

# A Universal Divine Message

*Mr. Tām delivered this speech while he was in union with God.*

*Only God knows how to love his children earnestly  
In tender affection He helps you live and grow*

O my children, no one loves you more wholeheartedly than Me. Only the Creator knows how to love human beings. He is truly the Creator. He cares about you every second of every minute of every hour of the day. He cares about the evolution and welfare of His loving children.

Your body follows a time cycle before deteriorating. After death, I continue to care for your soul's evolution. Life is therefore everlasting.

*Your body is neatly compact and light.*

Strive to perfect yourself in order to understand that you are one with the soul and its astral body. They come together in tranquility.

*Embodied by the soul and astral body  
Which is learning to understand birth and death.*

To know the soul and astral body is to know reincar-

nation and evolution.

*Realize that your life is the sum of your actions on earth*

When you understand the meaning of your existence, you will realize that you are in the process of learning.

*After death, you will continue to learn  
for the achievement of Nothingness*

My dear children, in order to become one with Me, let's return to your pure origin which is nothingness.

*Let's go back to the origin, and find paradise.*

That is the ultimate goal. No longer would we degenerate. If we progress to the point of harmony and balance, we will be able to continue to advance, and we will no longer degenerate. Only in that condition can we overcome our obstinacy and foolishness.

*Become acquainted with the Lord, Buddha,  
Join in the orbit of love*

To know God, Buddha, is to know our true origin, which is the pure and light nothingness.

*Love within the exemplary principle*

Love clearly. That is the eternal and never-ending love. Don't love blindly.

*Practice and advance on your own  
Clear the way to perfect harmony.*

I send all of you down here to learn, before you return to your origin. You, O my beloved, are part of Me, and I of you. Each person must practice and advance on his own, in order to return to pure harmony. If you continue to rely on external forces, when will you ever be able to advance?

With awareness, the soul and astral body can leave and return.

*With love, your Father guides your return  
to the kingdom of heaven.*

During the process of spiritual perfection you will develop yourself in your search for the heavenly road. With the attainment of awareness, the soul and astral body can leave and return to your physical body. How clearly and easily this will happen. Only then can I bless you with love and light the path for your return to your homeland.

*I assert that Tao is profound.  
So do not live in insincerity or be sanctimonious.*

I tell you that your origin is truth. However, all lessons on earth are elementary, as well as temporary. Only when you progress will you be able to see that I have planned everything for your guidance. So do not get sidetracked, but strive to improve yourself. Do not make excuses to yourself, otherwise you cannot progress. You have come

down to earth to learn every facet of life. You claim to be working towards perfection, but you are not cautious enough. Free yourself so that you can advance and thus set a good example and influence all levels. Otherwise, you waste your time and delay your advancement.

*Celestial love is sublime and profound.  
Your soul must try to advance and to avoid  
making mistakes.*

Celestial love is immense, sublime and profound. It welcomes everyone. So be diligent, my children, and learn your lessons well, so that you can soon return to Me, your Father.

*To progress into the delightful realm  
Knowing that I wait for you night and day.*

When you return eventually to your origin, you will experience a glorious achievement. However, even though you meditate night and day, it is still not sufficient. Your progress does not depend on the amount of time you spend with Me, so why do you continually keep tabs on it. I do not keep a record of this. You ask why you have not gotten anywhere even though you have tried to improve for so many years. You have not come to know yourself. All religions on earth are ordained by Me to guide your evolution, to assist you in the process of learning to know yourself. Only after you know yourself can you truly progress. By concerning yourself with others' problems, you run the risk of creating conflicts and war. Only upon return to your basic principle, will you comprehend that I love you



infinitely. Only at that stage, will you be able to realize eternity. O my children, you are Me indeed!

*Celestial love is sanctioned by law  
Echoing love, which tenderly promotes God's cause  
Without rules and regulations, this universe would  
be in turmoil.*

Understand that everything is restrained within set boundaries through the law of cause and effect, the law of creation and destruction.

Those laws have to exist in order to create conditions in which you can evolve. My children, after sorrow and pain, you grow closer to Me and the celestial cause. You are more capable of understanding your origin as well as your mistakes. If you continue to err or make excuses for those errors, then you will retrogress eternally. Dear children, your cause cannot beat Mine!

*I encompass the universe in My hand, so why delay  
your progress?  
Your ignorance makes you forget your origin and  
your divine parentage.*

You ignore the existence of your soul, which resides in an immortal realm.

*Your soul lives in immortality,  
While your astral body progresses among  
the impermanence of life.*

Can you understand this? Your soul is eternal, indestructible, so nothing can threaten you. If you cherish the material world, you will surely plunge into the ocean of sorrowful vicissitudes. Progress with courage, strength and compassion. Accept the fact that you are indebted to the universe. The earth has nurtured you, but you have not paid it back. You remain stubborn and questioning. You have no concern for others. How can you return to Me, if you profess without practice! My work covers the entire universe, so spare time is limited. If all of you were willing to help Me, then this universal community would evolve in peace. You would thus contribute to the achievement of universal accord, and justice of human rights. But if you do not understand your basic principle, then how can you presume to give guidance to others. You neglect spiritual perfection and ignore the importance of the regeneration of your internal organs! It will allow you to achieve the infinite base, already predestined for your salvation.

Your soul is immortal. How can you achieve eternal lightness, if you do not plan to improve? Your astral body exists in an impermanent sphere. Remember that life on earth is only temporal. I let you come here for a predestined period. I plan your arrival and departure to the last minute. If you attach yourself to this temporal life, you will revert to an inferior level, and struggle continuously for no real reason. At night, how many times have you felt that life on earth is meaningless? Your mistakes hide your ability to see the solution. You are incapable of developing your body and soul. You imagine you are superior to your fellow man, but with that attitude you are unable to befriend others. Mere theories and assumptions cannot achieve anything. How can you be altruistic? Your astral body is thus living

in an impermanent state, slowly learning to sublimate itself. My children, I want you to understand this. Your consciousness owns the latent foundation of Tao,

*That balances with worldly activities, so why do  
you lament?*

*When you were first born, I granted you a very  
precious treasure.*

My children, after many reincarnations, you still entreat Me to allow you to return to earth. Tenderly, I let you return to complete your lessons. Your consciousness encompasses the innate foundation of Tao. You are therefore capable of stabilizing yourself for your own evolution.

You balance Tao with your daily activities, so what's the use in sighing? Why do you sigh?

You do so because of pettiness and greed. You neglect to practice the "great-avidity" of the universe. If you used that "great-avidity" correctly, then peace will instantly prevail. Your consciousness will progress towards lucidity if you love everyone. That is My only wish, night and day. How exultant this earth will be if each of you achieves sublime illumination. Your fellow man will dedicate himself to love others and all of you will rejoice in appreciation of each other. Many of you will return to Me in glorious love and enchantment to live harmoniously with Tao and its dharma. That is My providence. My aureola of infinite light is the law guiding you to reunification.

*Your consciousness perseveres through Tao and  
wisdom,*

*With infinite love you will reach perfection.*

What does Tao mean to your consciousness? What does wisdom mean? You have to practice assiduously in order to grasp Tao and its wisdom. Wisdom does not emanate from you but it will come from others. You can only advance when people recognize and acquiesce in your wisdom. If you boast to people about your wisdom, then you will never progress. You should practice sound judgment, sacrifice and altruistic love. You will achieve this level naturally if you know and see yourself. With infinite love, you will advance and reach perfection. My children, you should love infinitely. Even a piece of paper, or anything in front of you, you have to love it infinitely. So many workers have contributed to its making. In return, God has given them the intelligence to do so. Today, you betray the laws of nature and believe in your superiority. Then, what should you do? You know how to count, to step forward and backward at will. You are an educated person! My dear children, I have educated you in so many ways! Therefore, you have the ability to foresee when you will return to Me. Without this ability you will never come back to Me.

*Today, I unveil the threshold of Tao  
And alone I love and care eternally for your  
consciousness.*

Do you see? Only I know how to love you. I alone care for you! When I let you descend to earth, I gave you many lessons on which to reflect. Through Me you have many occasions to question yourself and see your unfaithfulness towards God. Are you aware of it yet? The Celestial Father has to support his children laboriously through many existences. I have distributed My energy kindly over the

entire universe. So many times, I shine My light to you in order to remind and awaken you. My children, do you know this? You should realize that practice is more essential than conceptions, assumptions or mere talk. When I assign you a lesson, you have to complete it carefully within the boundary of love. That is the way to evolve. Wherever you reside, if you maintain or restore the house, it will remain in good condition. If you neglect your dwelling, it will be ruined. Through that analogy, I can show you a little bit of My providence. Do you understand? That is your hidden ability. So free yourself to learn where tranquility is and where agitation is.

Then all you have to do is practice systematically and calmly to reach spiritual perfection. And alone, I love and care eternally for your consciousness. This is because I am the Creator. I hold the secret mechanism and I must protect it. The celestial providence cannot be revealed, because if I do that, then what is the use of having it? That is providence. Do not try to rationalize it in a misleading way. You must practice instead. Do not try and guess, because you will be wasting your time. Practice is important. If you can advance one step, then you know that one step. If two steps, then you know those two steps.

Unify with Me at every stage. My children, you go through many different stages. Each one of these conditions has contributed to the formation of your body. Why don't you harmonize with these conditions? If you harmonize with them, you will become one with those conditions. Then, let Me ask you what will be the result of your love? Your love will certainly fuse with the whole universe. That is indeed the path leading you back to your origin. Do not rationalize in a misleading way. For you are

truly the scene worthy of the search. Don't be careless. Don't fail in your duty because of external reasons. The lessons you are offered are all permanent treasures within you. With serenity, you can develop and discover many internal scenes and sutras to guide your evolution. Much love flows towards you every hour of every day. Henceforth, you are truly the scene worthy of the search!

If you know yourself, you will know the whole universe. The more you understand yourself, the more you will understand Me, your Father. I am you and you are Me. O My children, within you there is a hidden place to search for. The meridians form a concealed path for you to reveal in order to reach a higher evolution. Therefore, you should remain serene and stable. Everything on earth is hustle and bustle, but according to the divine mechanism, eventually order will be restored. The same order will occur in your life. At first, you meet only agitation and complication. Sometimes, this causes worry, sleeplessness, or instability of mind. How do you feel afterwards? In the end, you will see that everything will return to its rightful place. Thus, you should stay quiet and advance in silence to awaken your consciousness. Do not get agitated. You descend to earth to learn. You come down here to be a spiritual meditator. If you can understand the value of your lessons, you are indeed more superior than the meditator who cannot understand the meaning of his valuable lessons of the universe.

My children, you have Tao within your consciousness. You will not fail if you try to see matters clearly. I plan everything. Even war is caused by Me. So is peace. So is good and evil. I dispense them according to your level of evolution. Nothingness is the place you search for.

*The profound truth is filled to overflowing  
With the Master and his loving relationship  
with his children.*

Make use of nothingness as the scale to measure any worldly matter which involves you. You will then experience happiness and progress. The profound truth is filled to overflowing with the Master and his loving relationship with his children. Can you feel it? On earth, I let you learn about conjugal relationships. Do you understand their meaning? If you harmonize with a relationship which is imbued with profound truth, then you will also experience My love in it. The affinity of the relationship between Me and you is impregnated in every situation. Your husband is your teacher, so is your wife. The two help each other learn and advance.

The law of divine mechanism controls everything. My children, I have defined it within limits. There exists a law. Without the law, this universe would become total disorder. Then how would you have pure air to breathe? I have designed absolute order in this universe and ensured that this order is everywhere. Do not concern yourself with it. Concentrate on learning and evolving. Do not bother about My divine secret mechanism because it's out of reach. You need to direct your efforts to spiritual perfection and harmony with Me. Only at the point of total harmony, can you understand clearly the divine mechanism of the universe. Then you will be aware that you are a contributor as well as a constructor of this universe.

*Tenderly I utter to you those spiritual and wordly*

*matters*

*To communicate with you, remind you of Tao and*

*purity*

*To rid yourself of blind passions.*

Softly I murmur those truths to you with perfect precision. Let us work towards purity and remove blind passions.

From impurity you progress to purity, then once you have attained the pure level, you will be responsible to purify all impurity. Wherever you go, impurity has to disappear and give way to purity, because you are yourself light. Your light is Mine. It shines in every corner of darkness, guiding the blind and foolish traveler. With this light, there will be no more foolishness or blind passions.

For the sake of love, I want you to return. When you unify with Me, everything will be illuminated. I want you to learn every condition of life in the proper order. You must return to earth to harmonize with every condition in order to unify with Me. When you unify with Me, everything will be illuminated. Your aureola will shine and radiate all over the universe. At that stage, you will be able to help Me with My work.

We discuss true love to remind mankind of their divine Father. My children, we are discussing true love. When we are unified, we will realize true love. My children, only with true love can we assist mankind to return to their divine Father. Only with true love can we remind them that purity is their highest goal. Indeed, we have to direct ourselves to the sphere of pure energy to achieve that most worthy excellence. Understand that life is temporal. Why do I plan separations and reunions? See how impermanent life is! You



come here to learn and when your lessons are completed you must leave this school of life! No one can keep you here forever. My children, then you progress to another grade that I have assigned for you. Birth is reunion or convergence, and death is divergence. So what's left to cherish or lament? I feel the most pain when I see you neglecting your path of spiritual perfection and ignoring yourself. I shed tears at night to see you disregarding yourself. That causes Me the most grief. O My dear children, if you learn to know yourself, how relieved I am!

*Everything is converging to Oneness  
Then diverges into the multifacets  
Which are in return the only One.*

Everything converges to Oneness. Every living creature will come to unification. The whole then diverges into the multifacets, but on return they are the only One. There is only one image. To you, the universe seems great. If you progress towards this unity, you will see that who other than Me presides over the universe? My children, I am you and you are Me.

