

FOREWORDS

Master Tran Tam has been living far away from His home town since His childhood. He studied Vietnamese by Himself through books on Buddhism in the United States by reading prayer books and learning words at the same time. Even though His Vietnamese speaking is not fully fluent, His plain and literal words have become the Knowledge of Truth. Each of His words contains enormous profound Wisdom and great Love of God.

He seldom speaks about Himself. However, it is His disciples' sincerity that encouraged Him to devotedly share His experiences in the practice life with them. At requests of disciples everywhere, we have collected all of the information about Him and presented below in the hope that this would be a small gift for those craving to know more about the religion study process of a Knowledgeable Master.

Master Tran Tam neither set up new religion nor interfered with current ones. He usually told his disciples to focus on their practice, not to meddle in others' business and first and foremost, not to sow religious division. He advised all of his disciples to

live modestly, preserve the purity of their Body – Speech -Mind and always remember that the supreme goal of their being is to identify their greatness. He always reminds everyone: “Be a good citizen, maintain an ethical lifestyle, bring into play the nation’s tradition and culture, constantly commemorate ancestors’ merit and retain their religious beliefs permanently”. He simply used the method of deep religious meditation and self-improvement to help us develop our internal serenity and happiness and free us from the current incarnation. He said: “Every living being was born with Buddha Nature”. He came to remind us of the noble Buddhist Nature intrinsic to us and to show us the way back to the “Primitive House” that we had forgotten eternally.

He lives very modestly and has His own rules. He keeps to them strictly and always reminds His disciples to respect and follow what He recommended. The rules are very simple. He neither takes anyone’s offerings nor involves in the businesses of other religions. Also, neither does He establish nor organize His own sect.

The Master treats everyone with sense of love and modesty, clearing the gap between Him and His disciples. He always regards them as His close spiritual friends and welcomes those coming to him

regardless of religions, beliefs and social classes. He simply uses love and the method of deep religious meditation to help us find the peace of mind and practice for life liberation.

The compilation of this book were assisted and supported by those sincerely wishing to share The Knowledge of Truth with those naturally coming to the Dharma. The images and words shown in the book are full of God's favor and Master Tran Tam's support. All rights are reserved and under no circumstances shall any parts in this book be printed or modified without the acceptance of Master Tran Tam and the publisher.

We, disciples, would like to express our sincere reverence and great gratitude to Master Tran Tam, who has brought us deep-meaning words of Wisdom and warmed our souls with His tremendous Love.

We sincerely wish that thanks to Buddhas, Bodhisattvas and the Supreme God, we would be close to Him to learn His Forgiveness and Wisdom to be able to self-release and do well to all beings.

Board of Editors

BIOGRAPHY OF ZEN MASTER TRAN TAM

Master Tran Tam was born in a family embracing traditional Buddhism in Vietnam in a painful historical period of the country. His parents were hard-working labourers, who tried their best, in the troubling times, to preserve moral disciplines and family traditions and bring up their children.

It is His maternal grandfather who had the most influence on Him and His goals of life. The grandfather was not only a religious practitioner always preserving Buddhist ethical disciplines but also a martial arts instructor of knightly virtue. He gave the Master first lessons about bravery, compassion and humanity. Before passing away, he told his descendants not to dent things he had been creating and defending. Up to now, the Master has never forgotten his grandpa's last will and constantly follows his example in maintaining lifestyle, morality and mutual love and worshipping Buddha - Bodhisattva.

As a child, He was so broken-hearted to witness His compatriots being slaughtered in cold blood in the wartime and suffering hopelessly from horrible woes. The dull pain made Him a reticent boy, hiding His feeling all the time. Nevertheless, His relatives, friends and teachers all loved Him, a

good-natured, compassionate and helpful boy.

His childhood intimate was the sister who is just a few years older than Him. She constantly comforted Him whenever He was sad and was asked such baffling questions as “Who am I? Where am I from? Why do human beings exist in this world? Why is there human misery? Why don’t they love each other? Why do human beings die after arriving in this world? Where will they be after death?” Such questions are too challenging for a little boy to answer.

At the age of 12, Master Tran Tam left Vietnam for the United States in an unfortunate across-the-ocean voyage. In the open sea, He again had to witness brutal robberies and killings. Having no way around to escape from extreme misery and fright, all the survivors resorted to praying under their breath for Buddha and Bodhisattva’s help. Too frightened and thirsty, He fainted in those moving prayers. In His dream, He met Bodhisattva, surrounded with bright Halo. Bodhisattva came to Him to protect Him and fed him with drops of ambrosia. Recovering consciousness, He still felt her deep love and upon arrival, it was surprising that His thirst was quenched naturally. No sooner had he rejoiced than another pain came: the sister died.

His little heart could not stand such extreme pain. Much later, whenever thinking of it, He still felt His heart aching. From then on, He has been resolved to practice vegetarianism and His ambition to seek for release way emerged vehemently.

Living in the liberal United States, He gained a comprehensive educational background and enjoyed adequate facilities and love like many other children. However, the childhood shocks always made Him feel lonely and empty. Such feeling was shown in scores of poems he wrote during the period:

*“Mom, I sympathise with Vietnamese people,
Having no way around their lifetime pain
Dying pitifully in the deep and open sea
I was resigned to be far away from you because
I love you”*

At high school in Massachusset, He wrote many articles and poems on vegetarianism and practice ideals such as “Human beings should be on vegetarian diets” and “Searching for freedom way”, drawing His teachers and friends’ attention. It was because He was the only Vietnamese in His school. Also, He was young, good-natured, vegetarian and much more grown-up than His peers.

At weekends, He used to perform good deeds at a nearby pagoda. His teachers and friends at high school and disciples at the pagoda all loved Him for His industriousness, self-respect and extraordinary nature. They often covertly called him “the Great Venerable Master” although His mother did not like it. Her motherhood gave her a feeling that sooner or later He would be far away from her since He would run at the call of His heart.

The more grown-up He became year by year, the more clearly He knew that no matter where human beings reside, no matter what blood origin and race they belong to, they share common woes. Meeting with people from different social classes enabled Him to realize that not only the poor but the affluent had utmost misery and deadlock. From His poems during the period, there, surprisingly, was no room for pessimism and hatred deep inside the boy Tran Tam’s heart even though He had to experience loneliness and disappointment and witness brutal killings. On the contrary, His soul was full of compassion and sympathy for unlucky people in this impermanent life.

He did everything possible to help those in trouble with all of the knowledge and ability of an adolescent then. Although He himself had a

comfortable life in all aspects, He was willing to do any kind of job to improve His income so as to alleviate others' difficulties. After school, He industriously did such kinds of jobs as growing cabbages, washing dishes, cleaning or taking care of rich families' stables. The earned money was spent on philanthropic work or aids to natural disaster-struck areas like the Philippines, Hong Kong, Singapore, Malaysia, Vietnam, etc. The small remaining chunk was for His independent practice life as He did not want to ask for help from His family with deep belief that asceticism would enable him to find the Knowledge of Truth soon to save all beings from misery.

Familiar with the two major religions, Buddhism and Catholicism, from childhood, He had favourable conditions to study their tenets. As a result, he came to know that the Knowledgeable Masters of the past like Sakyamuni Buddha and Jesus discovered the same Knowledge of Truth and taught the same lessons. It is the method of Sound and Light, calling for human souls to return to their old house and God to get out of the birth-death cycle for good.

But where is the Knowledge of Truth? His wisdom brought Him to a conclusion that: Misery did not result in enlightenment, the Knowledge of

Truth described in Buddhist books could not be found in them. Only a competent Master could show Him the religious way, the path to the Knowledge of Truth that the two Masters left in their tenets.

“I desire to find a competent teacher to help me release

All beings!

I am resolved to find the method

After being released from these shackles

I am resolved to devote all of my love

I am resolved to devote everything I gain here”

His desires, shown in many poems, motivated him to go to the Himalayans – the home to all of the knowledgeable Masters from ancient times to present. There, he met an Indian Master and was taught the “Quan Yin” method (namely the meditation on inner Sound and inner Light). Having sought for years, he was finally able to feel God thanks to this sacred Quan Yin method, which is known classically in Buddhist sutras as “Esoteric Initiation, outside of the teaching” and only the Quan Yin method can enlighten the Omniscient Knowledge of Truth. His questions were gradually answered:

- All of us are God’s children and arrived in this

world with desires to have good souls and to bring His noble Knowledge of Truth to the world.

- Because human beings get lost in their life illusion and run after money, fame and wealth, they are increasingly far away from God and forget their good nature (Buddha Nature and soul); thus, have to suffer from great affliction and always attempt to harm each other.

- The roots of all misery are not outside but inside us. To get away from them, we have to look inward to recognize them. The Quan Yin method is the only panacea able to cure this terrible disease. It leads human soul to the sacred world where there is only God, Buddha and Bodhisattva's love.

- This tremendous love will erase all greed, hatred, misery and fright. Human beings will live in the ocean of love thanks to their mysterious Quan Yin method. It helps them purify their physical body and mentality and progress on the spiritual path back to God.

He did not want to leave His reverend teacher but had to return home because the citizenship law did not allow those under the adult age to leave their family.

In the United States, He completed his studies while quietly practicing the Quan Yin method and never forgot the days when He had a chance to

practice with the Indian teacher. He just expected the end of the school year to follow the call of His ideals.

At the age of 18, despite obstacles, He decided to leave his family to become a Buddhist monk. His parents could not understand why their son felt indifferent to the affluent life he had. Neither could His teachers and friends. He stopped His education despite a bright future ahead. Only God knew and agreed with the way He had chosen.

