

# THE VÔ VI PATH



Lương Sĩ Hằng – Vĩ Kiên



VÔ VI

*Completion of this book was made possible by the loving support of Master and many contributions of Vô Vi friends.*

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VÔ VI

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**Love and know how to love.**

**Thinking of God and living with God.**

*Lương Sĩ Hằng – Vĩ Kiên*



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# Biography Of

## Mr. Lương Sĩ Hằng – Vĩ Kiên

(1923 - 2009)

Lương Sĩ Hằng – Vĩ Kiên, (*Mr. Tám*) was born in Quy 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. Vĩ Kiên attended the French Gagelin school in Quy Nhơn. Regular attendance at school was interrupted by ill-health. He was a quiet, shy child who liked nature, churches and pagodas

Mr. Vĩ Kiên'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. Lương Sĩ Hằng married Trần Tân, his devoted wife to this day.

Endowed with the gift of astral travel from an early age, Mr. Vĩ Kiên's astral body visited many earthly places. At 33 years of age, Mr. Vĩ Kiên 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. Vĩ Kiên 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 you 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. Vĩ Kiên 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 notices the change in Mr. Vĩ Kiên 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 accommodate the number of people wishing to attend the weekend spiritual meetings. In this way, many more people were able to enjoy listening to Mr. Vĩ Kiên 's inspirational and calming words.

The communists took control of South Việt Nam on April 30, 1975. Mr. Vĩ Kiên 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. Vĩ Kiên 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. Vĩ Kiên sent him to the New Economic Zone in Núi Sập, Long Xuyên.

Life in the New Economic Zone was harsh, but Mr. Vĩ Kiên was conscious of the creed – *“Suffering is the threshold 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. Lương Sĩ Hằng – Vĩ Kiên'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. Vô 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. Lương Sĩ Hằng – Vĩ Kiên'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. Lương Sĩ Hằng – Vĩ Kiên travels the world visiting practitioners and imparting the Vô Vi Esoteric Science of Buddhist Dharma until his last breath. His message of peace and resignation clarifies and lights the path towards deliverance.

From the words of Master:

*“My name is Luong Si Hang. My Buddhist name is Vi Kien. I have been practicing the Practical Method of Vô Vi Esoteric Science since 1957. As time goes by, I feel better, healthier, and happier. My mind has not aged and I have no worries. When I was a young man, I always worried about life and struggled, as I wanted to become a decent person in society. Only today do I understand the relationship between human life and the original pure energy of the universe. Our minds are connected with the original energy of the universe. Practicing this method--the Practical Method of Vô Vi Esoteric Science--will help soothe your nervous system and your five organs will be healthy and strong. Only in serenity, can we become aware of the relationship between the universal principal energy and ours. Our work never ends if we practice meditation for lightness and infinite growth.*



*We should always practice for serenity to grow spiritually, to attain happiness and blissfulness. After studying my practice of meditation, I sincerely hope that you will do the same. Observe well and practice so that in the future, we will have the opportunity in helping people on this planet to live together peacefully. I sincerely thank you for your attention."*



# Preface

Vô Vi, the science of “*non-being*”, introduced initially in Việt Nam, is now practiced on five continents. Generally, Vô Vi practitioners are vegetarian, non political, and are of various religious persuasions. They are from all economic levels, all ages and all backgrounds. Their one common goal is to reach spiritual perfection. That is, to restore the equilibrium within, to return to their original state of supra-nature and to reach soul liberation and independence. Each person evolves individually at their own rate of growth, to perfect their health, then stability of mind and harmony with the universe.

The name “*Vô Vi*” in the most simple term is void of void or nothingness – the point to which the practitioner is moving, and the means to this end is through meditation.

Meditation is a very personal action. It is practiced by following the instructions of the author, who received his method from his Master. The method produces individual spiritual achievement. This volume has been translated from Vietnamese to English, and is a collection of selected lectures presented by Mr. Lương Sĩ Hằng – Vĩ Kiên (*Tám*) from 1970 through 1990. This natural philosophy, presented in a spontaneous manner, can help

the reader to become more aware of his “self”. The reader will have the opportunity to release his karma by following instructions presented in the final pages of the book.

The subjects of Mr. Lương Sĩ Hằng-Vĩ Kiên’s lectures are derived from the needs of his audience since he does not approach the speaker’s stand with a prepared text. The needs of individuals are seen by the author as he is presenting his lecture and his response emanates from his universal source of energy. Each person is to see himself as a living bible, and this revelation becomes clear as he advances in the practice of meditation. The individual can experience total harmony with the universe by purifying, developing and directing his energy toward the highest frequency to reach the central source of energy. This can be attained when the pure energy is wholly concentrated on the topmost part of the cranium. The technique is fully explained in the final portion of the book.

*Helen Williams, M.D*

# Part I

## Lectures





# Karma

Karma germinates from consciousness. Where is consciousness? Consciousness is from state of non-being that slowly materializes to become the state of being. Karma accrues over a span of many earthly lifetimes. The consciousness develops in the same manner.

When we come to earth, we like to own things. This is karma. Karma stems from our carnal desires, our vision, and our touch, which are all fleeting. Our consciousness deviates because of self-indulgence or passions of a material nature. Therefore, we enslave ourselves to material matter and cause ourselves to be unstable, foolish and obstinate.

Our consciousness is bound from one thing to another thing. Many people are unaware of their consciousness. They know only about their physical heart, but not their spiritual heart which is their consciousness.

The Vô Vi practitioner has discovered that the spiritual heart is located at the topmost part of the cranium. This is the true heart which relates with the universe. We call it "*the compassionate heart*".

The spiritual heart becomes enlightened when it relates to the universe. The spiritual adept will then be aware of every condition of life, which leads to Oneness.

When the Vô Vi practitioner develops his spiritual heart, he can feel the pains and sorrows of others. He can harmonize with others' feelings. What does the Vô Vi practitioner do to help others? The Vô Vi practitioner must develop his consciousness or spiritual heart to relate with the universe. He must make use of the pure vital breath of the universe to regenerate himself. To reach this level, he must return to his fundamental order of harmonious love.

This is very important. A dharma method of self-perfection will assist the spiritual adept to reach his goal. A well-organized person, physically and spiritually speaking, can never fall into sorrow or anger.

Many religious persons still don't know about their spiritual heart. They sincerely want to help others, but they haven't yet mastered their feelings. Then how can their true heart develop? Let's look at the sky. Look at the pure, light structure of the universe to see whether the Celestial Lord is angry at anyone. If God gets mad at us, then we will not have life. Life will cease to exist.



There is no more ego. When our spiritual heart is related with the universe, the ego ceases to exist. Our fundamental capital is “*nothingness*”. And what is nothingness? For example, I am talking to you now. Am I talking to your body? How do you understand me? Can you take out your knowledge to prove it to me? No, you cannot. However, it exists. Therefore, within the nonexistence, there is existence. When I know this principle, then I can begin to detach myself from the physical body and material matters on earth.

When awakened, I will realize that the existence of man and every matter is part of God’s patience. He nurtures us with constructiveness and love.

We call it “*karma*”. We continue to create karma. Being tied up with karma, the consciousness will have to deteriorate slowly.

If we perfect ourselves to develop our spiritual heart, then karma ceases to exist. At that time, we will still assume many responsibilities, but this is not karma anymore.

When I first came to earth, I didn’t own anything. Now I have a spouse and children. That is karma. I must carry that burden; however, it will no longer be a burden if I return to my spiritual heart.

All matter around me is part of nothingness. So I must further develop this limited nothingness in order to reach a broader state of nothingness, which is enlightenment.

How can I reach the big zero, or the big non-being? I must acknowledge God's love toward all living beings, because God's responsibility is more burdensome than mine. I can liberate myself to return to the fundamental zero only if I understand this point.

God loves all living creatures. This is His total devotion. What man learns is also about devotion and salvation. We calculate and struggle with numbers, then we become unstable. We misunderstand and quarrel with each other without reason. Why do we have to follow the spiritual path toward self-perfection? It is so we can return to the fundamental background that we have so far neglected. We must clearly understand that nothing is important. We should not create more problems by wishing for things. It's not necessary. This body is the whole set of God's laws. It already has its own needs for development according to the person's level. So if we understand this, we will not worry. For example, the fact that you are here today with a pen in your hand was not planned ahead of time. In your life, you will experience

many events coming to you like this, which are all predisposed.

If we make an effort to develop ourselves, then we will progress. However, many people have stumbled and struggled because they follow a downward way. Therefore, God has built hell to reeducate them before allowing them to return to Him.

There are moments of happiness in life, and then sorrow comes to urge us to search for spirituality. In other words, sorrow is the border of spirituality. When we know the value of sorrow, we will not suffer anymore. We are no longer afraid of life with its bitter and sweet flavors. We have experienced them all. Now, we must practice to understand how to eliminate the karma. We must now direct our life toward spiritual perfection. We disentangle the karma in our search for the latent set of laws within us. This set of laws doesn't have words, because it dwells within man's consciousness.

In the Vô Vi method, we inhale the pure air of the universe. Many people still don't know the origin of the pure air. Only through breathing can we see our real strength and free ourselves from insanity, anger, and sorrow. Only in this state can we practice compassion. To achieve this level, we must primarily practice in order to

clear up everything. No one, from king to ordinary man, can avoid life's actions and counter-actions.

The materialist can be a tricky person. The spiritualist cannot because every matter is the same to him. The spiritualist sees that he has infinite wealth. Why? Because no one can avoid death. At the end, everyone has to consider the sky as his permanent shelter, and the earth as his permanent bed.

How meaningful and logical life is! With awareness, we will have a better understanding of Christ's sacrifice. He had great courage and compassion. So was Sakya Muni Buddha. He also had to suffer from the time he was a prince to the time of spiritual achievement.

Jesus' crucifixion touches us deeply. We wish to share his pain. Why? We wish to experience soul liberation. It's the same with Sakya Muni Buddha. When we read about his life, we want to share his sorrow, his courage and resignation.

We must accept and endure. Without resignation we can never succeed or accomplish what we want. Without resignation we can never enjoy the happiness of conjugal love. Therefore, the virtue of resignation is very important. It is the treasure of the eternal soul. We have been using the paper dollar without knowing the value of

the real intangible dollar. Man has created the paper dollar, but God creates the fruit. Thus, we must search for the final product, lying in the consciousness. To reach this point, we must return to the equilibrium with the help of a dharma-method. Without the method, we can still arrive at this goal, but it will take us much longer.

So the word "*karma*" has a long definition. Every wish can be a karma. From birth to our teens, we begin to suffer as soon we want "*love*". To know Tao, we must clear up all karmas. Tao is within our consciousness. Tao is natural. We must get rid of our ego to see the supra-nature. Who else other than God can create living beings on earth? In order to educate His children to become more courageous and strong, He has provided them with many opportunities to learn tolerance and to improve themselves so that they can return to a bigger zero, which is a stronger state of nothingness.

God has built a physical body for the soul to reside in and to learn His laws. For this reason, the body has given you many questions day and night. It asks you whether you are serene, whether you are patient. It asks you whether you can wait. God has given you many questions through this body. Due to lack of awareness, you see that God is very far from you. Then, how can you feel closer to Him? Look at the relationship of the body with the universe. Is your physical body composed of the

elements of earth, fire, wind, and water? Without these four elements, the body doesn't exist. The structure of the physical body is similar to the universe. It is not different from the cosmos. To know this body is to know the universe. Then, who governs the universe? The Lord of Great Serenity governs it.

Who is God? Do you have inner serenity? If you say "no", then I will tie you up so you cannot move. After two or three days of restlessness, you will have to accept and remain quiet. Only when you begin to accept things as they are, regardless of the position you are in, whether being tied up or not, can you begin to discover your soul. Then you will no longer be afraid of being tied up by anyone anymore.

It doesn't matter whether you are tied up or not, because even when crucified, Jesus Christ remained confident. He was not afraid. Your situation is the same as His. Circumstances are tying you up too. When searching for a way out, you will discover a celestial shelter and your Parents in heaven. Without the conditions in life, how would one know the path of returning home? Therefore, do not be afraid of sorrow. Due to sorrow and afflictions, you will have occasions to return home. When reading about spiritual truth, you are happy. You like to talk about spiritual matters. You want to perfect yourself right away, but you cannot because it requires

qualifications. For example, if you don't finish burning the tree, you won't see its smoke rising to the sky. Therefore, life is like that stove with the fire burning you up. Don't think that wealthy people have a lot of money due to their savings. They have it now, but later on they will return empty-handed. If you nurture the nonexistence now, you will later reach the real existence. The rich man cannot bring all his material belongings with him to the next life. Even a President cannot take all the money with him when he dies.

When we successfully clear up our karma in our mind, we will see clearly who is governing this microcosm. We are governing this microcosm and we are fully responsible for it. When the chakra opens, we will be very happy. There is nothing painful about this. If we keep practicing the method, our life will become more organized, even in the way of speaking, eating and living.

How can we correct ourselves? By developing ourselves toward spiritual elevation. We are heading downward because of agitation which causes the flow of energy to be depleted. After three to four years of steady practice, you will be surprised to see your wishes realized. Even your knowledge will be different. Even my words here will have a different meaning after four years of steady practice. You will see the difference when reading this lecture again. By what means can you see that

change? Because you have reorganized yourself and you are more sensitive to the orderly words of the universe.

Wishes and hopes are not important. Only the return to the equilibrium matters. Therefore, I advise you to invoke the Buddha mantra. The more desires you have, the more restless you will become. Your wishes create karma. If you leave things as they are, then you will certainly benefit more.

Just go home and listen again to what I have told you. If you decide to follow the right path, then your future will be good. If you mislead yourself, then you will continue to suffer. You see that nothing is real in this life. You now make a promise, but later you change. Do you see that evolution never ends? So you must re-establish the order to cope with the change. If you cannot put everything in order, you will not advance. Your mind must be free. You need to clear off the karmic debts steadily and systematically without agitation. The permanent invocation of the Buddha mantra will assist you in clearing off your karmic debts.

You need to be firm. You must do it once and for all. To accomplish something in the future, you must be resolute. If you choose the right path, you will get rich in the future. You are rich in mind and in your consciousness. Then you will share your spiritual wealth



with other people. If you can develop yourself, you will see God within you. The more serene you are, the more receptive you will become. You will receive more energy. God is in charge of you because He created you. He grants you everything from the beginning to the end. But you have disturbed your nervous system by causing agitation and instability of mind. Today, let's adopt this Vô -Vi method to re-establish the inner order, so you can enjoy the happy blessings from God.

With a limited number of years to live, we will feel unhappy if we cannot accomplish something worthwhile.

To study and improve ourselves, to know and develop ourselves is to do one thing for all in the future. During our youth, we wish to have a bright future with a decent position in life, but once we begin to understand spirituality, these wishes for material success are not important anymore.

Let's go back to the right path to harmonize with the three spheres. These are the celestial and terrestrial planes, and the human beings' level. See how Jesus Christ sacrificed himself for the salvation of mankind. Nowadays, millions of people follow him, as do the followers of Sakya Muni Buddha. So let's perfect ourselves and practice for good. The favorable circumstances will come gradually in a very natural way. If our energy

frequency is not purified then we will remain at the same stagnated spot, and there will be no hope for a better vocation.

To lead a spiritual path toward self-perfection is to live with sincerity. Be sincere to yourself! While social norms and regulations protect you in the outside world, inner sincerity is yours. Beware that sincerity is not submittance.

I am sincere to myself, which means that I do not cheat myself. I don't desire material things anymore. This is cheating myself. For many years, I was not sincere and faithful to myself, because I desired so many things. I desired to be a good student, to have a decent family and nice friends. I have deceived myself with hopes.

I constantly hope but I cannot hold anything in the end. For example, I hope that next year I will be better off etc... This is not selfish! This is just a wish. However, if I have already found the right path to follow, then it's better not to wish but let everything come naturally.

Marriage can provide meaningful experiences if the two persons have the same goal in mind and are able to support each other. Do not create conflict with each other. If you can create harmony, the conjugal love will be profound and meaningful. Everyone has his own karmic

situation or his karmic debts. Children are karmic debts too. If you were their debtors in your previous life, then in this lifetime they will be your creditors or your children. If you avoid bearing children, they will come through by way of adoption.

After practicing Vô Vi method for a certain time, you will meet many of your creditors from previous existences. Strive to practice to see! Just read again this lecture to develop your mind. This lecture is quite enough to guide your life, and for you to help others. This is to show you the basis of karma, to let you know what karma is. You have to understand it, clear it up before directing yourself to spiritual perfection.

*Hawaii, 1987*

## The Meditation Center Inauguration

*Mr. Lương Sĩ Hằng – Vĩ Kiên presented this lecture during his visit to the martial arts center in Houston, Texas. Mai Bình is both a martial arts master and a Vô Vi practitioner.*

Dear friends,

Today our meditation session will inaugurate the martial arts school of Mai Bình. The two words, Mai Bình, mean to re-establish the order of your mind and soul and stabilize yourself so you can feel comfortable the following day. A martial arts school trains you to become healthy and vigorous. Martial arts help organize the superior, middle and inferior parts of your body. This leads to self-defense of the body and mind.

Despite his separation from his homeland, Mai Bình wishes to share his skills. He tries to serve those fellow humans who are still struggling to reach their potential and a higher level of awareness.

One should sow good deeds now so that the next generation has an opportunity to search for the inner self.

Good deeds can help everyone become aware of the importance of mental stability. Every person is a specialist, a contributor on earth. Mai Binh has to work for a living, but he has successfully turned his home into a meditation center.

To Mai Binh, the spiritual Tao is essential. Where does Tao start from? The Tao emanates from a true heart. Mai Binh has a heart. He is spreading the knowledge of Vietnamese martial arts overseas. And today, he finds that his soul is a basic principle.

The soul is the master of the body. The body is not the master of the soul. Each person must therefore look inward in his search for the true Tao and for natural tranquility. The goal here is total understanding and peacefulness. Vô Vi esoteric science is a method of self-practice and self-progress, applicable to anyone at any age who wishes to return to a state of awakened consciousness. For this reason, Mai Binh is dedicated to self-discipline. He hopes to convey his method to others. With determination and perseverance, he has chosen a way to liberate his soul and body.

Normally, people practice martial arts to reach a state of complete control of the mind. Before learning martial arts, a person's temperament is often unstable and agitated, but as their understanding grows they become

more confident. They can defend themselves, and remain calm while avoiding the harassing attack of their adversaries. They can even withdraw and be at ease while waiting for the adversaries to calm down. They are willing to compromise. Martial arts should not be used for killing or retaliation. In traditional movies of the “*enmity breeds enmity*” type, revenge is endless. How long will the anger and negative energy continue to be released? Rather, you should turn within yourself. The more you look within, the more you will learn about your immortal soul. So why bother to harbor retaliation? Physical strength is temporal. Even if the person is as hearty as a buck and as sound as a rock, he still must die. Compared with someone like that, how much strength do you have? Only a quick mind with its boundless willpower are infinite. Compassion, caring, and a loving force form real power. Forgiveness and love are the foundation of an ethereal and everlasting world.

It is a spiritual achievement for Mai Bình to master a complete method. He has done this by improving his social life and developing his spiritual Tao. Improving his social life began by knowing how to take good care of his health. This in turn helps him serve mankind. By providing service to others, Mai Bình provides himself with shelter, clothing and food.