*The smallest and the biggest start within the self  
Those are latent qualities granted by Me with love.*

It's up to you whether you are small or big. I design everything for you from the beginning to the end. You must understand life better by going from one existence to another and from one ignorant state to another. You are now more superior than many other creatures like the animals and plants. Perhaps you look down on them. You

must remember that you have already gone through these states during your journey to evolution. You should love these creatures sincerely instead of looking down on them. You should help them evolve to the state of a human being like you. Even a vegetable, a speck of sand, a block of dirt have all been subdued under the law of divine mechanism. The whole cosmos must also go through that law of education and evolution. There is no more affliction and sorrow once you reach enlightenment. Today, in this sacred moment, I come to clarify those matters to you.

My dear children, you will become liberal and open-minded. Search eagerly for evolution, and for the reunification of your soul and astral body. Your edification will be through your spiritual elevation to the sphere of eternal pureness. Here on earth I assign life and death in order that you may learn. You learn tears, sorrow, happiness and sadness in order to understand your Father. During the saddest moment, there is time for reflection and for repentance. The errors are mainly your own mistakes, not others. You must bear the consequences. Now is the time for you to change your life for the better. Strive to make it a happy one instead. The whole cosmos is now in danger! It is because of you. You are not aware of My complete control everywhere and on every level, providing all of you with the comfort to learn. On the contrary, you become disturbed and turbulent. I don't fail to appreciate you at all, my dear, despite your negligence towards yourself. I only grant you everything you want, in order to shine my light towards you. You will reach the right path gradually of course, but in such a condition it will take longer. I want to make it clear to you that the time it takes you to reach the right path is up to you. Whether or not the law of divine

mechanism improves is also dependent on you. Everything on earth is part of the law of divine mechanism. That's how it relates to you. Even in heaven it is the law.

If you do not purify yourself, there is no way for you to enter into the celestial kingdom. That is the law. That law is placed within your entire body, inside and out. Therefore, you must suffer today, because of your lack of knowledge. Without suffering you cannot discover the self. I gave you the opportunity to live within the limits of birth, old age, sickness and death. You have all mistaken it as reality. Life gives Me the ability to grade you for your evolution. It is unavoidable. Time has already been allocated for that. Strive to perfect yourself. Because you are now more clever than before, you must search and ponder over My everlasting message.

When everything becomes clear to you, you will see how much I love you. How much affection do you have for your Father who has sacrificed so much for so long for you? How grieved you will be when you realize the extent of your negligence toward your loving Father. Work on returning to yourself and understanding yourself better and then you will be able to harmonize with the universe. Blame yourself rather than anyone else. It is you who is blind and ignorant. It is you who is unfaithful. That's why you do not recognize your latent and original potential. You have ignored the creator of your one "drop of blood." You do not even know about the blessing. You hear the word "blessing" and you repeat it, but you don't know its real meaning. No one has been able to explain it. The blessing is really that drop of blood. Today, it grows up to become a big puppet who causes conflicts, then war, and sorrow to people on many social levels. You fail to improve and continue to

offend Me, to oppose Me and to revolt against Me. Where will this lead, My children? You bear those seeds of evil, and then where will you go? If you revolt against Me, what will be the result? How many scenes of suffering have you seen on earth? Many angry, unappreciative children steal their father's savings, in order to have a glorious life. At what point were they when their lives ended? Did you witness their last minutes of agony? Did you see their repentance and the punishment they had to endure? In reality, they have punished themselves. Therefore, My dear, if you want war, I give you war. If you wish for peace, I give you peace. In this way, you will recognize the cycle of evolution.

Today, I come to you by energy through the intermediary of your Master. My children, I come to guide you to make things clear to you, so you can avoid making misleading judgements. I come to remind you not to fail in your duty. This failure is a sin against heaven. Your microcosm is not easy to create on earth. No one can create it except Me. Therefore, only God knows about the law of divine mechanism. Only God owns the secret dharma to guide your evolution. Your current sorrows and afflictions are My predetermined and unveiled dharma for your evolution. Henceforth, all of My children have to evolve together, and at the same time seek the path of love and construction.

My children, today you have been reminded of the existence of eternal life. After listening to Me, you will be happier, feel more at ease and relaxed. So strive to advance.

I leave you now temporarily. May I send you My blessings and these words, so you can think them over.

Be confident to advance. Raise yourself to a higher state in order to embrace the glorious and marvelous time we will

have together. We will be constructive for eternity within the sublime pure sphere of energy. Good bye, My dears!

Manila, 1979

# The Pilgrimage at Sea

*This lecture was given during the 9th annual Tết Vô Vi. The conference was held on the cruise to the Bahamas in 1990. The collective energy of this conference served to assist many boat people who died at sea during these past few years.*

Dear friends,

We are fortunate to be together on this cruise. While the ship is enroute, let's join our efforts to pray for the suffering souls who died on the sea. With pure thoughts and sincerity, we eliminate all worry and annoyance to preserve our pure energy. Let's focus our prayers on the suffering souls.

How happy and fortunate we are to meet each other on this cruise. With collective minds and willpower, we get together on this cross-country cruise to pray for the suffering souls.

After discovering an eternal happiness and confidence within, we now orient ourselves to rescue the suffering souls during meditation. How great to be able to participate in God's will for the construction and openness of love and forgiveness. After our touring around the city, we must see and be aware that all the material matter on earth is temporary. Nothing tangible is real. Only the heart matters.

Today, on this occasion to be together, we all contribute our soul and heart to constructiveness by joining our pure energy to help the suffering souls who lost their paths. Since we know better about our true position, what should we do

now? We should practice forgiveness, love, perpetual constructiveness in life and spiritual matters. With meditation, we become serene and open-minded in order to help others with our positive mind. Nam Mô A Di Đà Phật.

While the cruise ship leaves shore, we offer our collective sacrifice to those who are suffering and to those who died on the ocean, so they can awaken and improve themselves. Faith and serenity can never be lost as we orient our mind and energy toward capturing the pure energy of the Superior World.

This cruise was arranged by many collective minds who worked together. As brothers and sisters under one universal roof, today we also get together to pray for the suffering souls and for peace on earth. May they have moments of repentance. We give assistance to the needy with our own practice, not relying purely on theories. During this sacred moment, let's orient our mind to the Superior World to eliminate all worry and agitation, and sincerely contribute our pure energy to the good cause for all. This great sacrifice has never been completely fulfilled, but today at this sacred moment, we can all combine our pure energy to do so. Our energy will bring warmth to the lost souls. The invocation of Nam Mô A Di Đà Phật vibrates through the whole universe and brings the loving faith and open-mindedness to every soul that will have an occasion to evolve during this sacred moment.

Dear friends, after many years of assiduous practice and learning experiences, we can now perceive a path for liberation, which originates at the topmost part of the cranium. We now contribute our pure energy that we have received from meditation to the common cause. That is to give direct assistance to the suffering souls, with our pure

energy for soul liberation. This combining rhythmic force of energy is very clear and constructive. With our mind oriented toward the Superior World, the pure energy can then develop to clear away every woe within. How happy and fortunate for Vô Vi practitioners to have such a good opportunity to take part in this worthy contribution.

Material matter must develop the same way as spiritual matter. Look at how this cruise has been arranged. This present cruise has been organized thanks to the cooperation and coordination of many people. We are able to move smoothly over untroubled waters. Now, we must get together to combine our energy to open a path toward spiritual development. We make a sincere effort to coordinate in constructiveness. See how wood in the forest can now become part of this refined ship! See how material matter can become a magnificent ship after going through the process of refinement! If material matter can be refined so well, then our minds must be even more powerful. We can arrive at the world of the Immortals and the Buddhas, who are the eternal and indestructible states. Our souls are originally immortal, and are not like these tangible matters that can be destroyed. The tangible matters can last a limited time, but our eternal souls can be refined infinitely, and become pure and light if we purge ourselves every night, every hour and every minute.

Today, we come here with all sincerity for constructiveness. We don't care about material means, but we orient our mind toward spiritual development. We can rescue the suffering souls only with spiritual orientation. After many learning experiences about different forms of energy manifestations and channelings, we are now fully aware of the existence of a world beyond. We know that



man has to initially agree to be personally responsible for his spiritual development. After past experiences, we now understand better. We have learned a lot and we are improving ourselves. Our mind is more open with serenity.

This sacred moment is dedicated to the salvation of suffering souls. We must invoke Nam Mô A Di Đà Phật during meditation, so the process of salvation can be complete. As brothers and sisters, we are one. There is no distance between us. While being on a boat together, we all share moments of common concern. This is the offering of our loving faith to God. By combining love, the divine mechanism will be manifested in such a way that all beings will be rescued. Peace and lightness will then prevail in the pure heart of every being. The spiritual practitioner must make use of his pure heart for the discovery of energy. Simple, kind thoughts are not enough to create pure energy. Only with a pure heart can we kindle the flame of compassion. We learn and practice compassion to rescue all suffering souls.

How happy and fortunate to be together at sea during this sacred moment. There are so many lost souls including our deceased friends and relatives who are looking for our help now. With meditation, we can direct our thoughts to help them. They will then instantly receive our assistance. By combining the efforts of every person, improvement will certainly take place.

As the ship leaves shore, our hearts leave behind all material matters in order to aim for spiritual salvation. With the invocation of Nam Mô A Di Đà Phật, the Eightfold Boat is launched for the rescue of the suffering beings. How happy and light it is! Pure energy provides strength, but simple prayers are not sufficient for rescuing others. We

must nurture positive thoughts, good will, and sincerity to help others. Every person has a right to develop his spiritual mind, and get enlightened in order to save other living beings. Let's return to the true nature of serenity, the true nature of spiritual energy, and the true nature of our duties toward our fellow beings, earth and heaven, so we can guide the suffering souls to evolve. Compassion is the real strength for constructiveness and salvation.

The New Era is now arriving. Many changes for improvement are presently occurring. Death seems to be meaningless, but it's so meaningful in depth. There exists a law of karma, of cause and effect that no one can avoid. However, today by combining our pure energies, we have created a spiritual force to help suffering beings toward spiritual development and evolution. This occasion has never before occurred on earth. We are constructive with benevolent thoughts, and not with rivalry. Sincerity and harmony are blended together with the loving ocean. Under one universal roof, we share moments of pureness and lightness as the cruise is moving smoothly, and our hearts are pure and light. We orient our pure thoughts toward the suffering souls and to our loving native land.

Every benevolent thought can take part in the divine scheme of salvaging suffering beings.

This pilgrimage on the cruise is fulfilled by the sincerity of our heart. We invoke Nam Mô A Di Đà Phật for helping other suffering beings, with the blessings granted from the three spheres. All shadows will disappear, so harmony, peace and love prevail. As we have pure energy, we should make use of it to help other suffering souls. So the Vô Vi practitioners must always be ready to help and sacrifice. To save other beings is to save ourselves. To harm

others is to harm ourselves. Let's release anger and passions, so we can return to our true inner nature. As we eat and swallow every day, we must be aware how benevolent is a blade of grass, or a grain of rice. These nutrients are helping living beings. As a human being, we must have this compassionate perception in order to have good opportunities to help other living beings.

Like the vastness of the ocean, our benevolent hearts are now orienting toward helping others. This everlasting present is offered to our loving God in constructiveness and openness. We vow to follow the spiritual path toward self-perfection, so we can contribute more effectively to the comfort and peace of human beings. Mankind has suffered because of misunderstandings and the threat of death. This is totally incorrect. Death is not the end. After death, one still continues to evolve.

Today, as we understand more about it, we must combine our pure energy by meditation to help other suffering beings during this sacred moment. Sincerity will clarify every uncertainty in our mind that was caused by any upsetting rivalry. Open-mindedness and constructiveness toward infinity should be the goal of Vô Vi practitioners. Love and forgiveness, with no enemies inside or outside of us, must take place. Love must be unique.

The sound of the ship's engine and the pounding waves are joining in the development of our consciousness during this moment of meditation. We pray and extend our homage to Buddha and the Bodhisattva Kwan Yin to salvage living beings. From olden days until now, material matter has always been initiated by spiritual minds. The heart must go first to generate everything. So if we sublimate our mind, everything will follow smoothly. If we orient

ourselves toward rivalry, we would never have a chance to even attend this congress. Now, let's think of returning to the innocent time, when our heart was pure and happy.

Let's harmonize with the pure universal light to pray for all the blind souls, so they can have an opportunity to awaken and regenerate themselves. We meditate together and combine our pure energy to open a path toward spiritual development. We don't do it with negligence. With positive thoughts, our sacrifice has touched God, and all divinities in the three spheres of heaven, earth and human beings. We dedicate our efforts and belongings to guide these different levels toward pureness.

Nam Mô A Di Đà Phật.

Nam Mô A Di Đà Phật.

Nam Mô A Di Đà Phật.

With deep love, may we send this strength of pure energy to guide the blind souls toward liberation and better life. As children of God, we cherish the Lord of Great Serenity that has given us a chance to be human beings on earth. To fulfill our duty, we must regenerate ourselves in order to be able to help other blind souls. We help them with love and the pure light of the universe. It's so clear that if there is a point of arrival, then there must also be a point of departure. Therefore, we must continue forward to infinity. The pure light is the real strength. The pure light is the prime mover of everything. We are well aware of Your love, God, and as we are Your children, we love You greatly and we also love humanity. We will orient our pure energy instantly to any corner of the world where there are suffering

souls. We invoke sincerely Nam Mô A Di Đà Phật. Nam Mô A Di Đà Phật. This is the key to cross the three spheres toward infinity.

We hold on to it during our meditation for the sublimation and stabilization of the soul. Then we direct our pure energy to the suffering souls. We don't see them with our eyes but we have reached them with our heart. Our soul is free from worry. We reside in purity and lightness. The heart is the real belonging of a Vô Vi practitioner. The heart is our last chance of life. So if we concentrate on the topmost part of our cranium for silent invocation, we will be able to guide the blind entities in our microcosm to evolve toward brightness. The resonance of Nam Mô A Di Đà Phật can awaken the living entities in our microcosm as well as relate with the universal resonance.

This synchronization of pure energy from inside to outside will create a strength to guide the suffering souls. This pertains to the esoteric science that human eyes cannot see. During 45 minutes of meditation, we invoke sincerely Nam Mô A Di Đà Phật to clarify everything, so we can return to the pure and light nothingness.

