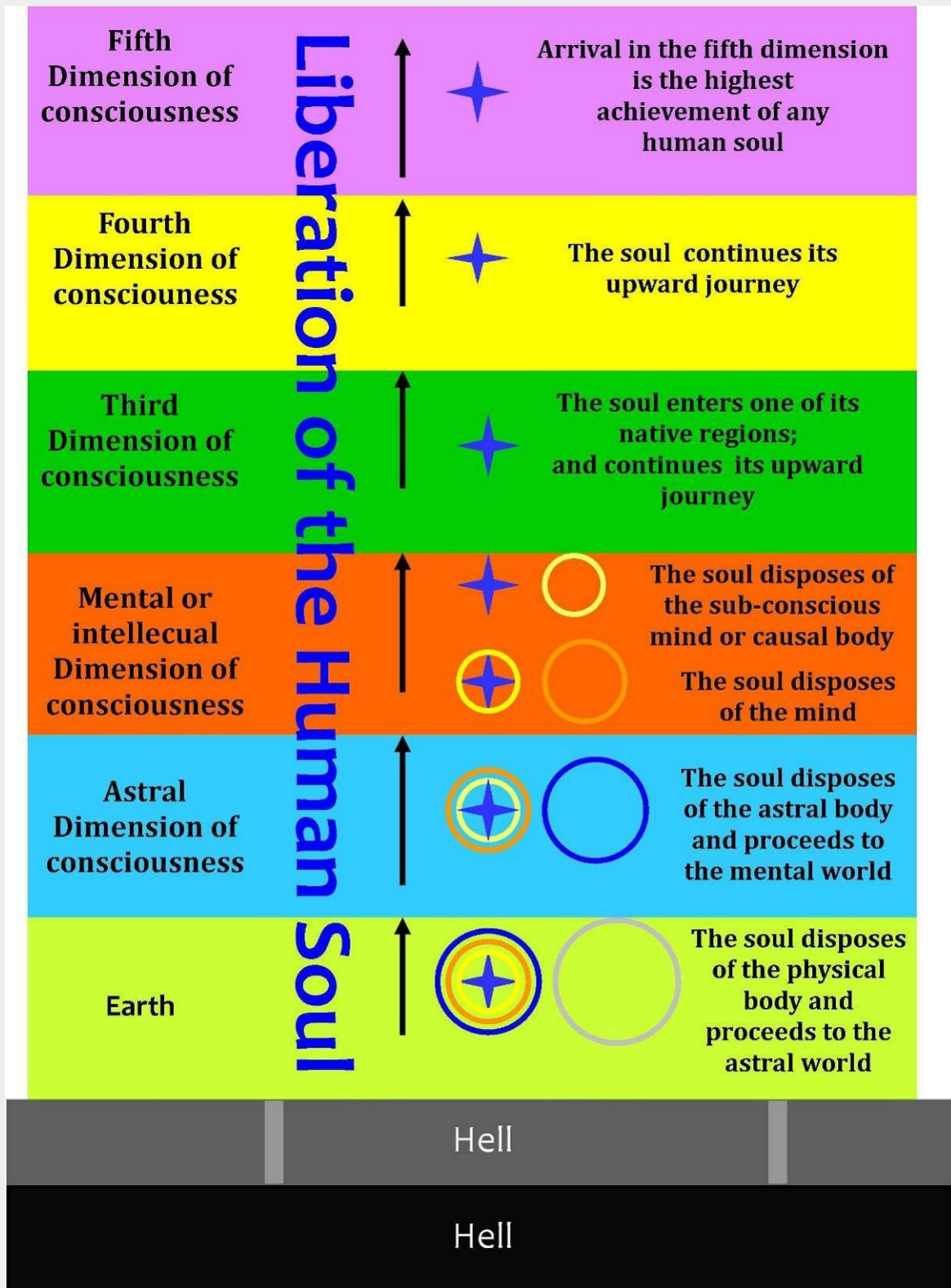
The purely spiritual regions; comprising the third, fourth and fifth dimension of consciousness are generally considered the safe zones for the soul. In these zones, the law of karma and reincarnation is entirely non-existent; and the soul abides in eternal glory, bliss and peace. Hence, the law of karma and

reincarnation only operates in the dimensions where the soul employs tools of service such as the mind, astral body and the physical body. In the purely spiritual regions however, the soul is abiding in its native land and thus has no use for these tools of service.

The meaning of Eternal Liberation of the Soul

Liberation of the soul is a scenario whereby the soul successfully resolves the totality of the mental, emotional, verbal and physical karma that it has accumulated during successive reincarnations on earth; disposes of all the tools of service that it employs to experience the lower dimensions of consciousness; soars above the dangerous zones that are characterised by karma and reincarnation; and finally returns to its native land of pure spiritual phenomenon; where it enjoys eternal bliss and peace.