The Lord, the Buddha and the universe have given him a body, beginning with the supra-nature. The

spiritual Tao has shown him the Way to return to his immortal soul. Therefore, he wishes to fulfill both his obligations towards his social life as well as the spiritual Tao. He prefers to succeed with his own serene effort. He also has to practice to gain self-control and to develop his spiritual life.

The Way is very clear! He must be consistent and faithful in fulfilling his duties and directing his life toward spiritual perfection. He must free himself from worldly matters in order to help many people in the future. More people will have the opportunity to come to know the method due to his good will. His influence is thus spreading wider and wider. He is doing something for everyone, which is a precious gift on his part.

What does Mai Binh learn? He learns patience, harmony, forgiveness and love. Parents bring their children to his classes, hoping that they too will learn harmony, and practice so that they can advance on their own. Then they may become the loving children of God, filled with compassion of a Buddha heart.

People come together here to share their spiritual experiences and develop an affinity of energy. This martial arts school may soon change its emphasis from the military to the civilian aspect of Buddhist thought. Real patience and harmony will preside in the practitioner's

consciousness. So too will the virtue of modesty. To learn martial arts is to learn patience and modesty, not retaliation. When you come to understand that principle, you will realize that the universe provides every condition for evolution to all living beings. The universe gives mankind its pure cosmic breath for inhaling and exhaling. You are really living in universal comfort. At a later stage, when your inner strength has been reinforced, hopefully you will be aware that the power is coming from your breath. No breath means no power. With breath there is lucidity but without breath there is no lucidity. Therefore, only with breath can you achieve serenity. Breath gives life to your mind. Use this breath to cure your mental instability.

The Vô Vi Esoteric Science method has three parts: the concentration of spiritual energy, cyclical breathing of non retention and meditative contemplation. The concentration of spiritual energy is for re-establishing the stability of the nervous system. It is for purifying the impure energy, collected by your four sensors, eyes, nose, ears and mouth. It is necessary that you expel that impure energy. How and by what means? It has to be replaced by something. When pure energy is in place, then impure energy subsides. When light comes, darkness must leave.

Our five internal organs share that same need. By practicing the cyclical breathing of non retention (*filling up*



*the navel, then the chest, and then the head*) you are purifying the impure air. Do you understand?

When you have achieved peace of mind through becoming peaceful and awakened, you will understand your karmic associations. You begin to comprehend the constant cycle of births and deaths. This existence starts from the supra-nature and from many previous lives. You must remain poised and serene in order to evolve infinitely. That is the principle of eternal mutation and reproduction of all living things. You can see that even a blade of grass is mutating, a plant is mutating.

Today, with the desire to serve others and armed with the knowledge of martial arts, you evolve more quickly than vegetation. Your compassion must be broader and more abundant with the great-vow made when you first entered this universe. Acting in this manner, you will understand better your role on earth. On the path to Tao, martial arts is one of many ways leading to self-discipline. To practice it properly, you must learn patience. The way to spiritual perfection also requires patience in order to harmonize with all living beings in the universe. All beings are the Oneness. There must be no dissension or discrimination. You cannot boast of being better in martial arts. Nor are you more evolved than others. Nor can you pretend to be closer to God. These sentiments are wrong.

God is omnipresent through the rhythmic breath of the universe. He is everywhere through the consciousness of all living beings. He does not neglect anyone. You can assert that the sun shines on everybody. Does it miss anybody? Despite this, men hide themselves from the light. They create darkness for themselves. They are pretentious without knowing it. They summon the Tao without practice, which leads them to foolishness. Their consciousness is dim and cloudy. All practitioners must be aware of these dangers. In martial arts as in any other field, you have to be honest with yourself. You must remain candid in front of God and the Buddha.

How did you get such a healthy and vigorous body? You have owned it for a long time. You should be aware of this in order to know that you are infinite. All life is pre-determined, including your body with the five organs, which now enables your soul to preside in it. The soul is fundamental, and the body is temporary. The body is a subtle means, just like your car. It took many years to build and refine the car. Yours provides you with the comfort you want, but if you abuse and neglect it, then it will break down. So it is with your body. When you know its value, its origin and its structure, you will feel really ashamed of your laziness and your destructive will. Why can't you maintain what nature originally granted you? You should become more and more ashamed of yourself.

How negligent you are! The law of birth, old age, illness and death controls you. So don't be complacent. Don't think that knowledge of the martial arts is the ultimate. If you are really proficient, then you will be able to beat everyone. However, this body must finally succumb to sickness and disintegrate. That is the manifestation of the supernatural law.

The spiritual adept must also be moderate. You should never pretend that your religious sect is the best. Using a spiritual method as a means of self-purification, you will be on the correct path towards serenity. So try to stay calm. Even a short period of quietude can help you visualize clearly the way to proceed, even though you may not be able to see very far each time. Do not make the mistake of believing that you have already reached enlightenment. Never pretend to be a spiritual leader, or master of the universe! How wrong that would be. How could you expect to be the master of the macrocosm while remaining angry, self-centered, uncompromising and judgmental? Why can't you be a master of your own microcosm? How can you develop your consciousness while remaining ignorant of the operational law of the universe? You should understand that the two years preceding your death form the judgment time for all your sins. You must understand heaven's law in order to remove unfavorable traits such as a hot temper and enmity. These traits are unfavorable because they are in

your mind. When you want to intimidate or hurt someone, you are the only person who knows about it. Your victim does not. So you have abused your mental powers. You cause trouble and, in so doing, afflict sorrow on yourself.

When you come to understand the value of the martial arts school, you will see the awakening message in every movement. Why do you have to retreat when drawing out? Why do you stand in a defensive position before advancing? These movements are to enable absolute control of the mind. They are not to intimidate or hurt your opponent. Martial arts is a practice in self-awareness. Therefore, students become healthier and more temperate.

With this additional way of developing clairvoyance, you are in fact progressing towards perfection. Both socially and spiritually, you aim for perfect harmony of your soul and body. Your mind harbors both purity and impurity. If you tolerate impurity, you create darkness in your mind. If you try to harmonize yourself through purity, then you build up heaven within yourself. And if you are attracted by external forces, you will surely create agitation and affliction in your own mind. Thus, a person who practices martial arts must always be conscious of its morality.

In earlier times, martial arts monks used to examine their prospective students' characters before accepting them in. It is the same in the spiritual Tao. A spiritual master needs to know his disciple right from the beginning. He has to know how far his disciple can go before he lapses and betrays himself. The student must be guided accordingly. So it is with a martial arts master. He, too, must observe his student before accepting him, in order to ascertain how sober and persistent he would be. Otherwise, the master would do more harm than good.

Money cannot save you, as a clear conscience could. Humans are still distracted by money matters and neglect the fundamental morality of life. You are not taught to hurt or intimidate people, so why do misfortunes continue to occur? As you can see from the many martial arts movies, a martial arts master never teaches his students how to assault others. When his students hurt someone, the master is responsible for his students' deeds. The master has to bear that misfortune. Therefore, morality is fundamental.

You are indeed fortunate to have meditation introduced into your martial arts school. Through meditation, you can teach morality to your students. This is the eternal benediction of the Lord. Everyone should praise that morality, then follow its example and practice

and evolve. This is the morality of a life heading towards perfection.

First of all, place emphasis on the fundamental morality; then on the value of each martial arts movement. The more serene you are, the more you will be aware of the relationship between martial arts and the military Buddhist of the spiritual plane. Such awareness will assist you to achieve great-courage, great self-control and great-compassion. It is not meant to assist you to assault or defeat people. When you are bold and not greedy, you will understand that martial arts is for self-defense only. But do not misuse this skill. Understanding the use of martial arts is called the spirit of great-courage. Great self-control means to assist anyone who needs your help. Learning martial arts will create a healthy and vigorous body, capable of helping the weak. If you give assistance to the needy and learn self-discipline at the same time, then that is the fulfillment of great self-control under the will of God. Great-compassion means to forgive and love the person who criticizes or threatens you. You must pardon him and to give him a chance to be awakened. That is great-compassion. Your good deeds will ensure you a secure future. So practice great-courage, great self-control, and great-compassion.

A mortal man would say that it is very difficult to behave in this manner. Ask yourself whether learning a

martial art is difficult. You may find it difficult in the beginning but things will get easier. Thus, nothing is really difficult on earth because patience will solve everything. Your consciousness will develop and, with patience, you will attain harmony. So you must be very patient. The more patient you are, the more people you will attract from all over the world. People, regardless of their nationality, all have the same spiritual need. They all try to avoid the sight of slaughter, sorrow, and discord. For the development of body and soul, they all attempt to seek their latent potential and virtuous zeal. That is the infinite lucidity.

Since today is a happy day, I want the owner of this school to understand completely about the spiritual path. There are Immortals who are supporting you on your journey to success. Since you are an immortal soul, you must also harmonize with all other immortals. Using the Vô Vi Esoteric Science, you must achieve soul travel to higher planes in search of Tao. The quintessence of a martial art is to provide stability of mind to all practitioners within their serene potential. Do not assert that martial arts do not exist in the celestial planes. If martial arts exist on earth, they must also exist on higher planes, because your thoughts create forms. You will only achieve grace in your martial arts movements if your mind is poised. If you lack composure, your movements will be awkward and clumsy. If you can perform them

correctly, then you will be attuned with the aesthetic soul of martial arts.

A real pattern of energy exists. It is not a fantasy that your pure energy concentrated on top of your head is able to harmonize with the upper levels. Harmony will reign over your movements and you will feel stabilized. In fact, the method of leading a life toward spiritual perfection is energy oriented. If your mind and body are motivated, it is because of energy. So where does the energy come from? The energy of the material world is the energy of the five elements: metal, wood, water, fire and earth. If this energy is sufficient, then motion results. Meanwhile, the unlimited energy of the willpower belongs to your soul. That is the master of the five elements, the serenity and the quietness of the Void of Void.

To achieve quintessence is to feel the harmony from within during your martial arts practice. The more you perform its movement, the more enlightened you feel and the more attuned you are with all levels. Serenity is under your control. This is the marvel of martial arts which you will experience later.

There are monks who live above the snowline in the mountains, and who practice a martial art while directing their live towards spiritual perfection. They



perform martial arts movements while their mind remains serene and compassionate. You may also reach that level if you practice with diligence and tranquility. You should take advantage of the most insignificant matter in the universe to develop your consciousness. Know that compassion is the ultimate power. The spiritual path is endless. Therefore you must fortify your willpower. If you do not, your path will be cut off.

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. There are a few Vô Vi followers, who have gone halfway and think that they are now enlightened. After being revealed some visions of their previous lives, they start to feel superior. They think they are smarter than the initiator. They are fooling themselves and will certainly fall into misfortune. The time for repentance will be too late!

Thus, when you dedicate your time to martial arts, you should behave appropriately. When you consecrate your life towards spiritual perfection, you must also stay on the right path. You will be better off materially and spiritually through specialization. If you really grasp the fundamental techniques of martial arts, then only one movement is enough for you to reach total concentration. All theories can be proved by one principle. If you grasp

the principle, then everything connected to it will become clear. And conversely, if you do not understand the principle, then you will not grasp the rest. It is the same with martial arts. One movement in martial arts can lead into many movements. So if you are poised and serene, you will feel the inspiration from martial arts to express yourself graciously.

Your movements can enlighten people, you can impart good examples to your students with an open mind. Therefore, the path to spiritual perfection is infinitely helpful to you. When practicing the Vô Vi Esoteric Science, you have to be honest with yourself. Strive to practice on your own in order to advance. Do not harm yourself by being unfaithful to your Creator. You cannot pass your master, because he is always ahead of you. He has more experience with spiritual matters. His serenity is more advanced than yours. By betraying your initiator, you are really betraying yourself. Why is that? On your path of spiritual development, instead of advancing, you remain stagnated. For example, you keep changing your mind and open the south gate today, then the west gate tomorrow, the following day the east gate, then the north one. In the end, you will become totally disoriented. You will never progress for wasting so much time.

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. Praising others will only make you lose your way. You will distract yourself by doing so. If you proceed on your own, you will go through periods of introspection. So you have to practice to awaken yourself. The Vô Vi Esoteric Science will help achieve a healthy body as well as developing clairvoyance. Do not rush, otherwise you will falter and that is really dangerous.

You must fulfill your role in the social world as well as developing your clairvoyance. That is the pattern chosen by the Divine Superior. This body was given to you as a protective cover. How can you progress towards spiritual perfection if you neglect it? A spiritual Tao exists within all social activities. Use your lucidity to stabilize yourself. If you do not reach this equilibrium through your own efforts, you will not progress. Do not think that you are brighter than others and look down on them. The Vô Vi path is available to every being regardless of religious belief and of profession. Everyone can adopt this method to develop his consciousness and proceed into the world of spiritual energy. You will then discover the disposable and infinite faculty of your consciousness.

The spiritual path is boundless. You should not belittle yourself, but have the confidence to push forward and you will succeed one day! Perseverance is a virtue. It is up to you to maintain that perseverance. Don't get discouraged halfway, or you will descend into afflictions.

Are you more inferior than a grain of sand? A grain of sand has endured the heat to become fine glass. It has reached its state of perfection and thus serves mankind, while you have not. Even the glass has to learn harmony. How can you evolve without the desire to harmonize? If you wish to help other humans less fortunate than yourself, why don't you devote yourself to altruistic deeds? When will you be able to provide an example to others? When will they be ready for an awakening? How can you get close to anyone if you lack harmony? To get close to God, to meet his subtlety and love, you must see that He is omnipresent. To do so, you should advance by harmonizing with every level. You should purify yourself, stay serene and lucid in order to serve others. Do not refuse to participate in social activities, otherwise you will create more disturbance rather than serenity.

Why is it necessary to strive towards spiritual perfection? What good comes from following the path of the Buddha and the Supreme Lord? It is unnecessary if it causes problems. But, if you follow this path, you must

maintain an open mind in order to harmonize with every level. That is the only path to spiritual perfection. If your life remains enmeshed with litigations, struggles or petty stories, then you are on a wrong and unacceptable path.

This body is obviously impure. In fact, this skeleton with its many kilos of flesh and bones is profoundly impure. So too is your consciousness. It needs to be purified. When you reach an awakened state, you will become aware of the impure factors, such as sluggishness and laziness. If you manage to overcome your self-centeredness and hot temper, then lucidity will follow. Normally, it takes practitioner three years to recognize his unruly temperament. But afterwards, he is able to appreciate the power of the universe. The great-compassion of the universe provides all conditions of living and learning of mankind. Why don't you try to do the same by providing a good example to every living being?

When you learn martial arts, you should be tolerant in your search for your own strength. When you do discover your inner strength, serenity and compassion, you must be able to distinguish between the forces of purity and impurity. Those forces are manifested through your consciousness. If the adept persists on his spiritual path, he will easily reach the supra-civilization. Do not bother with too much jargon, such as talking about the

inferior or superior era without knowing its true meaning. If you mistakenly believe that it takes place in the outside world, then you have trapped yourself with your own logic. In reality, the superior, middle and inferior eras take place within each of you. For instance, you have to purify your inferior sphere which is the level of sexuality and impurity within you. Lust is an abuse of your intelligence and is really leading you to commit suicide.

Every spiritual adept, regardless of the religious sect he follows, has to face such ordeals. However, a Vô Vi adept has a means by which he is able to purify and study himself all the time. You will get trapped if you use your intelligence to dominate your fellow humans. You may be attracted towards impurity by your opponent. In this way your carnal desires will increase, thus harming your soul and body. Each of you will have to face such trials. Be warned, because lust can lead you towards darkness at any time. It can push you to betray your family and relatives and lead you onto self-destruction.

The spiritual path of the soul is like a counter-current. Why is it a counter-current? It's because you must detach yourself from worldly matters in order to proceed towards spirituality. That is the way to avoid the temptation of lust. Lust cannot lure you anymore. So much for worldly matters! In the meantime, you can make progress towards spiritual Tao. What does true desire

mean? True desire is an eagerness to progress to celestial planes, to be in accord with every living being. That is much more real than the carnal desires on earth. Those who reach that level will look like the springtime, fresh and bright.

On the contrary, if the adept's face is somber, his manner is coarse, and his eyes indecent, everyone can tell that he is unrighteous. It is important to understand this. Try to push every negative thought out of your mind. Do not criticize others, but follow good examples and perfect yourself. Many people have to experience that stage before being able to proceed to self-awakening and self-discipline. For example, to throw off the habit of gambling, one must lose at gambling. To attain awareness one first must suffer misfortunes. Harming others will then become a thing of the past.

When you are aware of the pitfalls, then you can take precautions. You must perfect yourself in order to reach the state of serenity. Protect yourself now. Don't linger or wait for someone to show you the way, or you will stagnate. Your practice is essential for your own spiritual progress.

This method is completely generous and does not require you to depend on the initiator. Before you start practicing this method, you must understand clearly its

activities: the concentration of spiritual energy, the cyclical breathing of non-retention, the meditative contemplation and the abdominal breathing exercise. If the method is beneficial to you, then you should persist in the care of your body. To care for your body is to contribute to everybody. If your body is healthy and vigorous and your mind lucid, then you provide a good example to others.

After moments of agitation, everyone will long for serenity. From now on, what you are doing is not only in your own interest, but also for the benefit of others. You must always be truthful towards others regarding your practice. When you follow the Buddha's path, you are a Buddha yourself, so you should practice as such. You need to enhance your willpower in order to synchronize with the Heavenly Lord, the Great-Compassion. To become a spiritual adept demands courtesy, faithfulness, loyalty, and a positive and constructive attitude.

So everybody has the right to abandon the state of agitation for that of non-agitation. You should not create more agitation for yourself. Many Vietnamese people find it hard to cope with their current situation. They cannot study or work with confidence, due to lack of serenity. If you are serene, you will handle your work easily. Your spiritual awareness will be more sharp. You will be capable of turning evil into good, retaliation into appreciation. A situation of provocation will enable you to



increase your serenity, not to denigrate anyone. Many practitioners do not know how to react when being provoked. The natural law provides a means of awakening them. It forces them to free themselves from worldly matters and long for the spiritual Tao. They will then have to direct their lives towards spiritual perfection and evolve by their own efforts.

I sincerely hope that everyone can experience self-awareness and be responsive towards others. At the time of agony, every person will reach the state of self-awareness. He will then hope for the fraternity of love and accord and be able to harmonize with every living being.

No one likes to live in dissension but would prefer the warmth of well-being. You are all able to experience this now. Preserve the good and enrich yourself until the day you can experience soul travel in search of the eternal Tao.

It is vital for you to build up your willpower. How precious it is to turn this place into a meditation center. Through it you can provide assistance to others and also provide many occasions to learn about the spiritual path.

As you convey the method to others, you will notice that each person has a different character and a

different way of questioning. These are opportunities for you to learn and exchange ideas. The divine energy will shine on every member involved in spiritual discussions as they sit together in search of spiritual awakening. The divinity will provide each person with enough understanding to explain each spiritual concept. The divine energy shines and gives you the inspiration to learn. In this way no one can claim to be superior to another. The Vô Vi adept must always respect the spirit of equality, because in reality no one is better than anyone else.

Therefore, strive to learn! The more you learn, the more opportunities you will have to improve during your spiritual journey. In addition, more people will come to you seeking information about meditation.