After overcoming countless obstacles, we attain pure love, forgiveness and constructiveness without end. We arrive at a glance of the eye. And at a glance of the eye, we can rescue the deceased as well as the living. If we lead a spiritual life toward self-perfection with sincerity, then our seven generations can be rescued. We should be vegetarian, and abstain from carnal desires. We should practice love and forgiveness. We detach ourselves from mockery of life. We nurture altruistic love at all times.

To own a human body is very difficult. To encounter the dharma method is even more difficult. Now, we have

both in hand, so we must make use of them to advance and regenerate ourselves. We need to perfect ourselves through only the six sacred words to get good results. The original resonance of Nam Mô A Di Đà Phật comes from the Lord of Great Serenity.

Today, we invoke it together to pray for the suffering souls. How precious and fortunate it is! This occasion is so rare. We have experienced thousands of existences prior to this lifetime, and our present goal is to attain spiritual perfection and to promote the salvation of suffering souls.

While living in this pure and light atmosphere, we are free from any blind passion and stubbornness. We concentrate our pure energy at the topmost part of the cranium. This opportunity has shown that Vô Vi can advance incessantly toward infinity. Mankind sinks into sorrow because of ignorance. He directs his energy downward and forgets the authentic power. Man's authentic power is infinity.

The truth itself is thorough and not incomplete. So what's the use of harassing each other? Love and forgiveness must be the cardinal point of meditation. Compassion is also founded by forgiveness and love. So is every other good thing. If we grasp it clearly, then we will not have to worry about going astray anymore.

The Divine Mother is greatly touched at seeing our spiritual energy which vibrates and elevates from the topmost of the cranium. She is always by our sides. So are the Immortals and the Buddhas. They are assisting every needy suffering soul. If human beings cannot help themselves get together, then all these divinities cannot do anything either.

Today, if we know how to improve our physical and

spiritual life, then everybody can work together with constructive minds, and our loving faith will never be altered. It will elevate toward openness, joy and lightness according to its path of evolution. Every human being must know how to perfect himself by repentance and self-awareness. The Immortals and the Buddhas are present everywhere to give assistance to the needy. They guide us toward lightness and would respond to us at every thought directed to them. It's so clear when we reside in the state of lightness. If we detach ourselves from many complications of life and keep our consciousness free, then this lightness will come back to us. Being at sea, every practitioner must feel peaceful. May we pray for the salvation of the suffering souls in compassion and fraternity. Do nurture the spirit of lightness and leave every conflict behind. With sacrifice, we will be able to fulfill everything later on. Without it, we will fail. With sacrifice, we can discover the infinite capacity of the mind. The mind can judge and monitor everything. Even though we are only a few hundred people gathered here, with pure sincerity our power becomes immense.

Nam Mô A Di Đà Phật.

Kwan Yin Bodhisattva and the Divine Mother, may  
You grant Your blessings to all living beings.

After witnessing many scenes of death and sorrow in everyday life, the heart of the spiritual practitioner remains unswerved. After many upheavals and natural disasters, nature itself will also slowly return to normal. So we don't have anything to worry about. With experience, we see that the path leading toward self-perfection is the only secure

way. There is no other way that can release us from getting involved in more agitation.

The law of karma is very clear. If we consume or destroy a lot of material matter on earth, then we must bear the consequences by having natural disasters, such as earthquakes etc... If the present civilization has been able to advance to this point, then human beings must have used up a lot of raw materials. Once these materials are consumed, their energy is destroyed and concentrated in one corner of the sky. Sooner or later, it must bounce back to us. This is the law of karma that has caused us to worry. However, if we elevate our mind toward spiritual development and destroy nature less, then everything will be better.

The moment of meditation is the most sacred moment of our life. No medicines are more efficient than a heart that elevates spiritually to release stress and worry. This is to cure spiritual deterioration.

We can rescue other suffering beings only if we are free from this type of illness. If we have such spiritual deterioration, for example, if we lack forgiveness and love, then how can we rescue other beings efficiently? How can we remain happy and advance in serenity?

The cardinal virtues such as civility, fidelity, rationality and loyalty are also derived from serenity. When we repent and are willing to correct our errors, then the inner energy will change immediately to a different frequency. When we elevate our mind, a power is created. If our minds cooperate, this power will become even stronger. This is the way pure energy is emanating all around us on this cruise ship. This is a scene of peace and love to which the Immortals and the Buddhas are sending their blessings. So



we must try our best to learn and fulfill our path of evolution. Serenity is the source of spirituality.

To preserve pure energy and eliminate impure energy must be the teachings of a pure dharma. So we must not linger anymore. Why don't we advance straight on the road toward spiritual elevation and open-mindedness?

We are perfecting simultaneously our physical as well as our spiritual life. In the physical life, there is a spiritual facet and vice-versa. We must know both sides of life in order to be aware of the limitless strength of God. We learn to advance. We learn to elevate our mind and this spiritual strength is boundless. We attend the universal school during meditative contemplation. What do we learn? We learn about different frequencies of energy changing from dark to light, from agitation to serenity. We need to practice in depth in order to achieve self-awareness. Beseeking help without pure practice is dim hope. So we must practice to advance. Without practice, we regress.

Both the living and the deceased are searching for Tao. Everybody tries to cooperate, so peace on earth can prevail. The divine mechanism is available to help mankind open their mind. So every man must know how to make use of the divine love. We need to open our mind and free ourselves. The burdened mind cannot grow and develop toward openness, because the energy frequency in the mind becomes negative and dull.

Nam Mô A Di Đà Phật.

Nam Mô A Di Đà Phật.

Nam Mô A Di Đà Phật.

The boundless frequency of Nam Mô A Di Đà Phật

develops man's consciousness and salvages suffering souls. Meditative Contemplation leads him toward soul liberation and the return to his homeland. By now, he knows many facets of the physical life. Then, he can grasp the spiritual facet better in order to achieve the goal.

Among man's relationships, the mind plays the most important role. The mind that orients upward is the spiritual mind. The mind that orients downward is the mind of rivalry and darkness. Every night, we elevate our mind during meditation. Then we invoke the Buddha mantra every hour. If we keep practicing like this, then we can regain our inner stability easily, so the natural philosophy can develop in our consciousness. No more blind passions and stubbornness can hamper our way. We will be able to read the sacred book without words which lays in the pure heart. We don't need to rely on external sacred books anymore. The sacred book without words is the living bible. The environment is our teacher. We have learned much, going from one experience to the next. Many scenes of life appear in mind and have contributed to our growth. The path of life is very clear and constructive.

As the ship is sailing, our heart prays for the rescue of the suffering souls. With constant mental invocation of Nam Mô A Di Đà Phật during meditation, we contribute our pure energy to support the divine mechanism, so it can act in a way to relieve man's rivalry and to orient human beings toward love. Man needs to elevate his mind to experience the divine love and its vastness. After enlightenment, he will know his real position. His duty on earth is to realize forgiveness, love and constructiveness. He must kindle and realize his compassion.

Nam Mô A Di Đà Phật.

Nam Mô A Di Đà Phật.

Nam Mô A Di Đà Phật.

The aureola of Nam Mô A Di Đà Phật is guiding the living souls in pure thoughts. The Vô Vi community in the physical and spiritual worlds is joining harmoniously its efforts to be constructive for a common purpose. Destruction and individual gain are not ours. Only with a common goal, can we better understand the divine mechanism. This common goal is the contribution of pure aureolas. Without this pure and joining force, the universe will cease to exist. The planet earth and its universe can't exist without pure spheres of light.

Today, we direct our mind toward the regeneration of pure energy. We purify our light, so we can give assistance to the needy. We work for it bit by bit every day. With collective minds, we arrange a cruise to sail toward the shore of enlightenment. This is achieved by minds free from rivalry. This is the path of constructiveness and not of illusions. Pure light is the core. It does exist within the nonexistence. There is no more external reliance in this state. The consciousness develops with a pure dharma. On the contrary, adultery will occur if the mind holds to blind passions and stubbornness. If the mind orients itself toward the regeneration of the physical and spiritual life, then rivalry and struggle cease to exist, leaving place for beauty and goodness.

How happy and fortunate to share these moments of joy in opening a path toward the development of spiritual energy. Our authentic power lays in the mind. If we neglect

to develop the mind, then spiritual cultivation will become mere reliance on external forces. We must organize our mind to be constructive. We are conscious of how the mind is limitless and law-abiding. The law of the universe is reflected in the mind and the internal organs. With the three techniques of Concentration of Spiritual Energy, Cyclical Breathing and Meditative Contemplation, we can coordinate the three levels in our microcosm to sublimate toward lightness.

The joint effort of meditation plays a very important role. We must eliminate rivalry and conflicts immediately, so our spiritual mind can develop toward openness, glory and beauty.

While the cruise is moving on, our heart moves also to a boundless space for the salvation of suffering souls. How sublime are the thoughts. How happy and fortunate to regain the loving faith. The pure aureola pervades endlessly. Now, we leave behind every conflict to gain self-awareness in both facets of the physical and spiritual life. God has granted to man everything needed. We own a physical body with its five senses. The hearing and the vision are for the fulfillment of thorough understanding. When we hear and see something, we will understand thoroughly the matter from the cause to its effects. We don't need to create any more karmic retribution. If we keep collecting more things in our mind, then we create karmic bonds. The karma will lead to suffering. Therefore, we should release these things immediately from our consciousness, so our lives will be better.

Being children of God, our faces must be bright with light. Being children of God, we cannot dwell in rivalry and conflict. What's the use of being a messenger of God and

the Buddhas while sowing rivalry and losing the sensibility of harmonious pure energy? What's the use of caring for other persons while neglecting oneself? When we know the existence of the Superior World, and we care to join in our pure energy to fulfill the common goal, then this is the thing to be concerned about.

We join in our pure energy with constant invocation of the Buddha mantra. The Buddhas are not more stupid than us. They know how to make use of their pure aureolas to salvage the living beings. Every person who is sitting here does not yet understand himself. He doesn't yet know his real identity, but he can orient his soul toward perpetual learning for evolution. God will make use of the weapon of love and wisdom to salvage the living beings.

Nam Mô A Di Đà Phật.

Nam Mô A Di Đà Phật.

Nam Mô A Di Đà Phật.

Nam Mô A Di Đà Phật.

Grace, Peace be with all creatures.

Nam Mô A Di Đà Phật.

Grace, Peace be with all creatures.

Nam Mô A Di Đà Phật.

Grace, Peace be with all creatures.

The calm ocean is bringing us a message of love that we can share with each other during this moment of meditation. We sincerely devote our heart to the joint effort of fulfilling today's task of salvaging the suffering souls.

May everyone return to his true nature of serenity,

May everyone return to his true nature of spiritual  
energy, and

May everyone return to his true nature of his duty  
toward his fellow beings, earth and heaven.

Atlantic Ocean, August 10, 1990

## **The Invocation of Nam Mô A Di Đà Phật**

In this life, all living beings are imbued with ignorance. Afflicted by the karma of body and mind, many people search for a path toward spiritual perfection. Some invoke Nam Mô A Di Đà Phật without understanding the meaning of the mantra. When you pray loudly, you may waste your spiritual energy. When wasting your energy, you cannot make any progress on the spiritual path. No matter how many times you do repentance, offerings and invocations to the Buddhas, you can still get sick. Why is this? Because you don't understand the meaning of Nam Mô A Di Đà Phật. You do it without awareness. What is the meaning of Nam Mô A Di Đà Phật and its effects? You don't know yet. Sometimes, you only follow other people in reciting the mantra of Buddha without knowing the meaning.

The Buddha dharma is now more developed than ever. People are more aware of the need for soul liberation. Many predecessors have gone through many ordeals before reaching the spiritual goal. They practice and improve themselves with the silent invocation of Nam Mô A Di Đà Phật. By invoking Nam Mô A Di Đà Phật, they have succeeded in increasing their enlightenment.

Now, let's find out the correct way to practice Nam Mô A Di Đà Phật.

When invoking loudly the word **NAM**, we notice that its final vibration resounds like the gong of the Buddhist temple. The final vibration ends up at the middle point of your eyebrows.

**MÔ**: Its final vibration is situated at the top of your head.

**A**: Its final vibratory sound is situated at the middle of your kidneys.

**DI**: Its final vibratory sound ends at the middle of your heart.

**ĐÀ** : Its resonance will vibrate over all the pores of the epidermis.

**PHẬT**: Its final vibratory sound ends at your umbilical center.

Why your umbilical center? Because this is the area of the "Four Oceans Converging to One Abode." When you know about your microcosm, then you will know also about the macrocosm.

There is a sutra as follows:

**NAM** represents the element Fire.

**MÔ** means what is invisible to human eyes. It is the prime mover of the element air.

**A** is between the two kidneys. This represents the vital force of the seminal essence energy.



**DI** is the taking within and the transmutation of the three energies: the seminal essence, the vital energy and the spiritual energy.

**ĐÀ** is the emanation of the light and color. It's the radiation of the spiritual energy, haloed around the person.

**PHẬT** is the serenity within.

When knowing this meaning, you must turn within to develop your consciousness. The front teeth should touch together with the tongue curled up to the upper gum when invoking the mantra.

Keep your teeth touching together and the tongue curled up to your upper gum. Then, concentrate on the top of your head and think of the Amitabha Buddha with sincerity. He is your predecessor and also your initiator. Keep invoking silently *Nam Mô A Di Đà Phật* in accord with your length of breath. If your length of breath in the Cyclical Breathing exercise is long, then your invocation of *Nam Mô A Di Đà Phật* must correspond in length of time. Please do it smoothly and at ease.

Why do you have to do it at ease, without rushing? It's because your 12 visceral entities are impure and sluggish. Your Master-Soul has to educate them carefully and smoothly so they can adapt to it. What good is it if you speed up your invocation but are not able to guide them? To cultivate yourself on the spiritual path, you must relax to adapt into the orderly norm of the universe.

Thus, you must keep in mind this point. Invoke it silently, by thought. Why do you have to keep your teeth touching together, your tongue curled up to the upper gum and silently invoke the mantra? You do so to stimulate the

flow of your saliva. This is the parotid liquid. What is the parotid liquid for? It's to cure all diseases relating to the internal organs. It's a marvelous cure. When you are able to concentrate your energy on the top of your head, your saliva will become pleasantly sweet. In return, you feel lucid and enlightened. For the spiritual adept, saliva is the ambrosial liquid.