During the process of the soul's arrival on earth, it picks up tools of service as it traverses the various dimensions of consciousness en route to the planet earth. During the process of liberation however, the soul progressively disposes of all the tools it picked up during its downward journey. In this scenario, as the soul ascends towards its native land, it disposes of each tool of service in the same dimension of consciousness where it was picked up during the soul's downward journey. Thus, in the physical world, the soul disposes of the physical body and proceeds to the astral dimension. There, it disposes of the astral body and proceeds to the mental or intellectual dimension. There, it disposes of the conscious mind and the causal body or sub-consciousness mind; and then proceeds to its native spiritual land in its bare state of purity. Therefore, liberation of the soul is illustrated as follows:



An illustration of the process of liberation of the soul from earthly entanglement, to eternal spiritual bliss and peace.

Why eternal liberation of the soul is essential for all of us

For it is not in so far as he is man that he will live so, but in so far as something divine is present in him; and by so much as this is superior to our composite nature is its activity superior to that which is the exercise of the other kind of virtue. If reason is divine, then, in comparison with man, the life according to it is divine in comparison with human life. But we must not follow those who advise us, being men, to think of human things, and, being mortal, of mortal things, but must, so far as we can, make ourselves immortal, and strain every nerve to live in accordance with the best thing in us; for even if it be small in bulk, much more does it in power and worth surpass everything. This would seem, too, to be each man himself, since it is the authoritative and better part of him. It would be strange, then, if he were to choose not the life of his self but that of something else.

(Aristotle, Nicomachean Ethics, X:7)

In congruence with Aristotle's above delineated enunciation, an individual who has attained the arena of no compromise in seeking the ultimate truth about himself, of God and of the universe, has chosen not the life of something else, but that of himself.

Matters pertaining to top spiritual secrets had historically been almost entirely restricted to the sacred and mysterious chambers of a handful of ascetics. Verbal promiscuity of heavenly and spiritual secrets was prohibited; and knowledge of ultimate spiritual realities remained the deserved prerogative of a minute proportion of accomplished ascetics. The luxury of explicit and undisguised spiritual knowledge was debarred from the public domain; and confined to the rigorous custody of a privileged few; who have measured up to the standard of unsurpassed austerity.

Nonetheless, in this contemporary era, there has been a sudden alteration of policy as regards rigidity in disclosing profound spiritual realities to the multitudes. Spiritual knowledge and heavenly truths have now been discharged onto the public arena to a substantially unprecedented scale, as opposed to yesteryears. Nowadays, any one who displays a considerable degree of assiduity in questing spiritual treasures will be met with the facility for appeasing his or her yearning without excessive labour and exorbitant tribulations as historically was the case.

So, what must have orchestrated such an abrupt alteration of policy, from relative stinginess in spiritual disclosures to this era of impressive endowment in spiritual disclosures? The answer is that mankind is in the verge of self-

extermination. The evil forces that mankind had been orchestrating and incubating on this planet over the years have amassed to a critical degree as to unleash their cumulative lethality to the extent that would subject mankind to the most despicable calamities ever witnessed. In view of those potential and impending calamities that now corner mankind and which have the despicable tendency for yielding the most horrendous ordeals upon the very mankind which itself engendered and perpetuated the antecedents of such potential calamities, the policy designers in the heavenly dimensions have devised an emergency strategy; whose keen observance can enable mankind to evade, neutralise or minimise looming calamities that it has manufactured by its blatant abidance to unproductive demeanour. Part of that strategy is the hastened dissemination of authentic spiritual knowledge and the putting in place of a means for spiritual cultivation, by which positive energy can be generated, which alone can dilute the intensity of malicious forces that now envelope and pervade most of humanity. Moreover, most of the humans that now inhabit this planet originate from the higher spiritual dimensions of consciousness; and the duration of their stay onto this befuddling physical abode is long overdue. The Supreme lord is seriously worried about their welfare and hence, they must be presented with a means by which they can return to their glorious abodes. They must derive retirement from their lacerating adventures on this tiresome territory called earth. The time is now due for the prodigal son to embrace the royal highway to the father's palace. He can no longer persist in abstaining from his status as his father's progeny, and in so doing, calling upon himself the most despicable agony.

So, what are the antecedent factors that prompt one to assume the honourable position of a fervent spiritual aspirant?

Such an individual might have been paralysed by horror or even dumbfounded upon observance of multiple instances where mother nature has unleashed her enragement upon humanity; as for instance, despicable episodes of unpreventable seismic calamities and other natural disasters such as prolonged drought and famine, abominable climatic extremities, destructive torrential downpours with attendant repercussions, mortal instances of technological failures with devastating consequences such as plane crashes and other technology-related fatalities. He is deeply saddened and almost emotionally paralysed by the despicable and perpetual episodes of

inter-human slaughter by way of both international and national scenarios of fierce belligerency.