He travelled many places, overcame numerous challenges and difficulties, learnt tenets and practiced with many knowledgeable Masters in the West and East Asia and with many friendly religions and meditation groups worldwide. The more He practiced and discovered from experience, the more clearly He was aware of the miracle of the Quan Yin method, the only method that can save human souls from ties to the material world and find and kill the roots of all beings' misery.

The closer He got to the light of the Knowledge of Truth, the more determined to reach its utmost He became. During this period also, He faced scores of challenges. In practice groups, there was much argument over the matter of practice and religious conflicts. On the way to reach the utmost

of the Knowledge of Truth, He increasingly realized the impermanence of human life, even in groups of religious figures in Buddhism. Human beings become farther and farther away from the Knowledge of Truth as there are more and more religious conflicts and arguments. He himself just desired for the Truth but the more he wanted to protect it, the more obstacles, isolation and painful lessons he got. God did deprive Him of His practice ideals.

In such challenging times, His fellow-students also prevented Him from seeing His old Teacher again. Feeling extremely lonely, disappointed and discouraged and having no other way to go, He returned to India to look for His old Teacher with the aim of realising His dream of meeting the teacher again and seeking for a support during those difficulties. But he could not find the Teacher despite going to many places in India. Without any ideas of where to go, he stayed in the Himalayans to practice, wishing to meet the Teacher but the dream never came true.

After that, He returned to the United States, got married and lived at home. With the Quan Yin method in hand, He continued His quiet meditation, hoping to find the peace of life. However, He felt extremely wretched in His mind because He could

not break with His noble ideals while the path to the Truth was still far-away. Moreover, pressures and challenges from His fellow-students carried on troubling Him. At last, He and His family decided to lead a secluded life in a village in Florida.

Having experienced ups and downs, He clearly understood that the happiness of human life is merely the happiness of impermanence. Sakyamuni Buddha once left his well-to-do life to seek for the Knowledge of Truth. However wealthy people are, they cannot reach the perfection and free themselves from the cycle of birth and death. He had wasted too much time living the human life. It was the most valuable lesson in His practice life.

With strong determination and extraordinary stamina, He left all the bitterness and sorrow behind to return to the Himalayans with a view to discover the utmost of the Knowledge of Truth and His life goals. It was a turning point in Master Tran Tam's practice life.

The rat race of human life cannot invade the grand Himalayans with year-long snow-covered mounts. Having overcome all the severity of nature, challenges of time with great patience, God eventually responded to His desire. He met five great old Indian Masters who secluded themselves

for years in unfrequented areas to conserve the precious methods of the universe and the love message of God. Only those sincerely longing for the Knowledge of Truth could had a chance to meet them. The Master understood that all of His misery until then was the consequences of human karmas and the ignorance of all beings. It is such things that prevent them from love and the Knowledge of Truth.

Human beings pray for happiness but do not know how genuine happiness is and how to reach and hold it. They are forlorn and forget their noble Buddha Nature, thus, God had to request enlightened persons to bring them the Knowledge of Truth and wake them up, freeing them from the dull ignorance.

Appreciating the noble sacrifice of the Indian Masters, whose egos no longer existed and lives were just for all beings' happiness, He decided to practice with them for a long time and the light of the Knowledge of Truth did come to him. The Quan Yin method, the God's Holy, had been leading Him through the limit of space, time and causality to fall in line with the great love of Buddha. The more he meditated, the more noble experience he obtained and the more he saw the miracle of the method, which the knowledgeable Masters in the past had

eternally been practicing and reach the peak of the Path to show human beings the liberation way.

Exploring the Knowledge of Truth in the Himalayans, He came to know that the difficulties God had created so far did help Him progress spiritually and recognize all beings' great karmas, their permanent ignorance and the importance of the light of the Knowledge of Truth for mankind. The Indian Masters placed their entire belief in Him who would bring the love of God and the method of Quan Yin to all beings. It is the only way to rescue humans from misery and the cycle of birth and death.

Bidding farewell to His teacher and taking noble mission, He returned to the human life. Having discussed with His family, He began a liberal private life in order to spend more time for His country and the world and continue the ideals of bringing the noble method of the universe to mankind.

He lives and practices modestly and still fulfils his family duties. Furthermore, He is the spiritual father of His children. They are young but understand their dad's mission; therefore, they are self-reliant and never feel He is away though he often travels for many days in His own world.

A part of His income is for His family and the rest is for supporting natural disaster-hit areas and His disciples' studies. After each trip, He comes back to the United States to continue practicing.

He usually says that He has a normal life and did endure human hardship and ordeal like everyone else. He also tripped and fell, felt wretched and disappointed and had the same feeling as other people. Having undergone ups and downs as an ordinary person and then a Buddhist monk, He understood a practitioner's worries and feelings on the path to the Great Wisdom.

Despite living a modest and private life, He usually receives lecture requests from people longing for love and life release from everywhere. The Master always delightedly shares His Knowledge of Truth with all coming to Him regardless of social positions, education backgrounds, beliefs and religions.

The Master neither set up new religions nor interfered with current religions in the knowledge that the pinnacle of religion is unique. It is the dharma that enables humans to integrate into the sacred Quan Yin method flow of the universe and helps their souls get out of desire and temptation,

put an end to misery, reach the Nirvana right in the human world, come back to the Heavenly Kingdom and permanently break away from the three world cycle.

In the past, a knowledgeable Master taught his disciples the method of Quan Yin as long as they had overcome scores of severe difficulties. These days, anyone faithfully wishing for the Dharma and believing in a Master can have such opportunity. This is a very great favour that God presented humankind in this century. Following the way shown by a great living Master – the meditation of Sound and Light, we will have our presence and soul taken care of by Him forever and until we reach the Truth, the Virtue and the Beauty like lotus retaining its fragrance and beauty in spite of growing in mud. Then, we would live a meaningful life. Wars and natural disasters will be things of the past; meanwhile, peace and love will be things of immortality in people's life.

He often says to his disciples that He was very proud to be a Vietnamese and would spend the rest of his life bringing the light the Knowledge of Truth together with the universal love to people in the world, including those in Vietnam, his home country. His lectures on the Knowledge of Truth in Vietnamese were translated into many languages

throughout the world.

Zen Master Tran Tam's teaching is full of love and sympathy. With His great wisdom, He helps us discover the mysteries of the universe by practicing the Quan Yin method no matter who we are. All of the scientific achievements gained by human beings are just the reflections of our potentials. Only by complying with Buddhist rules under the instruction of a living Master and practicing the Quan Yin method can humans discover their unlimited power.

He suggests that we should look inward, test those great capabilities by ourselves and receive the support together with the immense love of God, Buddha and Bodhisattva.

He shows us the way to the beautiful spiritual world which is the origin of our souls, the place we are nourished by the Halo and the Sage Sound of the universe and the place misery and fear for unseen forces no longer exists.

He helps us become our own prominent Buddha monk:

- Bring tremendous love, internal beauty, eternal happiness and values of the Truth, the Virtue and the Beauty to mankind and the world.
- Appreciate every second, every minute while we

are alive in this world because all the misery and misfortune are valuable spiritual lessons, helping us progress on the way to the peak of enlightenment.

Regarding Vietnam, He always thinks of it with deep emotion and desires to devote this utmost method to His hometown as a repayment to ancestors' favour.

Please listen to the outstanding lectures delivered by the knowledgeable Master of our century.

Board of Editors

VEGETARIANISM IN THE NEW ERA

Zen Master Tran Tam lectured online in Florida, the United States, on 10 August 2006

Vegetarianism is not something mysterious. One used to think that becoming a vegetarian is difficult but this helps protect their health indeed. Do you know great scientists in the world history? They all took vegetarian meals constantly and realized the necessity of doing so in terms of ethics and health benefits. Occasionally, I read some well-written articles on the era vegetarianism. They proved that vegetarianism was more and more developed and everybody now supported it. They proved that vegetarianism could help develop people's health and forgiveness. They supplied those wishing to find out about vegetarianism with such materials.

Vegetarianism is healthful because vegetables and cereals contain many nutrients. I have read many scientific reports on this subject. Vegetarians live simple lives and many scientists do take vegetarian meals.

We have learnt that raising pigs or cows and feeding them is a waste of time. People take in meat from those livestock but most of the animal food is from plants. How wasteful it is! Therefore, now we should shift investments away from livestock rising towards vegetable growing which is more beneficial for our life.

I myself think that taking vegetarian meals is the best way to avoid bad habits. They were formed in the society and in our life. When we were children, we did not eat meat. We absorbed bad habits gradually later in our life. Therefore, the most valuable thing for us to do is to take vegetarian meals constantly.

Most Southeast Asians think that only practitioners who leave their family to seek for the Knowledge of Truth and Buddhist followers are vegetarians. That is not the case. I have been living in the United States for a long time and I see that, vegetarianism is very popular among Americans because it is believed to be healthful and able to bring them peace of mind and protect them from sicknesses.

Studies by well-known scientists suggest that American people know vegetarianism is beneficial; therefore, there are many shops selling a kind of

food called foreign “nutrition foods”. They are expensive because they have neither animal-related matters nor chemicals and are good for health. This is widely mentioned in newspapers overseas and everywhere. I am sure that some of you here have heard about it.

(The proportion of protein in soy-cake made from soybeans, wheat flour, corn, rice and bean of all kinds is respectively 16%, 70%, 13%, 8.6% and 10-35%. There are many vitamins in fruits and vegetables to ensure our health, protect us from diseases and prolong our lifespan).

Human beings have been accustomed to eating meat-based food but it is their mind habits. They reckon that eating two or three bits of chicken or duck meat does not matter but they do not think their eating habit affects animals’ life. Hence, why don’t we sacrifice a part of our appetite to make those animals more comfortable and less fearful while making our lives more tranquil? When the animals are scared, they produce toxins. When we take them in, they can possibly harm our health.

