



# SUPREME MASTER T E L E V I S I O N

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Constructive Programming for a Peaceful World

# VEG PEACE GREEN FAITH CULTURE



*Supreme Master Television offers a viable alternative. You promote programs of peace and brotherhood. Your station offers examples of compassion and love. Supreme Master Television reminds us of our shared humanity and our common commitment to building a better world for ourselves and our children.*

~ The Honorable Antonio R. Villaraigosa  
Mayor of Los Angeles, California, USA

*Supreme Master Television* is an international, non-profit channel airing constructive news and programs that foster peace and promote healthy, green living. Broadcasting from Los Angeles, California, USA since 2006, we offer free-to-air and high quality shows around the clock. The channel's name "Supreme Master" refers to the Divine Spirit within all beings.

Highlights of Supreme Master Television include shining examples of excellence by both humans and animals; true, inspirational stories; and fascinating miracles. Programs also feature a vast array of artistic genres, culturally unique traditions, our amazing animal co-inhabitants, diverse vegan cuisines, ways to protect our precious environment, and much more.

Supreme Master Television reaches viewers via 14 satellite platforms and over 75 cable and IPTV networks, in more than 60 languages and over 40 language subtitles to date.

Through state-of-the-art telecommunication technology, unconditional dedication to service, and immense encouragement from like-minded friends, Supreme Master Television is honored to uphold the collective ideal of ushering our world into an era of nobility and harmony.

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BROADCASTING  
OVER **60** languages

ON  
**14** global  
satellite platforms

**75+**  
cable/IPTV networks

WITH  
CORRESPONDENTS IN  
**200+**  
int'l locations



Photo archive: Paris, France (Oct. 25, 2007)

The inspiration for our television channel is Supreme Master Ching Hai, world-renowned spiritual leader, humanitarian, bestselling author, poet, and artist. She lovingly conveys her vision of caring friendship among all countries and co-inhabitants of the Earth. Supreme Master Ching Hai donates the proceeds from her creative works to many charitable projects around the world to help humans in need and protect our vulnerable animal friends.

A global pioneer in safeguarding the planet and our future, Supreme Master Ching Hai unconditionally devotes her time, finances, and energy to remind us of our inner goodness and encourage reverence for all of God's creation.

*[Supreme Master Ching Hai] wants to see that we can save our world by love and inspiration through music and art. So her dreams are all of our dreams.*

~ Debbie Reynolds

Legendary American actress (*Singin' in the Rain*) Academy, Tony & Emmy Award-nominee

"A Journey through Aesthetic Realms"  
- Supreme Master Television

**OUR INSPIRATION:**  
*Supreme Master Ching Hai*



“  
*Supreme Master Television,  
 you do an amazing job!  
 You are changing hearts and minds  
 around the world, you are saving animals,  
 you're educating people.  
 Supreme Master Television rocks!  
 Love you!*

~ Jane Velez Mitchell

Emmy Award-winning American journalist (CNN); Vegan

# NOTEWORTHY NEWS

*Noteworthy News* presents refreshing stories from around the world, recognizing kind deeds, and bringing important social issues to the forefront. Local correspondents provide on-site reporting of humanitarian relief in more than 115 countries, particularly, Supreme Master Ching Hai International Association's timely disaster assistance from Supreme Master Ching Hai, which has included wildfires in Australia, flooding in Burkina Faso, the earthquake in Kyrgyzstan, the tsunami in Myanmar (Burma), the avalanche in Pakistan, flooding in Poland, and the earthquake in Tibet, to name a few.

Assessing key developments on the urgent issue of climate change, *Fly-In News* also covers worldwide progress in sustainable living,



Photo archive: Philippines (Nov. 22, 2006)



Tibet earthquake relief (Nov. 2008)

Jerzy Buzek  
 President,  
 European Union  
 Parliament

public health, beneficial governmental policies, and relief works on the latest natural disasters.

Live broadcasts include international events such as the UNESCO World Theatre Day in France, the Gusi Peace Prize ceremony in the Philippines, as well as climate conferences and media interviews with Supreme Master Ching Hai and experts from Germany, Formosa (Taiwan), Peru, Hong Kong, United Kingdom, Indonesia, Ireland, Japan, Mongolia, Mexico, South Korea, Togo, Thailand, and the United States.

With its extensive coverage on all things relevant in our modern time, *Noteworthy News* is at the heart of Supreme Master Television's focus on *constructive programming for a peaceful world.*



Academy Awards 2010



Actress  
 Penelope Cruz



Sir  
 Richard Branson



COPENHAGEN  
 12:54 PM, DEC. 12  
 Fly-In News  
 COP15 CLIMATE SUMMIT





# A JOURNEY through AESTHETIC REALMS



An award-winning series, *A Journey through Aesthetic Realms* showcases unique artistry, vibrant cultures, and the beauty of our planet and her extraordinary peoples.

## CINEMA SCENE

The newest acclaimed films as well as timeless classics are reviewed on *Cinema Scene*. Enjoy movie highlights from diverse countries that convey wholesome themes and uplifting messages.

## GOLDEN AGE TECHNOLOGY

Through *Golden Age Technology*, an era of advanced human consciousness is promoted in which scientists, engineers and inventors introduce amazing creations to benefit our Earth and her inhabitants.

## MUSIC & POETRY



Photo archives: Formosa (Taiwan) (1996)

On *Music and Poetry*, viewers are invited to delight in the exquisite poems and songs of Supreme Master Ching Hai and other esteemed artists. Through the universal language of music, rediscover serenity basking in the innate beauty and spirituality of the artistic offerings.

## MODELS OF SUCCESS

Trace the footsteps of exceptional individuals on *Models of Success* who contributed their talents to a world still in praise of their legacies.

*The idea of using music as voice for peace, of course, is so much better than the use of music for war. Music historically can be used for either because it affects your emotions. Music has always been used to calm you out, to let you seek the more spiritual side of yourself.*

~ Bill Conti

Academy- and Emmy-winning American composer (*Rocky*, *James Bond: For Your Eyes Only*)  
19-time Academy Awards music director

“Music & Poetry”

## PLANET EARTH: OUR LOVING HOME

The many ways to protect and care for the precious resources of our beautiful planetary home are presented on *Planet Earth: Our Loving Home*.

Interviews with climatologists, scientists and other Earth specialists inform about the current state of our shared biosphere, from glaciers to oceans to rainforests. Included are tips on eco-friendly agricultural techniques such as organic vegetable farming, hydroponics, and dryland farming.