He strenuously contemplates that behavioural psychology labels man as an intelligent agent, endowed with rational and deliberative faculties; and ponders why the rational agency of this so called rational agent exhibits such conspicuous animalistic instincts as expressly manifest in vivid inter-human barbarism. He recounts and envisions countless situations where people are mercilessly gripped by chronic impoverishment, wretchedness, starvation and desperation to the point of sheer bewilderment. He recaptures that even nations spared these agents of misery and who are endowed with relative abundance are also plagued by a different category of affliction; for instance, restlessness and enslavement to the means for survival and the preservation of perceived security. He is severely anguished by the pluralistic prevalence of perilous maladies that torment many a multitude, for instance, Aids, cancer, cardiovascular ailments, kidney and liver dysfunctions, insanity, depression, disability of numerous facets such as blindness, deafness etc. He is deeply traumatised by the sudden death of a love one or to the unpredicted and unexpected occurrence of some heart-aching hazardous incident to someone within his personal orbit.

He has witnessed someone transcend onto mundane fame overnight; and he has equally witnessed some other person collapse from fame overnight. He therefore reflects that irrespective of his own relatively satisfactory and secured position, it would be grossly deceptive and indeed imprudent to assign any sentiments of guarantee to his current condition. It becomes vividly clear to him that no one is immune to misfortune; and by virtue of that domineering vulnerability; even present perceived security is indeed insecure. He had witnessed abysmal instances of segregation on grounds of body pigmentation. He observes that inter-ethnic and inter-religious repulsion are rife; while alienation on grounds of gender and social orientation has become a socio-cultural emblem. He realises that disease, old age and death are mandatory, even though dreaded visitors of every self-preserving person. He is also astonished that even his own physical body, emotions and mind have in numerous occasions demonstrated their insufficiency of loyalty to him. He therefore concludes that physical life is characterised by unreliability; it is uncertain, unpredictable, perilous, nefarious, delusive and thus trust worthless. By every existing device, it has woefully failed to fulfil the criteria of a

trustworthy medium from which enduring happiness and guaranteed welfare can be secured. Disgruntled by the caprice, fictitiousness and worthlessness of mundane life, he mobilises his devices and enquires as to whether a more dependable and trustworthy version of existence prevails; and how such can be reached if it does exist. He is accorded the electrifying and assuring briefing that spiritual cultivation and spiritual life constitutes the ultimate abode of human utopianism. Such a discovery reinforces his own initial sentiments and propensity. He therefore affirms such a disclosure with preliminary jubilancy and cordial exhilaration. He motions onto its peripheral horizons to commence exploring its treasures and certainties. He is tenaciously and entirely geared towards reaching a means by which he can secure permanent and not short-term immunity from misfortune; but he also aspires to establish the underlining causes of all human miseries and the nature of such causes themselves.

He commences his critical investigation by preliminarily conducting visitations to every library of reputation that he can access. He examines the content of each and every philosophical book with full-scale keenness. He assimilates the philosophical thoughts of Socrates, Plato, Aristotle, Spinoza, Confucius, Lao Tze, just to mention a few. He executes a meticulous examination of the scriptures of all the major religions in the world, for instance, he exhausts the Christian bible, he critically examines the Buddhist Sutras with unreserved keenness. He commences to scrutinise the range of available metaphysical postulations that had existed from time immemorial. He detects parallels and paradoxes amongst the various spiritual conceptions. He derives significant cognitive edification from the diverse spiritual concepts examined so far, but he is also somewhat bewildered by the apparent absurdities that resonate in some of these concepts. Without seeking and obtaining retrenchment from his mere intellectual investigation, he comes to the awareness that his spiritual quest is real but the material examined thus far is simply conceptual in character, devoid of any practical and realistic feasibility for appeasing his spiritual starvation. He acutely realises that these elaborate metaphysical concepts, various philosophical tenets and religious scriptures are simply posing as a spiritual *à la carte* menu; but appreciates that no menu can ever deliver food into a hungry person's stomach.

He fully captures the fact that a menu is at best a literally inscription of available delicacies; and an indication of their respective flavours. He maintains

the vigorous awareness that his soul is desperate for spiritual nectar. He nonetheless admits that the spiritual concepts consulted thus far have invigorated and amplified the effervescence of his spiritual quest; but also acknowledges their experiential handicaps. He recollects that Jesus of Nazareth enunciated of the many mansions in his Father's kingdom and that the noble Buddha hinted on the existence of the western paradise; while Supreme Master Ching Hai had innumerably expatiated on the existence of various dimensions of consciousness. He is extremely inspired by the pronouncements of these noble souls and high order Masters; and very much craves to bring into cessation his self-imposed spiritual starvation. He has indeed incubated and developed an unflinching admiration for advanced, loving, wise and noble spiritual beings; be they in physical embodiment or disembodied form. It becomes placidly clear to him that he can resolve his spiritual disquietude once and for all if he practices the highest ever existing method of spiritual cultivation as imparted by a high order Master. He has therefore attained the categorical affirmation that he must seek the highest order Master who instructs on the very highest form of spiritual cultivation and liberation of the soul. In this regard, he desires nothing short of the highest order Master and the highest method. After a consistent and laborious investigation, it becomes firmly conclusive that Supreme Master Ching Hai is the very highest order contemporary Master who teaches the very highest method of spiritual cultivation known as the Quan Yin method of meditation. After careful but unprejudiced scrutiny of the Master's expertise, he has therefore opted to solicit initiation from this venerable Master Ching Hai.