On the other hand, if you discriminate against others, you will only succeed in isolating yourself. Even though your house door is open, no one will come in . And who has created this isolation? You, of course! Perfect yourself by repenting and mending your ways. When your spirit of harmony has developed, you will have the opportunity for altruism. Do you think that you are better than anyone else? Stay calm and moderate, especially since you are offering this place as a meditation center. To become really subdued, you have to let people treat you like a carpet and let them step on you. Through these

actions, you will have many chances to weigh and measure others. Later on, spiritual awareness will come to you through your self-motivated practice and progress.

On this happy occasion, I hope that my voice will penetrate into your heart. May I remind you to practice assiduously for the development of your soul and body.

I thank you sincerely for your presence.

*Houston, October 16, 1986*

# Searching For The Origin Of Harmony

*(Tìm Lẽ Du Dương)*

Dear friends,

Today, in this sacred and serene moment, we come together again to analyze love and spirituality. We have discussed and explained spirituality in our weekly meetings, but we have not been able to understand thoroughly the absolute infinity of love and spirituality.

We struggle daily through life. Even within our own families we meet many adversities. From these life experiences, we can see that love always liberates us, guides us to evolve, and assists us to overcome all obstacles. That is how we can appreciate the meaning of love. Love is a flux of energy. The vibration of love thrills our soul, elevates our lucidity, and enables us to be forgiving and constructive toward each other.

Sister and brothers in a family can have problems. Why? Even within a financially secure and well-educated

family, problems can occur. God has planned that we should learn from these problems. Every soul must learn many lessons. We learn through adversity to understand life's up 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 ignorance. Despite the commonality of our existence and origin, we continue to have problems in our relationships with others. Why can't we get along together, instead of allowing ourselves to move blindly, and to behave in a negative and contrary way? Our conscience does not want us to live in discord. A lack of harmony causes us to absorb impurity, to lose our appetite. We are unable to sleep well because of unkind words or unfair deeds. These personal flaws create sadness and disappointment. Our vibration becomes increasingly weaker. Once weakened, what do we have left? Only darkness and weakness. We do not heed the lessons offered to us. We reject them. We could be more wise if we accept to learn from these lessons, so we can elevate ourselves to higher levels and lightness. We must not give in to impulses or the demands from our false-self.

If we deny the basic lucidity within and keep quarreling with others, how can our conscience be at peace? How can we build love? We praise love but our heart is wicked. The path to self-interest only plunges us into darkness. We don't understand what we are really

doing, and what level and lessons we are involved in. Thus, we become more and more ignorant and blind. It is meaningless to summon love when our hearts are blind. If we don't have compassionate love, we cannot find the principle of equilibrium. How do we break into the circle of compassionate love? To do this, we have to maintain our equilibrium. This inner balance will help us correct our own errors. The lessons will then be truly learned.

After each weekend's spiritual meeting, we return home to continue with our family life. We must face these situations. Friction always arises between husbands and wives. But this friction leads to self-improvement. This will lead to the final reason for existence, the spiritual Tao. A person can never achieve self-liberation if he does not penetrate the way of Tao.

We can never reach the state of liberation if we follow a life of self-interest. Hunting for a fortune or seeking self-interest requires a crafty disposition. As a result, we deceive ourselves by plunging into infinite blindness. Our willpower weakens, because the force of the five elements weakens. The lust for money will blind us and obscure our original nature. Then we mistakenly see ourselves as important and talented persons.

However, the Almighty Lord always intervenes. In many cases, this means we have to suffer. For example, a

wealthy family may suffer because their handicapped child cannot be healed regardless of their financial means. Thus, God lets his children know that no one can avoid life's errors unless he knows how to save himself. How many of us realize this fact? Many of us believe that we are self-sufficient and do not need God's assistance. In reality, God cares for and educates us. When we start love Him, know Tao and its inner balance, we will no longer be an unbalanced person. Happy today but sad tomorrow, we reel to and fro like a drunken or a blind person intent on self-destruction.

As spiritual adepts, we should consider those cases as lessons to help correct our sins and thus evolve to higher levels. See how marvelous God's grace is to guide our spirituality in this way? He provides us with lessons every minute of the day. We learn while we sleep and while we talk. Whenever we look at something we are still learning.

However, the mind of a human being is in constant agitation. It is like an inquisitive monkey peeking into everything. People get involved in dealing with other people's affairs rather than in understanding their own. They interfere in others' affairs but do not know how to disentangle their own. What a pity to be in such constant agitation! Our heart becomes cruel because we nurture that state of anxiety leading to blindness. Blindness is

cruelty but we are unaware of it. We overextend and abuse ourselves by believing that our destructive plan is the right one. There is no need to use a dagger to hurt people. A devious act or a harmful sentence can provoke others into anger.

On earth, we can see opposing regimes. How is a regime formed? It is formed by one party revolting against another party. That type of friction will gradually lead mankind farther off the proper course. However, unaware of how much a mistake it is, people conform to the majority. They begin to put pressure on the opposite side. God grants this type of error to people for them to learn, to harmonize, to stabilize and subsequently to advance spiritually.

In modern society we know that an airplane cannot leave the ground if it is not well balanced. You all understand that. Therefore, if we are not well balanced, how can we succeed? Within the family, if we don't display sound judgment how can we expect to influence other family members? If we don't understand both sides of an affair, how can we deal with business people? We would only create annoyance and blindness in our mind. Then we continue complaining about misfortunes without correcting ourselves.



We have an innate lucidity within our mind. We must make use of it to correct ourselves, so we can endure, learn and then elevate to higher levels. Without practice this is impossible. We have reincarnated many times on earth and made many promises to our family, hoping that we can improve ourselves and influence our children and relatives. How many times have we already broken our promises? Some are lured by power and prestige. Others are influenced by the attractiveness of money and wealth. So many people plunge themselves unknowingly into a sphere of impurity and dishonesty. Indeed, they can never build love. Love is our family, our wife or husband and our children. We need to work harder in giving rights of freedom to each member of our family, so that they can progress logically into infinity. Such ways will create a good community!

When we enter a garden, we are delighted to see flowers in full bloom. We are sad when they wither. Similarly, we must be constructive and know how to keep our lives in order. Who should be the first to do so? It should be each of us. We should refine our lucidity to keep it in balance and be capable of discriminating between purity and impurity. Then we will never fail. If we continue to rely on our temporary intelligence on earth, we can never succeed. This is blindness. We claim to be happy. We own many material things such as cars and houses, and have money, but we can lose them in an

instant when misfortune comes. Such things have already happened to the Vietnamese. They have experienced material loss many times. We have had to leave behind many things and rebuild them later. Why have we not yet awakened, after all that God has granted us? When we are conscious of these lessons, we will know Tao. To have Tao, we also need virtue and wisdom. Wisdom comes with patience and acceptance. We need to do good, and discipline ourselves in order to attain that wisdom.

In a flower garden, the flower blooms fresh and lovely. Each of you appreciates the blossom. The flower does not need to do anything to elicit your compliment. Your admiration comes naturally before such beauty. Likewise, everyone respects the wise man because of his knowledge and self-discipline. He too learns and disciplines himself to avoid being dictatorial and blind. He deploys himself to the infinite. He is in tune with the path of God and loves all beings at all levels. That is the correct behavior! We don't try to persuade or talk about it to anyone, but rather what we need is merely practice. That will provide a good example that can influence others and will inspire their respect. It will also give them a good example to follow. Then it will encourage them to learn more, to strive towards lightness, and evolve infinitely. If man does not have wisdom, he will naturally destroy himself. Therefore, the spiritual adept must always be tolerant of the materialistic man. Why is this? The

materialistic man is limited by rivalry. Thus, he is ignorant. Inadvertently, common mortals create their own afflictions.

Thus, the spiritual practitioner must learn patience. If the spiritual adept is insulted by someone, he should invoke continuously the six sacred words to purify the impure energy and to win over the opponent. As a spiritual adept, we must give ten times more than we receive from others. If we are in debt to someone for some service, we must pay him back ten times more in meditation. Spiritual Tao is not easy to attain! However, after the hardship you will be able to appreciate its infinite value. The adept must not feel proud of himself. He only searches to understand what he can achieve in order to reach harmony, love and fulfillment.

Spiritual adepts must always nurture a consciousness of pardon, of love, and of construction. Pay no attention to petty things that make you unhappy. If your opponent does not like you, then this makes you sad. That reaction is not correct. You should appreciate it and thank your opponent. God is teaching you through the intermediary of that person. You must learn the lesson. Why should you thank your opponent? Because if God makes use of a person's temperamental character, then that person must take the resulting misfortune. If you are aware of the intended lesson, then you will be

able to transcend your human emotional reactions. With your spiritual heart, you will learn patience. Practice compassion and continue to learn the lessons. Only at that level, can you rescue your opponent. And you must do that, you must fulfill that mission! Don't look to the other person, but blame yourself and ask yourself whether you have learned your lessons well. Suppose that God has granted you that lesson. How are you handling it? Reprove yourself for being tardy and for not learning it well. You are to blame for harboring petty things relating to the discourteous behavior of the other person. This is a big mistake on the practitioner's part. Do you see that life is easy and at the same time difficult? You are besieged by the two states – social life and spiritual life. So everyday you must experience and learn these two states.

During this sacred moment, you are here with an open heart. Then what do you do? You will have to practice. You will have to advance on your own. Your innate lucidity has clearly informed you about inner balance. Man's inner balance is not at all narrow or limited. It can create a power to balance the whole universe. It's the same with the spiritual life, which is a mirror of your daily activities. Problems in your daily life affect your spiritual mind. So 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 others' 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 shame . Rescue yourself first and remove all the worries from your own mind. Nurture the sharp weapons of God which are love and spirituality. Assist every person accordingly, so he can be awakened and evolve spiritually. Your community will soon be better off. Practice resignation. Be tolerant, and practice for realization. Tolerance will give rise to sublime wisdom. Don't compete with others or show off your spiritual knowledge. This is not the way to go. You imprison yourself by doing so. You lead yourself to darkness. If you develop your lucidity, then you will know how to make use of your ever present weapon of spiritual love. In this manner, you can rise to higher levels without hindrance.

Why does paradise look so lively? There are so many free moving spirits. Everyone has a lighthearted smile, and an harmonious, aesthetic and calm soul. They behave with perfect courtesy. On earth, we avoid matters that are not to our own advantage. Aren't we hindered by the wall of darkness? Many people who are now rich, were once poor. Despite their wealth, they are still limited by being able to see only one side of the question. They are not able to grasp both sides. How painful to think that I am omnipotent with all the wealth I have! How wrong I am to say that life is within my grasp! I am not yet productive. I still have jealousy and hatred within me.

Enmity is leading me to blindness. I think only of my own interest, and everyone else must listen to me. These are all negative feelings. God has the potential to act like a dictator, but He does not do so. He looks after us all from our first breath of life through every one of our actions. And He has never claimed that we need Him for our survival. No! When we practice the spiritual way, we know God's presence only when we are crushed by afflictions. We see Him only after suffering. Without suffering, we are blind. Living creatures are controlled by the five elements: metal, wood, water, fire and earth. So how can we think that we are superior to others? Remember the *"Monkey who is Equal to Heaven"*<sup>1</sup> in the Journey to the West. At first, he believed himself to be God's equal. However, until he repented he could not surpass God's five elements and break through the mountain in which he was imprisoned. Later he reached the awakening. He then devoted himself to serving mankind. For love and construction, he became the messenger of God, working for Him.

When we descend to earth, every one of us must learn about impurity and cruelty. When we learn, we must not reprove those who have not yet reached this

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<sup>1</sup> *"Monkey who is Equal to Heaven" and "Journey To The West": a well-known Chinese epic about a Chinese Buddhist monk in the Duong Dynasty who headed to the West, entrusted with the mission to bring back sacred Buddhist scriptures. The "Monkey who is Equal to Heaven" was one of his companions on this journey.*

level of understanding, because soon or later they must recognize their previous cruel and impure state. If we are now light and poise, we should not forget our past unruly temperament, since spiritual blindness is caused by an unstable and negative demeanor. We should not forget our past bad temperament to avoid viewing others with contempt.

When we see someone suffering, we should encourage them either by words or actions. Our manner should be serene and patient. It's not correct to think that patience can destroy our family ties. We are like fertilizer that patiently does its work to provide prolific trees and fruits. As a family member, we should act in the same manner. We must accept being crushed and cast into the shade to elevate our consciousness. We have innumerable lessons to learn. Within the family circle, lessons can be found in the relationships between husbands, wives and children. How does the husband behave? Since he has the strength and the responsibility for the family, what should he do? He even has the power to kill others but he doesn't do it. Only patience can strengthen the family bond.

God gives us trees which live for hundreds and thousands of years. Those trees have undergone many hardships in concordance with the principle of eternal mutation and reproduction. The law which governs all existences also governs those trees. They stand aloof

under the hard, dull bitterness of the winter cold. They mingle with the rain and wind during the fall. So you can see that love, being in tune with the subtlety of the Divine, is very orderly, rhythmic and harmonious.

Human social activities are the same. We must be patient. Without patience, no one will come to us. People will be bored with our clumsy way. Wealthy people are arrogant and demand obedience and service. We must patience to follow their orders. In this way we can learn and transcend the material social life as well as the spiritual one. If we are not patient, no one will come to us. Patience is therefore necessary. God places His lessons everywhere and we have to learn all lessons. We will then be capable of turning our foes into friends.

We should observe our opponent's behavior carefully to ascertain his current ability. He is still within the impure level if he uses his character to control other people. Life on earth is impure. If he makes an effort to observe and reach solutions with his lucid mind, then this must help both his earthly and spiritual progress. Ignorance of all living beings is caused by darkness. If we strive for peace and perfection of the spiritual life, our lucid consciousness will be strengthened. A life devoted to altruism is a life devoted to yourself. To hate others is to hate yourself.



For example, when you are conducting business or shopping, you will prefer to do so in pleasant surroundings. You will avoid unpleasant places. Is this clear? Every rhythm and every breath of life serve to educate your consciousness. Keep pace with your journey through life! Move forward! The more you move forward, the more you will learn. Your spirit learns with every step you take. If you are conscious of how eternal and precious your spirit is, then you will want to learn your lessons quickly. The more you learn, the more you will be aware of your lack of patience. You will be aware that your self-confidence needs to be improved. The more you learn, the more you will realize how sluggish and negligent you have been. At the end of your lessons, you will discover the infinite marvel: the sutra without words which envelops your consciousness. East, west, north, south – every corner of the earth contains lessons to clarify your cognitive faculties. On this day and at this stage you are able to practice spiritual asceticism and re-establish order. Your predecessor acts as a reminder. He lends you his lucidity, gained after so many arduous and toilsome years of spiritual training. Now, while you are listening to my voice, you are borrowing from me what I know in order to keep pace with me.

Henceforth, you must detach yourself from all the impurities clinging to your consciousness. You will vitalize

the aesthetic beauty of your soul to advance into the brighter dawn of the universe.

What can be more precious than the soul of a human being? The soul of a human being is moral obligation and fulfillment. We learn happily. We are infinitely glad to be a human being. Our consciousness is capable of learning all states, while other beings can only adapt one, two or three states. We are capable of coping with all conditions regardless of time and origin. When a bad thought comes into your mind, dismiss it immediately. Do not keep it in mind. Analyze it clearly in order to harmonize with it in a lucid way. How precious it is for us to be able to do this. We should be grateful for the capacity to hear and understand. Once we grasp the meaning, we must achieve it. It is marvelous to be reunited in this fertile land to learn. Thus, we can love and listen to whatever contribute to our consciousness. Our circumstances allow us to understand fully - what it means to be a mother, a child, a brother, or a sister - what is filial love, the boundless love of God, and the meaning of the reunification of all religious doctrines. How great our joy is! How glorious we feel! How blissful it is to grasp thoroughly every matter from a blade of grass to a spectacular tree, from a weak person to one with the strength of a dictator. We can analyze them all. Therefore, don't we have every state of life within us? So now, how can we synchronize, then harmonize with every state? We

have to re-establish the order. When we are well organized, we will certainly harmonize with every state. At that time, we will no longer suffer sadness, but neither will our happiness run high. The feeling will be a harmonious joy in a blissful ecstatic state. We will not consider this body important anymore, but rather feel our spirit as always pleasant and beatific. When we close our eyes in meditative contemplation, we will be able to see the marvel of the transcendental world. In a transport of delight, we will wonder at the graciousness and liveliness of the heavenly beings. No pen and writings can express these things to enable human beings to understand them.

Many spiritual adepts, who have discovered the world of non-infatuation and non-intransigence, do not know how to explain it. They wish to say a lot but... Once their vibrations become lighter, faster and stronger, they immediately want to describe what they see to other mortals. They want to show us an infinite treasure. We should all go there to observe and enjoy the beauty. How prosperous and enchanted a place! Many of us have projected our souls to visit those realms. We can see via dreams or even through the sacred and quiet time of meditative contemplation. There is no way to convey it to other humans. It is indescribable! We know only that each person must practice to transcend.

However, we are surrounded by impure scenes on earth more than pure and delightful scenes. To enter into Tao, we must strive hard. Perseverance, patience and self-effacement can free us from all the surrounding impurities.

To direct our lives towards spiritual perfection, to fulfill our filial duty, to save the members of our family or other living beings – these things cannot be achieved without practice, even though the intentions are good.

We cheat ourselves and others with practice. If we practice in an orderly manner, we will certainly achieve our goal. We should examine and study how we were before we began practicing, before we knew the dharma and the meditation method. We can then make comparisons and see the improvement we have made. We do this introspection in order to advance. It is not necessary to draw comparisons with others. We need to look into ourselves instead. We look into our consciousness and commune with ourselves calmly. With focusing of mind, we reach the rhythmic attunement with God who guides us through our breath of life. Then we will realize that we must continue to learn. We learn alone and in secret to harmonize with the natural melody of the universe. We will become a lively poet. We will have a flux of energy that will revive and refresh our soul. This energy influences all living beings at every level. We reach

awakening, but this awakening will not come quickly. Our true nature will become more mellow after undergoing the lessons from many existences. So we must pack up our luggage to return to our homeland as early as possible.

The political events on earth are also a means to awaken us. Those events are part of the providence of the celestial mechanism. The upheavals and crisis of humanity are managed by God. He makes major changes with only minor manipulations. The earth's situation can be changed by God's presence. Why do we say this? How can we prove it? If the head of a family pretends to be ill and lays down to rest, everyone will be concerned about him. If you get along well with your children, the atmosphere in the family will be a happy one. This analogy will help you understand God and the celestial mechanism. Where is the celestial mechanism located? It starts from the willpower of God. You have to be serene to see it. Your skepticism is merely blindness. If you can develop your willpower and achieve the pure and light state, then you will be able to recognize your errors and weaknesses. This recognition and self-criticism will be constructive, like rescuing rather than killing. You will know more about your bad attitudes and ignorance. At the moment, you do not know how to handle your petty views. You do not know how to fertilize the tree you have. This is your failing. You must not say: *"I am liberated*

*of the karma.*" Not yet! Even when you die, you still have to work. To live a life directed toward spiritual perfection, you need to improve your lucidity and avoid the pain of imprisonment in darkness.