These instructions are the crucial keys to help you develop your consciousness. If you practice properly, you will not expose yourself to any external forces. You can preserve your energy with positive thoughts. The posture of having your teeth touching together with the tongue curled up to the upper gum while invoking the mantra can preserve your pure energy too. With practice, you will experience serenity, compassion, lucidity and courage.

Compassion comes from the care of the Master-Soul toward his 12 visceral entities in the microcosm. Through training, the soul has guided his entities out of ignorance. When you succeed to purify the three levels of your microcosmic sphere, then you will reach enlightenment. You will attain a complete understanding of the whole universe. Courage comes from the serenity to influence all living beings.

Now, let me invoke properly so you can listen and follow the Buddha mantra by thought. Keep your teeth touching together and your tongue curled up to the upper gum. You will notice that your saliva will increase during the invocation. This is a marvelous cure for health and spiritual development.

September 8, 1986

# The Central Source of Universal Energy

To know the central source of universal energy, we must recognize the original point of the willpower that leads to an immediate understanding. It lays in the principle of Nam Mô A Di Đà Phật. These six central sources of energy are converged again to oneness with an endless motion.

1. **NAM** indicates the south with its corresponding fire element. The spiritual energy once concentrated at the frontal psychic center will light up and project out to form a Pearl of Silence. Then, with maturation, this halo will synchronize with the central source of universal energy. The mind of the practitioner will become more alert and strong.

2. **MÔ** indicates the energy world unseen by human eyes. It is located at the topmost part of the cranium. The spiritual practitioner will experience many things depending on how he has contributed and worked in relation with the central source of universal energy that encompasses the principle of mutation and reproduction.

3. **A** represents the convergence of the renal water

located at the kidneys. The kidneys process fluids which are in close relation with energy. It's just like the moon and the ocean which are both in relation with the central source of universal energy.

4. **DI** is the taking within and the transmutation of the three energies: the seminal essence energy, the vital breath energy and the spiritual energy. The resonance of Di is concentrated at the heart or cardiac psychic center. When the energy-thought reaches quietude, then the practitioner will see the vault of sky located in front of his chest. At that moment, he will understand clearly the meaning of the planets sun, moon, and stars which are the trinity. The adept always emanates positive thoughts with an altruistic heart that orients toward the central source of universal energy.

5. **ĐÀ**, the energy of ĐÀ emanates from the body and totally surrounds it, forming a pure and light aureola that also orients towards the central source of universal energy.

6. **PHẬT** is serenity within. When spiritual energy is perfectly focused, the adept will attain perfect harmony and quietude and will orient himself with the central source of universal energy. At that moment, he will experience absolute ease. He will then become totally aware of the source of serenity with unswerving mind. He will engage himself more into the salvation of the living entities of his microcosm and also orient them toward the central source of universal energy. His perception will be sharper.

The energy must all converge to the topmost part of the cranium before being able to synchronize with the central source of universal energy. This point of energy convergence is located about one handspan above the head.

Why do we need to orient ourselves toward the central source of universal energy? This is in order to grasp the principle of eternal mutation and reproduction of the energy. When we understand this principle in depth, we can overcome infatuation and stubbornness. We will then better understand the esoteric science.

Only by practice can the spiritual adept develop his consciousness to reach perfect understanding of the meaning of the esoteric science.

November 23, 1990

**PART TWO**

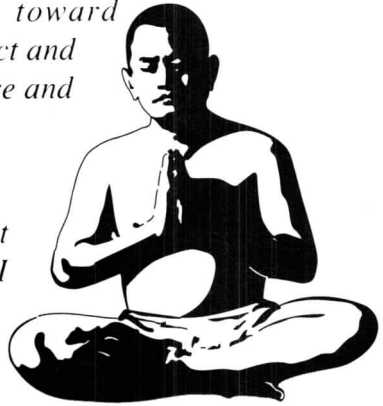
**PRACTICAL METHOD**

**OF**

**VÔVI ESOTERIC SCIENCE**

*"To direct one's life toward spiritual perfection is to perfect and correct oneself to become more and more serene and lucid."*

*"I am the most ignorant person on earth. I must perfect myself. I must correct myself. I must progress! I must build my consciousness of harmony and my intrinsic love, which is the most brilliant diamond. I must polish it, clean it, make it shine and eternalize it in a lucid way."*



*Lương Sĩ Hằng*

# 1. Introduction

**Vô Vi Esoteric Science** is a practical spiritual method. This method will help the practitioner re-establish his equilibrium and inner harmony and he then will gradually return to his forgotten origin.

This dharma practice is neither attached nor opposed to any religion, race or political movement. It is a technique for self-realization. The dharma practice does not demand blind faith from its adherents nor does it require dogmatic creeds. It does not encourage superstitious rites and ceremonies. The dharma practice advocates a golden mean that guides a disciple through pure living karma and pure thinking to supreme wisdom, supreme karma and soul deliverance.

Vô Vi dharma practice is based on four main spiritual exercises. There are additional exercises for the maintenance of health. The most important points have been described so that practitioners, with consistent and diligent daily practice, will be assured of satisfactory results.

Beginners should proceed steadily. They should do only the first two exercises for six months before proceeding to meditation. These exercises should be thoroughly explained by an experienced practitioner. Alternatively a video tape



is available in which Mr. Tám demonstrates and clearly explains the Vô Vi method.

This dharma practice has been revealed by Mr. Lương Sĩ Hằng (Mr. Tám). We perceive him as our spiritual guide, but Mr. Tám considers himself as another fellow man in this universe, a student who is learning to evolve. The initiator of Vô Vi Esoteric Science was Mr. Đỗ Thuận Hậu (1887-1966), Mr. Tám's master.

In addition to revealing this dharma practice, Mr. Tám emphasizes the importance of the realization of **compassion, lucidity, courage** and **serenity**.

- . To do altruistic and constructive deeds is to realize compassion.

- . To practice the dharma method is to realize lucidity.

- . To cultivate good character is to realize courage.

Therefore, this method should be considered a tool or a means of assisting you on the path toward spiritual perfection.

Mr. Tám, as Teacher, instructs that we alone are directly responsible for our purification. In exhorting his disciples to be independent, Mr. Tám says: *"With the Vô Vi Esoteric Science, you are completely free. Once the method is conveyed to you, it becomes yours. The adept has to perfect and progress on his own."*<sup>1</sup>

He declares that the gates to success and prosperity are open to all in every condition of life, high or low, saint or

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1. Mai Bình meditation center, lecture on October 16, 1986, in Houston.

criminal, to those who care to turn over a new leaf and aspire to perfection:

*"You should persevere to develop yourself. Be conscious of the fact that you are the only being who can take good care of yourself. Do not mind other's affairs. Correct your own behavior to provide good examples for others. Without correcting yourself, you are not capable of influencing anybody else. Otherwise, it is a sham. Rescue yourself first and remove all the worries from your own mind. Nurture the sharp weapon of God which is love and spirituality. Assist every person accordingly, so he can be awakened and evolve spiritually. Your community will soon be better off..."*<sup>2</sup>

Mr. Tám's message of peace and resignation is welcomed with great joy by all who know him. His message is of eternal benefit to everyone who has the good fortune to hear and practice. His message says that life is a universal school to fortify our love, patience and perseverance:

*"Every soul must learn many lessons. We learn through adversity in order to understand life's ups and downs. This process will guide us eventually to spiritual evolution. We must learn constantly so our consciousness can become more and more lucid. We will become aware of our ignorance..."*<sup>3</sup>

Mr. Tám has presented us with no new astounding philosophical theories, nor does he venture to create any new science. He explains to us what is within and without so far as it concerns our emancipation. Ultimately he expounds a path of deliverance which is unique.

2. and 3. *Searching for the Origin of Harmony*, lecture on April 4, 1982, in Montreal.

To purify ourselves is to rectify our thoughts, words, and actions. For spiritual elevation, we should preserve our three energies: seminal essence energy, vital breath energy and spiritual energy.

**Seminal essence energy:** It is the prime mover of physical health. A sane and moderate life style will insure the preservation of the seminal essence energy. Excessive sex will weaken and deteriorate the seminal essence energy.

**Vital breath energy:** Unnecessary talk and harmful utterances will weaken the vital breath energy.

**Spiritual energy:** Being in the state of serenity and calmness will ensure the development of spiritual energy.

*“The pearl of silence springs up from waveless ocean.  
Enlightenment streams out from serene contemplation.”<sup>4</sup>*

The Vô Vi dharma practice aims at preserving these three energies. These original pure energies are three fundamental treasures of the spiritual adept. Through meditation, the three fundamental energies will be purified, sublimated, and then they will converge to form the sacred embryo, on which the soul can lean in order to return to its original homeland.

Vô Vi dharma is to be practiced and, above all, to be realized. It is compared to a raft which will take the soul back to its shore of enlightenment.

*4. Explanation on video cassette about the method by Mr. Tâm – Culver City, July 1982.*

Meditation is neither silent reverie nor blanking of the mind. It is an active striving. It serves as a tonic to the soul, mind and body. Meditation is a systematic method to help you eliminate the ills of life, and ultimately lead you to liberation of the soul in search of spiritual Tao<sup>5</sup>:

*“Using the Vô Vi Esoteric Science, you must achieve soul travel to higher planes in search of Tao...There is only one path of spiritual elevation to enable you to reach your goal, the ultimate aim is to grasp the principle of Oneness and then everything else will be revealed. You should realize that all paths can lead to the shore of enlightenment. Strive to practice towards achievement to the best of your ability.”<sup>6</sup>*

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5. *Meaning of Tao: Advance yourself by your correct knowledge (Mr. Tám)*

6. *Mai Bình meditation center, lecture on October 16, 1986, in Houston.*

## 2. The Six Vibratory Words

These six words of **Nam Mô A Di (Yi) Đà Phật** are the essential keys of Vô Vi Esoteric Science. By mentally invoking those six words from the top of your head, with consistent practice, you will create a flux of pure energy. This is the result of the harmonization of your microcosm and macrocosm. It generates from the development of your six essential psychic centers that fuses with the rhythmic universal vibration.

Mr. Tám has recorded a cassette tape on **Nam Mô A Di (Yi) Đà Phật** to assist beginners in their mental invocation. In the beginning, it is best to listen to his tape. Then follow along, keeping your mouth closed, teeth touching together, and tongue curled up to the upper gum. Beginners are first recommended to invoke **Nam Mô A Di (Yi) Đà Phật** by placing each vibratory word on its corresponding psychic center as follows:

**The vibratory sound Nam:** Its final resonance will be concentrated at the point between your eyebrows or the frontal psychic center.

Mr. Tám: “**NAM** represents the south and it possesses

*the energy of element fire. The spiritual energy once concentrated at the frontal psychic center will light up and project out to form a ball of fire, called Mô-Ni-Châu or Pearl of Silence. That Pearl of Silence will engender the Spiritual Embryo, which bears the soul. When coming to this physical body, the soul passes through the top of the head to go into the kidneys before proceeding to the heart. Then it is imprisoned in the heart. The human being then begins the struggle through the material existence. He only cares about the external and superficial matter. He forgets the depth of the matter and starts to put in fear. The more wealthy, powerful and influential he is, the more he fears being killed. It is because he only sees one facet of life and ignores the other side."*

**The vibratory sound Mô:** Its final resonance will be concentrated on the top of your head which is the cranial psychic center.

In the macrocosm this seed-syllable represents the north west and it possesses the energy of element air. It is the Sanctifying and Dispensing Force of Life that corresponds to the invisible aspect of the macrocosm.

In the microcosm, **MÔ** represents the Blossom of the Meditative Vision. Its localization is the top of the head.

**The vibratory sound A:** Its resonance will go to the middle of the two kidneys at your back or the renal psychic center.

In the macrocosm, this seed-syllable represents the north and possesses the energy of element water. It is the Cosmic Force or Original Energy.

In the microcosm, **A** represents the renal water (thận

thủy) which is the Vital Force or the Fluidic Energy of Seminal Essence (tinh). Its localization is at the renal psychic center situated between the two kidneys.

**The vibratory sound Di (Yi):** Its resonance will be concentrated on the heart or the cardiac psychic center.

In the macrocosm this seed-syllable represents the Expansive Materialization and possesses the Potential Energy of the universe.

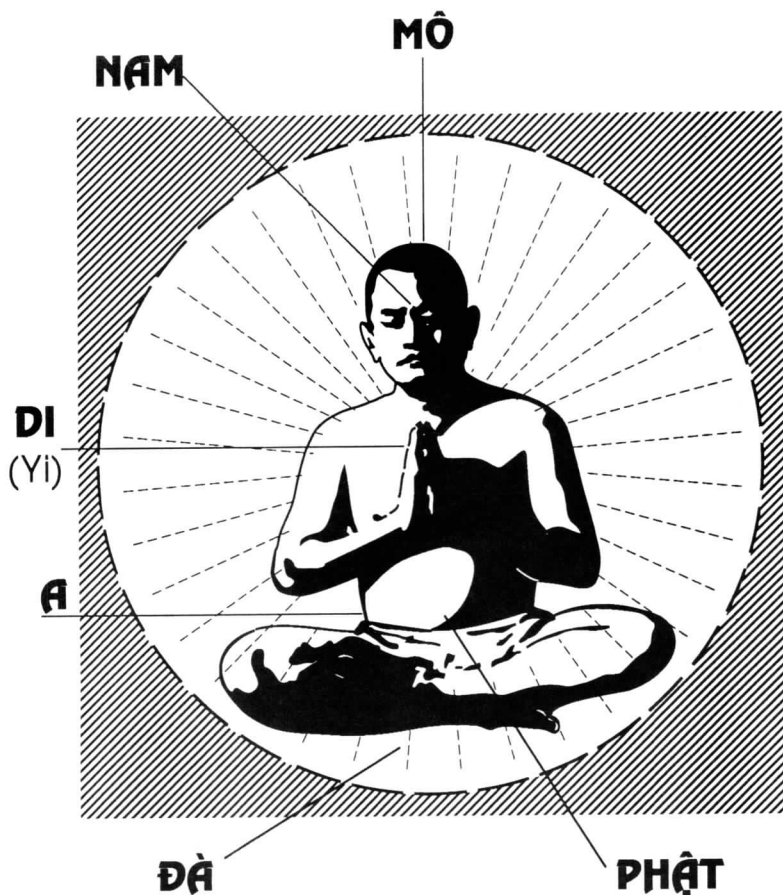
In the microcosm, **DI** represents the interiorization and the transmutation of the three energies: seminal essence, vital breath and spiritual energy.