The role of the Spiritual Master in the Eternal Liberation of the Soul

A high order Spiritual Master is someone who has achieved perfected practical knowledge about the science of the human soul and all the secrets of the universe. A high order Spiritual Master is therefore an unrivalled high-profile divine scientist, with the highest possible attainable level of expertise in the science of the human soul. Eternal liberation of the soul can be pursued and achieved by anyone who is prepared to exert the required effort to that effect. Nonetheless, eternal liberation of the soul is by no means a haphazard phenomenon, but a prodigious undertaking that requires a definite scientific method. Hence, for one to pursue and achieve liberation of the soul in this lifetime, three requirements must be fulfilled as follows: the method, the right effort and the guidance.

Both the method and the guidance are offered by a high order Spiritual Master; while the individual is expected to consistently exert the right effort. All scientists are fully aware that to achieve the desired results in any scientific experiment, the investigator must observe a particular scientific method or a set of standard procedures. If the investigator scrupulously and consistently observes the required method, then the expected results must be achieved. Also, no medical student can successfully become a qualified medical doctor, without the supervision of a competent expert, who is well versed in medicine. Also, for anyone to achieve liberation of the soul in this lifetime, the soul-liberating method and the supervision must be offered to the individual by someone who has already achieved a high level of competence in the domain of liberation of the soul. Such an unsurpassed high profile expert in matters of the human soul is the high order Spiritual Master. Therefore, liberation of the soul can be stated as follows:

Right method + Right guidance + Right effort = **Eternal Liberation of the soul**

The Role of Meditation in the Eternal Liberation of the Soul

The connection between the soul and its tools of service is generally designed to be provisional, rather than permanent. For instance, when a diver puts on a diving suit and an oxygen mask, this is intended to enable the diver survive in the environment of the sea, where the normal physical features cannot survive by their own independent devices. Under normal circumstances, the diving suit and oxygen mask should be discarded, once the diver concludes his or her mission in water. So also, the soul employs its tools of service to experience life in their respective zones of functionality. Once the respective experiences are fully assimilated by the soul, it's normally supposed to discard these tools of service; and return to its native land of eternal spiritual freedom. Nonetheless, during the soul's supposed temporary association with its tools of service, these tools more often generate an intense degree of negative energy, which hardens their attachment to the soul; and renders it extremely difficult, if not impossible for the soul to dissociate itself from these tools, for an eventual return to its native territory of absolute spiritual bliss. Therefore, meditation is a process whereby the soul harnesses the supreme divine energy contained within itself, which enables it to dissolve the intense energy generated by its respective tools. Once the soul dissolves this energy generated by its tools that hardens their connection to the soul, these tools then unfasten themselves from the soul, one after the other, permitting the soul to soar to its native land of inconceivable spiritual bliss. Thus, meditation enables the individual to break the very solid bond, which prevails between the soul and its tools of service. For instance, when water is heated at a temperature of 100 °C, the hydrogen bonds that connect the oxygen and hydrogen atoms are broken, enabling the oxygen and hydrogen atoms to separate during the process of evaporation. In the same manner, the supreme energy generated by meditation dissolves the bond between the soul and its tools of service; permitting the soul to withdraw from them; and to return to its native land of eternal spiritual freedom. Consequently, meditation is an absolute necessity for anyone who seeks to achieve eternal liberation of the soul.