Many bold people dare to say: *"I prefer to go to hell after death than submit to anybody!"* From hell, we hear only cries and moans. It is not like Paradise where freedom, joy, and fresh air reign. Two different views are imbuing our consciousness. Sometimes we feel free, pleasant and happy, and are sympathetic towards others. At other times we are sad, because we imprison our soul in darkness. Then we feel isolated from others. Is this how you feel? There is heaven and hell within us. If we do not want to enrich ourselves, we will never attain that heavenly state. In Vô Vi, at a certain point in time, we will feel intimidated by inconsequential things. After that period of fear, we will be engulfed in sadness. After this period of sadness, we will feel the need to harmonize with our social environment to reach enlightenment. At that time, we will realize that only the Almighty Lord can cure our consciousness. By practicing the Vô Vi method, we are cleansing ourselves from all incurable sicknesses. We must remove the sickness of ignorance and blind passion. Only the Omnipotent God can help us overcome all types of weaknesses or afflictions within our consciousness.

Today, we clarify many things. Spiritual meetings can assist us to analyze, clarify and harmonize the seemingly insoluble matters within our inner sight. In this sacred moment, we live in harmony, in the state of meditative contemplation and love. Our souls embrace each other in beatitude and lightness. The harmony of paradise can reside in the consciousness of all living beings.

Everyone of us should make a vow to work towards self-improvement. Try to avoid the overbearing power and misfortunes which can intrude upon us at any time. I do not have anything else to say, except to let you know that we must learn to harmonize and love accordingly. Your presence will contribute enormously to the evolution of the universal spirituality.

I thank you all sincerely for your presence.

*Montreal, April 4, 1982*

# **The Practice of Law and True Knowledge**

*(Hành Luật Chơn Giác)*

How happy and comforting to share this sacred moment with you. We again have the opportunity to search together for man's real position and the truth.

Living in this earth-world, we have witnessed examples of actions and counter-actions in every fraction of time. We go from one circumstance to another circumstance, from one discovery to another discovery, to search for self-awareness. With time, we will know better about our soul's arrival and departure. We are in fact a particle of sacred light descending to earth. As a lucid entity, we should be aware that our physical residence here is now made available to us for a reason. We must know that the physical body is closely related to the universe. This is an image of the virtue, of sacrifice. Sacrifice, dedication and wisdom are the never-ending and undeniable attributes in this current cycle of evolution. We are mastering this physical body which is subject to every kind of action and reaction. Those agitations caused by greed, anger, foolishness, pleasure,



nervousness, blind love, hate and lust are part of this current human community. Because of this, we can now realize the purpose of our coming here to this earth. We come to learn resignation, patience, and harmony in order to become awakened. So we are bound to learn self-perfection and self-progress. Nobody can exert power over us. Mankind has maneuvered all kinds of ways for control over human beings. However, those maneuverings are only within the limit of ordinary minds. For true knowledge every individual must experience sorrow before crossing the threshold of Buddhist dharma.

Until today, we have suffered much. My friends, we are away from our country in search of what? What are you looking for? Isn't it peace of mind, the joy of forgiveness and love within you that you can develop for yourself? What are you learning? You are learning compassion. Then, what do you realize? You realize compassion.

Time has gone by with common minds. We see ourselves living far from home and wandering for survival. We see that this place is not ours, this home is not ours. From this viewpoint, we become confused and cannot thoroughly see through. We begin to experience spiritual deterioration while living on earth. If we return within to live with our true knowledge, we will see more clearly our never-ending path. The more we look within,

the more we enjoy about the discovery of our infinite quality.

We must always move forward. We advance within serenity, and progress within wisdom with the weapons of forgiveness, love and wisdom in hand. Only at this moment will we be able to recognize the real power of God, the capability of the Buddha and Immortals. We will also be aware of the capability or power of evil. Then we will be able to discern clearly those two aspects by looking within ourselves.

When first born, we are innocent. Before being reincarnated into this physical body, we make vows to forget all enmity and wish to give clemency to everyone. Then, where have we gone so far off target? We become lured more and more by material things and polluted by mundane activities. We lock ourselves into narrowness. Then we become ill and form bad habits that torture the body and mind. Therefore, I continue to say that circumstance is really our instructor. Sorrow is the threshold of Buddhist dharma.

The more we taste nature's grim inconsistency, the more it is unrelentingly harsh and painful to mankind. Only at that moment will we know the importance and the reason for turning our life toward spiritual perfection. Why do we have to perfect ourselves? It is for recovering

our inner balance which we have neglected for many previous existences. Today, descending to earth and being imprisoned in this limited body, we have narrowed ourselves further and further. And yet, we think that we can beat all comers – that we are superior to everyone else. How pretentious we are! In reality, it's our own lessons that we have neglected to learn. We refuse to advance. Some spiritual adepts have fallen into the same pattern. They fall into superstition and forget their own potential. They lose peace of mind, and ignore harmonious fellowship and heavenly love.

Harmonious fellowship can be clearly identified by what we wear daily, by what we eat and live in. There is joy, compassion and understanding. Then, how about heavenly love? How can we distinguish it? We can see it through the pure cosmic breath granted to us. The pure air gives us comfort and well-being to live within the universe. There are the states of good fortune and misfortune. The whole universe is providing us conditions in which to eat, sleep and breathe. What is it for? Why do all living beings have to work so much? We work to serve the soul, a spark of divine light, so that its lucidity can become brighter and brighter, and that it may return to serenity. After being forged by circumstances, the mind becomes more and more intelligent. The cognitive consciousness grows with the same condition.

Not until I get old do I start to realize: *“Oh my God! I have thought that these belongings are forever mine. I have hoped that they can all be mine. I struggle, quarrel to own pieces of land.”* However, I do not know the real value of a human being. I pretend to be a hero. On the contrary, today I become a victim of mankind and of God. There is life, but I do not know its real value. There is love but I do not know the value of love. There is a point of equilibrium but I do not hold it for progression. Therefore, I live in constant dismay.

Look at any civilized society on earth! From the earliest times until now, what has its composition been? It has always been composed of the elements – water, fire, wind, earth – and motivated by its actions and counter-actions. In the past, there was more appreciation of tangible matter. Now, modern weapons and advanced science have made man become more apathetic.

At the beginning, when you first descend to earth, your mind remains serene. Then, because of the abundance of science and the modern civilization, you start changing character. You become hot-tempered, aggressive, violent, and harmful to others. You hurt others without knowing that you are really hurting and deceiving yourself. Through ignorance, you blame others. That is why there are all types of revolutions on earth. You want to defeat others, to fight, but you forget to hold

on to your most precious assets. You must hold on tight to what you own. Hold on to your consciousness for spiritual progression. If gossip and rivalry occur, it will only lead you to meddle into others' business. You may neglect your own interests.

So being away from your native country, where do you wander with such an ignorant heart? Why do you embrace such unrighteous hatred? You continue your painful journey without knowing your real destination. Now, your soul is your real possession. So why don't you decide to cultivate yourself to see correctly where you are standing? Because you are working not for a limited piece of land, but for the order in the whole universe. Remember that your body is composed of the elements water, fire, wind, and earth. It's just like the universe with its perpetual change. How can one prove that perpetual transmutation? Now you eat a bowl of rice, later it will be digested. You drink a glass of water and you will have to return it to nature. Nature is nothingness. Isn't that the law of eternal reproduction and mutation? What is it for? It's to cultivate the awakening power. This is the glorious pride of Heaven that God has granted to us. So we can have an opportunity to learn resignation and to awaken. We will then be liberated along the journey toward evolution. This principle is as clear as daylight.

Some practitioners have succeeded during practice to reach the point of equilibrium. They become pretentious because they believe they have discovered their true self. Oh, my friends, how erroneous that is! If you know your true self, then you will become a person standing in a position for eternity. You will lead your life toward spiritual perfection in a discreet manner. You will progress quietly, and become the most tolerant person. Your quality of servitude will be akin to the universe. You serve humanity without end. Humanity is serving you with real love and forgiveness to provide you conditions for evolution. On the contrary, you oppose each other and become rivals, and then make gross mistakes. That will cause damage to your soul and to the order of your nervous system.

You are really fortunate to meet a dharma for your self-practice and self-progress. It's very difficult to own a physical body. And it's even more difficult to meet a dharma practice. Since you have it today, hold on to it to eliminate impurity and to preserve purity. The elimination of impurity and preservation of purity is the power of self-control. Purify yourself to advance and to clear up the blindness collected from many previous existences. Then the spiritual sublimation will occur in an orderly manner. There is no reason for going back to disorder again. Don't remain pretentious and think you are the only person who can return to heaven.

Look back at the time you were an infant on earth! Without the support of many people, how could you have grown up to have an opportunity to learn and meditate? How can you forget that contribution? Even though you claim to be a saint or a Buddha, there is still the existence of the Heavenly God. How can you forget that sublime, profound and inspiring love of the Great Lord of Serenity?

You and I are travelling together on the learning path of resignation. My willingness to go here and there is in accord with the will of God and the Buddha. They have assisted me by giving me this moment to talk to you. I am healthy enough to discuss wisdom and the development of the cognitive consciousness with you. We go together. Due to a lack of good faith, sincerity and willpower, some of us get tired and begin to misjudge ourselves. Before, you wanted to go along with me. Now you are tired and abandon me. However, I didn't ask anyone to follow me. One should return within oneself for enlightenment. Today, there are some practitioners who begin to betray themselves through deceiving talks. In reality, from the beginning, I have never asked anyone to follow me. Neither did I ask them to offer me anything for my living. I have so far exerted my full capability to learn. With self-denial and dedication, a human being can open up a spiritual path. His enlightenment can awaken many other

people in their search for self-identity. Despite all types of tumultuous events, I remain confident and calm in order to progress. Despite all misunderstandings and false talks against me, I remain happy and constructive in love.

The brighter the spiritual path, the more love you will have to share with your fellow beings. The feelings are even closer than between brothers and sisters in a family. Therefore, there is no reason to dislike anyone even an immortal, the Lord Father, a ghost, or a demon. For all entities are part of this universal community that evolves by the order of the Double Zero principle. We first come here naked, then finally leave this place in the same state, following the law of eternal reproduction and mutation. Everyday, we eat with the mouth. Do you see that the fact of eating and enjoying is existence? At the end, this must also converge back to nothingness. This is even more lucid, greater and more impressive. This nonexistence evolves with an infinite willpower to reconstruct and restore this obscure universe to a brighter one. In your actual position, you wonder what you can do. You wonder how you can manage to build a house, to make a shirt, to plant a grain of rice.

Now, you see yourself totally incapable. If you can restore your position as the small spark of divine light, striving for absolute harmony with the Universal Divine Light, then you will hold in your possession that refined



power. This is your contribution to the universe for its brightness and comfort. Human feelings then become more distinct. Spiritual love is also more perceptible.

The karmic attraction is an obvious lesson. We agree to learn for the sake of our spiritual progression. We do not blindly praise our Lord Father to finally deceive ourselves. Why do we ignore our own position, and keep praising one divinity today and another divinity tomorrow? We will fall into self-deception without being aware of it. For we haven't yet disentangled our own karmic attraction and our family concerns. We haven't yet made use of our intelligence to serve others. Instead, we create illusions in our mind without knowing it. So far we deceive ourselves a lot.

Therefore, today there is a natural urge for the Vietnamese people to migrate all over the world among sorrows, love and superstition. God has planned for us, because our level of lucidity has reached that stage. If we hold on to this dharma for restoring our balance and lucidity, we will come to grasp the heavenly law. At the moment, we will come to appreciate the value of heaven. There will be no more superstition. We know how to serve others day and night. We devote ourselves to wisdom. This is the eternal weapon for which this universe is longing, learning, and working. The universe is evolving.

Do you see the perpetual construction from one city to another city? Just like Hong Kong today with new constructions every year. So how can material matter flourish without spiritual mind? Without the spiritual mind, how can those nice buildings be built and those city lights be lit? Yet, this material matter is still superficial and unreal. There are many tourists coming to Hong Kong, but they see only the superficial appearance. They think that Hong Kong is fun. They enjoy spending money. What does this material abundance mean? It satisfies our greed and helps us be more aware of the contribution of mankind. Then it teaches us the manner of offering service back to others.

There are a few million people in Hong Kong. They have done a good job of improving the appearance of the city. However, life's hustle and bustle causes confusion and pain. Who are these human beings? They are lucidity. Who are they? They are the power of the whole universe. They are the law of order going from one zero to another zero. Following that law, the life community becomes more and more sophisticated and refined. It evolves beautifully in both spiritual and physical aspects.

Hong Kong has a small land area, but it requires continual coping to meet the needs of the population. For what reason does Hong Kong have to always remodel

itself like this? It's because of money, food and shelter that the people in Hong Kong have to struggle in order to survive in an international market. That urges them to continually develop Hong Kong into a better and more orderly place. So do keep in mind that if you neglect to restore your inner order, and instead misuse your intelligence to oppress others, then you will regress spiritually. Material matter progresses and spiritual matter regresses because people do not direct their life toward spiritual perfection.

Today, young HongKongese are becoming interested in the vegetarian regimen. They go to pagodas or collect money to build gigantic Buddha statues within such a small place. They hope to follow the spiritual path in search of the real value of an enlightened Buddha. What is this spiritual value? A revolution of mind. It's a universal reconstruction for eternal happiness. Thus, what is the good of sculpturing a statue of Buddha? What is it for? It's to remind human beings of Buddha's equilibrium, as well as their own neglected nature. The more we contemplate on a Buddha statue, the more we recognize our disequilibrium, the lack of purity and lightness. Therefore, today with the Vô Vi practice in hand, you should remember that the two words "*Esoteric Science*" are now laid within your actual unbalanced insight and consciousness. You should search to grasp that esoteric science in order to restore your equilibrium.

There is no need to believe in any type of prophecy or prediction because it's useless. The more you listen to it, the more you lose control of yourself. Only the restoration of inner order in quietude is a clear contribution to your own good. How happy and comforting to practice, then share the happiness with your fellow beings on earth.

Every revolutionary in this world has longed for universal concord, but so far no one has succeeded in finding it. Instead they have made the situation worse. They cause regression to living beings. Even nature seems gloomy. Plants and trees turn grey, and human communities are not well developed. Who has caused it? Common minds who think that guns, tanks, rockets and missiles can beat all comers. Who has created those weapons? Aren't they from human intelligence? Why do you create weapons with your intelligence? To protect your temporary life, and not your real and potent life. From this viewpoint, the spiritual practitioners become the only people who know how to live properly. Their bodies and minds are positively developed. The spiritual man knows how to make use of his real potential. He is then stable, secure, and confident.

Why don't the spiritual practitioners carry any kind of weapon or gun? They don't try to protect themselves. For they have already discovered their immortal soul and know that material belongings don't last. Materiality

comes then goes. Even their physical bodies have to be given back after having learned the lessons of this lifetime. However, the soul is indestructible and independent from any kind of pressure and weapon. It does not deviate to either side but stay centered on love and wisdom to experience evolution. We read history books and look back at the past, and what do we see? What did the dictators accomplish? Even the Great Wall of China, what has it contributed to us? Even an emperor, what can he do? He had to shave his head and consecrate himself to spiritual perfection. If material belongings were really valuable and everlasting, why did those emperors have to search for spiritual perfection? Then why did they look for a spiritual master? And today, why are pagodas and temples found everywhere? Their existence serves the purpose of awakening the true self of human beings. So they can visualize the way Sakya Muni Buddha perfected himself, how other Buddha cultivated themselves to learn the truth. How they realized the revolution of the mind – a battle for immortality.

Buddha statues within the 36 good features are sculptured to inspire human beings to return to the path of self-awakening. We can only return to our initial pureness, latent within us, once we are aware of our state of impurity. Those images are for inspiring those people who get really infatuated with the inconsistency of life. People are hindered by their greed, competition, hatred

and enmity. The practitioner has to repent then detach himself to achieve the goal.

The human population is growing rapidly, so we exhort people to practice birth control. We seem to not really be aware of the fact that the more crowded people are, the more they rival, fight, and kill one another, then reincarnate back again and again. Many people have reincarnated many times. The world of darkness is now full of sinners. Human beings keep plunging themselves downward through quarrel and rivalry. The door of heaven is open but few make the effort to enter. Why don't we give more heed to elevate ourselves? Why don't we exert ourselves to develop our minds and brains to relate with the whole universe? If we do not return to serenity, how can we progress? Only through spiritual elevation can we avoid going to darkness. After this life, we will certainly arrive at a better place.

Within this microcosm, man is controlled by his four senses. His sight, hearing, smell and taste hinder his spiritual progress. Since his body is limited, why doesn't he care to return to his inner lucidity? Why does he let his true self get lost? When you let the true self lose ground, you will become an errant person. Even if you are financially wealthy, it doesn't matter. Even with power in hand, you are still an errant person. There is no use in threatening anyone. You pretend to be able to do this or

that, but to whom? What can you do? How do you succeed? Where will you go at the time of agony? What do you have at the end? You own a spiritual true-heart but neglect to return to its primordial state. How can you restore your sovereignty-soul? The more you cultivate yourself, the clearer you will see your ignorance and your lack of sacrifice. I wish to remind you about the virtue of sacrifice of the vegetable that gives its life to nourish you. What does it want back from you? What does it exchange with you? It exchanges its life for an opportunity to evolve through the evolution of the man who consumes it.

See that all the modern communication and transportation systems are invented by the minds and labors of human beings. If temples, churches or schools are present, it's due to the orientation of human minds towards wisdom. These constructions come from the mind and labor of man. They come from love. So, instead of orienting outside, why don't we return within to the prime initial order? What magnificent order it is! So is the order of material matter. Without it, we cannot build beautiful things such as churches or pagodas to leave good influence to other human beings. What we have in our possession is a free heart. Therefore, let's strive to restore the order of the mind, just like orderly material construction. The greatness of the universe has the same order. The more you develop yourself, the wealthier you will become in love. Then you will know how to love

others. If your mind is narrow, you will not know what real love is. Then, you live only among struggle, rivalry and enmity, which are the barren seeds of infinite sorrow.

Today, in this physical body so sophisticatedly structured, what words do I borrow from God's principle to tell you? The meaning being recorded here are really within you. With practice, you will achieve. On the contrary, if you do not practice, then you will deceive yourself rather than me. I am also a self-denial person like everybody else on earth. Like all of you, I experience joy, sorrow, and love. I also have to exert my lucidity to learn, to get rid of vanity and practice resignation. I cannot do more than that.

Today, I have again the opportunity to convey to you softly these words in practice. I try to let you see better your real position so you will not be lured anymore by the ignorant false-self and succumb to infatuation and intransigence. Let's go back to serenity to appreciate the latent faith within you. Let's contribute your lucidity to the future community of mankind.

You can see that the celestial mechanism is now on the way to change, because the global weather is changing too. Why? It's due to man's greed. Mankind has constantly used and then destroyed nature. Turmoil occurs incessantly. If the global weather keeps changing,



it's because man has abused nature. So in order to keep the weather of all four seasons like springtime, man must live a more simple and quiet life.

Mankind is very important. My dear friends, births and deaths are the factor of constant reincarnations on earth. From sand to stone, vegetation, animals, human beings, immortals, and to Buddha state – all is progressing within the evolutionary cycle of order. If you lack spiritual order, you will never understand it. You will fall into superstition and become contending. Then you cannot avoid mental turmoil due to narrow-mindedness and self-centeredness. Therefore, keep in mind that you are leading your life toward spiritual perfection following the esoteric science. So don't reason without practice. Do you recognize that your current knowledge is limited because of your orientation toward physical matter? Now material matter has been more refined. So man must pay more heed to spiritual matter in his search for real value. The physical aspect must go along with the development of the spiritual aspect.