Vegetarianism is therefore good in both physical and mental aspects. Furthermore, our work is more effective as the foods we eat meet our standards. Nutrients from cereals or vegetables are

easily digested, just two or three hours after consuming, thus, the workload of our stomachs is reduced. On the other hand, meat takes a lot of time to be digested and is scientifically proven to affect our health negatively.

I grew up overseas and know that vegetarianism is not related to whether you are a monk or not. Long ago, I lived with an American family, one of them was a vegetarian and the other was not. The vegetarian tended to feel hungry quickly, only several hours after eating. It is because vegetarians' stomachs do not have to work much and their foods are easily digested; as a result, we are quick to feel hungry. Whereas, meat is slow to be digested and is retained in our body, making us uncomfortable. Consequently, if you want to learn about how nutritious vegetarianism is, you should read well-known articles on this subject worldwide.

Taking vegetarian diets in South East Asia currently is very popular. Every province in our country has restaurants for vegetarians and it is the same in other nations. In American schools, children eat little meat. Rather, they prefer cheese pizzas or meatless vegetable-rich foods. Some eat a kind of vermicelli mixed with meat but some never eat meat because they feel uncomfortable and do not feel like it for their stomachs are immature.

Primitively, we, human beings were not carnivorous but speaking about it now is time consuming. You can read more in books and newspapers. For that reason, we feel more satisfied with vegetarianism and friendly with others, even with animals, because we are vegetarians. Thus, we had better learn more about it and those assuming that eating meat are more nourishing than eating on vegetarian diets should read scientific research findings on vegetarianism. They presented their ideas straightforwardly and persuasively and have been making efforts in persuading people to be on vegetarian diets to reduce inhumane animal killings, betraying moral principles.

Because every health researcher, Zen Master and practitioner explained clearly why we should be on vegetarian diets, I will not speak much about it. Let's look into our future, if we say that human beings can sustain their lives by using energies extracted from the universe one day, what should we do? Why don't we eat to be more comfortable? Do you know what I mean?

I remember reading an article written in about 1930 by a human health researcher. I am not sure about the year but it can be easily checked because he is well-known. He opined that vegetarianism

could make us disease-free and more lucid. Animals and other beings, moreover, are not terrified when seeing us, they feel comfortable instead. We even love those little animals more. I am sure you know how good vegetarianism is. By the way, from my experience, vegetarians are long-lived.

Not long ago, I read from an online newspaper that Tibet's Daila Lama said although he was old, he constantly took vegetarian meals to maintain the purity in his mind and build up his forgiveness for all beings. He said from deep inside his heart to let everyone in the world know this. There are many Lamas in Tibet apprehending that vegetarianism has many advantages and can guide them to the peace of mind like what the Daila Lama said. By and large, vegetarian meals' benefits can be verified by the fact that they are being taken by religious leaders nowadays.

In addition, renowned doctors in the world proved that vegetarianism brings better health and greater wisdom resulting in quicker problem solving ability. Eating vegetarian foods is valuable for our health and mind, which is scientific, not mysterious. In religious leaders' words, doing so is to nourish affection and forgiveness for animals in our world. For the sake of the environment and for

our love, we had better ban destroying and killing animals in our beautiful planet.

Many doctors solely advise their serious patients to eat less meat and more snack food and soup or use cereal flour, etc. to recover. After recovering, though, they forget that it was such food that made them recover quickly. Worldwide, many still think that vegetarian eating is not as beneficial as meat eating or the former is as good as the latter. That is not the case. The benefits of vegetarianism were scientifically proven as you have seen.

Vegetarianism helps us feel comfortable and relaxed. We still feel confident no matter how the trouble is. I bet that anyone once visiting abattoirs dare not eat meat and choose vegetarianism straight away. We eat meat because we do not know how terrible the killed animals feel. I am sure you know. Therefore, vegetarianism is good not only for practitioners but also for us.

No disciple of the great Masters worldwide from ancient times to present has ever eaten meat. On the contrary, they required their disciples to be on vegetarian diets before teaching them. I am no different. Anyone wishing to be long-lived, to be initiated and practicing the Quan Yin Method needs

to take vegetarian diets constantly, the prerequisite to start religious studies to meet a knowledgeable Master and have the practice methods to be aware of the Buddha Nature. Besides ethical principle preservation, vegetarianism is also critical because it comforts us. Meanwhile, eating meat does the contrary, thus, prevents us from practicing. For this reason, the only requirement of a Master is just simple like what I have said. Those wishing to practice this Quan Yin Method, to meditate everyday and to enhance their Wisdom must stick to their ethical principles and develop their love and forgiveness for animals, even the smallest like ants and crickets, let alone cows, pigs, chickens, etc.

Those wishing to practice this method must always take vegetarian diets. I do not intend to oblige you but if that is your desire, you had better accept some ethical standard. At least, you must show your love and forgiveness. Don't you think that a practitioner killing a cow, a pig or a chicken is ruthless? Whether the killing is direct or not does not matter, what does is there is killing, there is cruelty. Hence, I require those desiring to practice this Quan Yin Method, to explore the release way and to improve their Wisdom and coming to me to be a permanent vegetarian. I do not draw you into my side in order to set up my own sect. Those wishing to live a long life must not eat egg or even

just a little meat. Only those prepared for it can study. Eating meat has negative effects on our body. So how can you practice? Moreover, it has a link to our spirit improvement.

Practice requires love and forgiveness and vegetarianism brings comfort. Vegetables and plant-based food protect our health, thus promote our practice and progress. We feel more comfortable and our Wisdom and Spirit develop further. Then our body will be deep in religious meditation, driving misfortunes away and bringing us close to the power of the universe and the love of God thanks to whom we can develop ourselves more rapidly. Not killing even an insect means less worry and more comfort since we show love for all beings and have no worry.

All of the things I have said aims to suggest you eat vegetarian foods and help you find your internal knowledgeable Master, become your own knowledgeable Master, return to your spirit way permanently enlightening your forgiveness nature. Under no circumstances may you kill animals, even an ant.

We eat on account of our mind habits. Since our birth, we ate whatever we are fed by our parents because either our thinking had not been fully

developed or they might have known nothing about religious practice and Buddhist tenets or deemed that meat was good for our health. That is not the case.

In most of the countries worldwide, there are many big hospitals, especially in the United States. Whereas, in Vietnam and other Southeast Asian nations, we are so poor that we cannot afford meat, live comfortably and have to use low-quality rice while selling high-quality one. Many buy vegetables and cereals which are very nutritious. The less they eat meat, the fewer diseases they contract. In the United States, meanwhile, the number of hospitals, clinics and cancer patients is much higher than in Southeast Asian countries. How beneficial vegetarianism is!

We have read a lot of articles on vegetarianism, haven't we? We can conclude that genuine practitioners and monks are vegetarians because they have love for all beings. They never resort to eating meat. After watching animals being killed, they never want to eat it again. That's the reason why I opt to be a vegetarian.

Consequently, we, humans, should think and understand this. All Masters in the past and at present have proved that eating habits have a major

influence on people's Spirit improvement. They, as a result, were strict with their disciples when it comes to this matter and required them not to eat meat and drink alcohol. Vegetarianism has been very popular in the East and the West for thousands of years and was referred to by Buddhism, Catholicism and other religions' followers including those practicing the Quan Yin Method.

All prominent Masters do talk about it and say no matter how hard it is, vegetarianism must be sustained. In this era, many people have learnt about its advantages and support it. Vegetarianism has become a civilized movement. Restaurants for vegetarians, moreover, are everywhere and books on animal protection are abundant.

Needless to say, you already know the requirements to become a practitioner. From ancient times up to now, knowledgeable Masters' words remain the same.

Those killing animals usually feel uncomfortable. In this competitive life, they do so to satisfy certain demands or to make ends meet but they forget their humanity and ethical principles without notice.

Now they opine that meat eating is more healthful than vegetarian eating but sooner or later they will realize that it is a wrong notion. It is not completely certain that those eating meat would directly lead to disease contraction but they would have health problems. Animals are innocent and deserve our love. We should prove it through practice and action. Fruits, vegetables and cereals are plentiful in nature and tremendously healthful and nutritious. God granted us with love and forgiveness; therefore, we are supposed to preserve it.

In Catholicism, this notion is acknowledged, too. Bible, which I learnt when I was a child, said all living beings live amicably together. Many people still kill animals because they fail to remember it, though.

If we have a well-prepared diet, we will not feel tired or exhausted even though we are ill. We should also avoid wisdom-reducing animal-derived harmful and toxic foods control what we eat to ensure our comfort.

To preserve the noble love and forgiveness, Buddhists and Christians are required not to kill living things, including not to directly or indirectly buy animal products for meals. It would be easier to

reach higher Spirit levels as there would be neither pressure nor desire for wealth and such foods in practice

You are advised to try to protect yourself and recommend others to take vegetarian meals to recover comfort and happiness. The happier you are, the more you know. In spite of living in this world in human appearance, Buddha, Saints and Masters own immense power of the universe and Supreme God to explore the way to enlightenment in practice, the liberation and the Truth, the Virtue and the Beauty in order to help others get out of the birth and death cycle and lead them to their Masters or discover their Original Nature, their Buddha Nature, their souls and Gods.

Therefore, vegetarianism does not mean shaven heads or monk life. Everyone is free to widen their dignified love and to take vegetarian meals. Sometimes, we ask Gods to forgive all beings but directly kill others. What are all beings? They are animals, aren't they? They have their own soul. When we kill them for meat, we are against our prayers, aren't we? Thus, let's stop making mistakes. All the time, I myself advise you to be a vegetarian to save the natural resources and the beauty of the universe God gave us and other animals.

This is also the answer to those reckoning that only practitioners are vegetarians and there is no need for vegetarianism unless you are practitioners. This is not the case. We are humans and so are practitioners. We have our dignity but forget it. On the other hand, vegetarianism or not is just a matter of viewpoint which is subject to change. This is a scientific subject because many people have been doing research on diets and health for centuries.