Why the Quan Yin Method of Meditation is the best for your soul

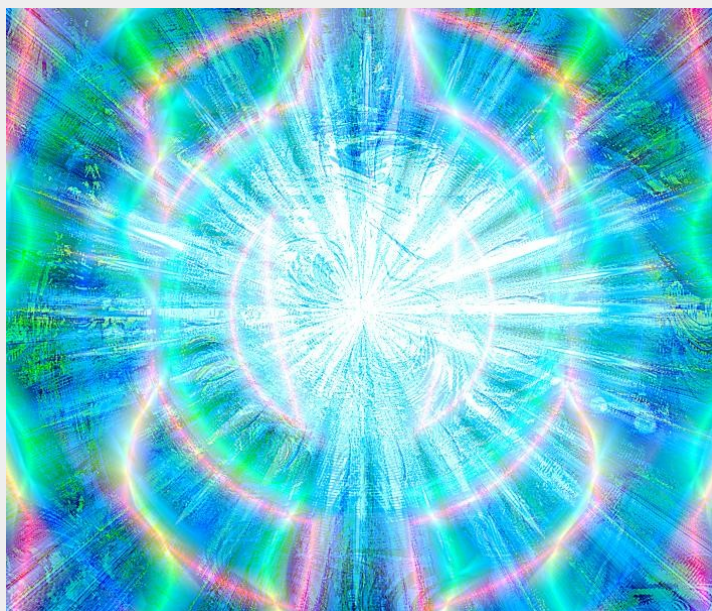
Two very prominent and distinctive qualities of the spiritual dimensions or the heavens is that they are characterised by the constant presence of glorious and blissful **divine light** and **divine sound vibrations** or **sound currents**. Just as the physical world is characterised by **land**, **water** (sea, rivers, streams, lakes etc) and the **atmosphere**, so also are the spiritual dimensions characterised by light and sound. This sound is also referred to as sound vibrations, sound current, divine melody etc. Therefore, the physical world is composed of the three states of matter, comprising solid, liquid and gas. Even the physical body is composed of solid, liquid and gas, to reflect the principal three states of matter prevalent on earth. As a matter of fact, even the physical body is also nourished with these three states of matter, because the body can only be sustained with the substance with which it is composed; for instance, when you consume rice, that represents solid; when you drink water, that represents liquid; and when you inhale oxygen into the lungs, that represents gas.



An illustration of vibrations in the universe

So, since the human soul is a product of the spiritual worlds, it is therefore composed of the same material as the atmosphere of those spiritual worlds, just as the physical body is composed of the three states of matter representing the qualities of the earth. Thus, the human soul is composed of divine light and divine sound as the spiritual dimensions or the heavens. Since

an entity can only be nourished with that with which it is composed, it follows that the soul can only be nourished with divine light and divine sound. Consequently, meditation is the process by which the soul harnesses and nourishes itself with the divine light and divine sound contained in itself. Meditation is also the process by which the soul equally withdraws even more of that divine light and divine sound directly from the spiritual dimensions. Divine sound currents emerge from the highest spiritual dimension and flow downwards, right down to the lowest dimension, which indeed is the planet earth. Therefore, these mysterious divine sound currents connect the highest spiritual dimension to the lowest; and again the lowest spiritual dimension to the highest. From the lowest to the highest, each successive spiritual dimension has a greater intensity and refinement of divine light and divine sound currents.



An illustrative depiction of divine light

These divine sound currents constitute the means by which the soul travels from the higher spiritual realms to the physical world and also the means by which the soul travels from the physical world to the higher spiritual dimensions. Thus, these divine sound currents constitute the mode of transportation for the human soul. In this physical world, to travel from one country to the other, one may employ a particular means of transport such as the aeroplane. By the same token, in the spiritual dimensions, for the soul to

travel from one dimension to the other, it attunes itself to these divine sound currents that propel the soul upwards.

Therefore, any form of meditation that is considered the best, should involve meditation on the inner divine light and the inner divine sound, since these two qualities comprise the essential physiological characteristics of the soul; and also constitute the essential composition of the spiritual dimensions. Thus, only the method of meditation that involves divine light and divine sound can enable the soul to achieve liberation in this lifetime. Any method of meditation which does not involve divine light and divine sound can be deemed good, and can enable the soul to achieve a certain degree of spiritual elevation; which is praiseworthy; but the highest achievement of the soul, which is eternal liberation in one lifetime; can only be achieved through a method of meditation that involves contemplating the inner divine light and the inner divine sound. The Quan Yin Method of meditation involves contemplating the inner divine light and the inner divine sound, through which we attain absolute understanding of our soul, gain access to the higher spiritual realms, get in touch with God and achieve eternal liberation of the soul in this lifetime.

Supreme Master Ching Hai is a completely enlightened living Spiritual Master of the highest spiritual calibre, who achieved perfected and ultimate spiritual enlightenment in the Himalayas. She had been the recipient of distinguished spiritual awards, amongst them, the prestigious World Spiritual Leader Award. She had been an illustrious invited guest speaker at the United Nations on several occasions. She had also fulfilled the invitation of ardent truth seekers around the world, personally appeasing their yearning and sincere hearts with Her treasures of deeply edifying wisdom and boundless unconditional love. It's always said that: by their fruits, they shall be known; and therefore, the unassailable and fascinating spiritual productivity of Supreme Master Ching Hai has prompted humanity to recognise Her as the unmistakable flag bearer of humanity's progressive evolution into the golden age.