In this small place of Hong Kong, people are very aggressive. They experience many things. Because they cherish life and are afraid of death, these people must work hard for a living. They work to turn this small land into a beautiful and attractive place. They have to recognize that neatness is essential. With the development

of the economy, they can understand the divine law more easily. No one can bring money with him beyond death. The more people suffer, the more easily they can adopt a path toward spiritual perfection for self-awakening and awareness.

When we work, we should always direct the mind toward giving service, and service, and service. My service is never sufficient, because mankind and the Divine Superior have served me every second. I am the only person who has not served enough. I am not yet productive. You should blame yourself first to be more constructive. If you know how to pay back ten times what you consume, then this will become a good place. Violence and wickedness must subside. If everyone knows how to pay back ten times what he consumes, then all societies must become good. No one will suffer from deception and negligence anymore. Only with dedication, sacrifice and wisdom can one discover the strength of the community with its endless value.

The spiritual practitioners must involve themselves in self-improvement, self-denial and liberation. The universal law is already within your grasp. That law must be in constant repetition and change. Good and bad are justly fair on their merits. We can progress and evolve only in the state of equilibrium or perfect balance. So it is not correct to pretend being a spiritual practitioner and to

do nothing. Even if you are highly evolved, you still must shine your aureole to many places, giving assistance to all living beings. You do not reason and find fault with others anymore. In return, if you do not advance, you are consciously betraying yourself. Just like you are betraying others. How erroneous to think that you can take revenge on other people! If you are getting involved in any retaliation, then that is purely ignorance. How negligent you are for not knowing your real position. Then you will fail without knowing yourself.

To lead your life toward spiritual perfection is to re-establish the equilibrium and exert the power of love, forgiveness and resignation. The Buddha and the Immortals are all practicing resignation for spiritual evolution. There is no need for arguing or reasoning, for they lead you nowhere. Even if you keep repeating your ideas a million times, it's useless. Therefore, in training yourself toward spiritual perfection, you need to say only a few sentences to be compatible. Your face looks friendly to others and you are no longer confined in one place.

With real devotion, people have now engaged themselves in reconstructing the previously poor Hong Kong into such a good place. With real soul and heart, they have worked hard to restore Hong Kong. And now, it will be perfect if they now know how to lead their life towards spiritual perfection. If you perfect yourself both in the

physical and spiritual facets of life, then you can really live in harmony and happiness. The whole world is now providing you such needs as food and clothing. In return, if you cultivate yourself to harmonize with the universe, you will be able to offer back to mankind the returning path of immortality. You can point out the lucid path for your fellow beings to follow. What a joy to share!

Today, many dictators begin to open up their doors to welcome the freedom of mankind. They begin to be conscious that human beings need to cooperate for the reconstruction of this piece of land. Harmonious fellowship and cooperation must be restored. Only the spiritual adept can resolve this matter. You need to first cultivate yourself. Then you must put your family in order before proceeding to administer your country and pacify your fellow beings. You must stand firm to sustain your sovereignty-soul to be constructive to your country. Otherwise, you just keep talking without being able to realize anything. You will then find yourself foolish afterwards. Try to cultivate yourself to see that your soul is really young, and that your soul is the loving child of God.

Keep your mind serene to learn and evolve on the spiritual path. Let's contribute to the eternal cycle of reproduction and mutation. Let's be a worthy citizen on earth during this coming Era of Wisdom. I sincerely thank

you for your attention. May I stop here now and wish you serenity for self-introspection and self-progress.

*Hong Kong, February 2, 1988*

## Resurrection

*This is the first lecture made on the 7<sup>th</sup> annual Vô Vi Conference which was held at the Nhãn Hòa center in July 1988. We call it Tết Vô Vi, because it is a happy occasion. Tết means the renewed happiness of the springtime.*

Today is the first day of Vô Vi Tết at the meditation center of Nhãn Hòa. We again have the opportunity to meditate together in the green forest. We join in with our infinite will for liberation. We share a happy time under the blessing of the pure energy. How serene and light it is! We rejoice in clear purity. We rejoice in the achievement for liberation. Our inner path leads to openness.

We know that we come to earth for constant learning. Then later we have to leave this place to continue giving service. The World Above has programmed everything under the law. The Void to Void encompasses all. From the world of energy to the world of physical matter, we have to learn and exchange without end. We must grasp the cause of every action and reaction in the most delicate manner before reacting with any behavior.

Today, we all come here from different places to share this happy time. During this meditation session, when facing each other, we are conscious that our minds are one. In this sacred moment, we see ourselves as one mass of pure energy. The compassionate energy radiates harmoniously. We feel elevated spiritually toward absolute pureness. Our insight is more perceptive to recognize the right standpoint. Only at that point of balance, will we love to serve others more.

Those benches for meditation were built by the hands of our practitioners. They have engaged themselves with dedication, sacrifice and wisdom. With an unswerving will, Father Nhấn Hòa serves us day and night. With good will, he faces the youth and all the skeptical people. By servicing others, he has demonstrated to us that harmonious fellowship is really important. Without harmonious fellowship, we limit ourselves into narrowness. If the harmonious fellowship exists within us, we can stay calm among agitations, or in any other circumstances. From there, we may share the correct path to the erring people without the need to be in a meditation center.

Today, most of our fellow practitioners aim for spiritual liberation. On the path toward spiritual perfection, some of them have stumbled because of their profane eyes, ears and mouth. They utter irresponsible

words. They neglect their natural, pure heart. Being Vô Vi practitioners, we have to return to Vô Vi (Non-Being). Being Vô Vi practitioners, we must nurture the seed of resignation without end. In Vô Vi, no one can disturb us because we persevere in practicing for ourselves. We develop ourselves for serving others and the Divine Superior. So who can hate us? What we need is to serve others. We are not involved in politics or any other way of manipulating people. No! we don't do these kinds of things. However, there are some Vô Vi practitioners who intentionally create problems for themselves; their minds get disturbed due to foolishness and intransigence. They keep blaming others without self-introspection. If they look within themselves, they will know how to correct their bad habits and character. So when they can improve their character, they will instantly experience the conscious harmony within without swerving. We must first love our physical body which is the order of the universe.

Due to negligence, we become foolish and intransigent. We fall prey to excessive reasoning, arguing and quarrelling. Dear friends, despite everything, you must go back to yourselves at the time of agony for repentance. The universe is immense. Mankind is widespread. The consciousness is high, but there is no order at all. Disorder is the cause of impurity that impedes our spiritual progress.



Today, Nhấn Hòa center becomes rejuvenated. People of all ages have contributed to build a place for the three days of Vô Vi Tết. We can enjoy the superb springtime that revives our soul. We meditate in the middle of the forest to relish the lightness granted from the World Above. We eliminate inner woes and worries. We leave out all the nonsensical rivalry that we can never win. Vô Vi practitioners need to practice resignation along the path toward spiritual perfection. Vô Vi practitioners cannot be ill-mannered and wicked, but nurture a will of constant learning and service. Therefore, many people have misunderstood this group because they do not know what it's about. Harmonious fellowship has drawn us together. The spark of light within the very heart of each individual is the seed of spiritual congregation. There is no way to suppress this spiritual strength despite any regime. This spiritual force is the sovereign master. It must return to its right position of self-control to give good examples to others.

You have come here by plane. You wonder how everything has been laboriously built for your comfort. Look at the past. How could we have an occasion like this to hear these words of truth? Today, we come here to justify what we think and hear from many gossipers. These gossipers think that Nhấn Hòa center can never succeed. They think that Vô Vi practitioners are thieves,

communists or extremists. Now, Vô Vi practitioners are back to order. What they have achieved now, you would never have believed possible.

Many youths have dedicated themselves to serve others with an unswerving spirit. In the coming Era, there is no more intransigence and ignorance. True love will reign supreme. The spiritual adept will restore the lucidity and serenity within to retain the rights as God's people. They sacrifice within to retain the rights as God's people. They sacrifice everything for humanity, in hope that humanity will know the way of sacrifice.

Man will eliminate the wall of rivalry. In the future, this global piece of land will have peace for a thousand years. This must come from human efforts. We are capable of bringing peace to this earth, but why do we refuse to do so? Isn't it because of the greed for wealth, power and position? We forget the sacrifice and the virtue of bodhisattva. We have a very precious and subtle body granted by God. We own such a small mouth but we can save many living beings. Everyday how much food have we eaten? How many tons of food have we put in? How much of the energy is flowing within our body? And if we orient ourselves to spiritual elevation, then how many living creatures can we save?

If the living community knows how to cultivate itself towards spiritual elevation, then this universe will be very nice. Every household will be happy and secure. On the contrary, if everyone orients himself to rivalry, then obscurity, quarrels and frustration will pervade. These violations will certainly be uncovered during this coming Era. People will care more about the balance of body and mind. Man will know better about his nervous system which is the divine law brought to earth. And what good is that divine law? The divine law is constructing this earth and making it fertile. So why do we still nurture the spirit of abuse and laziness? Why do we keep misdirecting others? What is the good of following the path to suicide? What is the good to rely on material weapons? Whom can we kill?

Let's look at Việt Nam. When we were in Việt Nam, our population was 50 million. Now it is 60 million. Why? Why do so many souls have to reincarnate, since they are immortal? So whom could we kill? Human beings come here to learn lessons. We continue to learn beyond life. We learn regardless of life and death. However, laziness is very destructive to our nervous system, and to the social activities of mankind. It's even harmful to the forest. If we can eliminate this shadow of laziness within ourselves, then we will be able to remove the wall of self-centeredness. Segregation among our fellow beings in all five continents will disappear. Today,

with more or less practice, we begin to see our flaws. Procrastination, ill-manners, disorder and unfaithfulness appear in our mind. Only through repentance can this impure energy be gone.

When we are restless and struggle with ourselves, we are impure. Malefic forces will take the opportunity to infiltrate our mind, causing us insomnia, excessive eating and undue concerns. We become discourteous and act incorrectly. And we want to become a bodhisattva. How can it be? A grain of rice has the virtue of bodhisattva because it sacrifices itself for us to eat. A vegetable is fulfilling the virtue of bodhisattva, because it gives its life for us to eat. So is meat. So far, we are not aware of this. Everything surrounding is serving us. However, we are still impeded by rivalry and obscurity. Don't we harm ourselves this way?

What is the good of leading our life toward spiritual perfection? It's for developing our consciousness, for re-establishing our inner order. What is the good of spiritual cultivation? It's for thoroughly understanding everything. So far, we haven't tried to be compatible. Instead, we keep reasoning incorrectly. Let's ask who bears the sufferings? The offender must bear it, and not the offended because he doesn't know and understand the cause. The latter remains calm within the law. If we orient ourselves to rivalry, then we will become

restless. Why are we so foolish to cause such trouble? We are not clever anymore. So how can we help others and fulfill our duty?

So far, there are many revolutions on earth but no one has succeeded yet. The revolutionists will not realize their foolishness until they get old. To the spiritual practitioners, we know that we are foolish. We are mellowed to life and know all the facets of life, even how to cheat others. Now, we want to cultivate ourselves toward spiritual perfection, because we are aware of our foolishness. We correct ourselves to become more intelligent and balanced in order to enjoy the new springtime.

This pure energy that we are inhaling is in very good order. This pure breath penetrates our mind and into where our soul resides. When we feel the lightness of the pure air, we will start to appreciate the value of meditation. We will be enraptured with joy during meditation. We just need to liberate ourselves from all worries in order to experience this complete lightness of the soul and mind. Whom should we love first? We have to love this subtle physical body. Our physical body is a very dedicate organization existing from many previous incarnations. It hasn't changed much, but it's still waiting for us to understand ourselves. There is a forest of modernization in our mind, a deep and lively source of

compassion within. It's indestructible. The more we meditate, the more we can forgive. The more we forgive, the more we realize real love.

Today, what do people do in Nhấn Hòa center? They work conscientiously and learn to forgive each other. They hope to see that order will come. This order must come from human beings. Today, Vô Vi practitioners begin their return to orderliness. They pay no attention to whom they are working for. What will they gain from that? They will attain patience, resignation and lucidity before leaving this place. They really practice compassion, lucidity, and courage. When you become conscious of compassion, lucidity, and courage, you are free from karma. You will only retain the weapon of love to return to your home. You will have happy smiles.

Today, I personally have many friends who love me. I know that love is within the harmonious fellowship. I have been able to build up an infinite happiness in my consciousness. I am no longer threatened by the genii of death. From this point, I start to engage myself with dedication, sacrifice and wisdom. I have done many things that seem simple to others, but to those who are lazy, they look difficult. I have engaged myself in working on this piece of land, and have overcome difficulty. In the future, there will be no more difficulty that impedes my

unswerving will. I must cultivate myself for spiritual perfection. The correct way is to practice.

If we keep orienting outside, then we are limiting ourselves. This is not the correct way to perfection. Look within to see whether you were correct or not. Before we lived in rivalry, anger and abuse. We didn't know the value of human rights. We just oppressed and cursed anyone we wanted. Those were our past deeds. In our mind, we have to wipe out these residues. We don't store them anymore. We turn over a new page of history that is richer and livelier. We must wear with us a fresh smile until we leave this body.

What freshness is this? It is the freshness of being able to evolve and learn. Through constant cycles of evolution, we are able to realize immeasurable lucidity. We then see that the scriptures without words are within us. A new type of scripture must take place in this new Era. The scriptures without words are laid right within our consciousness. We and the Universe are one. And there will be no more barriers. There will be no more difficulty in working. Our life conditions will become easier. We will have more than enough to share with others. If we all work, then we will contribute more to share with others.

Now, we work for a living and comfort. If we have already the comfort, why is there a need for more possessions? What is the good of having more power? Can we bring both of them beyond death? What is the good of cursing another person? We don't need to do unnecessary things.

How happy to be together! Let's love each other and be more constructive. We hope that everybody shares in the same path, so peace on earth can prevail. Heaven will be within our mind. That is pure ecstasy and openness. The more we cultivate ourselves following the Vô Vi Esoteric Science, the more we will become creative. We will discover many things that are simple, concise and refined. Why? Because we will not have anymore self-seeking interest. We will feel more enlightened and constructive.

This meditation center is quite in order now. Without the harmonious fellowship, we could not have achieved it. So far, this meditation center hasn't asked anyone to provide financial support. Love has helped settle it. Today, we come here to reside on the lotus of love. We elevate our mind to spiritual planes and see that the esoteric science is within us. The sublimation of mind develops day by day with training. To touch it, experiment with it, our words must go along with the results. It's not pure talking. Do not sow unkind thoughts



to anyone. Be constructive like I am through these words that wipe out all negative talking.

Let's return together to the place of serenity. Let's forget all rivalry and enmity for spiritual progress. Despite impure surroundings, we still can radiate our compassionate light to assist with the needs of all living beings. All people who are present here have contributed pure energy to the universe. By sublimation of mind, they are doing a very helpful deed for others. It's also helpful to the green forest that now comes into accord with human beings. This pure and delightful atmosphere helps clear out foolishness, and abolish intransigence. What warmth to think of our ancestors, the Heavenly Father and our return to the immortal land!

During this sacred moment, our souls pulsate with infinite love. We feel that compassion is real power. Through compassion and care, human beings have now constructed many shelters on earth. Our meditation practitioners have also built the house and shelters with their own hands. They share in the pure energy to build up a spiritual masterpiece. The work is simple but priceless. We take refuge under a small tent, but our heart pulsates with the universe. We and the Universe are one. We know that at the end, we must take refuge by using the sky as our shelter and earth as our bed. So we must make use of forgiveness and love to clear away all

obstacles in life. We have now the occasion to liberate the karmic bonds in our heart.

I have the chance to be with you and talk to you softly with all my affection and concern for you. I share with you my constructiveness. And you are me in return. Wherever there are imprints of my feet, there exist obstacles and sorrow. I remain serene and lucid to overcome them. Am I different from you? Your family situation has obstacles too. Changes occur without end. We struggle without end for a better life. So you must also meet many obstacles. Now, you know about the value of dedication, sacrifice, and wisdom. So why do you deny it? Why are you still bound with laziness? Why don't you get rid of that flickering shadow of laziness for the realization of compassion, lucidity, and courage? Do love each other. Do practice correct judgment. Your words must follow with actions. Your pledge must come true. Do not disregard your vows. Then, you will be able to grasp the real value of compassion, lucidity and courage. It's not pure talk and theories. Many of you used to talk without doing anything. Those people choose to return to the path of foolishness and intransigence. They choose not to practice correctly.

What is the use of killing others? Whom can you kill? You really commit suicide in return. Now, you are mellow enough to understand it. You have been living

through many conditions, and you have been involved in many circumstances. You know it. So you must decide to go back to lightness and purity.

Today is a happy day. I have an opportunity to touch upon all the essential points, so we can have positive thoughts. These thoughts will emit positive radiation to the center. In return, this emanation of light will harmonize with the universe to create a brighter spiritual world. The followers can benefit from this pure power of energy. Do help each other in a constructive way for spiritual evolution. We can be successful in everything working hand in hand. We can also destroy big projects with ignorance and rivalry. When leaving the country, many of us had left many things behind, such as material wealth and power. Now, what do we do to recover it? We are so fortunate to know the path of spiritual liberation.

The divine spark of light, coming from the People of Jade, is shaped by many conditions of life. These people have been forged as being in the furnace. This furnace of life will burn and shape them to become a piece of Jade. This Jade will encompass everything. This Jade will serve every person without distinction. From that point, we will see our role of being a child of God. God's child has no form or no shape like Him. Only His love inundates the universe. God has materialized His love by creating man.

He grants to His child a physical body, so the latter can learn compassion, lucidity, and courage.

Our words must follow with actions. Never say something without fulfilling it. Do not change your mind. Keep your words, so your consciousness can remain calm. If you deviate at the midway point, how can your soul remain serene and secure?

Today, thanks to all the works done in the middle of this green forest, order has been re-established. We have time for meditating, eating and enjoying within the equality of mind. Fraternal love has constantly served and guided us closely. The pure and compassionate energy has always embraced and cared for us. That's how we feel serene and light. People, coming from warm places, will find that this place is cold. However, this pure and light atmosphere is really the springtime. Its fresh air is keeping our mind pure. This is a gift granted by God.

Day and night, we are happy amongst our fellow practitioners. I return safely here. How happy to be with all of you for the Tết of Resurrection. As soon as you step into this place, please leave all your worries outside. Truth is truth. We must not feel threatened by evil along our path returning to Heaven. If we get intimidated by evil, then how can we reach heaven? Therefore, we must exert our willpower and courage to trespass the gate of heaven.

Only with a pure mind can we enter through the gate of heaven. If our mind and heart are impure, it will be impossible for us to go to heaven.

Let's look at the spiritual adepts living in this meditation center. They had everything but they are now detached. They nourish the hope of celebrating a Tết here, and have shown that the willpower is unbeatable. The youth of contemporary times really know how to love each other and stay constructive. They cannot be oppressed for any reason. They are free to develop their consciousness to share in their contribution to humanity. The youth still have much time for new inventions and discoveries. They participate seriously in the field of esoteric science. Note that many of them are keeping silent. They do not talk. Because of rivalry among the youth, they are aware of their own weaknesses. Therefore, they choose to close their mouth. Why? It is for their spiritual fulfillment. They keep quiet now so that they can share more valuable words later. Every word is precious to help mankind. There are adepts who are working on it. They saw every piece of wood. They hammer every nail, dig every hole. They serve you every bowl of rice. These types of persons can never be created by anyone on earth.