**The vibratory sound ĐÀ:** The final resonance of **ĐÀ** will vibrate over all the pores of the epidermis from where light and color will emanate. **ĐÀ** represents the radiation of spiritual energy.

In the macrocosm this seed-syllable represents the Emanation of Light and Color. It possesses the Divine Energy radiating toward ten directions in space.

In the microcosm, **ĐÀ** represents the radiation of spiritual energy under the form of golden light, haloed around the person. This radiation emanates from the 84,000 pores of the epidermis. This emanation of the spiritual energy has the redemptive power facing the surroundings and constitutes the esoteric screen which protects the devotee against all negative forces. It is also the dynamic symbol of the state of Buddha: the aureola around the head of the devotee.

**The vibratory sound PHẬT:** Its final resonance goes right to the navel. **PHẬT** is concentrated at your navel or the umbilical psychic center.



In the macrocosm this seed-syllable represents the Cosmic Conscience and possesses the Power of Spiritual Awakening.

In the microcosm, **PHẬT** represents the Intuition, the Vacuity. Its localization is at the umbilical psychic center. When the spiritual practitioner is calm and serene, this psychic center will enable him to recall his past in order to help him correct his errors. It constitutes the remembrance of the anterior existences of the practitioner.



You will invoke the six sacred words on the corresponding psychic centers during the first six months or until you begin to experience the vibratory energy at the top of your head. After this time, you may concentrate only on the top of your head while invoking the mantra. Consistent invocation is also a way of permanent meditation because your mind is centered on one point. It will assist you in the development of your lucidity and the purification of your thoughts.

Mr. Đỗ Thuần Hậu said: *“From mental invocation, you proceed to constant invocation, then to the point where you can harmonize with **Nam Mô A Di Đà Phật.**”*

Mr. Tám: *“Therefore, through invocation, you will see how important the vibrations are! The proper vibrations will lead you to the location of the six centers of psychic energy within your body. Those six psychic centers are the most vulnerable points in your body. Through practice, you will achieve the opening of those six chakras in order to understand the whole operation of the universe. Only at that point will you reach the serenity to fully understand Buddha’s teaching.”*

### 3. Basic

## Vô Vi Dharma Practice

During the first six months, the new practitioner will follow this correct sequence:

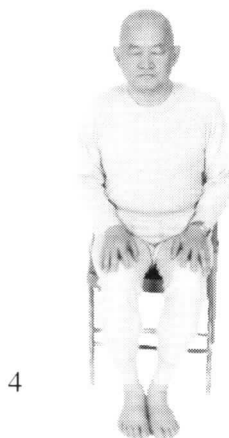
- 1. Mental invocation to begin the dharma practice**
- 2. Concentration of spiritual energy**
- 3. Lying down abdominal breathing**

These exercises should be practiced steadily. Don't try to rush. They will help you regain your energy frequency to its original pure state.

The concentration of spiritual energy will help you stabilize your mind and purify the neuro-endocrine system, energize your brain, cure insomnia, chronic headaches, psychological and mental problems.

The lying down abdominal breathing exercise will assist you to purify the energy of your five internal organs (heart, liver, spleen, lungs, kidneys) by promoting better oxygenation of the blood and rejuvenation of the cells. It helps prevent various diseases, develop a better temperament, and break such habits as smoking, drinking and overeating. It is essential that these practices be **performed only on an empty stomach or 2 to 3 hours after mealtime.**

To begin, turn the light off in the room, then sit cross-legged on a cushion. Keep your spine straight. Those who cannot sit cross-legged may sit on the chair with their feet together flat on the floor. Face southward.



1. Sitting Position (1-4)

1-2: Cross-legged - 3-4: Sitting on the chair

Maintain the following positions from the beginning to the end of the exercises:

**Curling tongue:** The tip of tongue is curled up, touching the line between the upper gum and front teeth. The acupoint on your upper gum which is related to your kidneys will be activated. This position of your tongue touching your upper gum will facilitate the blood circulation and energy purification.

2. Curling tongue



**Incisors against incisors:** Front teeth slightly touching together. Mouth closed.



3. Incisors against incisors



4. Mouth closed

**Eyes closed:** Focus forward from the middle point between your eyebrows, which is called the frontal psychic center.



5. Eyes closed

### 3.1. Mental Invocation

Assume the sitting position described above, keep your mind calm, palms joined in the prayer position at chest level, tongue curled up touching your upper gum, incisors against incisors, mouth and eyes closed, and focus at the middle point from your frontal psychic center. Mentally invoke these six vibratory words **3 times** by placing each word on the corresponding psychic centers as follows <sup>1</sup>:

- NAM:** Its final resonance vibrates from the frontal psychic center.
- MÔ:** Its final resonance vibrates from the cranial psychic center.
- A:** Its final resonance vibrates from the renal psychic center.
- DI (Yi):** Its final resonance vibrates from the cardiac psychic center.
- ĐÀ:** The resonance of ĐÀ will vibrate over all the pores of the epidermis.
- PHẬT:** Its final resonance goes right to the umbilical psychic center.

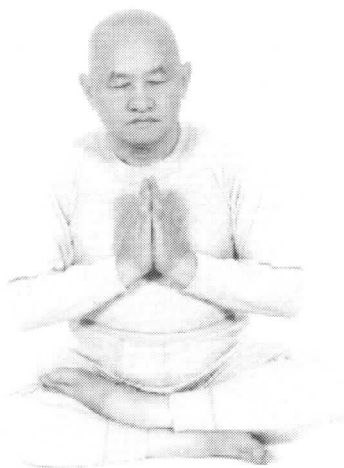
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*1. You will invoke the six sacred words on the six corresponding psychic centers during the first six months, or until you begin to experience the vibratory energy on the top of your head. After this time, you may concentrate only on the topmost of your head while invoking the mantra of Nam Mô A Di Đà Phật 3 times.*

Then concentrate on the top of your head and continue to invoke the following vibratory sounds **twice**:

**NAM MÔ TÂY PHƯƠNG CỰC LẠC  
THẾ GIỚI QUÁN THẾ ÂM BỒ TÁT<sup>2</sup>**

**NAM MÔ LONG HOA GIÁO CHỦ DI LẠC<sup>3</sup>**



## 6. Mental Invocation

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2. Mr. Tám defines it as follows: “The energy of *Quan Thế Âm Bồ Tát* or *KwanYin Bodhisattva* is perfect pureness that shines down to the earthly world, so that the individual soul can be awakened, then basically evolve.”

3. The energy of *Long Hoa Giáo Chủ Di Lạc* or the *Maitreya Buddha* is basically inner joy and serenity. The soul has to return to its quietude in order to harmonize with all living creatures. It is highly recommended by Mr. Tám to retain the original prayer as stated here, primarily because of the importance of its vibratory sounds.

*Please attest to the sincerity of your disciple whose name is (Your name...) in studying the spiritual perfection to reach enlightenment and soul liberation.*

Next, invoke the following prayer once:

**“FROM NOW ON, I WILL STRIVE TO:**

- **Return to my true nature of serenity**
- **Return to my true nature of spiritual energy, and**
- **Return to my true nature of my duties toward my fellow beings, earth and heaven.**

**NAM MÔ A DI ĐÀ PHẬT  
GRACE, PEACE BE WITH ALL CREATURES.”**

Then bow **3 times** with your hands while keeping your spine straight.

### 3.2. Concentration of Spiritual Energy

Assume the same sitting posture with tongue curled up to your upper gum, incisors against incisors, mouth and eyes closed, and focus forward at the middle point from your frontal psychic center. Breathe normally.

Concentrate from the top of your head and say to yourself: *“Unify the three energies: Seminal essence energy, vital breath energy, and spiritual energy.”*

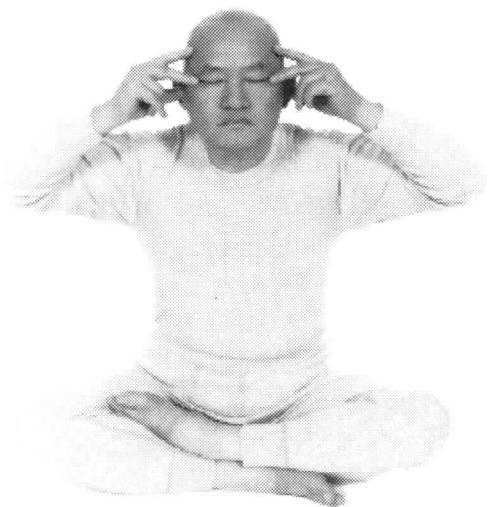
Then, with your elbows raised up level with your shoulders, close your ears by inserting the tip of your thumbs into your earholes. Press lightly on the bone at the outside ends of the eyes with your middle finger tips, and with the tip of your forefingers, press lightly on the point above the temple, on the hairline. Fold your remaining fingers inside your palms. Remember to focus forward from your frontal psychic center. Do this exercise for five minutes at least, and fifteen minutes at most (see figures 7 and 8 on page 272).

During practice, invoke **Nam Mô A Di Đà Phật** from the top of your head to eliminate agitation.

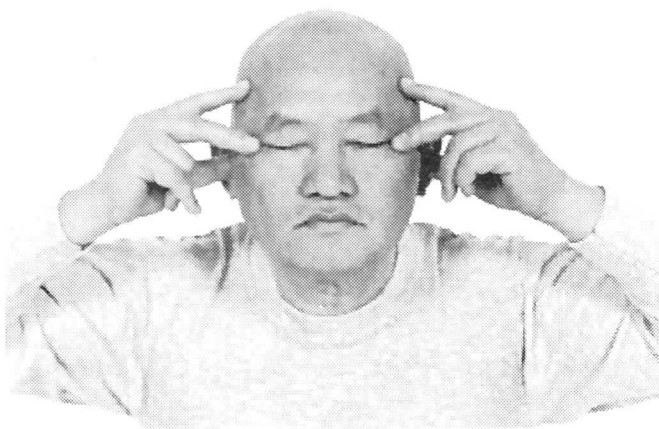
Mr. Tám: *“No religion on earth has yet practiced this concentration of spiritual energy that permits the central point on the top of your head or the cranial psychic center to be developed and the vibrations to evolve into infinity...”*

*When you raise your elbows level with your shoulders, all the corresponding nerves of the lung, heart, etc... are activated, causing you to perspire. At the beginning, when closing your ears by inserting your thumbs into your*





7. Concentration of Spiritual Energy (1)



8. Concentration of Spiritual Energy – Close-up (2)

earholes, you'll hear a lot of buzzing sounds inside your head. In time, you will not hear them any more and will start to feel serene. During daily activities, we expend a lot of our energy to earn a living, thus we experience mental stress that harms our nervous system. So, after work, we can do this exercise at home to strengthen the energy frequency of our mind and recuperate the energy lost through the day. When using the thumbs to close your ears, you are converging the energy to the head and concentrating it on the point between your eyebrows. Your forefingers and middle fingers above your temples and at the outside ends of the eyes are also doing the same function of transmitting energy to the center point between the eyebrows. When you are capable of concentrating your energy, it will proceed to the correct middle path which leads you directly to the universal central power of vital energy. At that time, your mind will become more and more at ease.

*It is recommended that beginners practice this exercise for at least 6 months to strengthen their mind. We have absorbed too much impurity due to agitation, therefore we have to first correct and purify our mind. For beginners, there is no specific time required for practice. Whenever you have any spare time, you may practice this concentration of spiritual energy to calm yourself and eliminate unnecessary agitation of this current life..."*

To conclude the concentration of spiritual energy, slowly lower your hands down to your thighs. Then, place your hand on top of the head to converge the energy back to your body. Slide your hands down so that your palms come down the side of your head with your thumbs behind your ears. Pull down on your ears while pressing your

earlobes. Vigorously rub your palms together with fingers pointed upward to warm them. Next, lay the palms of your hands along your nose, then slide the palms up the face over your head, then down to your ears. Again, pull down on your ears while pressing your earlobes. Do this facial massage **3 times**.

**Now, proceed to the  
Lying Down Abdominal Breathing.**

### 3.3. The Lying Down Abdominal Breathing

After the concentration of spiritual energy, lie down to do the Abdominal Breathing. Make sure that your stomach is not full. Keep your limbs totally relaxed, tongue curled up, incisors against incisors, mouth and eyes closed. Focus forward from your frontal psychic center.

Start to exhale while pulling your abdomen inward to eliminate the air. Then smoothly and deeply inhale while pushing your abdomen well outward. During the inhalation, think of “filling up” your navel. Then exhale by slowly pulling your abdomen well inward. During the exhalation, do think of your navel. Mentally count 1 for one breath cycle (see figure 9 on page 277). Again, inhale by pulling your abdomen outward, then exhale by pressing your abdomen inward: count 2. Continue this process until you count to 12, that is one phase. Pause briefly at the end of each phase and breathe normally. Then inhale-exhale using abdominal breathing by counting from 1 to 11. Then repeat again from 1 to 10, from 1 to 9, from 1 to 8, from 1 to 7, from 1 to 6, from 1 to 5, from 1 to 4, from 1 to 3, from 1 to 2, then 1 last breath cycle. **Remember to take a short pause after each phase and breathe normally.** For correct breathing, do not move your chest while inhaling and exhaling. You only mobilize your abdomen.