Supreme Master Ching Hai had always underscored that we should live a life befitting of the children of God, characterised by wisdom, love and fulfillment, where people live together in peace, harmony and collective happiness. However, in order to achieve this ideal situation, it's imperative that we harness the immeasurable treasures of wisdom, love, creativity and all virtues contained in our soul, which is more often spoken of as the kingdom of God or the Buddha nature that dwells in us. Supreme Master Ching Hai maintains that if God had endowed us with a soul, it's because He wanted us to make use of the soul's inherent treasures to enhance both our material and spiritual welfare. Therefore,

Supreme Master has discovered that not only has God endowed us with a soul, but has also put in place a means by which we can consciousness harness those treasures, so as to achieve our highest physical, emotional, mental and spiritual potential. This fascinating method of getting in touch with our glorious divine self and harnessing our divine treasures is known as the Quan Yin Method of Meditation (Contemplation of the Inner Divine Light and the Inner Divine Sound). Supreme Master achieved Her Own Spiritual Greatness through this means; and so have hundreds of thousands of Her disciples from around the world. The tested and proven efficacy of the Quan Yin Method of Meditation has prompted many to embrace it with joyful enthusiasm, as it has transformed their lives beyond their wildest imaginations. You too can reap the benefits of the Quan Yin Method of Meditation and become a living testament of its wonders.

The Quan Yin Method of Meditation



Supreme Master Ching Hai initiates sincere people yearning to know the Truth, into the Quan Yin Method Meditation. The Chinese Characters “Quan Yin” mean contemplation of the Sound Vibration. The Method includes meditation on both the inner Light and the inner Sound. These inner visions have been repeatedly described in the spiritual literature of all the world’s religions since ancient times.

For Example, the Christian Bible states: *In the beginning was the word, and the word was with God, and the word was God (John: 1-1).* This Word is the inner Sound. It has also been called Logos, Shabd, Tao, Soundstream, Naam, or Celestial Music. Supreme Master Ching Hai says, *It vibrates within all life and sustains the whole universe. This inner melody can heal all wounds, fulfill all desires, and quench all worldly thirst. It is all powerful and all love. It is because we are made of this Sound that contact with it brings peace and contentment to our hearts. After listening to this Sound, our whole being changes, our entire outlook on life is greatly altered for the better.*

The inner Light, the Light of God, is the same Light referred to in the word “enlightenment.” Its intensity can range from a subtle glow to the brilliance of many millions of suns. It is through the inner Light and Sound that we come to know God.

The initiation into the Quan Yin Method is not an esoteric ritual or a ceremony for entering a new religion. During the initiation, specific instruction on meditation on the inner light and inner sound is given, and Master Ching Hai provides the “Spiritual Transmission.” This first taste of Divine presence is given in silence. Master Ching Hai needs not be physically present in order to open this “door” for you. This Transmission is an essential part of the Method. The technique themselves will bring little benefit without the Grace of the Master.

Because you may hear the inner Sound and see the inner Light immediately upon initiation, this event is sometimes referred to as “Sudden” or “Immediate Enlightenment.”

Master Ching Hai accepts people from all backgrounds and religious affiliations for initiation. You do not need to change your present religion or system of beliefs. You will not be asked to join any organisation, or participate in any way that does not suit your current lifestyle.

However, you will be asked to become a vegan. A life-time commitment to the vegan diet is a necessary prerequisite for receiving initiation.

The initiation is offered free of charge.

Daily practice of the Quan Yin Method of Meditation and the keeping of the Five Guidelines are your only requirements after initiation. Keeping the guidelines prevents you from harming either yourself or any other living being. These practices will deepen and strengthen your initial enlightenment experience, and allow you to eventually attain the highest levels of awakening or Godhood for yourself. Without daily practice, you will almost certainly forget your enlightenment and return to a normal level of consciousness.

Master Ching Hai’s goal is to teach us to be self sufficient. Therefore, She teaches a Method that can be practiced by everyone, by themselves, without props or paraphernalia of any kind. She is not looking for followers, worshippers or disciples, or to establishing an organisation with a dues paying

membership. She will not accept money, prostrations, or gifts from you, so, you do not need to offer these to Her.

She will accept your sincerity in daily life and meditational practice to progress yourself towards Sainthood.

The Five Guidelines for Practicing the Quan Yin Method of Meditation

1. Refrain from harming any living being *.
2. Refrain from speaking what is not true.
3. Refrain from taking what does not belong to you.
4. Refrain from sexual misconduct.
5. Refrain from using intoxicants **.

* This guideline requires strict adherence to a vegan diet. No meat, no dairy, fish, poultry or eggs (fertilised or non-fertilised).

** This includes avoiding all poisons of any kind, such as alcohol, drugs, tobacco, gambling, pornography and excessively violent films or literature or video games.

The Benefits of Practicing the Quan Yin Method of Meditation

Liberation of the soul in this lifetime

The Quan Yin Method of Meditation enables liberation of your soul in this lifetime. The heaven just above this physical world is called the astral dimension; and the heaven just above the astral dimension is known as the mental or intellectual heaven. The law of karma and reincarnation operates from the mental heaven through the astral world, right down to this physical world. Most virtuous souls proceed to either the astral or mental heaven after death. They expend a duration of stay there equivalent to the merits that qualified them for residence in such a heaven. Nonetheless, once the merits expire, the soul again reincarnates on earth, to continue the resolution of its outstanding karma or previously generated spiritual liability. Nonetheless, with the Quan Yin Method of Meditation, your soul will soar beyond the astral and mental heavens where the law of karma and reincarnation does not operate; enabling such a soul to gain absolute freedom from karma and rebirth. Such a soul is known as a liberated soul; and enjoys divine bliss for ever.