Advice on vegetarianism has been passed on for generations though the languages are different. Everyone should do it to show their sympathy and love for animals in need of protection. Consequently, if you wish to be a practitioner, you must take vegetarian meals. Otherwise, your Masters will not accept it and neither will your conscience. Your mind is not peace and quiet, either. You had better consider the teachings of such Great Knowledgeable Masters as Jesus, Buddha or Bodhisattva. The more you consider, the more you know and the better you are. You are advised to know and try to know it. Those wishing to be long-lived or to practice this Quan Yin Method also have to apprehend it. The explicit rules I have mentioned are not religiously compulsory to anyone. I solely wish to bring Love and the Knowledge of Truth to all of you.

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INITIATION THROUGH THE QUAN YIN METHOD

Zen Master Tran Tam initiates sincere people longing to know the Truth, lifetime liberation into the Quan Yin Method. He said: “The Quan Yin Method is a spiritual meditation method, contemplating on our internal vibrations, i.e. listening to the vibrations of our inner sounds. Light and sound are both from God. Light represents enlightenment. Seeing the light in meditation means we are enlightened. The intensity of this light deriving from inside us, is equivalent to that of millions of Suns. Thanks to this inner light and sound, we can communicate with God. You can experience this when you are initiated.

Christian Bible called it Saint’s Word and the Surangama Sutra referred to it as the Immediate Enlightenment Method. These methods enable us to develop our Wisdom and find the way back to the release path. If we research thoroughly, we can see that most of classic religious books from ancient times to now discussed this method.

The Quan Yin method, showing us how to meditate, is very popular in the West. Master Tran

Tam shows you every detail in meditation as well as things to bear in mind in practice. He said: “The goal of the initiation is not to make you become my students but to help you experience the miracles of the spiritual world, recover you Buddha Nature and become your own Master”. He shows us how to go back to the liberation way and achieve our great enlightenment.

He said: “The initiation ceremony by the Quan Yin Method is very simple, not something secret”. Master Tran Tam, at the ceremony, instructs you how to meditate so that you can experience the inner light and sound. He takes care of you religiously. He said: “You will experience it when you meditate thanks to your peace of mind. Even though I am not here, you can still attain the Great Dharma and open your Wisdom Eye, a state known as intuition or immediate enlightenment.

The only requirement in this Quan Yin Method for those having the initiation is that you meditate everyday for a certain amount of time to deepen their initial enlightenment experience and allow you to eventually attain the highest levels of Awakening or Buddhahood for yourself.

He said: “If you endeavor everyday, you will soon attain the enlightenment in this life and realize

Buddhist support. Your meditation ability will improve more quickly. On the contrary, the less you meditate, the less enlightenment you have. During meditation, your souls are enlightened by your Master who brings Wisdom to you. If you carry on, you will soon reach the peak of the Way”. When you come to Master Tran Tam to be initiated, you do not enter any new religion but simply a new lifestyle, a new journey on the Spiritual way to uncover your inner Wisdom.

He once said: “The initiation is by nature not initiation. Indeed, I help you realize your inner greatness. I do not come here to make you become Christians, Buddhists or my disciples. Rather, I would like to help you recover your Buddha Nature and become your own Master.”

As mentioned above, the initiation ceremony is offered free of charge. However, you will be asked to be a vegetarian. A lifetime commitment to the vegetarian diet is a necessary prerequisite for receiving initiation. Besides, you are required to live a humane life, especially not killing animals. After being initiated, you can meditate at home. Monks and ordinary people can both practice. This method is very helpful for your practice. His goal is to enable you to take care of yourself and get

eternal liberation. Anyone can do it providing they sincerely yearn for it.

He often says: “All Saints are perfect. They discovered the liberation way and the great internal power, thus, realized the tremendous love of God. They are absolutely perfect and our perfection is just a half of theirs.

We are hesitant to do everything and overly proud of our achievements. It is because we have not realized our greatness. We do not believe everything was created by God. We live in this world without acknowledging that God let us learn and spot our mistakes, our genuineness and, the fact that God created everything. As soon as we come to know in our mind that we play an important role in this world, we will have initiation. We will be aware of light and sound, will enjoy this world and no longer suffer from misery. God brought us to this world to let us feel His love for all beings and realize His Existence. We are here to clear mistakes of all beings and bring our internal God’s respectability, love and support to them.

Such is our goal in this world. Still, we limit ourselves and deem that not obtaining such noble things is our mistakes. Sometimes we want to get closer to God but our ignorance keeps us from Him.

We do not know how and where He is and how to meet Him. Therefore, if we have a Knowledgeable Master, we will know who God is and find our own Master who can guide us through this Quan Yin Method.

We must bear in mind that we already know we are a Saint, a living Buddha and the most respectable Master. I do not aim to baffle you. On the contrary, I will make you see the outcomes from inside yourself. No sooner have you got the initiation than you understand everything.

Initiation is the most sacred thing in a person's practice life since it marks the start of a journey back to their internal Primitive Origin. We already know that a knowledgeable Master is a person chosen to show those sincerely hoping to get out of the doomed cycle how to recognize their original appearance and recover the Buddha Nature that they forget for long. He can show you how to become your own Master and sense your immense Wisdom and Love. Indeed, you do not know or already forget that you are a Master. Hence, He comes to bring you God's messages to wake your internal Master up and help you to meet God. That is the role of a person known as a knowledgeable Master in this world.

This Quan Yin Method consists of two parts: The first is sensing inner Light and the second is sensing inner Sound.

Classic books such as the Holy Bible, the Lotus Sutra, etc. all mentioned this Method. People in many countries worldwide have known and practiced it. For this reason, there is no need to say much about it. Thanks to the Infinite Love and Power of a living Master and your practice, you can be released from this world. Initiation, in fact, is not something mysterious. It will be explained thoroughly and Master Tran Tam will show you this method in when you have peace of mind. Thus, it is known as “mind to mind” teaching. He and you just talked to each other so that you can feel comfortable and set all of your worry aside. During the initiation, you can still be aware of your Wisdom even though he is not beside you. This is known as “Immediate Enlightenment”.

The Initiation requires you to be a constant vegetarian and observe the Five Basic Precepts, which are similar to the Ten Commandments in Catholicism. They are:

1. Refrain from taking the life of sentient beings. (including not eating fertilized or nonfertilized eggs)

2. Refrain from speaking what is not true
3. Refrain from sexual misconduct
4. Refrain from taking what is not offered
5. Refrain from the use of intoxicants. This includes avoiding all poisons of any kind, such as alcohol, drugs, tobacco, gambling, pornography, and excessively violent films or literature.

As long as you are committed to practicing this Quan Yin Method everyday and strictly observe the 5 precepts, you will certainly be liberated for one life.

Master Tran Tam gives initiation to those faithfully longing for Faith and the Knowledge of Truth and naturally coming to Him. He neither cares about which religion or belief you follow nor prevents you from following your own religion nor interferes with your everyday life. He simply requires you to be a vegetarian and observe the Five Precepts. Those wishing for the initiation do not have to alter their beliefs either. Just believe in your current religion. You do not have to become a member of any new religious groups because He does not set up any of them. He lives modestly like everyone else and basically brings you a practice method, helping recover your Buddha Nature and

One's life liberation. He does not take your money, either. He just carries the message of God, Buddha, Bodhisattva and the Quan Yin Method to wake everybody up so that they can realize they are their own Master. He neither requires you to leave your private life behind to follow Him nor attempts to make you his disciples. He arrives with His tremendous Love and helps everyone widely open their great internal Love.

What mentioned above are selected from Master Tran Tam's lectures in many places and targeted to give you an overview of the Master, the Quan Yin Method plus its practice technique.

Board of Editors

REQUIREMENTS FOR HEAVENLY KINGDOM'S CITIZENSHIP

*A discussion between Master Tran Tam and Monks in Da
Lat – Vietnam, April 2006*

Master: I saw a lot of verdant coffee plants along the roadsides. They must be natural to temperate climate. Over there, I saw construction work going on. Are you going to have new buildings?

Listeners: Yes, we are. We are building four new Chinese-style pagodas. On their left is Ngoc Hieu temple. Kuan-Yin pagoda is in this direction.

Master: How peace and quiet it is! It is very ideal for practice.

Listeners: Would you please share your practice experience with us?

Master: Well, I return merely to see the beauty of our country. How stunning it is! It's full of the Truth, the Virtue and the Beauty and the nobility.

Overseas, I am free to travel and practice. It is the same here. Perhaps, practicing here is better because we can recover quickly from sickness thanks to simple treatments, isn't it? In case of mental troubles, we can meditate, and then receive Buddha's support and will soon recover. Fantastic!

I had been traveling to many places before becoming a monk, having my head shaved and dressing traditional clothes of a monk. That is just a matter of appearance. I like traveling and once went to India to study more about religious knowledge since it is the birth place of Buddha, a school of Masters. But when I came back, they did not allow me to enter to the pagoda despite the fact that I had covered all the costs by myself as I had support from my family. After that, I returned normal hair for travel convenience. Officials in charge of issuing visas often asked those dressing monk clothes about their pagoda's address, their Masters or their Buddhist association. If I answered, what I said would be wrong but if not, my visa application would fail. So, to avoid possible inconvenience, I just brought a tent with me and went to any country I would prefer. I am not allowed to stay in pagodas; thus, I went to the forest, put up my tent, then mediated, read books and ate a little bread. After a

few months, my hair and beard got longer because I had no tool to cut or shave it.