We will go home later with a fraternal love in our heart. This love has blossomed in this land of Nhấn Hòa. We love one another. We try to be constructive in helping

each other. This is the yearning wish of all Vietnamese who hope to reunite, as we did when we were infants in the loving arms of our mothers.

We have left our homes for so long. We have changed so much. Now, we get together here to exchange experiences. We learn from each other on how to overcome difficulties of life. Natural love has manifested in this forest through work and sacrifice. Sacrifice is for realizing love. Sacrifice is for realizing eternal consolidation. Sacrifice is for showing to our ancestors that we can germinate a virtue of bodhisattva. So the older generation of people must ask themselves what did they achieve before? Were they able to make such sacrifice before? No, it never existed before.

We must keep hold of the dharma practice for restoring our inner balance. We must uphold the divine law latent within us. Despite wars or atomic bombs, in any corner of the world, we must realize love and wisdom for good. The weapon of love must pervade our soul and heart. The Vô Vi spiritual adepts can always germinate within themselves the seed of love and wisdom.

Today, we have another chance to meet again on this occasion of Tết. Complete lessons of politics, philosophy, economics exist here. How lively it is! Love from the spiritual pioneer is now shared with us

wholeheartedly. There is nothing hidden, and no one or no other force can abuse us. We keep learning and follow the right direction within the harmonious fellowship. No force of ill-abuse can oppress us. Vô Vi adepts must return to the Vô Vi establishment. Note that people who are despotic and destructive must leave the Vô Vi group instantly without recourse to any weapon.

For many years, I have devoted myself to establish the Vô Vi organization for you to come here and live. You possess a very subtle mind and a unique physical body. So you must do something worthy for your body and soul. Do sacrifice your own interest for the good of others. Try to give the new generation scenes of peace. Do not let them suffer anymore because at birth their consciousness is already yearning for peace. They have not yet experienced any peace of mind. Only through cultivation toward spiritual perfection can you experience lightness. Only through spiritual perfection can you realize fraternal love. Only through spiritual perfection can you know how to appreciate your parents, brothers and sisters in your family. How pitiful to see them wandering on earth without any guidance. I alone have gone here and there to cultivate a happy field within your heart. In return, you must continue to sow the same thing for others. You must work and really love yourself more. Then, try to emanate this love to all living creatures. The bravery of Vô Vi practitioners is unfading. This courage is from the denial

of self-interest seeking. It comes from sincerity and dedication.

However, there are still people who misunderstand the matter, and who live in arrogance. May they repent soon and return to their true nature. We are all together the same. In the past, we also committed the same mistake of leading an ordinary life. We kept struggling for food. We did not do anything useful for ourselves or for others.

Today, you happen to have a spiritual place like this. So do love each other. Be constructive towards each other in order to reach the spiritual goal. That is serenity and lucidity. Only when you are serene can you realize of what race you are. You are of the race of God, the people of this universe. You are all one, and there is no more discrimination among human races on earth. Our consciousness has no distinction in races. This is the correct behavior of a spiritual adept. If the spiritual adept still bears discrimination in his mind, then he is not a serious practitioner. That is the way of malefic doctrines.

I have reminded you many times about dedication, sacrifice and wisdom. I let you see what you can do, and what you have accomplished so far.

I don't know what else to say. I feel myself younger like a new born baby. I am happy to convey to you my



awareness. Let's continue to be constructive along the path of forgiveness and love.

I sincerely thank you for your attention today.

*Olympia, July 2, 1988*

## The Return Of Spring I

*The Return of Spring I, II, and III were recorded during Mr. Tám's visit to Hai Không meditation center in Oroville, California, around Christmas time. We often listen to these tapes during a three-day retreat at each new year.*

Dear friends,

Today is a happy day. Our practitioners all over five continents are gathering together in their own locations to celebrate the New Year. We will remain silent without talking, meditate and listen to the spiritual tapes during these three days of retreat. Despite my absence, my voice still comes to you with all my affection. As a spiritual adept, I have already devoted many years to practice. I have shared with you in many ways, from every corner of the sky. We have been delving into the path of liberation and into the way of counteracting intransigence and blind passions. The purpose is to become free from sorrows and deviations. We have possibility collecting these impurities from a whole year of worldly activities.

Human passions are volatile. There are people who become unstable because of their betrayal. They destroy themselves by harming others. If today they repent, they will notice how precious forgiveness and love, serenity and lucidity are. With such awareness, today we are willing to remain quiet. We turn within to listen to our breath, pulsating with the universe. We contemplate our misdeeds and seek repentance.

So far, we have adopted the method. And the path toward liberation is very clear. Even though we haven't yet practiced enough, some of us have already experienced some enlightenment. Some people think that they have already reached the goal and have assumed the attitude of "*master*" on earth. They begin to modify the method by adding something else to it as well as to delete some other parts. They don't really know what this method is about.

It's really a method of energy purification. It helps us eliminate all the darkness inside, so we can return to the state of lightness. We have always known that lightness is a part of heaven. Heaviness is a part of the earth. So what is rivalry? It's part of heaviness. What is weariness? It's heaviness. Only forgiveness and love are lightness. This is redemptive compassion. We know that everything is the property of God. No one can own anything for long, even power and position. So what's

the good of reminiscing over our past? What's power and position? We cannot progress with these sentiments in mind.

Today is the end of the year. We must come to the awareness of releasing everything from the past. We should not plan anything for the future either. Our nervous system has been in constant agitation, and there is no use to disturb it anymore. We should know how to enjoy this present moment of serenity. We are brothers and sisters, gathering here in love and forgiveness. We sit here quietly and turn within for introspection, to see our errors and reform ourselves. We orient our mind to the world above and prepare ourselves for the coming year. The new year will provide even more agitation because of increasing trials and pressures. On the spiritual path of returning to our origin, everyone of us must meet many adversities. We must practice resignation. With the help of the method, we increase our endurance along the path toward evolution. One by one we will gradually become more patient, so our aureole will be increasingly bright and elevated. Worries and sorrows have to decrease giving way to honesty and sympathy. The harmonious fellowship will then blossom in our heart.

Vô Vi practitioners in every corner of the world are all voluntarily engaging in practice. No one can require them to do anything without their consent. By their free

will they delve into meditation and regeneration. Then, they get together to form a Vô Vi Friendship Association. What is it for? It is to assist each person's progress. We learn from our fellow practitioners' progress. We improve ourselves by following good examples. We clean our mirror that reflects good images from our friends, so we can progress on the spiritual path. We advance with confidence. We advance to see our real potential, to discover our real identity.

After many struggles either in material or spiritual life, we still don't know who we are. We have apparently lived with our ordinary names, but in depth we haven't yet known our true identity. We haven't been able to see our real face. Today, the Vô Vi Association has provided us many spiritual documents. We should make use of them to dissect our inner treasures. As I used to say, the diamond within you is indestructible. So you must dig in. Do search for it instead of relying on anybody else. Even the Immortals or the Buddha cannot do it for you. You'll certainly get help when reaching their levels. For instance, when you first landed in Australia, France, or the USA with empty hands, there was always someone who came to help you. It is the same for the soul being a spiritual adept. Many evolved beings are waiting for your coming, so they can give you assistance.

As a spiritual adept, why are you still greedy? Why are you still dependent on the Divinities and keep praying constantly? How many books have all of you read? And yet, there is only one word that is essential to you – that is resignation. There is no use to read many books and not put it into real practice.

How fortunate we are today to have such a good method for self-practice and self-regeneration. We can develop ourselves and progress on our own. We are aware of the sacred moment. We understand and commune with it. We close our eyes, while our ears listen. So our spiritual heart awakens to live eternally in pureness and lightness. This is the lifestyle of openness and eternal progress. It's indestructible if human beings live in good balance and in a lucid state.

Even though I am away from you, I feel very close to you. I always commune with you in spiritual depth. My voice often touches you to let you see that we are one. You live with me, and we are eternal travelers together. Hand in hand, we overcome many tribulations on earth. I am always there in moments of suspense. Together, we confront the trials and overcome the difficulties. So why don't we continue to develop and strengthen our courage to contribute our share to others with real potential and practice. Everything that I declare to you here comes from my own experience and practice. With my own effort and

progress, I have lived through it. I have shed tears and suffered. I have tasted all the bitterness. And now, I present my experiences to you, so you can see that the road is unavoidable.

You have to experience that crucial time of pain. Do repent and correct yourself! Only at that moment, you will not use any more pretense from outside, any more religious regimentation to oppress yourself. You should regenerate yourself instead, in order to be free from the karma of the heart. When being free from karma, you'll instantly become Buddha. Why can't you understand that? Now, you just use religious principles to oppress yourself. You are sinking into oblivion without awareness. Anger and passions are sweeping you up. Now, if you are aware of it, then you should work for it. You should practice for achievement. You are not as eloquent as Buddha, but your words are true. The words must start from your true self. That is Buddha hood. The words you borrow from outside are falsehood.

You will achieve the goal with real training. The offerings to heaven must come from your own effort, your honesty, and your sublimation of mind. The emanation of pure thoughts will converge into a myriad of beautiful colors. Those nuances of colors are undefined and spotless just like the lotus flower.

A long year has passed, a long year with many lessons not completed. We have made many promises but many of them are unfulfilled. It is tempting to hear about “*self-devotion, sacrifice and wisdom*” but how far have we gone? To start, we must do our own spiritual revolution. That is to resolutely engage in practice. We must follow the correct path, and not make any excuse for ourselves. Otherwise, we will be belated and age doesn’t wait for us. When coming closer to the infirmity of years, we will not be able to cope with the situation due to weaknesses. If we care about ourselves now, then we must agree to learn and advance. We must finish our lessons in due time, and resolve the matter properly. Then we will be able to enjoy the happy blessings from the whole universe.

We didn’t realize how many blessings we have received during the past year. It is because we lack the serenity. God has sent us His blessings abundantly. Many enlightened Immortals have been assisting us all of the time. They wait to see our progress. They wish for our achievement of the glorious happiness. See that the sun and the moon will shine down on us evenly if we stand out in the open air. But if hiding in the shadow, how can their radiation reach us? I have often said that every person is unique. No one can create a human being. The opportunity of owing this body is for learning lessons. It’s for practicing resignation among life’s trials.



Today, you agree to come to this place and join in carrying the torch of serenity and lucidity. You agree to remain silent and listen to my spiritual guidance that results from pure practice. You are me, and we are following the spiritual path together. We are unfastening our karmic bonds and we will continue to do so. Let's seek our true identity and real potential. We must determine the location of our spiritual conscience. Our omniscient power is really the power of forgiveness and love. If we know how to forgive and love, then what joy we will have! We face each other by our consciousness. Even while we close our eyes, we can clearly envision our past and future. We can recognize that our friends also come from one common structure granted by God whose purpose is to send us down here to learn.

We close our eyes to meditate and to experience a feeling of ecstasy on the path of returning to the origin. We must move forward with courage and confidence. We go in silence and not with agitation and rivalry. We free ourselves during those moments of meditative contemplation. We experience the rapture of lightness and proceed to the Void of Void. We must free ourselves from everything to reach the state of Void. Within state of nonexistence, there is existence. This is the eternal bliss, the inheritance of order and light.

Now, look at your body! Isn't it also a symbol of order? Without order, you cannot guide your body to come here and join our annual spiritual meeting at a local place. Your body is like a dwelling place, a kingdom that shelters your soul. It is also like a country with hierarchical structures and institutions. Whatever the macrocosm has, the microcosm has the same. So few of you can see it. Now, with the help of the method, you can experience it. The more you practice, the more you will enlarge your knowledge. You close your eyes, but your vision widens more and more. It's due to the exercise of the Concentration of Spiritual Energy. You haven't been able to see the light yet, but your vision broadens. With your eyes closed, you see at large, then in the future your vision will brighten even more. You experience many changes from one circumstance to another and from one knowledge to another. This is the evolution of the path toward spiritual perfection.

How happy and fortunate to live together in peace among brothers and sisters. You don't need to pray for peace. The fact of living together in harmony will bring peace forward. Human beings are the most important entities on this planet, and if we ignore this fact, then we will certainly deviate. What's the good of praying and praying, if your heart is not in harmony. How can peace prevail in this manner? Today, you come here to practice harmony, and exert peace with the tools of forgiveness

and love. We share benevolent energy with our brothers and sisters and elevate ourselves spiritually. We are bound to each other by the pure orderly air of the cosmos. We live together in peace. We are in the process of learning serenity. The more serene we are, the more we can resolve all matters despite their importance. We will turn complex matters into simple matters, and then simple matters into void. To achieve that result, you must practice. For instance, what's the good of struggling and competing? What will you get after all? Nothing. So it's best to free yourself for lightness. And what will you get in that state of lightness? You will gain everlasting brightness which is real happiness. In this state, you can get everything you wish. Science is now giving you the means to learn the Tao and the conditions to live together in peace. With the help of a cassette player, my voice can reach you anytime and keep you company forever. We are brothers and sisters who assume the same road to evolution. Among material belongings, what is more precious than your body? Your body is so miraculous. Then, you have the freedom of choice for spiritual development.

We have experimented with life and practiced during the past year. It is as though we were playing in a casino and lost everything. Some gambled and lost their spiritual minds, some wore out their bodies. Today with the help of this method, you may recover something. You

start to know your consciousness. You begin to talk about Tao, to recognize the value of love, and your real potential and position. This is the position of human beings who are living in the whole universe and not in a confined place. When you realize that you are an entity of this universe, then what will you do? You will try to accomplish greater things like your self-liberation. You must emancipate yourself first before being able to influence others.

On earth, we own a most delicate body. No one can create this body. So where do we come from? We come from what structure? Of course, we come from the supra-nature through a most refined process. God created us on earth with all the capabilities. We talk, reason, struggle, develop, sublimate, and then stabilize ourselves. On earth, no one can produce a human being in this manner.

Therefore, today we need to remain serene, to release all worries collected from past years to be back with God. There are millions of people on earth who do not have a method for energy purification. Now, since we have that opportunity, we are also in charge of exerting forgiveness and love. So many people on earth haven't known their right position. Now, we are fortunate to know it. Our presence on earth is to bring forth love and wisdom and make them available to all mankind.

Therefore, we must suffer losses. Coming to this place, you have to spend money and time. You remain silent and serene. What is it for? It is for sacrifice and for being spiritual instead of material. You take a long trip to come over here, and you are eager to see your fellow practitioners, and you are happy. You are really happy to receive this blessing from God. Why can this place receive the grace from God and not other places? Because we have here many brothers and sisters who have corrected and improved themselves. We keep silent. We remain self-effacing and invoke the Buddha mantra in order to receive the precious lightness. After this experience of lightness, we are more aware that misfortunes are the fruits of misdeeds. Thus, we have enough power to bring forth our own happiness.

We are living in a loving ocean of serenity during these moments of peace. We refrain from impure thinking and preserve a ray of freshness in mind. That serves to make an offering to God with sincerity. We make an effort to not create impurities or agitation to harm our insight. Every year we will have three days of spiritual meeting like this. So we can purge ourselves in order to enjoy the dharma-shower of the universe. It gives way to spiritual evolution.

We sublimate our minds to harmonize with the universal frequency through our cranial psychic center. With our eyes closed, we are working. We work by contributing our pure energy to the brightness of the universe and its goodness. We take part in the development of mankind. We come to full awareness of the rights of life in the three different spheres. At that level, our serenity serves not only the terrestrial level, but the other two levels will benefit the same. We contribute the pure flux of energy to mankind and other living creatures. If the living beings do not live spiritually and commune with the world above, then this terrestrial atmosphere will become very oppressive. On the contrary, if human beings know the spiritual path, then they will see how transient things are on earth. Competition also serves to help human beings progress toward evolution.

During this moment of meditative contemplation, we feel really stable and delighted. The pressure is gone. Oppressive tests disappear. Only peace and broadmindedness prevail. We learn constantly in this state of serenity. On earth, people have misunderstood Buddha by his appearance. Sometimes, they think that Buddha is lazy because of his stillness. God on the altar is quiet and motionless. In reality, those Personalities are very active. They work wholeheartedly in the formation of this earth. Our spiritual minds develop so slowly compared to the rate of material matters. We should be

ashamed of the quick rate at which matter progresses. How slow are our spiritual minds progressing! For instance, the cassette recorder can register every sound you want. And yet, your spiritual heart is even greater than that cassette. It has been in existence for so many billions of years. And we still cannot capture any sounds belonging to the pure and light sphere. We sometimes ignore our own actions. Why? It's due to the lack of serenity.

When following the path toward spiritual perfection, you need to practice. Do not get bored in the middle of the road. This is the time of trial to upgrade your level. So you must overcome boredom. You will regress if you don't practice. Do not move forward one step then go backward three steps. Every week or every year, during your spiritual evaluation, you can see yourself slip backward if you don't practice. However, it's still better to know about your loss than not to be aware of it. In this case, you can always improve yourself by the help of the method. You must decide to proceed and never go backward again under any circumstance. One year has passed, and another is waiting for you. Continue practicing until the time when you can live every day, hour, minute and second in sublimation of mind.

This peace of mind progresses incessantly like material matter. Who creates those magnificent lights? It's

from the humans' minds and their labor. Those people are brilliant. They can make what they see. So the lights must come from the vision of humans' eyes, the same for cars and many more things around you.

Now, you are learning about the Esoteric Science of Buddhist Dharma which is also expanding into infinity. With closed eyes, you can understand many things. This science will help you simplify things, and bring forth many concise, fresh new ideas to mind. Many of you experience new waves of thought flowing in the form of a poem. Deep and benevolent thoughts have poured from your mind. They emanate the energy to the universal computer of the cosmos. If you are not serene, then you cannot recover the ideas. It shows that you understand profoundly the matter but cannot express it correctly. Sometimes during your meditation, you have many excellent ideas, but are incapable to recover them later again. Why? You haven't reached the proper level yet. So you need to practice further. This is the law. The law of regeneration requires you to sublimate yourself toward lightness. If you still orient yourself downward to sexuality, then how can you become bright? Without serenity, you cannot become bright in spiritual dharma. You only repeat sacred words but fail to incorporate those principles in your daily life. Real practice is lacking. You reason incorrectly, creating hot-temper for yourself. This is the cause of instability in your household. You create



misunderstandings among people around you, hence making yourself feel guilty. Thus, your nervous system is under stress.

With the help of this method, you can regenerate and elevate yourself to higher levels of supra-civilization. Continue to hold on to the technique of how to release your karma. If you practice, you will advance, and you will certainly achieve the goal. You do not need to rely on anyone. Only your Divine Superior knows about your fulfillment. You will return to your true nature when you can eliminate your bad habits and wicked ways. When you appreciate truth and straightforwardness, then there will be hope for advancement. If you keep hiding the truth and do not want to bring to the light your evil doing, then you can never progress.