The time is here and now to preserve the environment and the wonderland we call home.

Experts featured on Planet Earth: Our Loving Home include:

- Dr. James Hansen, Director of NASA's Goddard Institute of Space Studies
- Dr. Rajendra Pachauri, United Nations Intergovernmental Panel on Climate Change Chief & Nobel Peace Prize laureate
- Dr. Stephen Schneider, former United States White House consultant
- Dr. Tim Lang, United Kingdom Sustainable Development Commission's Food Commissioner
- Dr. Hans Joachim Schellnhuber, Director of the Potsdam Institute for Climate Impact Research in Germany
- Dr. Achim Steiner, Executive Director of the United Nations Environmental Program and United Nations Under-Secretary General

... and many others

*The things that individuals can do are helpful. And one of the most helpful is actually a vegetarian diet; that produces much less greenhouse gases than a meat diet.*

~ Dr. James Hansen

Leading American climate scientist  
Director of NASA's Goddard Institute for Space Studies  
Shining World Hero Award laureate  
"Planet Earth: Our Loving Home"

## GOOD PEOPLE, GOOD WORKS

Celebrating organizations and individuals who dedicate their efforts to better society, *Good People, Good Works* features their admirable actions for the greater good.

## HEALTHY LIVING

For information on holistic and scientific approaches to wellness, fitness and nutrition, join us on *Healthy Living*, where leading health and medical experts discuss life-affirming findings. Learn practical and simple ways to achieve and maintain maximum vitality.

## STOP ANIMAL CRUELTY

The weekly series *Stop Animal Cruelty* exposes facts about the widespread and brutal treatment of our defenseless co-inhabitants. Their agonizing cries speak volumes about their sentience and right to live in freedom and safety.

# ANIMAL WORLD: OUR CO-INHABITANTS

## Did you know...

- ❑ The largest land animal is the vegetarian elephant?
- ❑ Pigs are as intelligent as a 5-year-old child?
- ❑ Dolphins, dogs, birds, and other animals can communicate telepathically with humans?



Photo archive:  
Florida, USA (2001)

*Animal World: Our Co-Inhabitants* presents awe-inspiring stories on the intelligence and magnanimous love of animals that will touch your heart. From animal heroes to mysterious fauna in hidden parts of the world, the show brings you closer to our varied and beautiful furry, feathered, and finned friends.

Explore loving ways to care for animal companions, and hear telepathic communicators reveal profound messages from well-wishing animal species.



*Just like people, there are old souls in animals and fresh souls, so younger souls are more experiencing stuff. But the older souls and animals are extremely wise, extremely psychic, and they are usually watching their guardians' health, their [human] moms' and dads' health. They usually try to absorb stress, even the younger ones. They try to keep you on the path that you are meant to be on and guide you on that.*

~ Simonne Lee

Australia animal telepathic communicator; Vegetarian  
"Animal World: Our Co-Inhabitants"



Shining World Hero Award recipient, Roary the Staffordshire Bull Terrier, is recognized for placing himself in harm's way to protect his human family.

*Peace:*

THE WAY OF THE BLESSED

*Veganism:*

THE GREENEST WAY TO LIVE

*Forgiveness:*

THE WAY OF A HERO

*“May governments join hands together  
to ease suffering and elevate humanity to a new era  
based in mutual respect and dignity. May we celebrate  
together a climate change solution that lays the  
foundation for true love to flourish on the planet and  
people and animals to live together in harmony!  
Thank you, Supreme Master Ching Hai, for your love.  
Thank you Heaven for your mercy.  
Thank you, all beings seen and unseen.*

~ Elco

Viewer from Athens, Greece

# BETWEEN MASTER & DISCIPLES

Offering a glimpse into candid conversations between Supreme Master Ching Hai and her students is *Between Master and Disciples*. Subjects range from recommendations on how to better manage daily life to solutions for a sustainable planet, to rare insights of other realms beyond. Supreme Master Ching Hai’s wisdom and humor are gems for those on the spiritual path.

In addition, every Sunday the program explores the extraordinary practice of *breatharianism*. Meet individuals who live without food, thriving solely on the universal life force.

*Teachings* from past enlightened Masters of the world’s spiritual traditions are also presented, including Bishnois, Buddhism, Cao Đài, Christianity, Confucianism, Essenes, Greek philosophy, Hinduism, Hòa Hảo Buddhism, Islam, Jainism, Judaism, Manichaeism, Mohism, Rosicrucianism, Shintoism, Sikhism, Sufism, Taoism, Theosophy, Tibetan Buddhism, Toltec beliefs, Universal White Brotherhood, and Zoroastrianism.



Photo archive: Monaco (May 4, 2008)

*“We must open our hearts to all kinds of  
noble influence, all kinds of noble company,  
we must take advantage of this chance. If  
we still believe that to improve our purity, to  
improve our wisdom is the highest purpose  
of humanity, then we must make effort.*

~ Supreme Master Ching Hai

“Between Master & Disciples”

“Knowledge is Nothing without Love”  
Costa Rica – February 4, 1991

# ENLIGHTENING ENTERTAINMENT

Cultural performances; professional operas; interviews with authors, filmmakers, artists, and performers; international children's shows; and social and spiritual topics of wide interest are all featured on *Enlightening Entertainment*.

“What I’ve wanted to do in my filmmaking career is to show that humanity is a species that consciously loves, that consciously forgives. And when we challenge ourselves to be the best people that we can be, we can really do extraordinary things and uplift the human spirit.”

~ Stephen Simon  
American filmmaker  
(*What Dreams May Come*, *Conversations with God*)  
“Enlightening Entertainment”

## THE WORLD AROUND US

Through *The World Around Us*, travel on pilgrimages to sacred sites around the globe that represent humanity’s diverse faiths and beliefs.

*There’s a sort of memory the Earth has, so the Earth becomes charged at these places. A field of energy, of quality, of love, of peace, of whatever you want to call it, develops in a field, and it gets more intense. The whole world and every being, everything, is sacred.*

~ Martin Gray

World photographer, anthropologist, & author (*Sacred Earth*)  
“The World Around Us”

## SCIENCE & SPIRITUALITY

The intertwining relationship and common grounds between the physical and divine are explored on *Science & Spirituality*. Examine a new perspective on auras based in quantum physics, the power of prayer, string theory, near death experiences, life on other planets, and more.