Expand your Wisdom, inventiveness and love

The Quan Yin Method of Meditation enables you to get in touch and harness the divine treasures of love, wisdom, creativity and all constructive qualities contained in the soul. This expands your productive capacity a million fold; and enables you to discharge even your mundane duties with greater aptitude and efficiency. Your life is enormously enriched and you become a better servant of your community and your nation.

Realise your highest spiritual potential

You are in possession of the physical body and the human biologist has established the manner in which this human body functions. Nonetheless, we have a soul but very few people have a clue as to how the human soul actually functions. With the Quan Yin Method of meditation, you will master the workings and use of your own soul through self-realisation. Therefore, you will practically be experiencing the religious scriptures; not just reading and sometimes even missing the hidden meanings embedded in them.

Liberate five generations of your family

With the Quan Yin Method of Meditation, five generations of your family members would also be liberated. Your family members in heaven are taken to a higher heaven; and if there are any of them paying their spiritual debt in hell, the compassionate Master can pay for their debt and enable their metamorphosis to a better spiritual realm.

Achieve your highest purpose in life

Spiritual evolution and spiritual mastery is the highest purpose of life on earth. If you achieve all that is material to the highest degree but fail to achieve spiritual development, then you have achieved nothing. Nor matter how incredibly glorious and strong your physical body is, it would ultimately disappoint you through sickness, old age and of course death. We spend 99% of our lives toiling for a physical body which is certain to become food for worms in the cemetery one day. Yet, we entirely disregard the spiritual welfare of the soul that will eternally be faithful to us. This regrettable situation truly constitutes a misallocation of priorities for humanity. Therefore, with the Quan Yin Method of Meditation, you are certain to achieve your highest goal in life; which is the evolution of your soul. Nonetheless, this will not by any means compromise your physical aspirations and happiness.

Enjoy Maximum good health

With the Quan Yin Method of Meditation, you can enjoy the best possible level of physical, emotional, mental and spiritual health. The inner Divine Sound is like a highly charged perfect cleansing agent that purifies your entire being. It eliminates any negative energy that is generated in your consciousness, opens up all the blockages and abnormalities in the magnetic fields of your aura; and puts you in a frame of perfect equilibrium. It replenishes all the cells of your body and cleanses any dysfunctions that have built up in the cells and tissues.

References and Further Reading

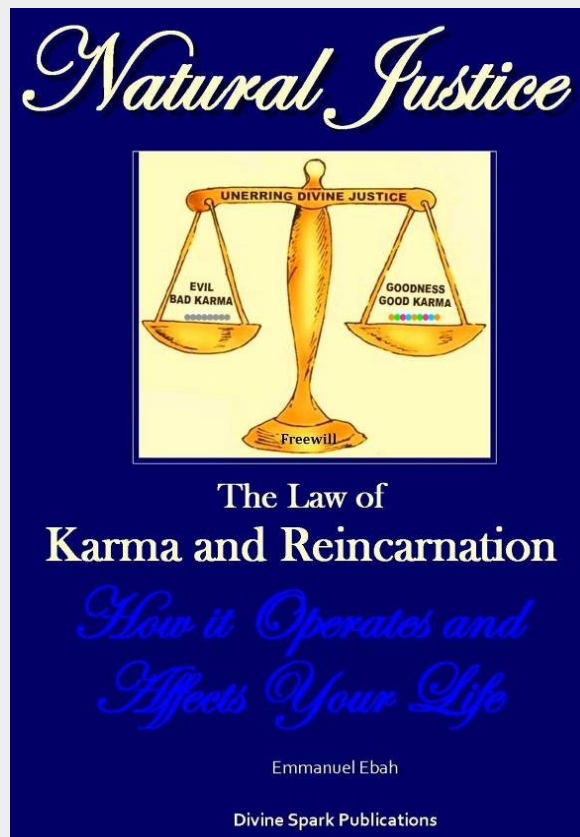
About the Quan Yin Method of Meditation

<http://www.Godsdirectcontact.org>

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*The Soul is the beginning and end
of all human dreams and ideals*