The training of the above Abdominal Breathing is essential in order to prepare for proper Cyclical Breathing of Nonretention described later in the advanced section. If you have observed a baby breathing, you’ve had an excellent

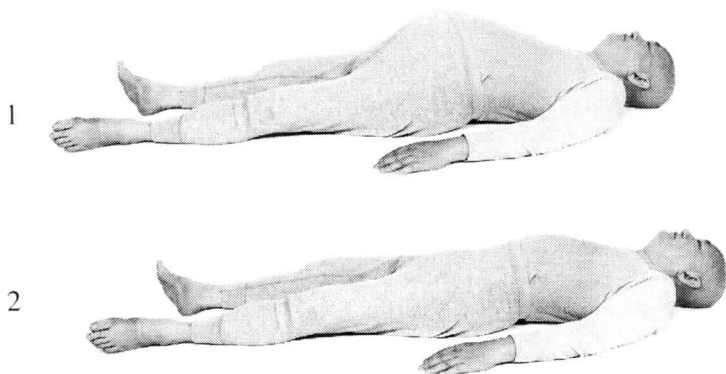
demonstration of proper breathing. When a baby breathes in, you can watch how its abdomen expands like a balloon, and when it breathes out you can see the abdomen flattening.

Mr. Tám: *"Why do you have to think of 'filling up' your navel? By 'filling up' your navel, you have instantly focused on your kidneys, because there is a direct relationship between your navel and kidneys.*

*When you fill your navel by inhaling, you have created a pressure against your kidneys at your back. Even when exhaling, there is also a pressure at your back. Thus, the exhaling then inhaling will form one cycle of continuous breath. Then do the second cycle of breath continuously so that a pressure force will be formed to expel the impure energy of your kidneys and organs out through the way of excretion. Do continuously one cycle to twelve cycles of abdominal breathing. Those gentle breath cycles will create a pressure on your kidneys, leading to the expulsion of the impure energy out through your waste or perspiration. It will also unblock part of the impure energy of your spine. Then continue from 1 to 11 breath cycles then pause, 1 to 10, 1 to 9, ... , 1.*

*Lie down and using the center point between your eyebrows, look at your navel. During your breathing exercise, when you look at your navel, you will eventually focus on your astral body. That connection will assist you in the union of your soul and astral body, once the order of your body reaches its point of equilibrium... The center point between your eyebrows is related to your soul, while the navel area is related to your astral body...*

*Beginners, especially athletes who are used to breathing with their chest, probably will experience difficulty breathing with their abdomen. However, they should make an effort and be determined to achieve!*



9. The Lying Down Abdominal Breathing (1-2)

*1-Exhale while pulling the abdomen inward*

*2-Inhale while pushing the abdomen outward*

*What is more real than using the pure vital breath of the cosmic universe to cleanse ourselves and to purify the organs of this microcosm? The vital energy of men who are pleasure lovers will certainly be weakened. Women who give birth to many children will experience the same; their vital energy will be weakened, too. In those cases, if you*

*adopt this abdominal breathing, you will gradually recuperate the lost energy and will become stronger and conscious of many things.*

*We recommend that beginners practice only the above two dharma techniques for six months before proceeding further. After six months, if you experience the right path, you will want to meditate in search of the supranatural life, for the awakening and the natural comfort of the soul."*

The beginners may also practice the Auxiliary Exercise (page 293) and the Bowing Exercise (page 298) to regulate the fluidic energy of the physical body.

## **4. Advanced Vô Vi Dharma Practice**

It is best to practice meditation between 11pm and 1am (local time). Refrain from practicing meditation between 3pm and 10pm. Rinse your mouth and wash your face. Turn the light off, and sit facing southward. Sit cross-legged on a cushion to keep your spine straight. Avoid direct contact with the ground. Maintain the following positions from the beginning to the end of the meditation session.

Curl the tongue up, touching the line between the upper gum and the front teeth, incisors against incisors, mouth and eyes closed while focusing forward from your frontal psychic center.

Then do these spiritual exercises in the following order:

- 1) MENTAL INVOCATION**
- 2) CONCENTRATION OF SPIRITUAL ENERGY**
- 3) CYCLICAL BREATHING OF NONRETENTION**
- 4) MEDITATIVE CONTEMPLATION**
- 5) MESSAGE TO TERMINATE THE MEDITATION**



## **4.1. Mental Invocation**

This has already been explained in the basic dharma practice (page 268) of the book.

Advanced practitioners will concentrate only on the cranial psychic center while invoking the mantra **NAM MÔ A DI ĐÀ PHẬT**.

## **4.2. Concentration of Spiritual Energy**

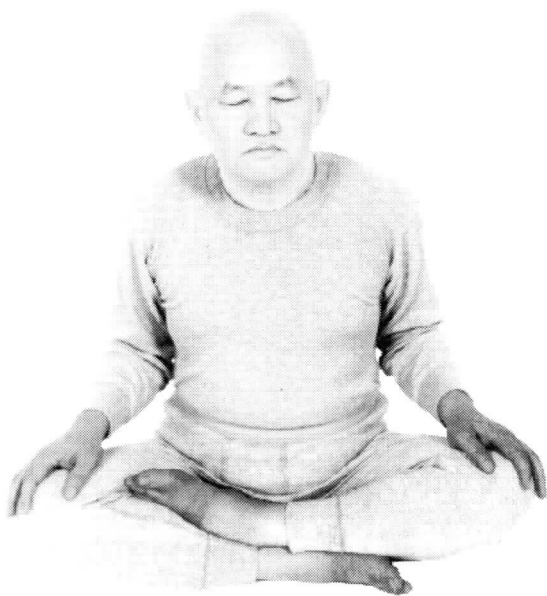
This has already been explained in the basic dharma practice (page 271) of the book. To terminate the concentration of spiritual energy, simply lower your hands and lay them on your thighs. Now, you can proceed to the Cyclical Breathing of Nonretention.

## **4.3. Cyclical Breathing of Nonretention**

Sit straight. Place your palms on your thighs, and your arms against your side ribs. Slowly exhale while pressing your abdomen inward to squeeze out every last bit of air. Then slowly inhale while pushing your abdomen well outward. During the inhalation, say to yourself "Fill up the navel, fill up the chest, up to the head". For beginners, this is a given order of your mind to trace out the path of flowing energy that will be cleared up with time of training.

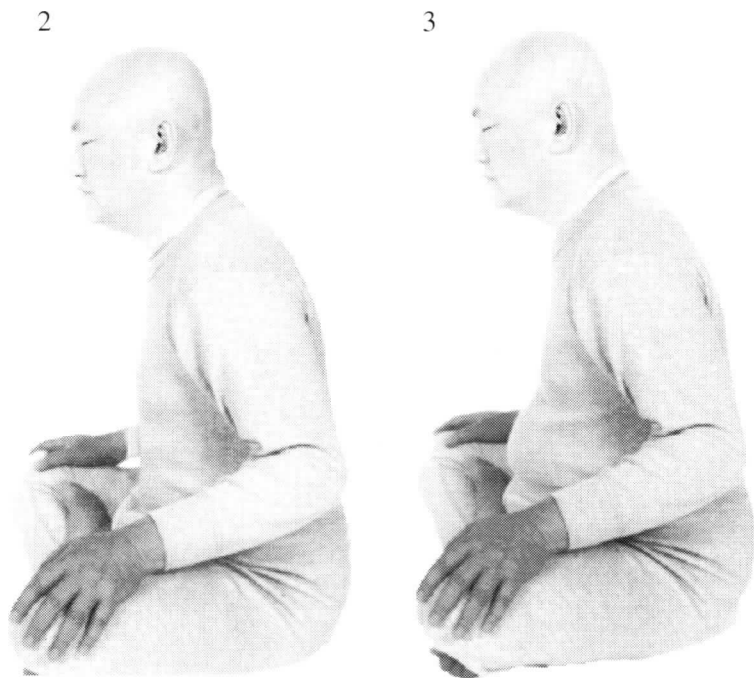
One full inhalation-exhalation using Abdominal Breathing forms one breath cycle. So do continuously this Cyclical Breathing of Nonretention from 6 to 12 breath cycles.

After a period of time, when your breath lengthens, you will be able to deeply inhale by first expanding the abdomen, filling up your navel, and continue to fill up your chest, then your head with pure energy. Notice that the abdomen remains expanded while your inhalation reaches the chest, then the head. After the very end of the inhalation, you just smoothly and slowly exhale. Remember to always focus forward from the point between the two eyebrows.



10. Cyclical Breathing of Nonretention (1)  
*1—Sitting Position*

Mr. Tám: *"I say to myself: 'Fill up the navel, fill up the chest, up to the head'... then exhale... Notice that my abdomen stays full, while I am filling up the chest, then up to the head within one cycle of breath."*



### 11. Cyclical Breathing of Nonretention (2-3)

2—*Slowly exhale while pressing the abdomen inward,*

3—*Slowly inhale while pushing the abdomen outward*

*Do this Cyclical Breathing of Nonretention from 6 to 12 cycles to enlighten everything. Nothing is gained by doing it incorrectly for 50 or 100 times. You only need from 6 to 12 breath cycles in a correct manner. Every breath cycle will restore your body. When you reach the point of filling the energy up to your head, the frequency energy will be properly restored.*

*And once the meridians are clear, you will reach enlightenment or cognitive clairvoyance. When the energy is free to flow (nonretention), it will fuse as one with the cosmic universe, then the energy will be reflected from the interior. Only at that moment, will we be aware of our original nature and potential, which are latent within us.*

*Why do the advanced practitioners apply the samadhi-mudra seal when meditating? After a period of time, when their pure energy gets elevated, they will prefer in a natural manner to keep their fingers crossed in the samadhi-mudra seal position (see figure 12 on page 285)."*

## 4.4. Meditative Contemplation

After doing the Cyclical Breathing of Nonretention, proceed to Meditative Contemplation. Keep the same position as described above. For the beginners, place palms on thighs, tongue curled up to the upper gum, mouth and eyes closed. Focus forward from your frontal psychic center and breathe normally.

While concentrating at the top of your head, say the following sentence to yourself one time:

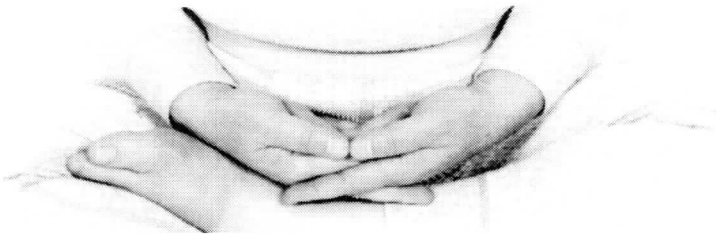
***“I exert soul ascension to pay homage to Buddha.”***

Keep invoking **NAM MÔ A DI ĐÀ PHẬT** from the top of your head to avoid distractions.

Then focus forward from your frontal psychic center. While contemplating, try to remain quiet and keep your spine up straight. Sit at this position as long as your body allows. You may feel numbness at your feet, however, you can overcome this uneasiness by concentrating on **NAM MÔ A DI ĐÀ PHẬT**.

Mr. Tám explains: *“The meditative contemplation is quietude and sublimation: the pure energy will be elevated, while impure energy will be eliminated. Pure energy is related to the energy frequency of the head. Therefore, keep your mind free from any distraction so that the pure energy can elevate to infinity, while the impure energy will be filtered out.*

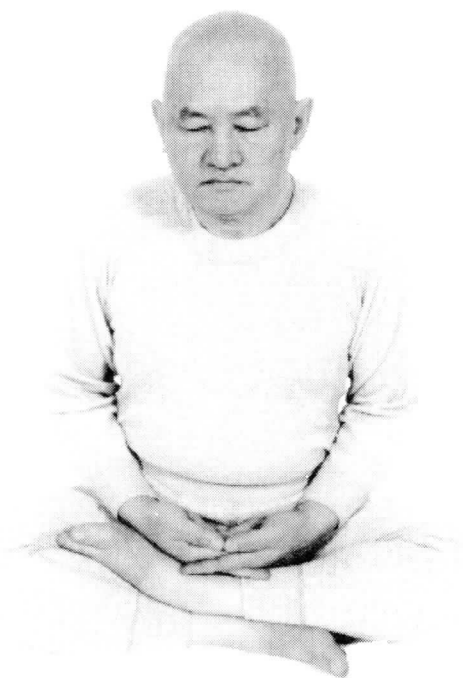
*To members of other religions, you may simply orient yourselves to GOD, or in whomever you have faith. You must first encounter the one whom you worship before proceeding to infinity... During the meditative contemplation, just invoke **NAM MÔ A DI ĐÀ PHẬT** if you feel itchy or numb. Be determined to overcome those two states of itching or numbness generating from the impure energy of carnal desires, which are the cause of lust and cruelty. The advanced practitioners may hold their hand with fingers crossed in the position of the samadhi-mudra seal.*



## 12. Meditative Contemplation –Samadhi-Mudra Seal

*The more you practice the meditative contemplation, the better it will be. Those who have sensed the energy vibrating from the top of their head may fall into sleep. With the pure energy lightly vibrating from the top of your head, you may go into sleep, and yet remain awake; you are still aware of everything happening around you, while focusing at the frontal psychic center. Through that frontal psychic center, you can experience clearly every vision of*

*the spiritual world. If you practice it properly, you will feel happy, but if you do not meditate correctly, you will feel unhappy.*



### 13. Meditative Contemplation—Sitting Position

*If, during the meditative contemplation, your body keeps moving or turning around, then it is because you have absorbed the impure energy and it has not been completely purged. It shows that your Cyclical Breathing of Nonretention has not reached the proper level to eliminate*

*impurity. The cyclical conversion of the energy has stirred up the nervous system, causing your body to shake. In such cases, do not meditate anymore but practice the Lying Down Abdominal Breathing until you can eliminate the impure energy to clear away the impure blockage in the meridians.*

*During your meditation session, remain calm and keep your spine straight. That posture will help your energy to be sublimated and harmonized with the pure cosmic vital breath for study purposes. At completion, that energy is drawn back, causing your body to shake a little bit. It will then converge back to your body if you terminate the meditative contemplation with the massage."*



## 4.5. Massage after Meditation

Lay your hands on top of the head to converge the energy back to your body. Slide your hands down so that your palms come down to the side of your head with your thumbs behind your ears. Pull down on your ears while pressing your earlobes.

Vigorously rub your palms together with fingers pointed upward to warm them. Next, lay the palms of your hands along your nose, then slide the palms up the face over your head, then down to your ears. Again, pull down on your ears while pressing your earlobes. Do this facial massage **3 times**.