Photo archive: Supreme Master Ching Hai presents the Shining World Leadership Award to Slovenian President Dr. Janez Drnovšek (May 31, 2007)

## SHINING WORLD AWARD SERIES

Everywhere people of all ages and walks of life go beyond the call of duty to help others unconditionally. Supreme Master Ching Hai has created a number of awards to recognize these generous, caring, and courageous role models among us, encouraging people to follow their bright examples. These include the Shining World Leadership Award, the Shining World Compassion Award, the Shining World Hero Award, among others.



Shining World Leadership: Bill & Melinda Gates Foundation



Shining World Compassion: Dame Dr. Jane Goodall



Shining World Leadership: Dubai Municipality & His Excellency Hussain Nasser Lootah



ONE LOVE  
peace

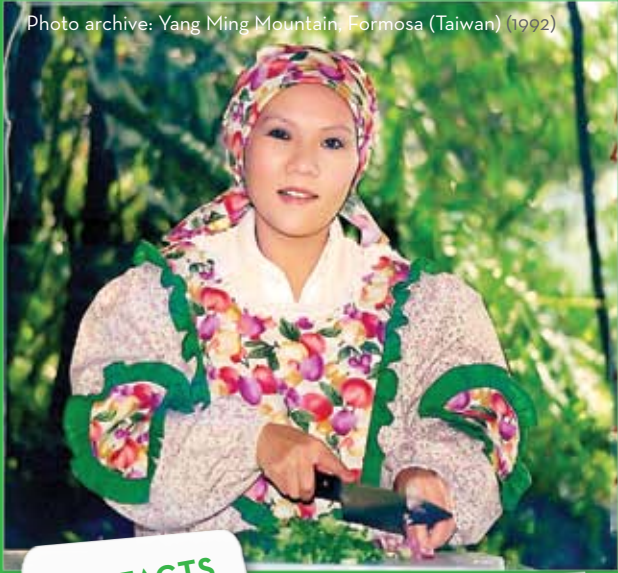


# VEGETARIANISM: THE NOBLE WAY OF LIVING

Mushroom Stroganoff with Pappardelle Pasta, Japanese Vegan Oden, and Chocolate Chip Cookies are just a few of the delicious international animal-free dishes featured on *Vegetarianism: The Noble Way of Living*.

Watch enthusiastic chefs demonstrate how to prepare sumptuous and nutritious plant-based cuisine. Travel the world to visit vegan destinations and explore the growing trend in compassionate, cruelty-free lifestyles.

Bon vegan appetit!



## VEG FACTS

The livestock production life cycle and supply chain causes at least 51% of global greenhouse gases.

It takes 100,000 liters of water to produce 1 kilogram (2.2 pounds) of grain-fed beef, whereas only 500 liters of water is used to produce 1 kilogram of potatoes.

Forgoing 1/2 kilogram (1 pound) of beef saves more water than not showering for at least 6 months.

A vegetarian diet reduces the risk of heart disease by 50% and cancers by 64%.

*The beef industry has contributed to more American deaths than all the wars of this century, all natural disasters, and all automobile accidents combined.*

~ Neal Barnard, MD  
Founding president of Physicians Committee for Responsible Medicine; Vegan Shining World Compassion Award laureate

**Be Veg, Go Green 2 Save the Planet!**

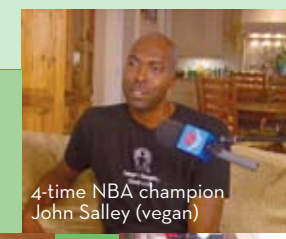
*Vegetarian food leaves a deep impression on our nature. If the whole world adopts vegetarianism, it can change the destiny of humankind.*

~ Dr. Albert Einstein  
1921 Nobel Prize laureate for Physics; Vegetarian

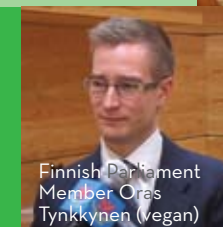


## VEGETARIAN ELITE

Throughout the ages, there have always been outstanding individuals who cherish the lives of all beings. These include past enlightened Masters, artists, writers, scientists, athletes, and celebrities. *Vegetarian Elite* is a tribute to these benevolent, smart, beautiful, heroic, and noble paragons.



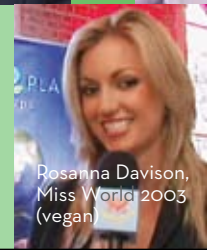
4-time NBA champion John Salley (vegan)



Finnish Parliament Member Ores Tynkkynen (vegan)



Actress Pamela Anderson (vegetarian)



Rosanna Davison, Miss World 2003 (vegan)

## OUR NOBLE LINEAGE

The foundation of compassion in all faiths has veganism at its core. *Our Noble Lineage*, a popular program airing every Sunday, gives us an opportunity to explore our deep cultural and spiritual heritage in the plant-based lifestyle.

*The reason I went veggie was because I literally looked at my dog and said, "Why don't I eat you? Why do I get you pretty beds to sleep on and put so much love into you, and then this other creature that has just as much desire to live, just as much funny personality, all the things that your dog can provide for you - why do I choose to let this animal be tortured?"*

~ Alicia Silverstone  
American actress (*Clueless*); Vegan  
"Vegetarian Elite"



# WORDS OF WISDOM

What is our purpose on Earth? How do we attain inner peace? Age-old questions persist in all who are searching for the greater meaning in life. *Words of Wisdom* presents lectures by Supreme Master Ching Hai, addressing these questions and many others.

During her invited lecture tours, Supreme Master Ching Hai's insightful discourses throughout the years have elevated the lives of countless people in Africa, the Americas, Asia, Europe, the Middle East, and Oceania.

Supreme Master Ching Hai's interviews with the media on spirituality and the environment are a highly popular special feature. This program broadcasts Supreme Master Ching Hai's live international videoconferences on global climate change with government officials, scientists, and dignitaries. These lectures are an immense source of inspiration and guidance as Supreme Master Ching Hai expounds on the most simple yet effective solution to many of the world's current issues: an organic vegan diet.

Words of Wisdom also airs *aphorisms* from the world's major religions on various topics such as Kindness to Strangers, Virtuous Jobs, Vegetarianism in Religion, Family Values, Forgiveness, and more.