Several days ago in Da Lat, after two days meditating in the mountain, I did not have my beard shaved. Then, some disciples gave me a razor and a small mirror, asking me to have my beard shaved because I looked too old. I took the advice but did not care much about it. Overseas, I also have family and a normal life but I set them aside to focus on practice and seek for my internal nature.

I always pay respect to Masters but I have no intention of showing that I am a practitioner. I just want to be a home monk. All of us have internal Buddha nature. You have sacrificed your life for practice to bring the Knowledge of Buddhism to all beings. Your voice is very significant to everybody. The conditions for your practice, though, is not sufficient. It's your disadvantage. Had you had enough room to set up a preach place, our country would be a heaven now and the Golden Age would be soon to come. In foreign countries, it is easy for a Master to set up a preach place and attract hundreds or even thousands of listeners a week. There was a time in the United States when a few thousands of people came to listen to a Daila Laima preaching. Also, whenever Venerable Thich Nhat

Hanh delivers a lecture, many people can come to listen.

I just had some here, it's a pity (smile). I am joking, though. That you live in the mountains here and bring light to help all beings is good enough. It is comparable to Venerable Duy Thuc, who preaches to everybody in the world without going out to lecture. His paintings are the most respectable words about the greatness of a monk. He never says a word, just sitting quietly. Yet, Westerners still come to Him and regard Him as a living Buddha. Sure, He is a living Buddha. He does not say any word at all.

Buddha Sakyamuni once said: "I did not say a word for 49 years". It is because the Knowledge of Truth cannot be expressed orally. Likewise, Venerable Duy Thuc just used pictures to say about it. He has done much for all people while I am here to say about the greatness of a reclusive monk. As I become more famous, perhaps I have to find another place to preach.

The mountain view here is spectacular and you are so lucky. I have to travel a lot possibly because I am supposed to. Some days ago, I came to Da Lat for holiday. I loved to see pine tree hills there. I laid a nylon carpet and placed some fruits on one side

and a bottle of water one the other before starting to read books and meditate. It was very relaxing.

I have to respect the rules here since when in Rome, do as the Romans do. Could we discuss religion here? You must be practicing for many years.

Listeners: Indirectly, we know your method just a little. You and we specialize in mediation. It is a good luck for us to meet each other today. It is also a nice chance for Buddhists here to listen to our exchange about the Knowledge of Truth. We are free to discuss Buddhism but should not discuss politics.

Master: Great! The world is so big that there are many places to go to. I just went to some places selectively. I have a deep love for this place because I lived here for more than ten years, drank its water, ate its food, went on its way and speak its language. I, more or less, owe merits to my Vietnamese ancestors. Consequently, I come here to exchange my viewpoint with you and pray for our country and pray for anywhere I go to. I pray to all Buddhas from ten directions for all places in our country in the past, at present and in the future and for all places in the world.

I have been meditating for years. At the age of 15 or 16, I started practicing with an Indian Master who came to the United States to preach. He did it on behalf of His Master. Then, I visited my Master to find that His Master could not travel to preach because of weak legs, constraining him in the cave all the time. He had my Master represent Him and go to everywhere to preach. I visited my Master one more time in the Hymalayans to explore my origin. Afterward, I returned to family life, secluding myself from normal life to practice. I also meditated with other friendly religions like all of you here.

This Method is known as the Quan Yin Method and enables us to find out the one life liberation way, our great power and the Buddha Nature which we forgot due to our ignorance. Buddha said: “I have become a Buddha, you all will be Buddha.” But for more than 2000 years now, it has not happened, thus, I was motivated to begin my practice. Although I have family but they support me a lot and cover my study costs.

I and my disciples regard each other as friends and siblings. That they call me Uncle gets us closer and friendlier. They just call me Teacher when being in such official meeting like this, creating distance between me and them. On the other hand, I like traveling; therefore, casual dressing makes me

comfortable as no one knows me. My luggage for a two or three-month stay in the mountains simply includes a hat, a bag with a few clothes, a simple sleeping bag and a hammock. When the officials found out and required me to leave, I went to somewhere else. I like sitting by streams, taking a bath and washing clothes. Occasionally, some people met me by chance. I asked: “Are you a vegetarian?” . If they said yes, I would instruct them how to meditate. That a monk can practice means an ordinary person can. They can practice anywhere, even at home, providing they are vegetarians. Eating just a little egg or using drugs is not accepted. But they can drink a little milk to improve their health. Their profession must be good and unrelated to animal killing. I asked whether they accepted or not. If they accepted, I would show them the method for home practice.

When I came back to Vietnam 10 years ago, some heard about it and came to me. There are some whom I could only meet again after 10 years long. I taught and told them: “While practicing, do not forget to take care of your family, love your parents and contribute to your motherland and mankind. Just wait for all of your duties to be completed and your family to sleep before starting meditating and focusing on your internal power, your Buddha nature, Buddha-Bodhisattva and

communicating with them”. Communication results in more rapid enlightenment and is not difficult. All are inside us. There is a miraculous light, a noble Buddha nature and an infinite love that we have forgotten for long. Like a long abandoned house, a person knowing where the switch is will show us the way there so that we can light it up entirely. All the rooms are bright and the darkness is driven away. It is known as immediate enlightenment and we will know our Original Presence.

It does not matter if none shows us the way to the switch but it will take us a lot of time and cause us to fall several times before finding it and discovering our Wisdom. If someone does, the way will be shorter and safer. That is why there is a saying “immediate enlightenment, one’s life liberation”.

I was once a refugee, living in a boat for a long time and finding my life miserable and challenging. Therefore, I thought unless I found a lifetime liberation way, I would be unhappy in my following life. It is essential to explore the way to free me once and for all in this life. The wealth and comfort is only for our mind and impermanent. It will peter out in either 20 or 30 or 100 years. Where would we go then? Thus, I needed to find the eternal way for myself and the power that I had lost so far

because our Great Masters (Sakyamuni in Buddhism and Jesus in Catholicism) succeeded. I tried to find a method for my practice and when I made it, I found it normal. Both Monks and ordinary people can survive but being a monk is better as other Buddhists can see our Buddha Nature from our appearance.

My practice process is that simple. I like to live independently and do not like boundaries. I have some disciples here and have not visited them for a long time. This is the first meeting since we last met 15 years ago. They said: “I have not heard about you for long.” I replied: “You had the method in hand already. Practicing at home and in pagodas is no different. There is no need to be close to me. Buddha is always in us.” With a full method in hand, you can practice anywhere possible, from home to markets or rice fields but pagodas are the most suitable. However, sometimes, they are overcrowded because you have to meet Buddhists. You are so lucky because few people come here, thus, you have more time to meditate. That is my simple Quan Yin Method. If you worship Avalokitesvara Bodhisattva, you can call it Avalokitesvara Method but very few know this name.

Overseas, I also have disciples who live either at home or in pagodas. I seldomly meet them but always advise them to continue their practice. Meditation at home is the same. Just finish all of your work before practice and concentrate on it. In my neighborhood, no one knows me practicing. Maybe, some know but they do not talk about it. As many know, they ask me to go out a lot, hence, I must move to another place. Probably, it is predestination. I also admire all of you here a lot for your patience and hope that we will meet again one day.

If you have any questions, feel free to ask.

Question: Could you please talk briefly about the Quan Yin Method?

Answer: The Quan Yin Method helps you realize your inner Sound and Buddha nature. I know it and would like to bring it to you so that you, your friends and your relatives can realize and utilize your or their great potential power, and then do good things for our world.

This method is not a method indeed but I call it the Quan Yin Method in the sense that there is a great Sound inside us. It is similar to notions deeming that light and sound are inside human

beings. This method was studied and practiced by all Masters in the past.

The sound you hear, the light you see and the vibrations you feel are those intrinsic to you. All of this is transmitted in silence. This method brings you back to your origin where you were born and all beings gather. The light and the sound will guide you to the primitive place, your Buddha Nature and your great power.

If you practice this Quan Yin Method under the instruction of an experienced Master who has passed the Five Realms, you can reach the place where Knowledgeable Masters started their way. After fulfilling their mission, they returned there and so will you. This method aims to enable you to return to your origin and to help all beings. If you observe the Five Realms, you can achieve great power, thus will be able to help many beings when you return to this world. As a result, you need a competent Master. In the first place, He will initiate you. Later on, He will assist you with the other things.

These sounds, which are not like those in human music, are wonderful, abstract and miraculous. This world's music is dull but our inner sound is noble, strong and widespread to bring our

soul to the primitive time. We feel comfortable and relaxed when listening to ordinary sounds, let alone this kind of sound. The sound in Heaven is very miraculous and, more interestingly, contains a lot of Buddha-Bodhisattva and God's favor and a living Master's support.

After mastering this method, we can listen to these sounds clearly thanks to initiation from a living Master. We can listen to them because they are our origin. All of these sounds are the origin of love and happiness covers our inner Divine Sound.

There are many kinds of sounds that we can hear as soon as we have initiation. The Master will guide you which kind of sound should be listened to and which not, which is transcendent and which is trivial.

The sound of the ordinary world does little for us but the sound inside us helps us escape from this world and return to God. The name of this kind of sound differs from religion to religion. For example, in Catholicism, it is called the "Holy Ghost", in Indian religion – "Heavenly Sound", in Taoism – "Tao" and in the Universal Door – "Buddha's Word, Tidal Sound and Worldly Sound". We cannot use our languages to describe these sounds.

These miraculous sounds that cannot be expressed in the world's languages will lead your souls back to God but you need a living Master who can help you recover your inner power. It is called "Buddha in mind" in Buddhism.

Catholicism uses different names for them such as Saint's Words, celestial music or the universal vibrations. This kind of sound is intrinsic to us and brings us comfort and satisfaction in souls. We will be completely different in the most positive ways thanks to these sounds. Also, they will sweep away many of your karmas. Additionally, it is known as the internal sound flow or the creative force of the universe. All beings are brought up with this sound flow and this love ocean which symbolize the inner world. We can listen to this sound, the sound of God. Each has their own way of expression based on their own understanding. It was called the sound of God by Masters in the past and internal vibrations in modern times.