Next, massage your arms to regulate the blood circulation from shoulder down to wrist, then acupress the outside ends of your palms. Do this **3 times** on each arm.

Then massage your legs from thighs down to feet. If your legs or feet are numb, press the end of the big toe nail and bend the toe down. Do this massage **3 times** on each leg.

Finally, hold the soles of your feet together with your hands, then rub them together **50 times**. This is to activate the acupoints of your feet which relate to your internal organs.

1



2



14. Massage after Meditation – Face (1-2)

3

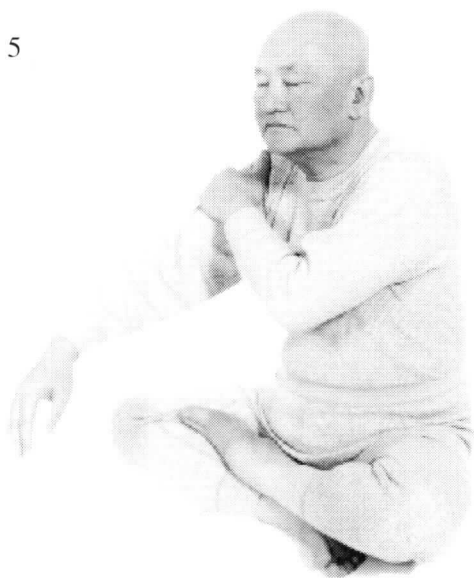


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15. Massage after Meditation – Face (3-4)

5

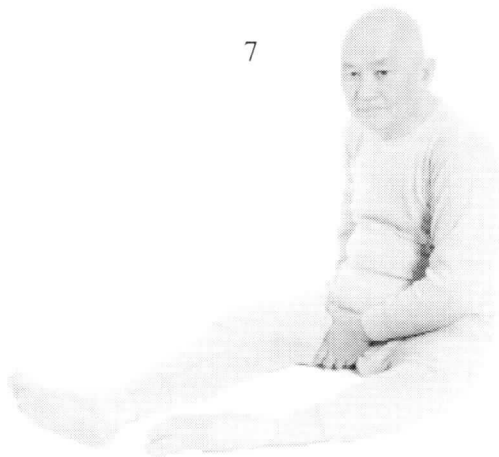


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16. Massage after Meditation – Arms (5-6)

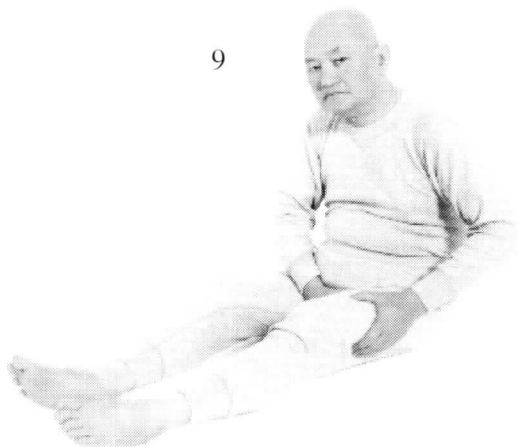
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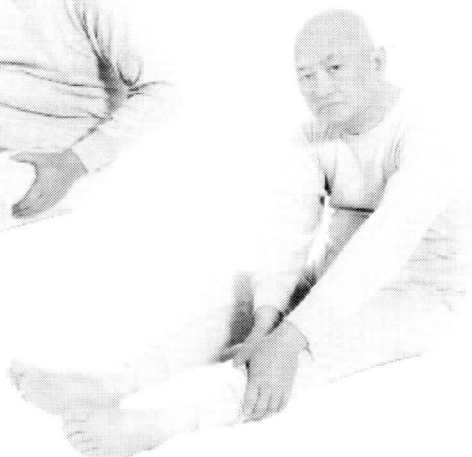
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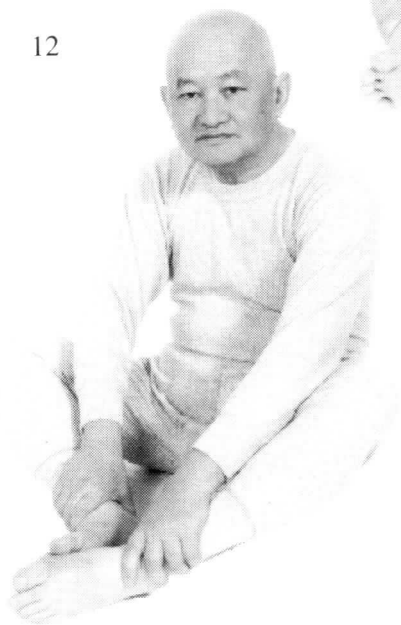


17. Massage after Meditation – Legs(7-10)

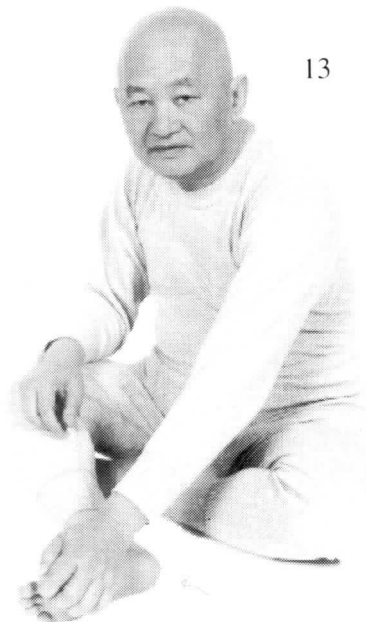
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12



13



18. Massage after Meditation – Feet (11-13)

## 5. Additional Exercises

### 5.1. Auxiliary Exercise to Improve Energy Circulation

You may do this exercise anytime during the day or at night before proceeding with the main exercises.

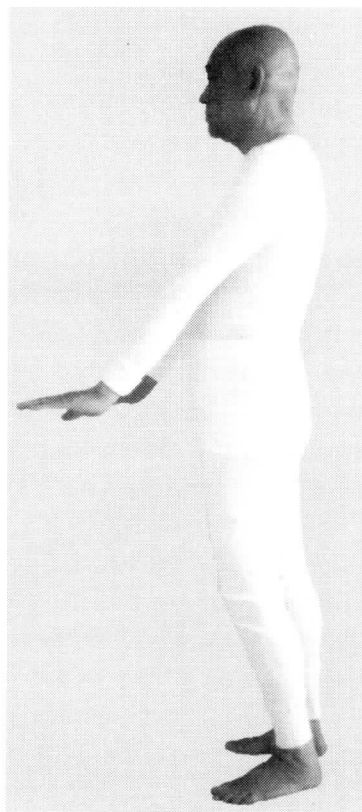
Stand straight. Keep your chest straight, your feet in a parallel position. Curl down your toes so the arches of your feet do not touch the floor. Keep your tongue curled up, incisors against incisors, mouth and eyes closed while focusing forward from your frontal psychic center.

Slowly swing your arms forward about 30 degrees. Then slowly swing them backward as high as possible, without bending your elbows. Point fingers upward as you swing your arms forward, and turn your palms backward as your arms swing behind you

Mr. Tám: *"When you point your fingers upward and curl your palms up backward, you are activating the point of acupressure of your wrists, which relate to your head. This helps the blood circulation toward your brain. It is also recommended to concentrate your mind on contracting the muscles of your anus everytime you swing the arms backward."*

Do this exercise at least **15 minutes** or **300 times**. You may perspire. Be sure to perform this exercise leisurely and slowly.

Mr. Tám: “ *Why must everything in Vô Vi be done in slow motion? It aims at teaching you patience. Since many reincarnations into this body, what you have to learn is patience and yet you have not learned it well. Even on the path toward spiritual perfection, you also want to rush. Do you see why you have lost your patience? What is the need*

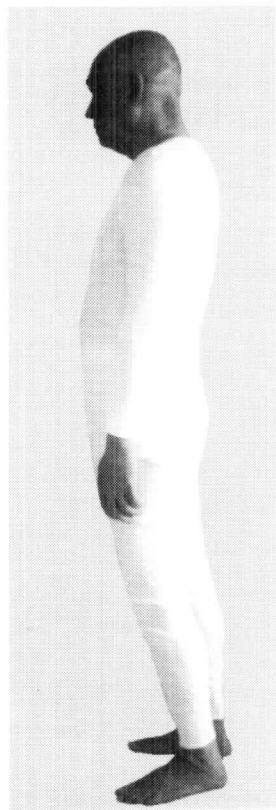


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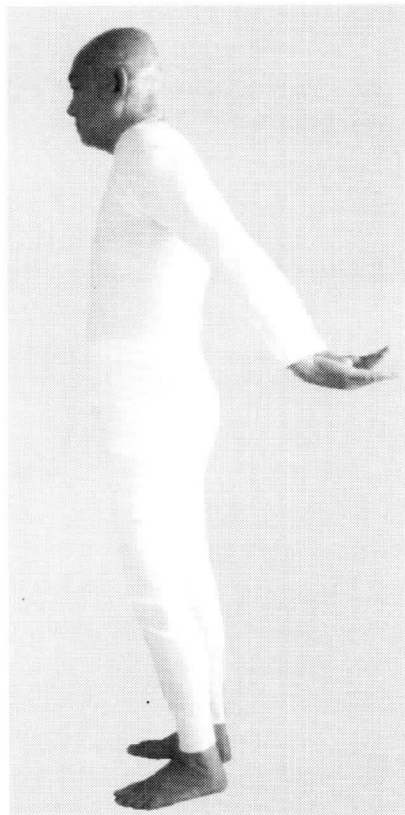
19. Auxiliary Exercise to Improve  
Energy Circulation  
(1—Swing arms forward)

*to move with haste but to lack lucidity? Therefore, you should do every exercise in a very leisurely and serene way. The auxiliary exercise will improve energy circulation, blood pressure and hemorrhoids."*<sup>1</sup>

*1. Explanation on video cassette about the method by Mr. Tâm - Culver City, July 1982*



2



3

20. Auxiliary Exercise to Improve  
Energy Circulation  
(2—Keep the chest straight  
3—Swing arms backward)



## 5.2. Prayer after Meals

Mr. Tám advises the spiritual practitioners to invoke the following prayer after each meal in order to help facilitate the evolution process of the nutrients toward higher planes.

Concentrate on top of your head. Keep your tongue curled up, incisors against incisors, mouth and eyes closed. Mentally recite **3 times** the following mantra:

**Nam Mô Bát Nhã Ba La Mật Đa  
Sắc Bất Dị Không, Không Bất Dị Sắc  
Thời Chiếu Kiến, Ngũ Uẩn Giai Không  
Thọ Tướng Hình Thức, Diệc Phục Như Thị  
Độ Nhứt Thiết Khổ Ách, Nam Mô A Di Đà Phật**

The equivalent meaning is:

*"May the energy, concentrated from the top of my head, which is related to the authentic universal power, be converged to its origin; color and forms return to nothingness. Grant that living beings inside this micro-universe be blessed and unified with me so that all suffering will disappear."*

Mr Tám urges practitioners to recite the original prayer as stated above, primarily because of the importance of its vibratory sounds.

Mr Tám: *"Be happy in the love of Bodhisattva that reflects the virtuous sacrifice through a vegetable, or a grain*

*of rice... These nutrients are available to serve mankind daily. That belongs to the virtue of Bodhisattva...*

*...Therefore, if a Vô Vi practitioner follows the right path toward spiritual perfection, he will change to be a good person... He is always ready to guide his microcosmic entities to elevate at the same time with the soul. He must establish order for the internal entities, which, in turn, will devotedly serve their master-soul in the spirit of Bodhisattva to provide comfort for his internal organs, the consciousness, and cells.*

*You will see clearly that this method is the esoteric science from which even blades of grass or vegetables can liberate themselves through human intervention. Armed with the spirit of constant service, you will feel worthy as a human being who can forever help other living beings."*

## **Massage of the Tongue, Throat, Ears, etc..**

### **Exercise Imitating the Movements of Five Animals**

These exercises are best shown in the video tape. You may request it by writing to:

**VÔ VI FRIENDSHIP ASSOCIATION**

P. O. BOX 2045

Westminster, CA 92684 - 2045

### 5.3. Bowing Exercise

Assume the following position during the Bowing Exercise. Stand in front of the Vô Vi mirror. Those who don't have the Vô Vi mirror may face south to align with the magnetic field of north and south. Curl the tongue up, touching the line between the upper gum and the front teeth, incisors against incisors. Concentrate from the top of your head while mentally invoking **Nam Mô A Di (yi) Đà Phật**.

Next, join your palms in front of the chest. Slowly raise your palms and arms above your head to exercise the shoulders. Then kneel down, slightly touching the floor with the top of your head. Stand up with your palms joined in front of your chest. Do this exercise **50 times**.

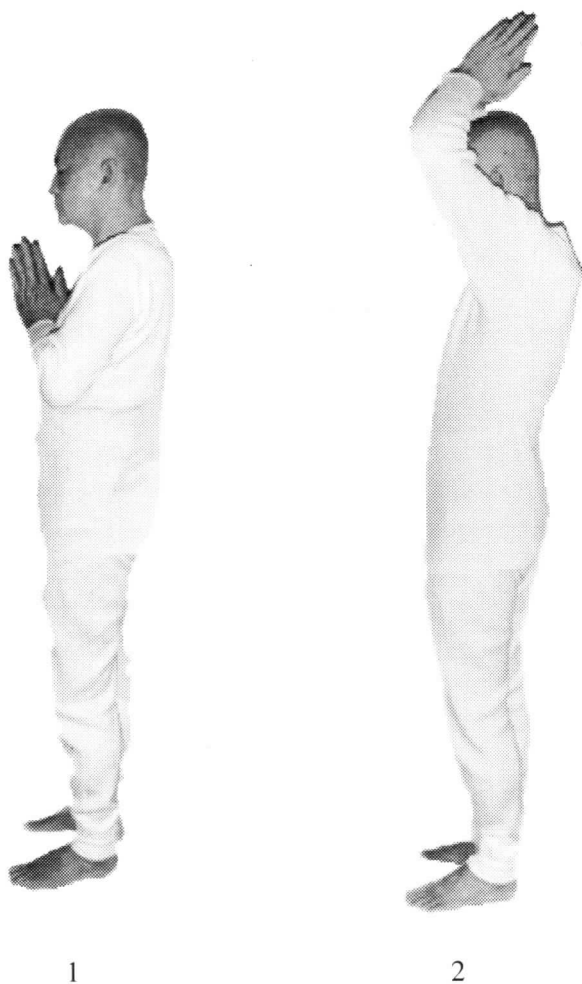
Mr. Tám: *"This exercise activates the fluidic energy of the 12 meridians of the physical body. The impure energy will be rejected and eliminated by the force of gravity while kneeling down and touching your head to the ground. When you stand up, the energy is regulated so that you can gain inner balance."*

You may perform this exercise **2 or 3 times** per day.