Photo archive: Stockholm, Sweden (May 31, 1999)

*My slogan is: "If you eat less meat, you would be healthier, and so would the planet."*

~ Dr. Rajendra Pachauri

Chief of the United Nations Intergovernmental Panel on Climate Change (IPCC); Nobel Peace Prize & Shining World Hero Award laureate; Vegetarian

"Words of Wisdom"

Live Videoconference with Supreme Master Ching Hai

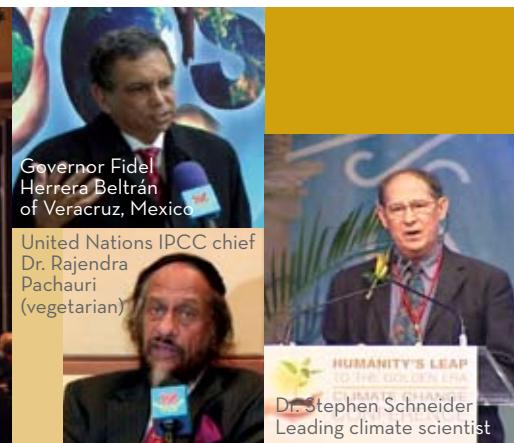
*Supreme Master Ching Hai's message has suddenly reached me. In fact, I'm deeply moved to tears and awe. For years, I'd unknowingly been in commercial large-scale poultry keeping. Here, I've realized the mistakes and deep in me, I'm repentant; and wholeheartedly, I've determined to immediately quit from poultry keeping and all sorts of animal cruelties and be vegan.*

*Warmest regards to Supreme Master Ching Hai for this urgent universal message of SALVATION. Thanks a lot!*

~ Kamal  
Viewer from Benghazi, Libya



Live Videoconference  
Washington, DC, USA - November 8, 2009



Governor Fidel Herrera Beltrán  
of Veracruz, Mexico

United Nations IPCC chief  
Dr. Rajendra Pachauri  
(vegetarian)

Dr. Stephen Schneider  
Leading climate scientist



Live Videoconference  
Jakarta, Indonesia - October 22, 2009



Live Videoconference  
West Hollywood, California, USA  
July 26, 2008

*Being vegan worldwide is the advancement of compassion that will uplift and unify all cultures, bringing tranquility to humans and animals alike. The inner peace that comes from replacing killing with respect for all life will spread like a wave across the globe, elevate human hearts, and create a harmonious Eden on Earth.*

~ Supreme Master Ching Hai

"Words of Wisdom"

Live Videoconference  
"Humanity's Leap to the Golden Era"  
Washington, DC, USA - November 8, 2009

## SHOW SCHEDULE | *Noteworthy News follows each show except for those in blue italics.*

GMT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00 AM 10:00 AM 4:00 PM 10:00 PM	Words of Wisdom: Scrolls of World Religious Scriptures	Words of Wisdom	Words of Wisdom	Words of Wisdom: Scrolls of World Religious Scriptures	Words of Wisdom	Words of Wisdom	Words of Wisdom
5:30 AM 11:30 AM 5:30 PM 11:30 PM	A Journey through Aesthetic Realms	A Journey through Aesthetic Realms	Models of Success	Cinema Scene	Golden Age Technology	<i>Music &amp; Poetry</i>	A Journey through Aesthetic Realms
6:30 AM 12:30 PM 6:30 PM 12:30 AM	<i>Vegetarianism: The Noble Way of Living</i>	<i>Vegetarianism: The Noble Way of Living</i>	<i>Vegetarianism: The Noble Way of Living</i>	<i>Vegetarianism: The Noble Way of Living</i>	<i>Vegetarianism: The Noble Way of Living</i>	<i>Vegetarian Elite</i>	<i>Our Noble Lineage</i>
7:00 AM 1:00 PM 7:00 PM 1:00 AM	Between Master & Disciples	Between Master & Disciples	Between Master & Disciples: Discourses from Holy Texts	Between Master & Disciples: Discourses from Holy Texts	Between Master & Disciples: Supreme Master Ching Hai on the Environment	Between Master & Disciples: Supreme Master Ching Hai on the Environment	Breatharianism
8:00 AM 2:00 PM 8:00 PM 2:00 AM	Healthy Living	Stop Animal Cruelty	Planet Earth: Our Loving Home	Animal World: Our Co-inhabitants	Animal World: Our Co-inhabitants	Animal World: Our Co-inhabitants	Good People, Good Works
9:00 AM 3:00 PM 9:00 PM 3:00 AM	Science & Spirituality	Enlightening Entertainment	Enlightening Entertainment	<i>Enlightening Entertainment: Aulacese (Vietnamese) Opera</i>	Enlightening Entertainment	Enlightening Entertainment: Shining World Award Series	The World Around Us

View a detailed programming schedule for your local time zone at [www.SupremeMasterTV.com/schedule](http://www.SupremeMasterTV.com/schedule)

# Hi! You're watching Supreme Master Television!

## GOVERNMENT DIGNITARIES

- Achim Steiner, Executive Director of the United Nations Environment Programme (UNEP)
- Andrew Bartlett, former Australian Senator (vegetarian)
- Antonio Villaraigosa, Mayor of Los Angeles, US
- Apisai Ielemia, Prime Minister of Tuvalu
- Dalia Grybauskaitė, President of Lithuania
- Dennis Kucinich, US Congressman (vegan)
- Edward McMillan-Scott, British Vice-President of European Parliament (vegetarian)
- Fidel Ramos, 12th President of the Philippines
- Gloria Macapagal-Arroyo, 14th President of the Philippines
- Inga Marte Thorkildsen, Member of Norwegian Parliament
- Dr. Janez Drnovsek, 2nd President of Slovenia (vegan)
- Jean-Claude Juncker, Prime Minister of Luxembourg
- Jens Holm, former Swedish Member of European Parliament (vegetarian)
- John Kerry, US Senator
- Lars Lokke Rasmussen, Prime Minister of Denmark
- Laura Chinchilla Miranda, President of Costa Rica
- Ma Ying-jeou, President of Formosa (Taiwan)
- Maneka Gandhi, Member of Indian Parliament (vegan)
- Marianne Thieme, Member of Dutch Parliament (vegan)
- Mary Robinson, 7th President of Ireland
- Matti Vanhanen, Prime Minister of Finland
- Mohamed Nasheed, President of Maldives
- Tsakhiagiin Elbegdorj, President of Mongolia



