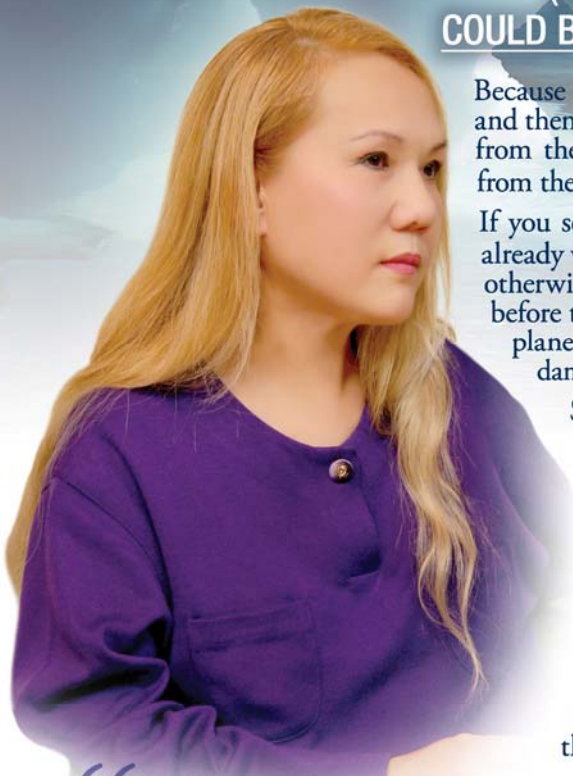


THE ICE THAT MELTS TOO FAST THE CLIMATE THAT CHANGES TOO QUICKLY

ARCTIC SEA ICE REFLECTS ABOUT 80% OF THE SUN'S HEAT, STABILIZING THE COLDER TEMPERATURES OF THE OCEAN.



Based on the latest satellite data cited in a December 2007 article, National Aeronautics and Space Administration (NASA) climate scientist Jay Zwally predicts that nearly **ALL THE ICE COULD BE GONE** from the Arctic Ocean by **THE END OF SUMMER 2012**.



Because if the ice all melts, if the poles all melt away, and then if the sea is warm, then the gas will be released from the ocean, and we'll all be poisoned by the gas from the ocean. It's a lot of gas, enough to kill everyone. If you see the Singapore lecture (*January 10, 1995*), I already warned that we have to change the way we live; otherwise it's too late. That was 10 or 15 years ago. Or before that, I always talked about how we deforest our planet. Meat eating and all that contributes to a lot of damage to our Earth planet.

Scientists say many things. They are listening now, but I just hope they do it fast. It just takes action. All the governments in the world really take it seriously now. It's just that I'm worried the action might be too slow.

Because the ice is reflecting the sun, you see, so it sends it back into space, but the ice is melting so fast now that there's not enough reflection and because the sea is already warm, it melts the ice. And because the ice melts, the sea is warmer. You see what I mean, the cycle?

The way it is going, if they don't fix it, in 4 or 5 years time, finito. No more. It's really that urgent.

*Supreme Master Ching Hai
World-renowned humanitarian, artist and spiritual teacher
December 25, 2007 - Paris Seminar*

“ We have to save this planet, so that we'll be able to stay, first. ”

ARCTIC ICE (SEPT 2007)

- 23% below previous record low (from NASA satellite data)
- 50% below 1950 levels (from ship data)

OTHER RECORDS

- Greenland surface ice loss is now 400% greater than 15 years ago.
- Surface temperatures in the Arctic are the highest in 77 years of record keeping.

THERE IS HOPE

According to James Hansen, top climate scientist for NASA: *"We have passed tipping points. We have not passed a point of no return. We can still roll things back, but it is going to require quick turn in direction."*

FOR MORE URGENT INFO:
www.SupremeMasterTV.com



URGENT QUIZ

To save our planet, we should:

1. Go Veg?
2. Drive Biofuel / Hybrid Vehicles?
3. Plant more trees?
4. Change to Renewable energy?
5. Pray?

ANSWER: THESE + MORE

TO SAVE LIVES and OUR PLANET

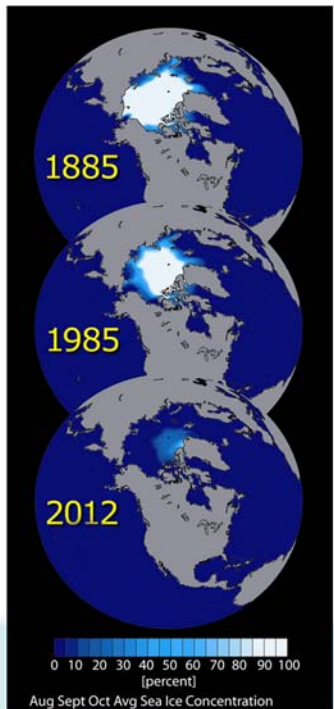
WARNING SIGNS

- United Nations report on 2007's natural disasters says nine of the ten worst resulted from climatic disturbances.
- Officials relocated 20,000 islanders in the year 2000 from the lowest area of Duke of York Island, one of the islands off Papua New Guinea.
- Due to overfishing and the loss of tens of millions of vital sardines, waters off the coast of southwest Africa are filled with a toxic gas that is bubbling up from the ocean floor, killing marine life over an area equivalent to the US state of New Jersey and worsening the greenhouse effect.
- Australian oceanographer Steve Rintoul estimates that the rapid rate of ice melting means that 100 million people living within 1 meter of sea level "will need to go somewhere" to escape rising sea levels.

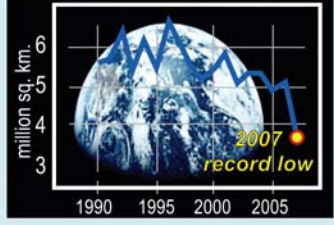
- Research by University of Chicago geophysics professors Gordan Eishel and Pamela Martin concludes that going vegan for one year saves 1.5 tons of emissions relative to the standard American diet, 50% more than switching from an SUV to a Toyota Prius.

"Don't eat meat, ride a bike, and be a frugal shopper -- that's how you can help brake global warming."
—Rajendra Pachauri, Chief of the UN's Intergovernmental Panel on Climate Change

- Britain's Energy Saving Trust advises embracing conservation methods to reduce 1/3 of an estimated 6 tons of greenhouse gas emissions from the average home.



Annual Sea Ice Minimum



QUESTION:

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

SUPREME MASTER CHING HAI:

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

QUESTION:

Yes. Thank you Master.

SUPREME MASTER CHING HAI:

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

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

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

QUESTION:

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

SUPREME MASTER CHING HAI:

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

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

QUESTION:

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

SUPREME MASTER CHING HAI:

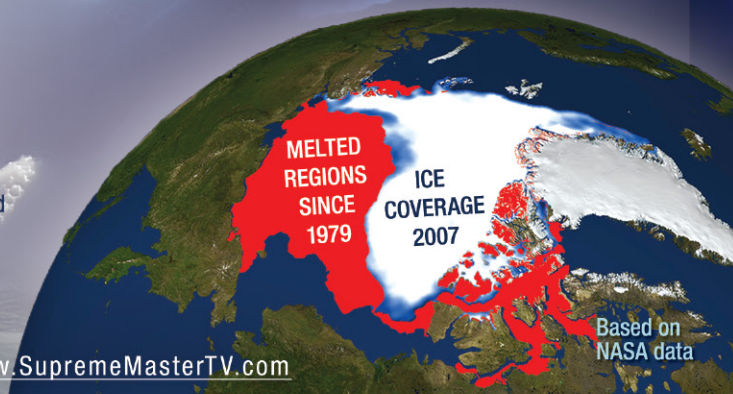
That I love them very much.

FOR MORE URGENT INFO: www.SupremeMasterTV.com



Go Veg! Be Green!

FOR MORE URGENT INFO:
www.SupremeMasterTV.com



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

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

Alternative Living

Examples of nutritious, life saving food:

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

Concentrated multi-vitamin tablets/capsules are also a good source of vitamins, minerals and anti-oxidants. Fruits and vegetables are full of vitamins, minerals, anti-oxidants and contain high quality fiber for maintaining good health and a long life. The recommended daily allowance: 50 grams of protein (Average adult). Calcium from vegetables is more absorbable than from cow's milk.

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

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

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

We Pray for You

Save our Lives! We Love You



Thank You for Your Compassion



For more information, please refer to the websites listed below:

<http://AL.Godsdirectcontact.org.tw>

or email to <http://www.vegsource.com>

<http://www.vrg.org> <http://www.vegsoc.org>

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