In Vô Vi, the mirror has been used as a shrine to direct prayers to the one you venerate. Every morning, before leaving home, the practitioner stands before the mirror and mentally invokes: "NAM MÔ A DI ĐÀ PHẬT", (three times) from the top of the head. Then, with the hands in prayer position at the front of the chest (palms joined), bow three times. Repeat this procedure upon arriving home.

The purity of the universe is represented by the Vô Vi mirror, and it also symbolizes loyalty and perseverance. Those who wish to set up a Vô Vi mirror at home should follow these guidelines:

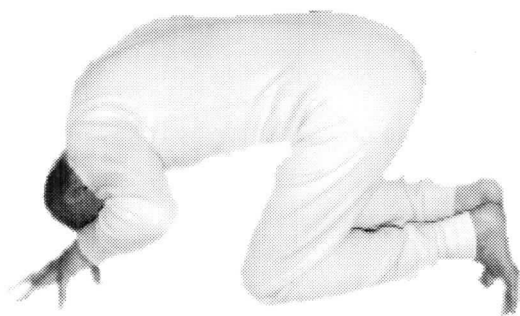
- 1) The best place to hang the mirror is on the main wall of the living room facing the front entrance or the windows where sunlight can penetrate.
- 2) Initiate your mirror on the day of the full moon.
- 3) Place a dish of five different fruits ( to represent the five elements) in front of the mirror. Also have a vase filled with white flowers (symbolizes wisdom) at the shrine. The fruits and flowers are offered to the Divine Superior with a sincere heart.
- 4) At noon, sit on a cushion in front of the mirror and meditate. Concentrate upon the pure energy of loyalty and perseverance.
- 5) Silently pray, “May I be guided to assiduous practice toward the spiritual path of self-perfection, and may our home be blessed with your divine grace.”
- 6) Continue to mentally invoke “NAM MÔ A DI ĐÀ PHẬT” until the end of the meditation session.
- 7) You may invite your fellow practitioners to join you in the meditation to strengthen the faith and devotion toward the Divine Superior.



21. Bowing Exercise (1-2)



3



4

22. Bowing Exercise (3-4)

## 6. More Advanced Techniques

The following exercises are reserved for advanced practitioners who have experienced the flux of energy vibrating from the top of their head:

### 6.1. Self-Introspection

Get up at 5 am. Rinse your mouth and wash your face to stay fresh. Sit cross-legged or on a chair and mentally review your daily spiritual and social performance. Do repent if you have committed any errors.

Mr. Tám: *"We do this introspection in order to advance. It is not necessary to draw comparisons with others, we need to look into ourselves. We look into our consciousness and commune with ourselves calmly and with concentration in order to reach attunement with the rhythm of God, who guides us through our breath of life."*<sup>1</sup>

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*1. Searching for the Origin of Harmony, lecture on April 4, 1982, in Montreal.*

## 6.2. Technique of Nurturing and Invigorating the Pure Vital Breath

Between 5:30 am and 6 am, stand or sit outdoors in the open air. Keep your tongue curled up to the upper gum, incisors against incisors, mouth and eyes closed.

Concentrate at the top of your head while mentally invoking the mantra “**Nam Mô A Di Đà Phật**”.

Then, simultaneously through your nose and cranial psychic center (on the top of your head), inhale vigorously and deeply, then exhale slowly through your nose and cranial psychic center. Do this breathing exercise **3 times** to nurture and revive your flux of energy and revitalize your five internal organs.

## 6.3. Invocation on the Eightfold Essential Points

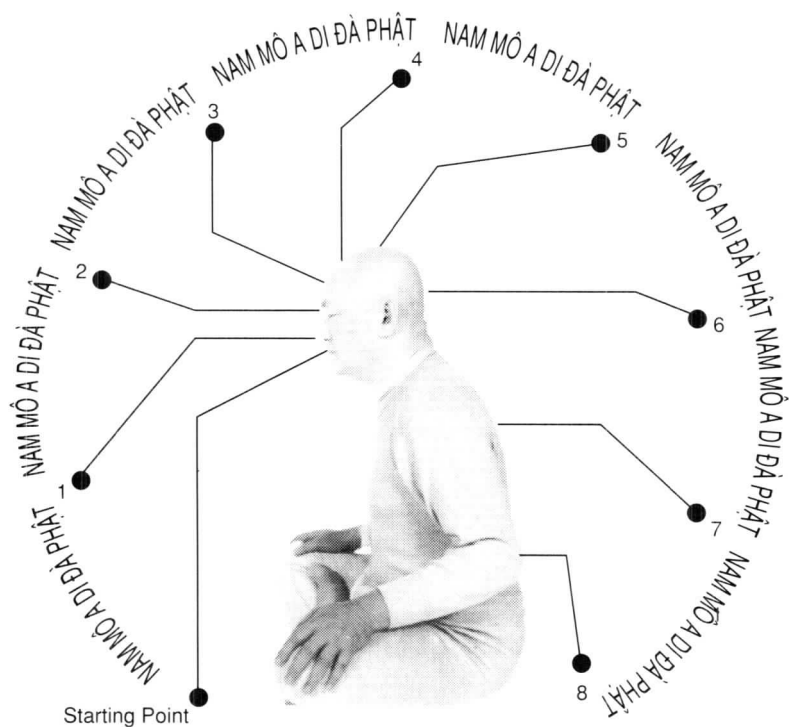
You may proceed to do this spiritual exercise every night between 6 pm and 10 pm, in order to direct your flux of energy running through the eight essential points in your body.

Sit cross-legged. Have your fingers crossed in the samadhi-mudra seal position. Keep your tongue curled up, incisors against incisors, mouth and eyes closed. Then **mentally invoke Nam Mô A Di (Yi) Đà Phật slowly** through the eightfold essential points as described below:



**Point #1:** Invoke **Nam Mô A Di (Yi) Đà Phật** while directing the energy moving from your upper lip to the tip of your nose. The vibratory sound “Phật” will end at the tip of your nose.

**Point #2:** Invoke **Nam Mô A Di (Yi) Đà Phật** while



23. Invocation on the Eightfold Essential Points

directing the energy moving from the tip of your nose to the frontal psychic center, also called the Seal Center. “Phật” will end at that middle point between your eyebrows.

**Points #3:** Invoke **Nam Mô A Di (Yi) Đà Phật** from the frontal psychic center up to the middle of your forehead.

**Point #4:** Invoke **Nam Mô A Di (Yi) Đà Phật** from the center of your forehead to the front upper head (about 3 fingers above your hairline). This area is also known as “the palace of Nihouan”, or the “gate of heaven”.

**Point # 5:** Invoke **Nam Mô A Di (Yi) Đà Phật** from the front upper head center to the topmost of your head.

**Point #6:** Invoke **Nam Mô A Di (Yi) Đà Phật** from the topmost of your head to the point behind your head, which is opposite to the frontal psychic center (the Seal Center).

**Point #7:** Invoke **Nam Mô A Di (Yi) Đà Phật** from the point opposite to the frontal psychic center to the point on your back bone between the two lungs. When you touch your backbone over your shoulder, the tip of your fingers will end at that point. This is the area of the Yellow Castle sphere.

**Point #8:** Invoke **Nam Mô A Di (Yi) Đà Phật** from the point on your backbone between your two lungs down to the backbone point between your two kidneys.

Repeat this exercise **3 times** (see fig. 23).

Mr. Tám: *“This is a secret dharma to expel all external negative forces besieging you. Completing this exercise through the eightfold essential points is like making an inspection tour around your microcosm. If you do not complete surveillance of those eight important points in your microcosm, you may be assaulted by the impure*

*external forces at anytime.*

*This spiritual dharma method will help keep you aware of the development of your conception and governing vessels, and also for self-defense against impure forces. Once your energy is developed, you will clearly feel the flowing of your energy from point to point at the time of invocation. The beginners who do not know about spiritual energy should not practice it, otherwise it may create more agitation. When doing this exercise, you will feel a current of energy running through all the points upon which you have just focused. This is also for rearranging the order of your microcosm. Advanced practitioners will be able to see a red light glowing at every chakra position. Those who are not quite as advanced will feel a slight current of energy running through those indicated points.*

*If you experience any psychic visions, just write them down in a diary, but do not tell anyone, because no one has the same level. Everyone has his own way of spiritual development. Later, you may leave your diary to posterity by stating that this is your own spiritual discovery. By that, you may suggest to the readers to try these spiritual techniques in order to develop themselves, to know their origin and their duty.*

***Everybody should be aware of himself and should know that this is purely self-practice and self-progress. Do not depend on anyone! And do not make it commercial because that is a violation of the Divine Superior.***

*Be determined to practice, then return to the infinite origin to fully enjoy. At that stage, we will work even harder than now, to become more lucid."*

## **Biography of Mr. Lương Sĩ Hằng**

Lương Sĩ Hằng (Mr. Tám) was born in Qui Nhơn, Việt Nam, on November 13, 1923, the youngest of eight children. His father, Lương Thâm, was a freight owner. His mother, Lâm Thị, passed away when Mr. Tám was still a young child.

As a boy, Mr. Tám attended the French Gagelin school in Qui Nhơn. Regular attendance at school was interrupted by ill-health. He was a quiet, shy child who liked nature, churches and pagodas.

Mr. Tám's continuing ill-health during his youth eventually forced him to leave school. He began his business career working with his father, and after a time moved on to export pharmaceuticals between Saigon and Phnom Penh. He was a successful entrepreneur and also had business interests in a movie theatre and motor boats. At the age of 28, Mr. Tám married Trần Tân, his devoted wife to this day.

Endowed with the gift of astral travel from an early age, Mr. Tám's astral body visited many earthly places. At 33 years of age, Mr. Tám became highly motivated in his search for the inner self. During his quest to find a spiritual master, he met Mr. Đỗ Thuần Hậu (Master Tư) through a mutual acquaintance. Under the guidance of Master Tư, Mr. Tám began to practice the Vô Vi method in order to attain

enlightenment and soul liberation.

The spiritual path toward self-perfection was not an easy one. Master Tư occasionally tested his disciple's perseverance with his directness and reserved but meaningful guidance. Master Tư would reproach Mr. Tám for reacting adversely to the teaching methodology. "Your practice is for your own good, not mine." These words deeply affected Mr. Tám and strengthened his resolution to find the truth through self-practice, willpower and meditation. Mr. Tám's success in soul liberation and enlightenment enable him to travel the transcendental planes of higher consciousness.

He also administers to those souls he encounters in the world of darkness in order to awaken them.

## **Introducing the Dharma to the Public**

For fourteen years during the Republic of Việt Nam, Mr. Tám was the assistant marketing manager for Getz Brothers Inc., a US trading company in Việt Nam. Despite heavy work responsibilities, he devoted his weekends to lecturing on spiritual matters. Friends and relatives noticed the change in Mr. Tám and spread the word of his wisdom and enlightenment. Many people visited his small home in the Chinese suburb of Saigon. Fortunately, friends offered the use of three other larger houses in order to accomodate the number of people wishing to attend the weekend spiritual meetings. In this way, many more people were able to enjoy listening to Mr. Tám's inspirational and calming words.

The communists took control of South Việt Nam on April 30, 1975. Mr. Tám was suspected of being a probable supporter of the old regime, so he was sent to a reformation camp in Vũng Tàu where he was imprisoned from November 21, 1975 to January 1, 1977 in the communist reformation center. Whilst in prison, Mr. Tám practiced acupuncture and was able to cure many fellow inmates in conditions which were unhygienic and lacking in medical supplies. After his release, people continued to come to him for acupuncture treatment and advice. The communist authorities, alarmed by the number of patients and visitors attracted to Mr. Tám, sent him to the New Economic Zone in Núi Sập, Long Xuyên.

Life in the New Economic Zone was harsh, but Mr. Tám was conscious of the creed – “Suffering is the border of the dharma of Tao”. Despite living in a desolate and uncultivated area, devoid of proper facilities, he remained a fine example of resignation and compassion to all those who came into contact with him.

## **Introducing the Dharma Around the World**

Mr. Tám’s mission of spreading the knowledge of spiritual guidance, occasioned his departure from Việt Nam on November 3, 1978. He reached the Philippines on November 6. At the Fabella Refugee Camp in Manila, he continued his acupuncture treatments. Many fellow refugees were helped by influential people who had received acupuncture treatment from Mr. Tám.

In 1979, Mr. Tám left the Refugee Camp in Manila to

settle permanently in Canada. Võ Vi practitioners living in Australia, Canada, France and the United States were elated to hear the good news. Mr. Tám has many invitations from devotees to visit them, as his presence provides peace and harmony. Each person feels blessed by his compassionate heart and serenity.

Many who have heard Mr. Tám's penetrating voice attest to a marked, positive increase in calmness, harmony, forgiveness, love and self-improvement. The profound vibration of his voice awakens the consciousness to our soul's origin and present destination.

Despite his age, Mr. Tám continues to travel the world visiting practitioners and imparting the Võ Vi Esoteric Science of Buddhist Dharma. His message of peace and resignation clarifies and lights the path towards deliverance.

### Note

*Mr. Lương Sĩ Hằng (Mr. Tám) has recorded various cassette tapes that greatly assist and benefit VôVi practitioners as his voice has a unique penetrating vibrational quality. The energy from his voice instructs, relaxes, and guides the practitioners on the spiritual, mental, emotional, and physical levels. Therefore, one can achieve deeper states of relaxation and meditation through concentrated listening to these valuable tapes.*

*For more information, please write to:*

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## Notes

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