The Bodhisattvas use this sound flow and light to communicate with each other and to show their universal power, which is similar to human beings using languages. God and Saints also use this wonderful sound to help and communicate with all beings.

From Buddhist books, we already know these sounds are our internal music or simply put, this divine sound is used by God and Masters as a means of communication to talk to all beings so that the latter can learn and understand more smoothly.

The more we practice this Quan Yin Method, the more comfortable and relaxed we are. Moreover, restrictions and material desires do not exist any longer. The wonderful Sound will broaden our Wisdom and improve our Spirit. We will not need a well-to-do life and our Spirit and material life is improved as soon as we can listen to this inner Sound and so is your material life. As for other aspects, the Master will support us.

During the initiation, the Master does not say anything except when he teaches how to sit and meditate. The lecture is very straightforward; thus, both monks and ordinary people can and know how to meditate and solve problems relating to meditation without any help from their Master. The Master will lecture about it in about four or five hours before initiation which is independent of spoken words and is inherently a mind-to-mind one. The mind of the Master will be in your mind, broaden your Wisdom and make you recognize a bit of your Original Nature at the beginning.

As I said before, your house has been covered with darkness for thousands of years. It has a light switch but no one knows how to turn on. Now you have a person who knows where the switch is because he has been there. When the house is lighted, all the rooms are light. It is like your Great Wisdom is now discovered or so-called enlightenment. After that, you just stay at home and carry on meditating everyday as instructed. So simple! If you plan your work properly in a 24-hour day, you can meditate anytime you would prefer.

Regarding the initiation, there is no spoken word, just silence between you and your Master. After that, He guides you how to meditate, how to solve meditation problems and what to do in your life. Based upon that, you can meditate at home without staying close to Him. A competent Master understands His disciples when He initiates them. He is not a normal person; on the contrary, His great power enables him to be everywhere. He can help His disciples wherever they are. Just think of Him and He will be there to support you. His great power will support you and there is no need for Him to be physically near you.

The Method cannot be described by this world's languages but you can experience it by controlling

your inner light and the universal sound flows, described in the Universal Door as the Pure Sound, the Tidal Sound and the Worldly Sound. They exist in our body and can be listened to while meditating.

The Master just gives you the method, you have to practice yourself and be loyal to your religion. Ordinary people and monks can go on with their own life. Buddhists can continue contributing to your pagodas, your monks and your religion. I myself do not attempt to set up any new sect, the method is designed for people to practice no matter where they live and is known as the Quan Yin Method for Buddha nature recovery and lifetime liberation. Your Master's Buddha will talk to your Buddha like you and I here. Likewise, during the initiation, your body remains the same but your Wisdom is poured with knowledge by your Master. It is the nature of initiation. There are different explanations in different books. I have put it in a simple way for you to understand. It takes lots of time to tell you comprehensively.

Question: Are there any requirements for initiation?

Everybody can be initiated as long as they keep fundamental ethical principles, meditate for two and a half hours everyday or more if possible, take

vegetarian meals without even a little egg or alcohol and take jobs independent of animal killings.

Even though you do not eat but you are not allowed to sell to others. Moreover, you must be loyal to their spouse. After being initiated, you can stay at home and do not have to stay close to your Master. If you can meet Him again, you can ask for His practice experience. Otherwise, you can stay at home and talk to your internal Master. This Master can act as a middleman between you and Buddha-Bodhisattva so that you can receive the universal power and then listen directly to His teaching. It is not an exaggeration to say that you are perfect and respectable because you have your own internal Buddha, unlimited power and profound wisdom. The Master just helps you retrieve them. Such are the requirements. Simple, isn't it?

Furthermore, you have to observe the Five Precepts: Not killing any sentient beings, not stealing, not committing adultery, not telling lies and not drinking alcohol. They are similar to the Ten Commandments in Catholicism. The Master just represents Bodhisattva to support you, instruct you and help you regain your Wisdom so that you can communicate with Bodhisattva. The Master serves as a postman of God or a messenger of the

universe. It is like when you had not had water here, the State came to install the water storage system and the water meter for you. They just brought here some tools and installed. Now, you have water to use forever.

You can live here for good because you have water now. The method is the same. If you need knowledge, I will come to teach. After that, you can use it in your life without care about where it comes from. The Master will install a communication line between you and Buddha-Bodhisattva like installing a pipeline between your house and the water company. You can get His favors everyday and can ask yourself for answers to questions if any.

All of my disciples, whom I called my fellow-practitioners, do not ask me much. Whenever meeting them, I just asked how their practice was and they said they are well and happy. I asked them whether they would like to ask me anything and they said there was nothing. Their practice was going smoothly and they still observe my principles. Then, I went to another place. I do not like staying at one place. So simple!

You are here just to receive my method, not to become my disciples. We are friends because I

think all of us are children of Buddha-Bodhisattva and of this universe. Thus, we regard each other as siblings. I am luckier than you because I am a bit ahead of you.

I come here to bring you a slightly superior culture that you have never seen. If you ask then I will show you but I do not want to become your Master, requiring you to go with me to serve me. I give but do not take any offerings. However, you are different. You are here to practice and look after a nice pagoda so that all Buddhists can come here to pay respect to Buddha. It is your merit. They also pay respect to your prayer for Buddha to bring favor to mankind. It's your merit, too. I am married now but I leave my family on one side. I also have parents and friends but none of them knows what I am doing. I do not intend to hide anything but it is my private life in which I quietly do my work. That's the way I practice.

You have another room upstairs, don't you? Nobody can bother you, which is very ideal for meditation. When I was in Taiwan, I lived in a tent and had a back-pack, two clothes, and two books and grew vegetables for food. At weekends, there were many Buddhists coming to me. I have never seen it at any pagoda here. Recently, I went to Huong Pagoda. That day was the ceremony for

Kuan Yin Bodhisattva and there were many Buddhists but it could not match Taiwan. It was because in Taiwan, they cook for ten thousand people to eat at the same time in the pagoda. When they were eating and relaxing, I returned to my tent, meditating and reading books. I love such private life. Perhaps you would ask me why I did so. It tough but makes me comfortable and happy in mind wherever I am.

I have a family life also but I leave it on one side. The other is my private life in which I often travel for a couple of months and then return to look after the family. I am not restricted by my family. This method makes you happy in mind because you are close to Buddha-Bodhisattva every day. You feel happy every time and can practice everywhere, from home to pagodas. They are the requirements.

Question: Master, I do not know how to practice the Method. Could you please show me?

Answer: If you don't, you had better look for a Master to learn. He will help you regain your Buddha nature so that you can attain enlightenment in one lifetime. It is much better if you are able to exploit your internal great power.

The Masters come to this world to help all beings know how to make use of their great power bringing lives to them but were forgotten by them. If we can, we will return to our original place. The goal of practice is to purify your mind and to improve weaknesses caused by your ignorance. Now, a Master comes here to remind and wake up your own Master, to make you become a good man, increasingly reduce worldly desires and direct toward Buddha-Bodhisattva, God and to teach you focus on your own great power to regain your Buddha nature.

That we sincerely manage to regain our decent Buddha nature means we are enlightened. Practice aims to remind you to improve your ethics and develop your great power thanks to your Master's instruction. He is simply a normal person with high ethics and helps you improve yourself. When you desires to explore the way you have forgotten or got lost in, He will come to show you the right one to get your real nature back and find your own internal Master, remind you to be a good Buddhist or Christian, beautify your inner temple and clear all the dirty dusts that you have had in this world. Buddha-Bodhisattva always cares for ordinary people. Such is practice.

Practice is to preserve your real honest nature and discover yourself to know who you are. What do you live in this world for? Knowing where you come from and arrive in will enable you to find out your decent nature so that you can have wisdom. Whatever religion you follow, Buddhism or any, your goal in practice is to discover the miracles, the utmost wisdom and the internal bliss and realize your Buddha nature and great power. Such is practice.

I am very glad to see you, Buddhists, going to pagodas and pay respect to Buddha and to meet you all here. You are decent Buddhists with religious mind who long for practice, realize you're inside safety to build up wisdom and regain your Original Nature, your Buddha nature and your own internal temple in need of renovation and decoration like this one. Such is practice.

Practice means a genuine Buddhist's self-improving and exploring the way of happiness and gladness to become a Buddha and to return to your origin. You are looking for the instruction of your living Buddha, your own Buddha or your Master, on the way to wisdom so that you no longer have to bow to lifeless statues. One day, your misery in this world can be reduced and your great way can be found thanks to practice.

Sakyamuni Buddha did find such way and got what he longed for. So did Jesus and Lao Tzu. The latter said He had discovered His “Tao” and would support us. Their reputation has been in existence for over two thousand years.

All of these are intrinsic to all of you because all Masters will show you the genuine way. It is my practice method, known as Quan Yin Method.

Every way leads us to the Nirvana. Practice is very straightforward no matter what religion you have or religious books you read. The requirements are barely vegetarianism, the Five Precepts Observation and two-and-a-half-hour daily meditation.

Question: When will we reach your level to be able to instruct others?

Answer: What’s the point asking me such question when you have not learnt? You have to go to the university to earn a medical degree before starting to treat your patients. It is like you have to practice before being able to support all beings. Take an example of Jesus. He had to suffer numerous miseries and was crucified before He could support His Christians. Similarly, Sakyamuni

Buddha were accused wrongly and suffered from much misery. He decided to practice in order to support all beings.

You should not practice with an aim to instruct others. You had better gain your Wisdom and great inner power first; Bodhisattva will come to us then.