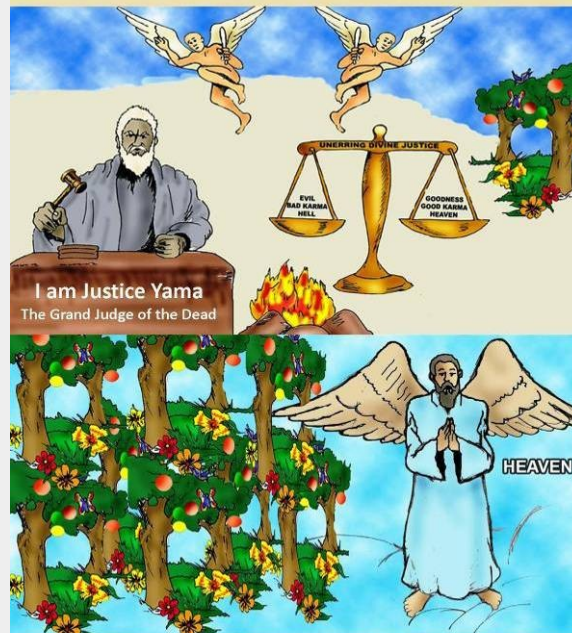
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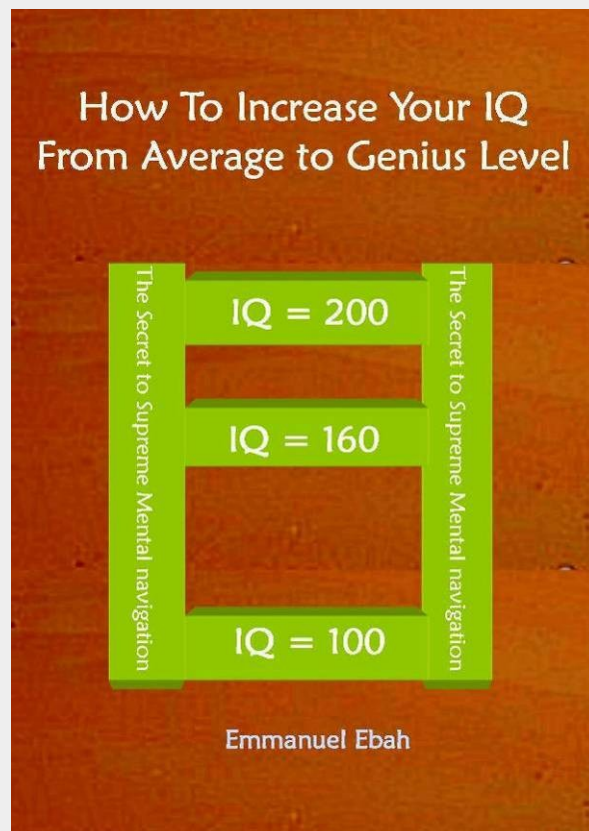
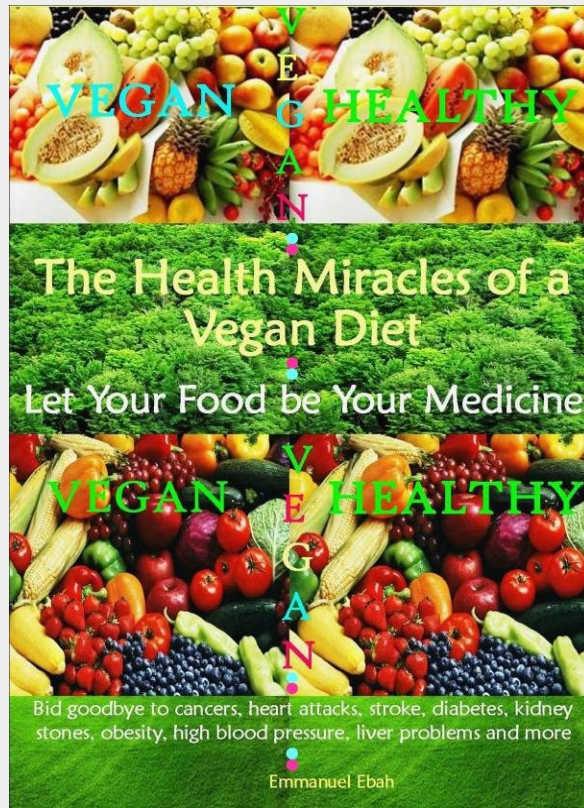
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I freely consent to the following curriculum during my life on earth

Seal & Signature: *Mark Brown*

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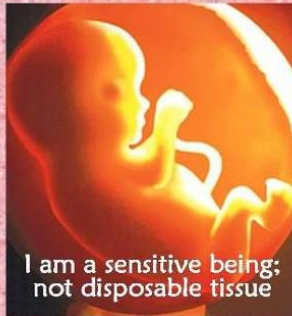
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If you don't need
me, don't invite me



Please don't injure
my innocence

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The Nature of the Spiritual Bank Account

Expressed in Spiritual Points

Debit Demerit Liabilities	Credit Merit Assets
- 1.000	+ 20.000
-19.000	+ 8.000
- 6.000	+ 50.000
-30.000	+ 10.000
Balance	+ 32.000

Emmanuel Ebah

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Emmanuel Ebah,
Researcher, Economist, Writer and Philosopher;
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