

QUESTION:

I wanted to ask if you have a message for the leaders of the world, what would you say to them?

SUPREME MASTER CHING HAI:

I would say to them to use their mighty power to change the diet of the planet, and adopt immediately new technology and renewable energy. Also, set an example themselves by becoming a vegetarian or vegan. Use their mighty power to set a new diet for the planet, the vegetarian diet.

QUESTION:

Yes. Thank you, Master.

SUPREME MASTER CHING HAI:

They first have to be vegetarian and then they use their power truly. They could do that by forbidding meat as well, by citing all the harm that meat does to humans and the planet.

Forbid meat eating, just like forbidding smoking cigarettes and drugs. It's also another kind of harmful drug.

I really wish that we have the planet, that we continue to live, and that the children grow up in a better environment, but you see, it's up to humanity to decide what they want and which direction they turn.

QUESTION:

Master, since livestock breeding is the major cause of greenhouse gas, it looks like vegetarianism would be a solution. But do you think it will be enough?

SUPREME MASTER CHING HAI:

No, no, I didn't say just vegetarian; technology has to change. We have veggie, we have renewable energy, we have hybrid cars, we have planting trees and we have prayers, remember?

Vegetarianism is for the long-term benefit, to lessen the karma (bad retribution), and to touch the mercy of Heaven.

QUESTION:

Master, if you had a message for the world, what would it be?

SUPREME MASTER CHING HAI:

That I love them very much.

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January 20, 2008: In response to concerns of Supreme Master TV staff, Supreme Master Ching Hai graciously agreed to a teleconference for further discussion and questions about climate change.



Go Veg! Be Green!

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www.SupremeMasterTV.com



Change Your Life ♥ Change Your Heart ♥ Change Your Diet ♥ No more killing ♥ Be healthy and loving

Alternative Living

Examples of nutritious, life saving food:

Foods	Protein Concentration (Percentage by Weight)
Tofu (from soya)	16 %
Gluten (from flour)	70 %
Corn	13 %
Rice	8.6 %
Soy beans, kidney beans, chick peas, lentils, etc.	10 - 35 %
Almonds, walnuts, cashews, hazel nuts, pine nuts, etc.	14 - 30 %
Pumpkin seeds, sesame seeds, sunflower seeds, etc.	18 - 24 %

Concentrated multi-vitamin tablets/capsules are also a good source of vitamins, minerals and anti-oxidants.

Fruits and vegetables are full of vitamins, minerals, anti-oxidants and contain high quality fiber for maintaining good health and a long life.

The recommended daily allowance: 50 grams of protein (Average adult).

Calcium from vegetables is more absorbable than from cow's milk.

- To diminish the real threat of a worldwide pandemic from bird flu,
- To avoid the danger of mad cow disease (BSE) and pig disease (PMWS), etc.
- To stop the continuing gruesome sacrifice of billions of our sweet domestic animals, marine life and feathered friends daily

It's wise to change to a vegetarian diet for good.

- It's Health
- It's Economy
- It's Ecology
- It's Compassion
- It's Peace
- It's Noble

Save our Lives!
We Love You

We Pray
for You

Thank You
for Your Compassion

For more information, please refer to these websites:

- <http://AL.Godsdirectcontact.org.tw>
- <http://www.vegsource.com>
- <http://www.vrg.org> <http://www.vegsoc.org>
- or email to: AL@Godsdirectcontact.org

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Vegetarian and Vegan Elite of the World :

Philosophers & Spiritual Leaders Paramahansa Yogananda (*Indian spiritual teacher*), Socrates (*Greek philosopher*), Jesus Christ, Confucius (*Chinese philosopher*), Shakyamuni Buddha, Lao Tzu (*Chinese philosopher*), St. Francis of Assisi (*Italian Christian Saint*), Thich Nhat Hanh (*Vietnamese Buddhist monk/writer*), Yogi Maharishi Mahesh (*Indian leader of Transcendental Meditation*), Leo Tolstoy (*Russian philosopher*), Pythagoras (*Greek mathematician/philosopher*), Zoroaster (*Iranian - Founder of Zoroastrianism*), Muhammad Rahiim Bawa Muhaiyadeen (*Sri Lankan Islamic author & Sufi Saint*), etc.

Writers & Artists Leonardo Da Vinci (*Italian artist*), Ralph Waldo Emerson (*US essayist/poet*), George Bernard Shaw (*Irish writer*), John Robbins (*US writer*), Mark Twain (*US writer*), Albert Schweitzer (*German philosopher, physician & musician*), Voltaire (*French writer*), Sadegh Hedayat (*Iranian writer*), etc.

Scientists, Inventors & Engineers Charles Darwin (*British naturalist*), Albert Einstein (*German scientist*), Thomas Edison (*US scientist/inventor*), Sir Isaac Newton (*British scientist*), Nikola Tesla (*Serbian-American scientist/inventor*), Henry Ford (*US Founder of Ford Motors*), etc.

Politicians, Statespersons & Activists Susan B. Anthony (*US leader of woman's suffrage movement*), Mahatma Gandhi (*Indian civil rights leader*), Coretta Scott King (*US civil rights activist/leader & wife of Dr. Martin Luther King, Jr.*), Dr. Janez Drnovsek (*2nd President of Slovenia*), Dr. Manmohan Singh (*Prime Minister of India*), Dennis J. Kucinich (*US congressman*), etc.

Actors & Models Pamela Anderson (*US actress*), Ashley Judd (*US actress*), Brigitte Bardot (*French actress*), John Cleese (*British actor*), David Duchovny (*US actor*), Danny Devito (*US actor*), Richard Gere (*US actor*), Daryl Hannah (*US actress*), Dustin Hoffman (*US actor*), Steve Martin (*US actor*), Ian McKellen (*British actor*), Tobey Maguire (*US actor*), Paul Newman (*US actor*), Joaquin Phoenix (*US actor*), Steven Seagal (*US actor*), Jerry Seinfeld (*US actor*), Naomi Watts (*Australian actress*), Kate Winslet (*British actress*), Christie Brinkley (*US supermodel*), Christy Turlington (*US supermodel*), etc.

Musicians George Harrison - Paul McCartney - Ringo Starr (*members of the Beatles*), Bob Dylan (*US musician*), Michael Jackson (*US pop star*), Morrissey (*British singer*), Olivia Newton John (*British-Australian singer*), Sinead O'Connor (*Irish singer*), Pink (*US singer*), Prince (*US pop star*), Tina Turner (*US pop star*), Shania Twain (*Canadian singer*), Vanessa Williams (*US pop singer*), etc.

Athletes Billie Jean King (*US tennis champion*), Bill Walton (*US basketball player*), Carl Lewis (*US 9-time Olympic gold-medalist in track & field*), Edwin C. Moses (*US 2-time gold-medalist in track & field*), Alexander Dargatz (*German athlete, body-building champion & physician*), etc.

And the list goes on... <http://AL.Godsdirectcontact.org.tw/vg-vip>



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