If you want to support others, you should support yourself first. After that, you will be able to help all beings get away from their body-related limitations. You should gain your Wisdom and look for the genuine way like every Master in the past. A Master's enormous capability can enable you to rediscover your origin. Then, you will have everything.

You have to recognize your inner Master, which are not difficult thanks to this method. A Master has his own way and tricks to help you gain your Wisdom and find your internal Master. As soon as you recognize it, you will have full wisdom and will be great. Only when you regain your Buddha nature, are you able to support all beings who come naturally to you.

In the past, the Sixth Patriarch Hui-Neng lived in the forests, practicing for 16 years and then came

to a pagoda to continue his secret practice. Eventually, he was invited to go out and support all beings by His Buddhists. Meanwhile Bodhidharma had to choose to practice secretly in caves because of failing to find people to support.

People will naturally look for you and come to study with you when you are a good practitioner. It is hard to use languages to say about it. If you want to be like me, it is easy. Try to choose a good method and practice. When you are enlightened, all beings will invite you to go out. Do you know that I have to hide now? I do not like going out. If you want to preach, you have to be a good practitioner first.

Do not ask me when to be able to support all beings like me before practicing. I do not support any beings or anybody. You remember Sakyamuni Buddha? He preached for 49 years but he said: “I did not say a word in 49 years”. The reason is that it cannot be said in words. Because you would like to support all beings, you think becoming a Master is easy. No way!

A Master is just like a cleaner washing away karmas for all beings but it is not wanted by anyone in this world. He brought light to all beings, drive the darkness covering them so far away to make

them realize their internal greatness. A Master is like that. Whenever a disciple needs Him, He appears immediately to help the disciple talk to God and his own Master. He teaches His disciples 24 hours a day. When you become a Buddha, you will know whether to support all beings or not.

A few days ago, I went to Bach Ma Mountain in Hue where there was a beautiful cave whose size is the same with this room and several hotels. I brought a backpack, a small sedge mat, a scarf with me and stayed there to meditate all day and night. I did not have to pay for hotel accommodation, just ate a little bread and drank a little water. That's enough.

I ate artichokes there and then meditated from the morning till noon or even from night to the following day. Waking up, I ate artichokes, read books for two or three hours and then meditated until the evening. In the evening, I went out to relax a bit and returned to continue my meditation. It's my method. I think because I am a practitioner, I should not have disciples. You can call me whatever you like. I do not mind. However, you should carry on with your pagoda visit, Buddha worship and ambitions while practicing this liberation method.

I did not research Buddhist books much, reading just to know. I read any kinds of religious books such as the Holy Bible and Buddhist books to broaden my knowledge. When my disciples asked me, I said I was meditating and did not use language in so doing. Languages never satisfy our mind. Probably, it can today but tomorrow, it cannot.

For this reason, from now on, we should look for our good nature, our Wisdom, our own Master and the Buddha nature that we have forgotten for long. People in India were able to find their Founders, Saints and Masters. People in Vietnam can do the same. Probably, They are practicing somewhere because They want to live a modest life. In the past, we had Buddha and at present we do, too. Buddha once lived in this world more than two thousand years ago. Why not nowadays, the twenty first century? Buddha lives around us all the time and never abandons us. I do believe that.

Thank you very much for welcoming us. Once again, I wish you all the best, successful practice and notable achievements in your career.

Listeners: Please visit our Pagoda when you return to Vietnam in the future.

A NEW LIFESTYLE

Zen Master Tran Tam lectured online in Florida, the United States on 31 July 2006

Presently, our country is peaceful, stable and growing. All Masters in the world are teaching practice methods everywhere. Is it a new lifestyle? We are living in an era when there are many religious practitioners and scientific achievements, aren't we? In former times, airplanes, helicopters and cars were not existent. Now, we have all of them to travel. Is it a new lifestyle?

We are living in a new era and a new decent lifestyle. Everybody comes to us with their respectability. We can communicate easily with each other by telephone and computers. We enjoy all the progresses of this era and a new life style to refresh our life because we are progressing. Like our country after years of war and struggle, development can be seen in many aspects and people now live more comfortably and amicably in peace. We can easily learn and build novel things for our country and make it step forward in terms of

Religion and ethics so that everyone has a new, happy and perfect life.

Concerning Religion, it is now different from it used to be. Practitioners do not have to have their hair shaved or go to pagodas or mountains, undergoing hardship in order to begin their practice or to be taught by a Master. Now, we can be guided by an instructor who can show us a simple method either at home or in pagodas. We also can develop our love, forgiveness and dignity by becoming a vegetarian. We are able to preserve our ethics, to bring delight to ourselves and people around us. Is it a new lifestyle?

We do not have to experience hardship or beseech a Master or undergo a few-year tests before being taught a practice method like those in the past. These days, we have good conditions to practice. Only by becoming a vegetarian can you practice immediately. There are many religious leaders in the world teaching meditation and preaching everywhere. They show how beneficial vegetarianism is and teach everybody how to meditate, advising them to have a peace and quiet mind to discover the practice way for lifetime liberation. It is completely different from the backward former times when wars were all around, making it hard to practice and find a Master. It is a

new meaningful lifestyle. A new lifestyle is existent at any time but what matters is that no one shows it to us. Now there are some capable of pointing out the lifestyles of all eras.

For this reason, a Master comes only to give you a new lifestyle. It is a scientific one and was proven by Masters both in the past and at present in their classic books. There are Masters bringing the Knowledge of Truth to everybody in ever epoch. They also introduced this new lifestyle already but human beings could not preserve them.

When it comes to vegetarianism, almost everybody holds a wrong notion that only monks are vegetarians. In the present lifestyle, people can practice vegetarianism any time they like and find vegetarian foods any where they are.

Take an example of Taiwan, the biggest vegetarian food producing country worldwide, its companies have many branches and agents in many markets, including Vietnam. People there can choose between vegetarian foods and normal ones but they prefer the former because they are scientifically proven to be tastier and more nutritious.

In the past, when teenagers and adolescents took vegetarian meals or wished to become a monk, they are said to be lovesick or whatever. Nowadays, we can practice whenever we like and there is no difference between ordinary people and monks, which is a new lifestyle of this era.

The dignity is available in any time but what matters is that no one realizes it. Thus, this is a new lifestyle that God gave us in this current era and those to follow. God gave us both of the aspects, scientific and Spiritual, because He knew we had been suffering from misery for long and wanted to bring us both materials to use and religion to live. That's why there are many Masters in the world and you can find your practice Instructor anywhere.

Unlike Milarepa in the past who had to experience numerous suffering, people these days, no matter who they are, can have chances to practice and know how to become a decent person or at least, enjoy a comfortable life. We meditate either to have decent spirit or, at least, to regain our peace in mind to feel more relaxed. Think about healthful vitality preserving meditation making people healthy and nutritious diets including vegetables, beans, cereal powder and healthful protein-rich foods. Are they examples of a new life style?

In this new era, we are able to communicate with Buddha because God sent Masters to every country in this world so that people can hear of Him through them. All Masters teach the Knowledge of Truth and show the way to get out of the birth-death cycle. That is the reason why we are living in a new era with a new lifestyle.

MEDITATION

Zen Master Tran Tam lectured online in Florida, the United States on 31 July 2006

I come here solely to advise you to put effort into practice and meditation so that you can live by practicing and meditating everyday, not by breathing the air of this world. In the new era, you change into a new life. You change from breathing the air to meditating everyday, transform the supreme meditation into your happiness and delight, make it your life and live in it.

In order to maintain this, you should meditate and live in God's love. Even though the material world is full of grievance and misery, you now can live in a different world full of meditation, light and sound. You live in the divine Sound every moment. It can bring you daily pleasure despite your worldly personal sadness, worry and work conflicts because you now have a meditation life. Please bear this in mind deeply. Today, I will show you a key in practice.

I come here just to remind you of your inner dignity. All the Masters in this era and I always wish you well when you do good deeds and practice well. I am very glad to see that you are happy, perform good deeds and support this world by your meditation. It is like a gift from God and makes me very happy. I am not a follower of any religion. I do not come here to set up any new sect. People come to me because they are predestined to do so.

6

THE MARVEL OF A MASTER

*Zen Master Tran Tram lectured in Taipei, Taiwan on 17
September 2005*

If you would love to know the Quan Yin Method, you must be patient, treat others humanely and live a modest life. Furthermore, you have initiation as long as you do not drink alcohol, smoke, eat meat. You have to live a normal and simple life and have to be a vegetarian. In addition, you also have to abandon sexual desire and never take anything for yourself. They are the requirements for initiation.

You must live a decent life and direct yourself towards your faiths. Doing this reminds you of your good nature and to practice.

During the initiation, the Master still supports His disciples although all are in silence. First, you will hear the sound and see the light inside yourself. It does not matter whether your Master is near you or not. You still have initiation and it is not necessary for Him to be there. Unless you are

sincere, you cannot receive initiation even though your Master is there with you. If He is not there, His disciples will show you how to receive it.

The Quan Yin method is the unique method able to save our souls. You will never forget it when you are having initiation under a Master's instruction. It is the spring of souls and guides us to a new life, a religious and decent life. We are helped with a Master's love and will forget the worldly sounds because you already have the inner Sound. The moment of initiation is the time you have your soul born again and all of your filth washed away thanks to the Quan Yin meditation method.

When a Master is alive, He will instruct this method to His disciples. After death, they will have this wonderful Sound forever. The following generations do not understand the process of having initiation; thus, they design the method of praying and worshipping by themselves and think that they have initiation. In fact, they have nothing in their souls because they are merely acting out external rituals. They just incommode themselves and others.

Disciples having initiation are close to their Master and the Sound. They are supported by the

living Master, who is omnipresent. It is because they always have the Sound by side and their Master is just the Sound.