So we know that it would be unwise to stay in darkness. We must proceed to the sphere of lightness. By the time we leave this planet, every one of us must go with empty hands. At that time, we don't even care about clothes. Our limbs become numb and motionless...So you see...If you understand this, then you must fully grasp the importance of preparing yourself for departure. You came here with nothing, then when leaving this place, you will also do it with courage and determination. However, there is existence within this nonexistence. There is lucidity within this nothingness. There is positiveness in

this nothingness. All belong to the esoteric science. If you do not retain this nothingness, then you can hardly achieve anything. For instance, if you are not patient and calm enough, how can you correctly repair your broken car? Only with composure of mind can you fix it. If your family faces problems, then you need to stay calm to resolve this matter. You just guide the members of your family according to their level of awareness. They will remember your advice at the moment of the dilemma.

So far I have shared with you many circumstances in life. I am in touch with you in times of suspense and of dilemmas. I observe you every night to see how far you go and how your blindness impedes your way. May I call for forgiveness and love. Do mend your ways to overcome affliction and sorrow. These misfortunes will hit your mind first before touching any other member of your family. Thus, you must be alert. If woes and deviations come to attack you, you must chase them out right away. I show you that the location of your real heart is the cranial psychic center on top of your head. From there comes lucidity in times of meditation. From there comes the condensed principle of the universe. This brightness will help you improve your thoughts and attitude. From there, you will know your real identity.

Today, how happy we are to be together! We love each other. Sometimes we have differences of opinion, but

then we miss the person with whom we disagree when he is absent. When we don't come to see our fellow practitioners, we genuinely miss them. Now we're so happy to meet them again. We hope to be together again every week or every month. What makes you think about your fellow practitioners like this? It's the affinity coming from pure energy. By thought, you emit the pure energy to the universe. In return, the universe shines its pure energy to you causing an alliance that urges you to go visiting your fellow practitioners. This is how you feel about the fraternal love among fellow practitioners. Sometimes, you miss them more than your relatives. Why is it? It's because we are all brothers and sisters under God, our Father. Now, we orient ourselves to return to the Origin, and we are like one. This feeling is even deeper than the feeling you have toward your brothers and sisters in your own family.

Be aware that you have reincarnated on earth many times. You have already accomplished many things before having this opportunity to join this spiritual reunion. In ordinary life, when coming to see your friends, you greet them happily. Our greetings here are to remain silent, so we can come into communication with the pure divine energy which is so light. We leave worries behind. We live now in peace during these moments of meditative contemplation. We share the joy that permeates every cell of our body. We offer to The

Heavenly God and Buddha the glorious lotus in hope to progress bit by bit. The spiritual joy is very much different from the ordinary joy. The happiness in Tao is lightness and fulfillment. The joy comes from our awakening. This is the awareness of our misdeeds. What a joy to know and improve ourselves. This is the evolution toward eternal existence.

Today is the first day of spiritual retreat in this place. We remain silent to commune with our innermost core. We will continue to preserve faith and strength to contribute to the current evolution cycle. We stay together three days to offer our prayer for peace. How much pure thoughts can we collectively contribute? You can do without seeing me in person. You can elevate your mind up to the place where I am working now. That is the central source of universal energy. Every one of you has come from this place. Now, you must return to that point to complete your mission. Only at this point, can we understand each other better. May we join our strength together for the return to our original native homeland.

I thank you all sincerely for your attention.

*Oroville, December 31, 1988*

## The Return Of Spring II

Today is the second day of spiritual congregation in many local places. We live happily together in peace. At this sacred moment, we begin the meditative contemplation. We liberate our karma of the heart amidst the silence that comes from within. How happy to be with our brothers and sisters in the process of purging impurities. Today, we are self-aware of our impure energy which has accumulated from worldly activities. We agree to clear it away. We don't nurture any more illusions. We must return to our real potential, coming from the inner consciousness. We must practice, and then develop our inner strength.

We are most happy to be together on this second day. We have been purging a lot since yesterday, and today we feel much lighter. Our souls respond harmoniously toward union, love, and inner serenity. The foundation of peace is latent in every one of us, but why have we lost it? Why? We have lost it because we keep absorbing residue and negative energy into our consciousness. Today, due to more awareness, we are determined to eliminate it. Then peace will come and it will be reflected in the gleam of our eyes. Our wishes will come true. Our mind is quiet.

Trust each other and help each other proceed toward spiritual elevation. If you understand the heavenly law, then you will understand that material belongings, the physical body or even your names are temporary. Everything is transient, and only forgiveness and love are real. If everyone knows how to forgive and love, then what will this earth be like? Does war exist anymore? Where does war come from? It comes from man's lack of insight, and his ill-manners and greed. War is caused by selfishness. You only care for others in a superficial way. You feel moral pain because of self-centeredness. One road to liberation is to follow the path toward self-perfection. You must release karma to know the right position of your true heart. Pressure and frustration will motivate you to search for liberation. The infinite path of openness is waiting for you.

You are experiencing daily many actions and counteractions in the family and the social life. These circumstances are an opportunity to forge your spirit toward awakening and in the search of true knowledge. Some people build more karma of heart because of their losses or grieves. Sickness is caused by flaws in their character. If karma is sown, then the person starts to isolate himself because of the lack of harmony. Even his blood pressure is not normal any more. Then, illness and grief may happen.

Our fellow practitioners must seriously follow the path toward self-perfection. So we can look at each other with a gleam of lightness in our eyes. We can then avoid many illnesses this way.

When a small number of people cannot live comfortably together, lack of mistrust is a symptom of malignant disease. Hatred and constant agitation draw us apart. We, as human beings, must be smarter than animals. We know how to judge and reason. We can stabilize ourselves, free ourselves and practice resignation for sublimation of mind. This is how human beings are different from animals. Mankind has progressed enormously in providing for the well-being and comfort of the world. Man has built many institutions and buildings. However, many people remain in constant sorrow and grief. This proves that material matter has made speedy progress, but the spiritual mind is regressing. Why? It's because of greed and insatiate desires that move mankind toward retrogression and deterioration. Man is destroying himself. Therefore, God must grant a special favor by creating the world of darkness which will give man an opportunity to awaken. Only with pain and affliction in the bones will they realize their errors and begin to repent. Karma of mouth, unfaithfulness, haughtiness, conceit and arrogance will dim man's consciousness. This is how he remains in

darkness. Some people seem to be very religious in their speech and manners. However, in the depth of their heart, they know nothing about Tao. This is very dangerous.

Today, we have the opportunity to be together in meditation and mutual fraternity. We exchange ideas on ways to develop ourselves toward sublimation of the mind. The first requirement is to contribute pure energy to the cosmic universe. The second need is to stabilize our nervous system. The third is to realize harmonious fellowship on earth. It is very important. Indeed, it is very significant.

By appearance, we don't see anything significant. Why do we just close our eyes, and say that we do a lot of things? If we don't do things properly from the smallest detail, then how can we accomplish big projects? If we don't practice properly the beginning exercises, then how can we progress correctly? What's the good of worrying about big matters? What's the good of praising all these Buddha, while we ignore the importance of regenerating ourselves? We don't even know who we are. What is true and what is fake? Where is our cognitive knowledge located? We are so ignorant because we don't know who we are. We are wanderers on earth, and we cherish material belongings such as houses and our carnal desires. Our desires are never ending. Yet, we don't know what



true knowledge really is. So the earth is in constant turmoil, and we are restless all the time.

Therefore, we need to know how to love each other and live with an open heart. Our earnest desire for peace must come from within. It is the same with war. If desire and greed are intense, it is because of us. We must not make any excuses, since we are fully responsible for our deeds. Now, we must return to our lively, original state of supra-nature. We must restore a perfect balance in our body. We can no longer lay the blame on any other person. We have already lulled ourselves into complacency for many existences. We have tied ourselves into agitation and mere appearances. Tao is the return to the true heart, not a lullaby. We must know that we have already slept for many existences. We have reincarnated again and again with no way out.

Today, with the method of purging impurities, we must liberate ourselves from our karma. To enter the threshold of dharma, we must decide to advance. It's so simple and we have made it so complicated. What's the use of reading many books and tying ourselves into theories? We stifle ourselves with concepts. We limit ourselves with suppositions and never feel free. Through spiritual practice, you will experience order and happiness in your family. With lucidity and serenity, you'll take part in society and you'll have an easy and uncomplicated life.

You can harmonize with many levels. Even the trees in the forest are useful in contributing to mankind their pure oxygen. In return, how harmful it must be when man releases bad thoughts followed with bad words into the atmosphere. Man can elevate himself to the level of Immortals and Buddha if he exerts himself diligently. And at that level, he can contribute to all living creature his pure haloed energy. Why can trees and plants bring such goodness to others while human beings cannot? Some people are without faith. They lack trust. Without trust, human beings cannot progress.

Today is the second day of this new year and we gather happily in this place. On this occasion, I would like to emphasize clearly that your path toward spiritual perfection remains very chaotic during these coming years. These turbulent events can cause you confusion, then foolishness. I stress these matters with a strong voice, so you can become firm and determined in following the right path and assuming the duty yourself. You could destroy your own life for many consecutive existences. Or you may save your life for betterment. Therefore, if you know how to travel a path toward spiritual perfection, then you will not go astray for any reason. Do exert self-devotion, sacrifice and wisdom. When you make progress, you will want to have your friends going with you. Therefore, you must practice self-devotion, sacrifice, and wisdom to influence other people. If they can adopt the

way and go with you, then that's due to their own effort and not yours. You should donate freely your time and effort with a spirit of non-profit and work for the common purpose.

In the near future, the operational scheme of divine mechanism will accelerate its course to bring changes. Mankind must face upheavals and chaotic times. Those who can avoid becoming victims of this tragedy will know about soul existence. When man knows about his soul existence, then there will be no more borders between countries. Frontier lines will not be needed in the future. Only those who know about soul existence and its immortality can overcome these difficult times. They will survive in trust and harmonious fellowship. Human beings will live in tune with the frequency of the universe.

For the new Era of Wisdom, human beings need to develop their superior mind, and not their inferior mind. Those who are in the state of perpetual confusion are of an inferior mind. Those of superior mind are more spiritually aware. Therefore, those people with inferior minds need to be forged with karmic retribution and with more challenging trials. These actions and counter-actions will force them into greater awakening of the mind. Only after sorrows will they have the opportunity to cross the threshold of Buddhist dharma. Some of you had lived life to your wits' ends. Some were robbers or even murderers.

Do you notice that life makes no sense without spiritual orientation? Therefore, you should orient yourself toward the path of spiritual perfection. Try to detach yourself from bad habits. Look into the celestial law and you will see that no offender can avoid the karmic retribution. No one can escape from the time of agony. Excessive sex is the cause of many illnesses at old age. With bad thoughts, you will suffer incurable diseases. At any price, you cannot avoid the karmic retribution. Your thoughts and deeds are carved inside of you. The more errors you make, the more you are intoxicated. If you think badly of somebody, you can become sick in return. On the contrary, our good thoughts can emanate the pure energy to contribute to the universal atmosphere. Man can avoid sickness with a good lifestyle. Incurable illnesses are indeed God's punishment.

Many people are atheists. They don't know who God is. Why? They have reincarnated into many life forms. They have digressed from human beings into animal forms and then into plants before returning to the human state again. They have mutated for many existences which has caused them to forget about their true nature. Fortunately, sounds can remind them. The sublime and serene echoes can touch these suffering souls. Their resonance can help them mend their ways. Needy people will feel the presence of God's voice within them. They are aware of God's pure breath which is

helping and guiding them. They feel His aid only when crossing the threshold of sorrow. Why doesn't God get rid of the wicked evildoers? He doesn't make an effort to do so, for these souls are on various levels. God continues to send them His blessings. Through circumstances, He educates the souls. With time, the souls will awaken to go from one awareness to another. Therefore, if we understand God's cause, then we will be free from stubbornness and discrimination. In return, if we build our foundation with forgiveness and love, then this will become a sharp weapon to rescue mankind. We should know how to use this weapon. To be a combatant for God, we must carry with us forgiveness and love. If we neglect to use these tools, then we are on the path to suicide. The spiritual adept does not engage in rivalry, but he is ready to give a hand to the needy.

How exquisite is the formation of our body! Our life is limited by cycles of ages. After a certain time, we must leave this earthly world. When lessons come, we must remain patient to grasp their meaning. We learn right in the family, in every act and every minute. We learn in order to understand the celestial law and to know the right path with the hope of liberation. Why do human beings stagnate? Because of the lack of serenity, they become afraid to look within. Man keeps looking outward and knows only one facet of life. Only if we turn within can we know about the sacred scripture without words.

This book is without words or intellectual meaning. It is void of reason and belongs to the superior intellect. Serenity is indeed superior intellect. Serenity is not inferior intellect and it gives way to openness and eternal happiness.

Today we are together here to search for a path back to our serene and true nature. We don't step anymore into the misleading path of unfaithfulness and mischief. We have created enough "*bad things*" that we could sell and become rich in the market. In life, we have committed enough evil deeds. Even when working in an office, we can harm others without being aware of it. We are blind and infatuated without knowing it. It's all because we lack serenity.

Today, in the quest for peaceful path, we become more conscious of our weaknesses. We are the real physician of our body. So we must take good care of the body. We must prepare every meal with the conscience of a physician. We must bring order and well-being to this microcosm. When eating, we must know what is harmful and what is helpful for the body. Do not eat anything that can harm your body. Improper eating can create illnesses.

When we are able to re-establish balance in our mind and body, we will feel very happy – like the springtime. What is the meaning of spring? Spring is the

state in which human beings live in joy, good health and without rivalry. Incurable illnesses are usually caused from the blindness of the mind and mental problems. Thus, we must try to solve our mental problems, so our body can remain in a healthy condition. What do the body illnesses mean? The illnesses come from the celestial law, destined by God to guide spiritual souls. This law must exist. We have carried these precepts of law within us. The divine and intrinsic law warns us every minute and second. Excessive eating, talking, sex abuse or greed can cause illnesses. This is obviously the law. If we keep resisting the truth, then there is no other safe way. There is no other outlet, even with the help of the divinities. We beseech their help, and we don't correct ourselves. So misfortune must follow.

A practitioner who practices properly will be naturally inclined to have less need for food, so his intake will lessen as he puts greater emphasis on purifying his heart and organs. He will cooperate with the lightness. He serves others, but does not have pleasure in mind. He is always in the spirit of service to guide his microcosmic entities to elevate at the same time with the soul. He must establish order for the internal entities. In return, these entities will devotedly serve their Master-Soul. With the spirit of Bodhisattva, the entities will support the soul to carry on the 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 to be a human who can forever help other living beings.

Since spring is the time of openness, we must search for precious values in order to mend our ways and advance. Try to look within to see what you have inside. And then, what should we do to understand the position of a spiritual mind living on this earth? To search for the soul's responsibility on earth is the correct attitude. To live selfishly is narrowness. Don't think that you can do whatever you want with money. No, it's impossible. Money can be helpful to you in some ways, but it also can destroy you without your being aware. You compete because of money. You hold money in bondage and at the sword's point. Your eyes are bright but you become blind without knowing it. Being a slave to money, you harm other people by venomous words that will lead you to gradual suicide. With money, you own houses and cars, and you are better off than many other people. However, at the end you will be poorer than anyone else. You ruin your life because of worries and burdens. And yet, you are not even aware of it. You worry about money all day long and neglect your spiritual heart which is serenity. The existence of your spiritual heart is very clear, and you don't even care for it. In order to own money, you must care for your spiritual heart first. If you can restore your



true heart, then material belongings will naturally come to you in abundance. In society, honest and smart people are very much appreciated. So why be afraid of being unemployed?

Only those who are wrongdoers, who live like termites, or who are lazy cannot find employment. No one needs them. If the person follows the path toward spiritual perfection, he will be aware of his sluggishness and get rid of it himself. When you can conquer the shadow of laziness in your consciousness, then you will reach enlightenment easily. At that moment, you will practice endlessly with an unswerving will and a cheerful smile on your lips. There is no more frustration because everything is transient. Why do you bother to worry, since each concern is so fleeting!

Today is our second day of spiritual reunion. The divine pure energy is surrounding our consciousness and our spiritual heart feels delighted and happy. We have reached that spiritual joy by our own effort. We hope to have these occasions again, and a chance to be together. From many existences, we have all scattered ourselves to different places. Some people are from the north, some from the south, the west and the east, and now, we all come to this place for reunion. This moment is precious. Even gold cannot be exchanged for this opportunity. The serenity and love between fellow practitioners, and their

self-devotion are the most precious things on this earth. Self-devotion is the most powerful weapon of God and the Buddha. And today, we have given ourselves over for three days of spiritual retreat in search of what we have lost. Harmonious fellowship and fraternal love on this planet must harmonize together, so peace can prevail. All of us are so fortunate to share this happy hour together. Even if we haven't reached clairvoyance and envisioned our previous existences, we still feel happy to meet our fellow practitioners again. Everyone gathered in the room feels happy. Isn't it strange to feel sad at the time of departure? Our fellow practitioners are not from our parental family, but why do we feel closer to them more than to our parents? We have navigated in the ocean of love for many lifetimes before arriving at this point of meeting. How deep and infinite love is! We vow to be constructive for the community of mankind. While watching other people struggling in life, we see how errant they are. They haven't been able to grasp the essential principle. Due to the lack of serenity, they cannot become unified. Since we begin to grasp the meaning of fraternal love, we should strengthen our faith to enjoy many other spiritual meetings.

Do have faith in yourself. Let's progress toward lightness, so you can benefit from the pure, divine energy of God in happiness. Let's wish that everyone will have such an opportunity. This spiritual reunion is very

precious for your lifetime. At last, you have found what you are searching for. From early times until the present, you have not yet had such opportunities. Your saliva becomes pleasantly sweet. Your dharma-shower is permeating your consciousness and spreading to every cell. You transport yourself in ecstasy, then where else? You must continue developing yourself. If you practiced well last year, then you would reap good results this year. What you get today is the result of many previous existences. If you continue to do so, your future will certainly become brighter.

We are so fortunate to have this spiritual meeting to celebrate spring. We appreciate the celestial spring and its meaning. Let's sing the celestial song of spring to bring forth the happiness to all living beings.

The spiritual practitioner is not selfish to care only about himself. He must improve his ways first before serving others. With clear understanding, he will share the principles of Vô Vi with his friends, so they can understand the correct path to serenity and lucidity. When you know about serenity and lucidity, then you begin to liberate yourself from karmas. You are the person who can free yourself from karma by your own effort. No more rivalry exists between human beings. There is no more sorrow following you. You may fall into a blissful state. You can live everywhere, on the mountains or near

the ocean. You have the virtuous affinity which is omniscient, guiding you to the development of the spiritual mind. Meritorious happiness has touched you abundantly. Hence, you will organize many spiritual sessions like this in the future. Try to understand and love each other. A group of refugees is now aware of how to get together and support each other. This kind of love is really generated from true feelings, not by appearance or politeness. Your love comes from your own practice which is very rare nowadays. This kind of love belongs to the coming era of supra-civilization. If you can develop it, then you will certainly have many friends on five continents. To you, there is no more discrimination of races. There is only one consciousness from God who assists you in the development of the spiritual mind. The evolution is for eternity.

Dear friends, how can we be away from God? He has created us with the utmost precision and has given our body the utmost complete set of latent laws. Law exists everywhere. Due to lack of serenity, we forget how to read this intrinsic law. Only by returning to serenity, can we grasp again the divine law which existed before the human law. If we can conform with the divine law, then total peace can prevail on this planet. We will live in abundance with plenty of food to share with everyone. No more borders will exist, so we can go from place to place easily. Enmity won't exist anymore.

