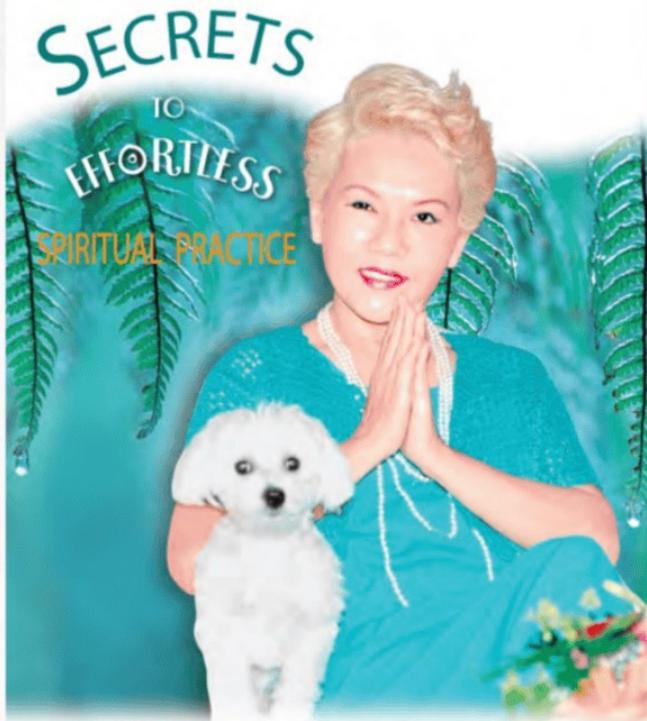


# THE QUAN YIN METHOD OF MEDITATION



*“Only when we meditate on God... Have direct contact with the Light and Sound, do we know. We know everything without even learning from anyone, without reading books, without reading newspapers. We understand profoundly & everlastingly.”*

**Supreme Master Ching Hai**



## THE QUAN YIN METHOD

Supreme Master Ching Hai initiates sincere spiritual aspirants into the Quan Yin Method. The Chinese characters “Quan Yin” mean observation of the sound vibration. The Method includes meditations on the Inner Light and the Inner Sound, or the “Word” as described in the Bible: *“In the beginning was the Word, and the Word was with God, and the Word was God” (John 1:1)* This Inner Sound is also mentioned in other scriptures as the Shabd, Tao, Sound Stream, Naam, Celestial Music, etc. In the initiation, specific instruction in meditation is given, and Supreme Master Ching Hai provides the “Spiritual Transmission”. This first taste of Divine Presence is given in silence, through which one can experience the Soul’s Awakening, in the form of the Light and Sound. This event has been called “sudden” or “immediate enlightenment” by great Zen Masters of the past.

*“This Sound vibrates within all life and sustains the whole universe. This inner melody can heal all wounds, fulfil 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.”*

**Supreme Master Ching Hai**

Daily practice of the Quan Yin Method of meditation, and keeping the Five Virtues are your only requirements after initiation. These practices will allow you to deepen and strengthen your initial enlightenment experience, and eventually attain the highest levels of Awakening or Enlightenment for yourself.

*“Initiation is not really initiation... you just come here and let me help you help yourself. I have not come here to make you disciples... I have come to help you become Masters.”*

*“We should see with our true eyes, and then we may perceive the true grace of God.”*

**Supreme Master Ching Hai**

## A BRIEF BIOGRAPHY

Supreme Master Ching Hai was born to a well-off family in Au-Lac (Vietnam). As a young child She showed a precocious interest in spiritual subjects. Being in a family of both Buddhist and Catholic backgrounds, She developed an open attitude towards all religions. With a natural love and compassion for all beings, Supreme Master Ching Hai often worked as a volunteer in hospitals, tending to the sick after school. At the age of eighteen, She moved to England to study, and then later to France and Germany, where She worked for the Red Cross and married a German scientist, and continued to do humanitarian work out of a constant desire to help others. Continuously distressed by the fact that She was unable to free Her fellow human beings from life’s sufferings, Supreme Master Ching Hai decided, in mutual agreement with Her husband, to leave the married life and to embark on a search for the ultimate spiritual Truth. After many years of tests, trials and tribulations She attained the Great Awakening. She did so through the Grace of the Divine Transmission from a Himalayan Master and through Her own diligent practice of the Quan Yin Method.