## SCIENTISTS & AUTHORS

- Dr. Amit Goswami, theoretical physicist & author
- Dr. Bruce Lipton, scientist & author
- Buzz Aldrin, astronaut & second man on the moon
- Dr. David Suzuki, environmentalist & author
- Dr. Greg Engel, discoverer of quantum light harvesting in photosynthesis
- Gregg Braden, *New York Times* bestselling author
- Dr. Hans Joachim Schellnhuber, Director of the Potsdam Institute for Climate Impact Research
- Dr. James Hansen, Director of NASA's Goddard Institute of Space Studies
- James Redfield, *New York Times* bestselling author (*The Celestine Prophecy*)
- Dr. Jane Goodall, DBE, leading primatologist
- Dr. Jonathan Patz, United Nations IPCC member, Nobel Peace Prize laureate
- Dr. Leonard Susskind, discoverer of string theory
- Dr. Mark Serreze, senior research scientist, US National Snow and Ice Data Center
- Dr. Melanie Joy, social psychologist (vegan)
- Dr. Michael Nobel of the Nobel family
- Neale Donald Walsch, *New York Times* bestselling author (*Conversations with God*)
- Dr. Rajendra Pachauri, UN IPCC chief & Nobel Peace Prize laureate (vegetarian)
- Dr. Ted Scambos, lead scientist for US National Snow and Ice Data Center
- Dr. Terry Root, senior fellow at Woods Institute for the Environment, Nobel Peace Prize laureate
- Dr. Tim Lang, United Kingdom Sustainable Development Commission's Food Commissioner

## ATHLETES

- Brendan Brazier, Ultramarathon champion (vegan)
- Georges Laraque, NHL hockey player (vegan)
- James Donaldson, All-Star NBA player (vegetarian)
- John Salley, 4-time NBA basketball champion (vegan)
- Patrick Rafter, former world #1 tennis champion
- Willie Austin, world powerlifting champion (vegan)

## VEG & HEALTH ADVOCATES

- Bob Linden, Go Vegan Radio host (vegan)
- Dr. T. Colin Campbell, bestselling author (*The China Study*) (vegan)
- David Wolfe, raw food health expert (vegan)
- Howard Lyman, author & former cattle farmer (vegan)
- Ingrid Newkirk, PETA founding president (vegan)
- John Robbins, Pulitzer Prize-nominated author (*Diet for a New America*) (vegan)
- Kathy Freston, wellness expert & *New York Times* bestselling author (*Quantum Wellness*) (vegan)
- Larry Dossey, MD, health educator & author
- Neal Barnard, MD, Founding President of the Physicians Committee for Responsible Medicine (vegan)
- Professor Peter Singer, philosopher & author (*Animal Liberation*) (vegan)
- Rory Freedman, *New York Times* bestselling author (vegan)
- Dr. Will Tuttle, bestselling author, composer (*The World Peace Diet*) (vegan)



All of us are watching the world's best television network on the planet which is operated and hosted by Supreme Master Ching Hai. Mabuhay! Long life, good health! We can all do it together.

~ His Excellency Fidel V. Ramos  
12th President of the Philippines  
Shining World Leadership Award laureate

## ENTERTAINERS

- 1 Al Jardine, Beach Boys founding member
- Alec Baldwin, Academy Award-nominated actor (vegetarian)
- 2 Alicia Silverstone, actress (*Clueless*) (vegan)
- 3 Barbie Hsu, actress (*Meteor Garden*)
- 4 Bernie Williams, film producer (*Charlotte's Web*)
- Bill Conti, Academy & Emmy Award-winning composer (*Rocky, James Bond: For Your Eyes Only*)
- 5 Bob Barker, 19-time Emmy Award-winning TV host (vegetarian)
- Bob Kulick, Grammy Award-winning producer & composer
- Bruce Davison, Academy Award-nominated actor (*X-Men*)
- 6 Calista Flockhart, actress (*Ally McBeal*)
- 8 Cameron Alborzian, first male supermodel & health therapist (vegetarian)
- Carl Reiner, 9-time Emmy & Grammy Award-winning actor (*Ocean's Eleven*)
- Charlotte Ross, Emmy Award-nominated actress (*NYPD Blue*) (vegetarian)
- Cloris Leachman, Academy & 9-time Emmy Award-winning actress (vegetarian)
- Dana Delaney, Emmy Award-winning actress (*Desperate Housewives*)
- 11 Daryl Hannah, actress (*Splash, Roxanne*) (vegan)
- David Benoit, 5-time Grammy Award-nominated composer
- 12 David Boreanaz, actor (*Angel, Bones*)
- David Carradine, Golden Globe Award-nominated actor (*Kung Fu*)
- Debbie Reynolds, Academy, Emmy & Tony Award-nominated actress
- Debra Wilson, actress (*MADtv*) (vegetarian)
- 13 Dennis Hopper, Academy Award-nominated actor
- Doris Roberts, Emmy Award-winning actress (*Everybody Loves Raymond*)
- Ed Begley, Jr., Emmy Award-nominated actor (vegan)
- 14 Emily Deschanel, actress (*Bones, Cold Mountain*) (vegan)
- 15 Eric Roberts, Academy Award-nominated actor (vegan)
- Frances Fisher, actress (*Titanic*) (vegan)
- Fred Karlin, Academy & Emmy Award-winning composer
- Heather Mills, model (vegan)
- 17 James Cameron, Academy Award-winning director (*Avatar, Titanic*)
- 18 James Cromwell, Academy Award-nominated actor (*Babe, The Green Mile*) (vegan)
- 19 Jane Velez-Mitchell, Emmy Award-winning CNN journalist (vegan)
- 20 Jason Biggs, actor (*American Pie*)
- 21 Jeff Goldblum, Academy Award-nominated actor (*Jurassic Park*)
- 22 Jerry Weintraub, film producer (*Ocean's 11, Karate Kid*)
- Jorja Fox, actress (*CSI, The West Wing*) (vegetarian)
- 23 Kathryn Bigelow, Academy Award-winning director (*The Hurt Locker*)
- 25 Kitaro, Grammy Award-winning musician (vegetarian)
- Lauren Donner, film producer (*Free Willy, X-Men trilogy*)
- Lindsay Wagner, Emmy Award-winning actress (*The Bionic Woman*) (vegetarian)
- Lionel Friedberg, Emmy Award-winning documentary filmmaker (vegan)
- 27 Lisa Bloom, legal analyst (CNN, CBS) (vegan)
- 28 Louie Psihoyos, Academy Award-winning documentary filmmaker & photographer (*The Cove*) (vegetarian)
- 29 Maggie Q, actress (*Mission Impossible II*) (vegetarian)
- Margie Evans, singer (vegetarian)
- Marilu Henner, Golden Globe Award-nominated actress (*Taxi*) (vegan)
- 32 Marlee Matlin, Academy Award-winning actress (*Children of a Lesser God*)
- 33 Matthew Perry, Emmy Award-winning actor (*Friends*)
- 35 Melissa Etheridge, Grammy & Academy Award-winning singer-songwriter
- Mimi Rogers, Emmy Award-nominated actress (*The X-Files*)
- 36 Moby, Grammy Award-nominated singer-songwriter (vegan)
- 37 Morgan Freeman, Academy Award-winning actor (*Invictus*)
- 38 Nick Nolte, Academy Award-nominated actor (*The Prince of Tides*)
- Pamela Anderson, actress & model (vegetarian)
- Sir Paul McCartney, The Beatles founding member
- 40 Paula Abdul, Grammy & Emmy Award-winning choreographer, singer
- Penélope Cruz, Academy Award-winning actress
- Persia White, actress (*Girlfriends*) (vegan)
- Peter Dinklage, actor of Peter, Paul and Mary fame
- 41 Pham Duy, legendary Aulacese (Vietnamese) composer
- Pnk, Grammy Award-winning singer-songwriter
- 42 Radha Mitchell, actress (*Finding Neverland*) (vegetarian)
- Sir Richard Branson, founder of Virgin Group & humanitarian
- Rosanna Davison, Miss World 2003 (vegan)
- Shari Lewis, Emmy Award-winning children's TV host & puppeteer (*Lamb Chop's Play Along*)
- Shaun Monson, award-winning filmmaker (*Earthlings*) (vegan)
- Stella Stevens, Golden Globe Award-winning actress
- Stephen Simon, filmmaker (*What Dreams May Come*)
- Swoosie Kurtz, Tony & Emmy Award-winning actress (*Liar Liar*)
- 43 Traci Bingham, actress & model (*Baywatch*) (vegetarian)
- 44 Wayne Brady, actor & TV host (*Whose Line Is It Anyway?*)
- Yann Arthus Bertrand, French filmmaker (*Home*)