A Master can be called a Teacher or other different names. He transfers the inner Sound to us. He is the most respectable, does the greatest thing and brings God's love to all beings.

We often mistake a Master for a Saint but actually, they are completely different. A Master is fully enlightened and His religious level is at least the fifth. He connects alls beings' souls by this Sound and has the power to pass on light and sound to all beings to help them get close to God. It was God who assigned Him to transfer this Sound to all beings.

The only and special mission of a Master in this world is to take our souls to the Origin. He is always side by side with His disciples, undergoes hardship and sympathizes with souls desiring for liberation and leads them to reunion with the Supreme Being. A Master will show all beings the way to wisdom and intuition. Inside Him are God, power, Sounds and love. That is all about the mission of a Master.

You will meet a living Master, the king of religion and the son of God. He stays with people of one generation to another. He is the deep wonderful Sound, Jesus Christ and the ocean of God's love. God arranges all.

The light and sound is from God and, via a Master, comes to all beings to take their souls out of misery. The Master must be present in this world in order to support them. God never chooses anyone else or medium apart from Masters. His power lies inside a Master's body.

Those who are sincere will always live in a Master's love. There is still a need for a Master to remind them although they respect God. The Sound is actually God; therefore, a Master and God is only one. All beings in this world are nourished by this Sound. A Master's mission is to bring power and wisdom to all beings.

The supreme Sound liberates souls trapped in this illusion world and only a Master can communicate with them. That is the gift His disciples receive from Him, the respectable and tremendous love of a Master. Only those having full enlightenment can know His venerable soul, those cannot.

THE MARVEL OF SOUNDS

*Zen Master Tran Tam lectured in Formosa, Taipei on
18 September 2005*

Light and Sound is from God, which is stated clearly in almost all classic religious books worldwide. The light and sound here should be understood to be internal, not external. We need to have this light and sound to retrieve our Buddha nature, or the so-called Heavenly Kingdom or the Nirvana. Our souls are full of light and sound. If we look inward, we can hear this sound. However, we have forgotten the way we go and the existence of this sound for long, so we cannot find God.

No language can describe this light and sound. Different frequencies and vibrations will directly help you recover your Buddha Nature. The inner sound is known in different names such as: the divine Sound, the Holy Ghost or the Buddha Nature. The Indian Vedas and the Muslim's Koran said: "The Wonderful Sound is present in 14 cloud layers". According to Silk, "All appearances take root from and are nourished by the Sound. All the universe are under the control of the Sound. The Sound are present everywhere". The first chapter in

Christian Gospel says: “Since the creation time, Jesus Christ has been living with God and Jesus Christ is God”. Other parts of Bible also stated clearly about this deep Sound.

In Buddhism, the divine Sound is also mentioned, for example: Tidal Sound, Worldly Sound, sound of bell, sound of drum or Brahman sound,... The Sound is God’s profound Jesus and has been existing since the creation of the world. It is the most powerful source of life that we get from God through our great enlightenment. Using the Sound, God brings up the entire universe by its vibrational poer. The Sound is present everywhere, reproducing our souls and connecting this energy source to God. It is our permanent source of life.

Those beginning to meditate according to the Quan Yin Method can often hear different kinds of sound, such as those from bells, thunder and lightning, drums or harps ... They combine and form the superb sound from God. Listening to these sounds will enable us to break free from the birth and death cycle and return to God.

Currently, worldwide scientists know nothing about this kind of Light and Sound at all as they cannot find the vibrations and apply their worldly knowledge to analyze and discover the great power

of this wonderful Sound. Using external analysis never allows them to understand this Sound. A Master is very experienced in bringing great power and love from God to all beings. That is the Quan Yin Method.

Those able to listen to this sound everyday will leave their worldly sadness behind and will certainly achieve good things in their religious practice. Many Buddhists throughout the world have come to me. They were able to discover their souls before finding out the secrets inside them. Buddhist books remain books however they say. But living Masters are different, They have their own experience and can help you learn many things from this Quan Yin Method.

For this reason, those studying this Quan Yin Method will realize their own Master. Many people practicing the Method for years have not know much yet because they just focused on preaching or traveling aimlessly instead of exploring their souls to regain the internal sound flow. On the other hand, practitioners who determined and concentrated on the Quan Yin Method to retrieve their internal sound flow were able to be aware of the Knowledge of Truth in this universe.

This Sound cannot be heard, spoken or written. We are only able to feel it in our soul. That is why the Sound is the power of creation. The Sound was honored and glorified in Buddhist books but it is just a small part of the story. You will realize it when you have initiation. The Master representing the universe will bring this Quan Yin Method to you.

According to Bible, human body is “a Temple where God lives” or “a Heavenly Kingdom intrinsic to us”. Also, Buddhism says “Buddha is in our heart” or “Buddha nature is present in all beings”. God’s Light and Sound is very noble and magical.

The Quan Yin Method enables you to look inward to retrieve your Buddha nature. All Masters from the past to present said about this kind of Light and Sound. You will have your soul supported by leaving worldly concerns behind. During the initiation, the Master will transfer the supreme power to you and share the wonderful light with you.

On the way to your origin, you will be fully involved in your tremendous internal power. Only sound is able to keep you away from the darkness of the ordinary world. Human body is a prison where people stay permanently because of their

habits. Our souls will get stuck there without the wonderful Sound. For this reason, I would like to emphasize the miracles of this Quan Yin Method.

Some asked me: “How to fully understand the Quan Yin Method?”. I replied: “Each of us has the inner Sound.” After initiated, these Sounds always stay close to you and echo in your ears. You will leave all the things in your mind behind when you are fully involved in these wonderful Sounds. You will live in them and God’s love and never lose them if you stay committed to them. You will no longer have to hear moans and return to the ordinary world. Provided you are committed to practice, your Master will support you with His enormous power so that you can hear your own Sound, which contains marvelous light and great vibrations inside yourselves.

A Master is an extraordinary soul on the planet because He was able to overcome worldly obstacles, achieved the level of perfection, realized Heaven and entered the world of God. He is a perfect religious Master and capable of taking human souls to God. Our human body can never achieve the supreme power of God and the Sound. A Master, who is a perfect man, was appointed to take all beings to the Sound by God. That is why

we call Him a Master or a Great Venerable Master like Jesus or Sakyamuni Buddha.

A Master teaches us the supreme method of God in silence. He does not use our ordinary language.

LIST OF PUBLICATIONS

VCD Vol. 1

1. The First Historic Trans-Vietnam Journey
(*from 14 – 27 / 3 / 2006*)
2. The Second Historic Trans-Vietnam Journey
(*from 21 – 28 / 4 / 2006*)
3. Master Tran Tam's Visit to the School of
Communications and Transport – the North (*on*
20-3-2006).
4. Master Tran Tam's Visit to Minh Su Dai Dao
Order – Phu Yen (*on 24/4/2006*)
5. A Master's Concerns (*Thien tam Soc Son, on*
16/9/2006)
6. Master Tran Tam's Visit to the School of
Communications and Transport – the North (*on*
13-9-2006).
7. A Special Show at the School of
Communications and Transport (*on 13-9-*
2006).
8. The First Historic Trans-Vietnam Journey
(*Chinese*).
9. The Second Historic Trans-Vietnam Journey
(*Chinese*).

VCD Vol. 2:

1. The First International Meditation Hall in Hanoi (*from 1 – 7/ 9/ 2006*)
2. Defeating yourself is defeating all (*Master Tran Tam lectured in Thanh Hoa, on 10/9/2006*)
3. Keeping to the Commandments is making peace for the world (*Master Tran Tam lectured in Da Nang, on 18 / 9 / 2006*)
4. Our mission is to create Heaven for the world. (*Master Tran Tam lectured in Thai Binh on 8 / 9 / 2006*)
5. The most important issue in life (*Master Tran Tam lectured in Binh Duong on 21/9/2006*)
6. A music show held in Binh Duong (*on 21/9/2006*)

VCD Vol. 3:

1. Getting rid of habits to be yourself (*Master Tran Tam lectured in Hanoi, on 6/6/2007*)
2. Master Tran Tam's visit to Tay Thien (*on 7/6/2007*)
3. The Wonderful Sound from the extreme happiness (*on 12/7/2007*)
4. Some features about a normal life of a Master (*in Florida- the United States*)

5. The Second International Meditation Hall in Hanoi (*on 12/6/2007 – 19/6/2007*)

CD Vol. 1:

1. Practice for liberation and live in liberation (*Meditation Hall, on 1/9/2006*)
2. Practice to reciprocate ancestors' merit (*Meditation Hall, on 2/9/2006*)
3. Serving brings about potential for spiritual improvement (*Meditation Hall, on 2/9/2006*)
4. God's power is potential in everyone (*at the School of Communications and Transport, on 13/9/2006*)
5. Benefits of listening to a Master's talk (*Thien Tam, Soc Son, on 14/9/2006*)
6. Where is the extreme of the Knowledge of Truth? (*Thien Tam, Soc SOn, on 14/9/2006*)

CD Vol. 2:

1. Let's discover our internal supreme power (*Master Tran Tam lectured in Shanghai, China*)
2. Master Tran Tam – 16-chord zither (*in Florida, the United States*)

CD Vol. 3:

1. Wise people do not have discriminatory thinking (*Master Tran Tam lectured in Florida- the United States*)
2. Be awake to fulfill our duty (*Master Tran Tam lectured in Florida- the United States*)

BOOKS:

1. Selected Knowledge of Truth in the Golden Age
2. Book for presentation
3. The key of immediate enlightenment

PUBLICATIONS TO BE PUBLISHED

VCD:

1. The International Meditation Hall in Da Lat (on 14-17/7/2007)

BOOK:

1. The liberation way (*Enlightenment 2*)

For further details about the publications
above, please contact us at:
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