... and more!

Thank you for being a source of knowledge for those who want to go green, for those who are being vegetarians, even vegans, and thank you for the Supreme Master. Namaste.

Supreme Master Television! I like the sound of that! That's great.  
Hi, this is Jim Cameron, and you are watching Supreme Master Television.

~ James Cameron  
Academy Award-winning film director (*Titanic, Avatar*)

~ John Salley  
4-time NBA champion (US National Basketball Association)  
Shining World Hero Award laureate (vegan)

*We all pray to Heaven for help.  
 Why don't we just be the Heaven,  
 A refuge for other beings:  
 Protect the meek.  
 Assist those in need.  
 Be Veg, Go Green,  
 Do Good Deeds ?  
 Save our Home for the children's sake.*

*~ Supreme Master Ching Hai*

*Your programming's message  
 of worldwide love, peace, and  
 harmony, expressed through  
 humanitarian efforts,  
 environmentalism, philanthropy,  
 and art has given millions of people  
 hope and spiritual direction.*

*~ Pat Quinn  
 Governor, State of Illinois, USA*

*Supreme Master TV is one of my favorite TV  
 channels. It has a wide variety of positive and  
 constructive programs which touch people's  
 hearts. What impresses me the most is that  
 Supreme Master TV has long been promoting  
 energy conservation and carbon-emission  
 reduction to combat global warming, and put in  
 all efforts for the mission of protecting the Earth.  
 Supreme Master TV has involved itself to the  
 greatest extent, and put in the biggest efforts.*

*~ Lin Hung-Chih  
 Legislator of Formosa (Taiwan)*

*Since I began watching Supreme  
 Master Television daily, I feel nearer  
 to Heaven. How can you be so positive  
 and spiritual on this mundane planet?  
 You're like blissful rain on Earth from  
 Heaven. Thank you.*

*~ Grace, viewer from the United Kingdom*

*Your wonderful broadcast has given  
 me a better insight into the meaning  
 of the word "love." Now I'm sending  
 messages to all my friends on being  
 vegan. Thanks.*

*~ Kayode, viewer from Nigeria*

*Thank you for the excellent program,  
 which is seen worldwide, to ennoble  
 the hearts of the world so we know how  
 to love the Earth and acknowledge our  
 greatness. Hallelujah!*

*~ Digna, viewer from Lima, Peru*

*Thank you so much, Supreme Master  
 Television. It's all over this planet,  
 it's millions of feet tall, and it's gently  
 sharing the message of innocence  
 with this planet. And may God bless  
 you and throw billions of flowers on  
 your journey. You are trailblazing a  
 dimension of innocence on a global  
 scale. We are blessed to have you.*

*~ Punya, viewer from the United States*

*What I like about this TV channel are its  
 humanitarian trend to protect humans,  
 protect our Earth, and protect the environment,  
 and its invitation to a peaceful life.*

*~ Professor Waleed Mustafa, Bethlehem University  
 Viewer from Palestine*

*I would like to  
 congratulate Supreme  
 Master Television on  
 putting together such  
 a great initiative and  
 making a worldwide  
 phenomenon, because  
 it's a positive medium  
 which is using the media  
 to get very positive  
 thoughts.*

*~ Patrick Rafter  
 Former world #1 tennis champion  
 & Australian of the Year (2002)*

# BROADCAST COVERAGE

Our programs are broadcast 24 hours a day and 7 days a week on 14 satellite platforms that reach hundreds of millions of households around the world:

- AFRICA INTELSAT 10 (Ku)** at 68.5° E (TP: 14K / Freq: 12562H / SR: 26657 / FEC: 1/2)
- AFRICA, ASIA INTELSAT 10 (C)** at 68.5° E (TP: G14C / Freq: 3808V / SR: 10340 / FEC: 3/4)
- ASIA ASIA SAT 5** at 100.5° E (TP: C9H / Freq: 3960H / SR: 2750 / FEC: 3/4)
- ASIA ASIA SAT 3S** at 105.5° E (TP: 4H / Freq: 3760H / SR: 28000 / FEC: 7/8)
- ASIA ABS 1** at 75° E (TP: 11S / Freq: 12579H / SR: 22000 / FEC: 3/4)
- NORTH AMERICA GALAXY 19** at 97° W (TP: 20 / Freq: 12060H / SR: 22000 / FEC: 3/4)
- CENTRAL & SOUTH AMERICA HISPASAT 1C** at 30° W (TP: 64 / Freq: 12169V / SR: 5240 / FEC: 3/4)
- CENTRAL & SOUTH AMERICA INTELSAT 805** at 55.5° W (TP: 11 / Freq: 3771V / SR: 13333 / FEC: 5/6)
- AUSTRALIA & NEW ZEALAND OPTUS D2** at 152° E (TP: 5L / Freq: 12519V / SR: 22500 / FEC: 3/4)
- EUROPE EUROBIRD 1** at 28.5° E (TP: D7S / Freq: 11585 H / SR: 27500 / FEC: 2/3)
- MIDDLE EAST & NORTHERN AFRICA EUROBIRD 2** at 25.5° E (TP: 158 / Freq: 11662V / SR: 27500 / FEC: 3/4)
- EUROPE ASTRA 1L** at 19.2° E (TP: 113 / Freq: 12633.25H / SR: 22000 / FEC: 5/6)
- EUROPE, MIDDLE EAST & NORTHERN AFRICA HOTBIRD** at 13° E (TP: 155 / Freq: 11604H / SR: 27500 / FEC: 5/6)
- ENGLAND, WALES, SCOTLAND, NORTHERN IRELAND, REPUBLIC OF IRELAND SKY TV Channel 835**

Supreme Master Television on cable and IPTV networks:

## AFRICA

### Cameroon:

- Cameroon Cable Network Plus, Ch. 26 (Bamenda)
- SIAT-SAT, Ch. 40 (Limbe and environs)
- VISION Cable TV, Ch. 56 (Douala)
- Medium Network Service (MNS), Ch. 57 (Buea)
- SIAT-Kumba, Ch. 23 (Kumba)
- BASATCOM Bafut, Ch. 01 (Bafut)
- Blondel-SAT, Ch. 30 (Bafoussam)
- Etablissement Asserna, Ch. 37 (Edea)

## AMERICAS

### Brazil:

- TV Costa Verde, Ch. 19 (São Gonçalo, Rio de Janeiro)

### Bogotá, Colombia:

- Parabólica Bellavista, Ch. 16 (Bellavista Noroccidental, La Estrada, La Estradita, Ciudad Honda, and Bosque Popular)
- Villa Visión de Villa Mayor, Ch. 44 (Villa Mayor and Aledaños)
- Asoparabólica Tunal Cable Company, Ch. 31 (Ciudadela Ciudad Tunal)
- Tele Boyacá Real Cable Company, Ch. 43 & Telemorisco Cable Company Ch. 62 (Localidad Engativá, UPZ: Boyacá Real, Las Ferias, and Santa Cecilia)
- TV Candelaria Cable Company, Ch. 46 (Candelaria La Nueva, San Francisco, and Arborizadora)
- CIMA TV Cable Company, Ch. 51 (Localidad 9 Chapinero Kilometro 5.5 La Calera)
- Teleunidos, Ch. 41 (Localidad Fontibón and Localidad Barrios Unidos)
- Litemar, Ch. 55 (Kennedy)
- Tele 10, Ch. 52 (Zona 10)
- Pacanuk, Ch. 43 (Nuevo Kenedy 1, 2, and 3, Paraiso Casa Blanca 32 and 33, Urbanización 25, 26 and 27)
- Tele Reliquia, Ch. 29 (Zona 10 Engativá (10 barrios))
- ATV La Estancia, Ch. 73 (Ciudad Bolívar)

### Costa Rica:

- Cable Arenal del Lago S. A., Ch. 20 (Tilarán, Nuevo Arenal, and la Fortuna de San Carlos)

### Dominican Republic:

- División Visión, Ch. 81 (Tireo, el Río, and Las Palmas)
- Telecable Mi Cabaña, Ch. 81 (Constanza)
- TDN, Ch. 85 (Provincia María Trinidad Sanchez)
- Éxito Visión, Ch. 88 (Analog system) and Ch. 288 (Digital system) (Distrito Nacional and Provincia Santo Domingo)
- Matos Aguasvivas Televisión, Ch. 31 (Las Matas de Farfán)
- Telecable Dominicano, Ch. 46 (Santo Domingo Norte, Distrito Nacional, and Santo Domingo Oeste)
- TV Arcoiris, Ch. 30 (Provincia de Higüey)
- JODITEL, Ch. 72 (Sabana de la Mar)

### Paraguay:

- Video Cable, Ch. 24 (Vallemi)
- Itacua Cable Vision, Ch. 03 (Encarnacion)
- Cablevision, Ch. 21 (Santa Rosa del Aguaray)

- Chore Video Cable, Ch. 27 (Chore)
- Tapiracuai Cable Company, Ch. 30 (Santani)
- TIT Cable TV, Ch. 70 (Asunción)
- TV Cable Minga Guazu, Ch. 44 (Minga Guazu)
- TV Cable Hernandarias, Ch. 41 (Hernandarias)
- TV Cable Paraná, Ch. 66 (Ciudad del Este)

## ASIA

### Formosa (Taiwan):

- Multimedia On Demand of Chunghwa Telecom, Ch. 85 (Nationwide)
- Huan Yu Cable, Ch. 61 (Green Island)
- NetWave Cable TV, Ch. 112 (Taipei City)
- Mangrove Cable TV, Yeong Jia Leh Cable TV & Globalview Cable TV, Ch. 95 (Taipei County)
- Phoenix Cable TV, Ch. 95 (Kaohsiung County)
- Union Cable TV, Ch. 95 (Yilan County)
- Tong Ya Cable TV & Hualien Cable TV, Ch. 106 (Hualien County)
- Penghu Cable TV, Ch. 03 (Penghu County)
- Ming Cheng Cable TV, Ch. 102 (Kinmen County)
- Tung Tai Cable TV, Ch. 106 (Taitung County)
- Kuo Sheng Cable TV & CYCcatv Cable Company, Ch. 97 (Chiayi County)
- Ta Yang Cable TV, Ch. 90 (Puzih City)
- Chia Lien Cable TV & Pei Kang Cable TV, Ch. 108 (Yunlin County)
- Hsin Yeong An Cable TV, Ch. 106 (Yongkang Dist of Tainan County)

### Mongolia:

- Khaan Altai Cable TV, Ch. 21 (Khovd Province)
- Lkha Tenger Cable TV, Ch. 26 & Khiimori Cable TV, Ch. 50 (Erdenet City)
- Minii Mongol, Ch. 30 (Sükhbaatar, Selenge Province)
- Darkhan Broadcasting System, Ch. 8 & Lkha Cable Company, Ch. 44 (Darkhan Uul Province)
- Super Vision, Ch. 47, Orange Cable Company, Ch. 65, & MNBC Television (Mongolian Digital Broadcasting), Ch. 12 (Ulaanbaatar)
- Khiimori Cable TV, Ch. 25 (Bayanzurkh and Khan-uul District)
- Gun Nariin, Ch. 21 (Khotol)
- Sanburd Company, Ch. 23 (Undurkhaan City in Khentii Province)
- Sunpower Company, Ch. 25 (Sainshand City in Dornogobi Province)

### Thailand:

- Ratchaburi Cable TV, Ch. 71 (Ratchaburi Province)

## EUROPE

### Germany:

- wilhelm.tel (parts of Schleswig-Holstein and Hamburg)
- willy.tel using Ch. search for Supreme Master TV (Hamburg)

### Netherlands:

- REKAM Cable Network, Ch. 30

### Slovenia:

- T-2 Slovenia, Ch. 73

Supreme Master Television is also accessible online at [www.SupremeMasterTV.com](http://www.SupremeMasterTV.com), with high quality video and streaming audio broadcast, as well as live mobile TV streaming on Windows Smartphones and iPhones.



Facebook.com/SupremeMasterTV



YouTube.com/SupremeMasterTV



Twitter.com/SupremeMasterTV

# PRAISED

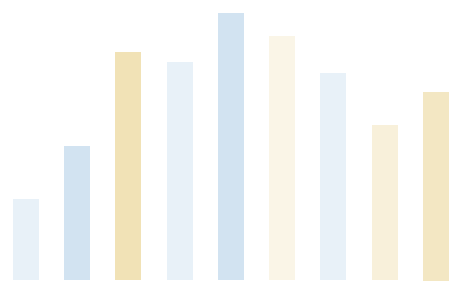
## Be the *Providence*

Poem by Supreme Master Ching Hai  
Music by Academy & Emmy Award-winner Bill Conti  
Orchestration by Emmy Award-winner Ashley Irwin

*Praised be the Providence!  
Thanks to Earth and Heavens,  
To invisible and visible beings  
For the grace bestowed 'pon  
Supreme Master Television.  
May this forever be blessed  
To serve the world for peace  
and happiness.  
Thank you all the circle of friends  
Of brave staffs,  
whose love and dedication  
Have brought joys to countless beings  
In this life and may be the next!  
Thanks to all who share the bliss  
And support this positive program.  
From the depth of my heart  
May God bless you!*

*And congratulations:*

*Multitude of wondrous viewers!  
Thanks for your loyalty  
Thanks for your faith  
Wishing you all the best  
On Earth as well as from Heaven  
With all my love – enjoy!*



Supreme Master Ching Hai lovingly wrote "Praised Be the Providence" on the occasion of Supreme Master Television's global launch across 14 satellite platforms. For the third year anniversary celebration of Supreme Master Television, esteemed Academy Awards music director Bill Conti composed music for the inspiring poem.

*Veganism: The COMPASSIONATE Way to Live*

FORGIVENESS: THE WAY OF THE MIGHTY

Peace: The *Heroic* Way to Live

SAVE THE PLANET: BE KIND TO HUMANS AND ANIMALS

PEACE: IT'S ALWAYS THE RIGHT CHOICE

*Veganism: The Happy Way to Live*

FORGIVENESS: The Way of LASTING PEACE



SUPREME MASTER TELEVISION

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www.SupremeMasterTV.com

• Ān Chay, Sóng Xanh  
 ĐỂ CỨU ĐỊA CẦU! • Бъди Веган, Живей Зелено, за да Спасим Планетата! •  
 吃素, 環保來救地球! • Budi veg, kreni zeleno da spasiš planet! • Bud'te vegáni,  
 žite ekologicky, aby sme zachránili planétu! • Wees Veggies, Word Groen om de  
 Planeet te Redden! • Ole vegaan ja roheline, et päästa planeeti! • Nyi lamadula  
 lebe na nutowome né mia de hihea • Soyez Végé, Devenez Écolo  
 pour Sauver la Planète! • Sei Vegan Lebe Grün um den Planeten zu retten! •  
 היו טיבעונויים, היו ירוקים כדי להציל את כדור הארץ!  
 शाकाहारी बन हरित हो जायें  
 ग्रह को बचाने के लिए। • Légy Vega, Élj Zölden, hogy Megmentsd a Bolygót! •  
 Jadilah Vegan, Bertindaklah Hijau untuk Menyelamatkan Bumi! • Diventiamo vegani  
 e proteggiamo la natura per salvare il pianeta! • ベジになって エコを实践

地球を救うために! •

채식인이 되어

환경을 보호하고

지구를 구합시다! •

Jadilah Vegan,

Pelihara Alam utk  
 Selamatkan Planet

Kita! •

Гарагаа аврахын

тулд байгалаа

хамгаалж, цагаан

хоолтон больё! •

पृथ्वी बचाउनको लागि

शाकाहारी बनौं, हरियाली बनाऔं!

Fiți vege, Alegeți verde Ca să salvați planeta! • Будьте веганами, станьте «зелеными»,  
 чтобы спасти планету! • නිර්මාණ වන්න, පරිසර හිතකාමී වන්න පෘථිවිය සුරැකීම සඳහා!

• Bodi Vegi, živi Zeleno in s tem reši planet! • ¡Sé Vegano, Sé Ecológico

Para Salvar el Planeta! • Ät veg, lev grönt - rädda planeten! • Maging Makagulay

Magluntian Upang Iligtas ang Planeta • சைவமாக இருப்போம், பசுமை பேணுவோம்  
 பூமியை காப்பதற்கு! • เป็นวีแกน, รักษสิ่งแวดล้อม เพื่อช่วยโลกเรา! •

Gezegeni Kurtarmak için Vejetaryen Ol, Yeşil Ol! •

• سبزی خور ہو جاو سبز زندگی اپناو زمین کو بچانے کے لیے!

Idla Imifino, Iba Luhlaza Ukulondoloza uMhlaba!

گياھخوار باشيد،

حامی محیط زیست شويد

تا سياره را نجات دهيم!

Bądź wege,

bądź eko,

by ocalić

planetę! •

Seja Veg,

Vire Verde Para

Salvar o Planeta!

• शाकाहारी बढे,

ਹਰਿਆਵਲ ਕਰੋ, ਸੰਜਮੀ ਬਣੋ

ਗ੍ਰਹਿ ਨੂੰ ਬਚਾਉਣ ਲਈ! •