On the second day of our three-day retreat on this new year, love has touched our heart. We like to get close to each other for constructiveness. We vow to direct our mind on the coming cycle of evolution. The more we regenerate, the more we will appreciate ownership of this body which is the law governing us. If we respect this law, then we will live in happiness. On this planet, who else can have more meritorious happiness than human beings? Man can enjoy this glory granted by God. Man has complete abilities. He can repent at anytime and return to serenity if he agrees to resolutely dismiss his grievances.

Do you see that the higher the aircraft can go, the more efficiently it can operate? The higher it flies, the better overall picture it can make and better records it can provide. So by spiritual cultivation, we can develop the cranial psychic center on top of our head. Then, we can relate our energy with the sphere of brightness to see clearly our erroneous deeds. When reaching this level, we will see clearly our previous mistakes, leading to repentance. In this manner, the more Vô Vi fellows practice, the more they are aware of their errors. The further we advance, the more we see our sins by introspection. What are sins? Sins are caused by blindness and misbehavior. If we now regenerate ourselves for betterment, then benevolent energy will emanate. The

aureole in our consciousness will radiate, giving way to order. There is a galaxy with a multitude of stars in front of our chest. It's a canopy of heaven in front of us, but we don't see it. Our microcosm doesn't lack anything. By spiritual cultivation, we will attain equilibrium, then the development of mind. If we lack mental balance, we can never become an open person.

During our spiritual meeting, our fellow practitioners live happily in fraternal love. We do the cooking cheerfully and enjoy this happy hour. There is a wonderful love blossoming in our consciousness. We look at each other with tenderness, and alliance. This is a rare occasion to be together, because during the whole year, we are all busy with daily work.

Let's take this opportunity to return to the pure state of lightness. Your soul is spring! Your soul remains young as ever! Let's return to our true self and to that spiritual springtide of life! Your soul is chaste, but your body is impure and polluted by carnal desires. These desires are lessons for you to learn. It's an opportunity for the soul to be aware of earthly afflictions. The soul must learn and avoid profane commitment, so that it can return to the true knowledge. Therefore, it's very helpful for human beings owning a physical body to learn their lessons of spiritual cultivation. Man awakens in times of sickness and anger. The spirit without a body is adrift. It

lives with uncertainty and confusion. If there is no support from the blessing of the universe, those souls will break into multiple denominators. Through disintegration, their souls and bodies will come to extinction.

Do not make the mistake of committing suicide because of anger. You can't resolve any matter this way. And it's even more serious if a spiritual adept commits suicide. The divine law doesn't allow you to do so. If an expert in martial arts happens to hurt ordinary people, he is instantly at fault. If you know any martial art, you wouldn't use that strength to hurt others. The spiritual adept must know that the divine law forbids you to commit suicide. Who helps you survive? This physical body has helped you stay alive and gives you the opportunity to learn, and understand Tao. So where do you go after destroying yourself? After leaving this body, what can you learn? Even though you made vows to sacrifice and to salvage mankind, it's useless, because you haven't been able to leave your body by enlightenment and soul travel in search of Tao. Then, how can you possibly think of salvaging mankind? Therefore, if you choose to end your life by suicide, you will become a ghost afterwards. A phantom that drifts away. So there is no way to escape. The divine law controls human beings in every way.

We should make every effort to live. We should take good care of this physical body until our last breath of life, for God has loaned us this body. If we want to return this property to Him, then we must sublimate our thoughts to Him. Strive to elevate yourself with the help of practice. Vow to do it diligently! This is the correct way to pay our debt to God. If we correctly clear ourselves of debts, then we will leave this body in a most pleasant way. If we do it incorrectly, then we have to return again to learn through additional difficulties. It's not as easy as we have thought it to be. Profane man has shallow brain. He believes that death is the end. No, it's not the end. The soul can return and sometimes manifests in dreams to communicate with us. So the law is the law. We cannot modify the divine law.

May I advise you not to go against the divine law. Take good care of your physical body, for it carries with it a book of law full of love down to the earth. This is why it's so precious. You have the responsibility to bring forth this love to the earth. If you neglect and don't understand it, then it is a sin. Because of ignorance, you commit wickedness, and wickedness is aberration. With selfishness, you draw everything to you. You harm people and kill them in many ways. When committing those acts, it is you who must bear all the consequences, not other people. It's very obvious. The world of darkness is within you, and heaven is also within you. When you sublimate



your thoughts, your mind and heart become light. It's the state of heaven. Lightness belongs to heaven. Rivalry and struggle are a part of darkness. Just by looking at your face, you can tell it.

Therefore, I advise you to bow in front of the Vô Vi mirror. Before doing so, look at your face. Bow for 50 times, to get rid of your self-centeredness and ignorance so you can return to your true nature. You develop the energy of the five internal organs by means of bowing. In return, your self-centeredness will diminish. You will have constructive activities when you are able to get rid of your self-centeredness. Work is plentiful. You may assist mankind toward spiritual evolution in many ways. Do not talk about celestial providence that may bind you into it. Do get hold of the essential values. Direct your mind to the Main Headquarter to practice, advance, and save living beings. If you can't do so, then you are still a sinner.

Dear friends, try to return to serenity. If you want to be serene and lucid, you must first forgive and love. Every member of your family is your benefactor. With this attitude, you can bring forth an ocean of love toward others.

Everyone of us is celebrating this happy new year. I hope that you are in harmony with me on my lecture. I speak softly to let you know that you are me. I sincerely thank you for your presence.

*Oroville, January 1, 1989*

## The Return Of Spring III

Today is the last day of spiritual reunion which is like springtime. Vô Vi practitioners gather in every local place for spiritual retreat. This organized meeting provides us the opportunity to unify our energy toward spiritual elevation. We refrain from talking. We practice forgiveness and love for peace of mind. Our degree of mind sublimation, and spiritual growth depends on every individual's level. Our true nature has grown through many reincarnated existences.

We will continue to get together every year in this manner to celebrate the new year in happiness and constructiveness. On the first two days of spiritual retreat, we stay calm. To all living beings in this universe, self-practice and self-awareness are very essential for spiritual enlightenment. Since today is New Year, people celebrate this special occasion in many ways. Some people attend parties and waste energy through pleasures. Excessive pleasure may lead to agitation of the mind. Meanwhile, Vô Vi practitioners celebrate the new year feast by orienting themselves toward spiritual elevation and the supra-consciousness. We are aware of the need for spiritual advancement and the necessity for returning to inner serenity. This is the spiritual path leading us back to

our origin. When facing many trials in the family and society, we can easily be agitated. For this reason, we must get hold of serenity.

Every spiritual traveler must deal in one way or another with difficulties. We experience pain or sorrow from greed, anger, foolishness, pleasures, hatred and carnal desires. We harm each other. We praise the good while neglecting to correct our own misdeeds that lead us to retrogression. We succumb to darkness and create afflictions without awareness.

Vô Vi practitioners must make use of their innate qualities. These qualities are available within every individual on earth. In the books of *Voyages to Hell* or *Voyages to Heaven*, we see how the sinner-soul must pay for his karma. Pain and suffering are the tools to awaken the sinners, so they can understand themselves better. Once awakened, they will know how to cultivate and develop themselves.

Only with pain can we better understand ourselves. Only with sorrow can we see ourselves. We have already experienced much sorrow. Due to sorrow, we begin to perceive the truth. Now we know that truth lies in our true nature. We observe each other and know that each individual has in himself an ocean of love. It's beautiful and light if the person agrees to orient himself

toward spiritual elevation. We agree to meditate together in this sacred moment. Fraternal love is spreading throughout the atmosphere in constructiveness. How precious and exceptional that each one of us feels equally the pure and light energy and ingrained happiness within.

Our ancestors have constantly bestowed on us this fortunate happiness. Today we have this happy occasion to get together for collective contribution. The circumstances are our master. Love is our weapon! And today, we have carried this weapon with us to this place. We exert love in a glimpse of eye, a gesture, a phrase, or a cheerful smile. We search for true happiness within. Everyone should orient himself toward the central source of universal energy from the cranial psychic center. We now have a chance to look inside ourselves to identify our impure character. Then we can correct and improve ourselves. After eliminating bad habits, we will feel free to follow the spiritual path. With sublimation of mind, we can soon restore our inner stability.

Today is the third day of our spiritual retreat. We have grasped many profound philosophical insights for the mind. We see more clearly the way we should go. Soon, we will have to say good bye. We will look at each other. Then, we will silently make vows to do something constructive when returning to our local places. What will

we do when facing trials? We need serenity within. With serenity, we will overcome every difficulty. We must stay serene to unblock our intemperance. We remain quiet, so our internal entities can realize their responsibility toward their Master-Soul from many existences. The soul has presently gained quietude of mind and encourages its visceral entities to follow the same path. In every organ, we have 250 Bhikkhus (*monks*). So in five organs, the total of 1250 Bhikkhus are entities under the supervision and guidance of the Master-Soul. They follow their Master-Soul to progress toward an eternal state of constructiveness and love. We vow to return to perfect order. We will develop this microcosm so it can unify with the macrocosm. Our parents and relatives wish that we can soon restore serenity. We must release every impurity to return to the state of non-agitation. They wish that we can advance directly to serenity and blend ourselves into it for eternal happiness and peace. There are no more material desires. We practice to attain the goal without delay. To attain the goal, we must reach the state of serenity at any price. As sparks of divine light, we are created by the supra-nature or the state of serenity. Once we begin to understand serenity, we will detach ourselves from worldly agitation for peace within. We will certainly have an opportunity to fuse into the Great Serenity of the Upper World. This is also the Great Divine Soul. Who can give us this conformity? We are the ones who must clear the way. We must begin to regenerate ourselves quickly

for awakening. If there is arrival, then there will be departure.

We have come here to celebrate the three happy days of spring, and listen to my voice. We become more conscious of our nature. When leaving this place, we must continue to restore this innate order. We must purify ourselves to harmonize with the universe, mankind, and all living creatures. For these living beings have their roots on three different planes. On this occasion, we will share our wisdom without distraction. No obstacles can oppress our willpower. The supra-civilization has not yet occurred on earth. However, if we know how to return to the origin, we will certainly have the opportunity to be pioneers. We must free ourselves to attain stability of mind.

The happiness of these three days of spiritual retreat is different from previous year. What does firecrackers mean? Is this like the clapping hands with heartfelt joy? Today, our heart accomplishes the same thing. Our spiritual heart is clean and free just like a lotus flower blooming in a pond. Love is all pervading. There exists no more retrogression. We regenerate ourselves in lightness and confidence. In awareness, we attain love and oneness with the help of the esoteric science of Buddhist dharma.

After saying goodbye, we still feel close to each other. I am away from you, but my voice is always with you. My presence resides in your mind and heart, and in return your presence is also within my mind and heart. During the past two days, I explained to you your tale of pain and sorrow. I have depicted everyone's character to show you your capacity for cultivating an inner garden of happiness. With your own effort, these flowers of happiness will blossom to glorify God. You just cut these flowers to make an offering to the Buddha and gradually advance on the path toward enlightenment. Where is this flower located? This flower is the torch of light located at the cranial psychic center on the top of your head. Retain hold of this serenity and remember that no one can steal it from you. This place on top of your head will generate immensurable lightness. And you will become a germ of freshness in the universe. Keep this germ with you to freshen the whole universe. You are really magnificent and gentle in nature. You are serene and dear. Who has produced you on earth? Who else can create you? Your being is so precious, and may very well mature in the comfort and warmth of the universe. You have the right to dig an ocean of love for humanity in the future. Your compassionate mind may expand in full bloom, so you can emanate your pure energy to bless the needy and suffering people. Then you can guide them toward spiritual elevation and freedom. Misunderstandings in families and among human beings will be dissipated.



There is no more misjudgment if you embrace love. You and I are thousands of miles away from each other physically. However, our consciousness remains close to each other in love and constant care. We think about each other with constructiveness. We cannot get away from each other.

Don't think that you are far away from your Master and He neglects you? Who is your Master? Why must the Master beg you for spiritual cultivation? Why must the Master always send his affection to you? Why? Can He profit in some way? Or is it just for your advantage? Due to this beloved affection, I send to you my golden message every night to remind you about the liberation of karma. So you can experience the joy of living. This is harmony and fraternity. There exists no more distance between you and me. We and the universe are one. Many nights, you shed tears like me in rapture and lightness. We miss each other. We vow to become constructive toward each other. At any price, we must attain resignation for enlightenment.

*"The Pearl of Silence springs up from waveless ocean,  
Enlightenment streams out from serene contemplation."*

With resilience you release the impure energy in your organs and insight. No more painful tears in lightness. How blissful it can be! With the blessings

granted by heaven, our conscience becomes so light, loving and positive.

Let's withdraw from rivalry and friction and realize true knowledge. Take good care of the mind and physical body so you can bring forth a good image to influence others. This is the most worthy mission on earth. You must fulfill it. Your presence on earth has justified the need to accomplish these things. This is the path leading to inner peace, as well as world peace. You should know the meaning of greed and carnal desires. If you can reverse the situation, you will begin to tackle the eternal evolution toward openness. The lotus has bloomed and exposed its beauty to the three spheres. It's detached and untouched from impurities. You must strive your utmost to attain serenity, so the lotus can be at your disposal. Love can permeate the universe only with your effort to work for it in serenity. How detached, pure and precious it is!

During the past two days, you have learned much about the philosophical facet of your true nature. When returning to your home, you will continue to set good examples for others by practice and quietness. Make an effort to develop your true nature so your face can become bright and your eyes can glow compassionately. On your lips will appear a pure, fresh and benevolent smile. You will see the radiance of love everywhere. In the

past, I had dreamed of this fulfillment. I plunged into sorrow. I have continued to learn amidst tribulations. I have overcome many strenuous obstacles, both with mind and heart. I now report to you every detail, so you can be aware that rivalry and stubbornness are totally useless. Only love is precious. You must work it out with a spirit of non-profit, so the fragrance of love can be exposed to the five continents. If you do not return to the true nature, you cannot experience this type of fragrance. With abuse and profit, how can you experience truly happy moments? Do learn, and contribute to help others. You will know that love is infinite. It impregnates every person's insight.

You used to sing the song: *"Love, Love and Love. Affections, affections and affections..."*. It must be real love; you can touch people with real love. Your actions must follow your words. You should not nurture controversy and betrayal which can bury you alive. Father had said that he fears for those who are foolish. He doesn't worry for those who know the path toward spiritual perfection. The foolish children are those who don't care for themselves and destroy their lives in many ways. They go astray and become proud of their misdeeds. The Father Lord is so pleased for those who know how to regenerate themselves in quietness and humbleness. He rejoices in welcoming them back. You may experience the same thing in your family. If you know the path toward

spiritual perfection while your children have no awareness, how do you feel? You must feel sad and worried about them. The Divine Lord feels the same about you. He worries for those who keep on creating more problems for themselves. He worries less for those modest and smart children who regenerate themselves for elevation of mind. These children are free from danger. The Divine Father is anxious about those who jeopardize themselves toward annihilation. He has no hope to save them. The Divine Father is helpless in those cases.

So far, you have experienced many things in society. Every one of you is mellowed by living many years on earth. You learn through experiences and difficulties, through birth, reunion, death and separation. Many scenes in life have touched your heart and mind. Only now are you aware that this is karma. When you can liberate your karma, your spiritual heart will brighten. Every wish and hope will come to realization. Since you have a chance to regenerate yourself, do not miss it. Hold on to it earnestly and improve yourself with it, so you can share it to others in every circumstance.

What do you yearn for? From the time you left your cherished homeland to come to this place, what do you lack? Your clothes and food are now in surplus. What you lack is forgiveness and love. I keep repeating it again and again. When you can accomplish those qualities, the

universe will become even more beautiful. The sky will be painted with brighter colors. Everything must return to its proper order. There will no longer be cold war, malevolence, dissension, and disturbance. The Vietnamese who live overseas are not many, but rivalry still prevails among many groups. The Vô Vi practitioners are aware of it. So they have begun to organize groups of people living in peace and love.

You keep talking about peace and love, but you don't know how to realize it. From these two days of spiritual reunion, do you grasp the technique of realizing peace and love? When returning to your home, do continue to close your mouth. Do remain quiet to invoke the mantra of "*Nam Mô A Di Đà Phật*". Be happy with the love of bodhisattva that is reflected through the virtuous sacrifice of a vegetable, or a grain of rice. These nutrients are available to serve mankind daily. Their giving up their life for our well-being belongs to the virtue of bodhisattva. However, human beings have not engaged themselves in helping other living beings toward spiritual evolution. When we know how the nutrients have nourished us, we will be more aware of the path to Tao. We will recognize our flaws. If we receive one portion, and don't repay it, then it will become a debt. Reversely, if we pay back ten times more of what we receive, then we will redeem our sins.

So far, you have grasped more or less what I have contributed to you. Despite my age, and because of love, I have exchanged with you my pure energy. I have to absorb impure energy in return that causes me to be sick sometimes. I know that I must continually remind you about spiritual perfection. For spiritual redemption, I have to bear your burden of sickness and sorrows. Therefore, my physical body sometimes fails to be strong, and ages quickly. However, God's love has blessed me in return. So you can see that many times I have recovered myself to have this occasion to talk to you again. Another battle between evil and good will happen again soon. This time, you can resolve it only with serenity and lucidity. You cannot retain your agitation any longer, lest you lose the opportunity to be together in harmony and concord in the future.

I hope that every one of you will practice steadily every night with me. Despite many coming obstacles, you will certainly overcome them. I hope that you will practice well, because everybody must follow the same path of birth, old age, illnesses and death. Everyone can travel the right path toward spiritual achievement and reach the state of equal joy. If you practice correctly, you will achieve the same awareness that I have. We learn in life, and beyond life. Therefore, on this earth, birth, death and reincarnation are not important to us anymore. We only learn for the elevation of our mind – for serenity and

stability. If so, our state of mind will always remain happy, and ready for any confrontation. We will replace revenge and hatred with gratitude, so we can sublimate ourselves toward lightness.

Day or night, our will is unswerving toward the path of spiritual perfection. We must free ourselves from wickedness which emanates from an ordinary man's brain during his struggles in life. Today, we are well aware that the universe and the human mind are interrelated. How happy we feel to be able to harmonize quietly with the universal frequency of energy. We can live in honesty and stability. Nothing else can threaten our life. We become fearful because of greed, which must come from privation and blind agitation. With the Cyclical Breathing Exercise, we can absorb pure energy to bring comfort and warmth to our well-being. We will not ever feel deprived of anything. Many people on earth have not yet known this kind of value. It is very clear. The universal cyclical breath in the cosmos guides all living creatures toward spiritual elevation. That's why we also need to do the Cyclical Breathing to guide our entities in the microcosm to evolve toward the topmost part of the cranium, so the energy can relate with the central source of universal energy. This is the correct path toward spiritual perfection. The more we do the cyclical breathing exercise, the more we can become free from impurities

and karmic bonds. We fuse into the macro-universe to progress for eternity.

Where do we return? We must return to our origin which is the awakening path toward our true and innate nature. There is no more stubbornness and confusion. The more you read, the more you will understand the principle. The more faithfully you practice, the more clearly you grasp the cause. You can reach spiritual liberation only with self-regeneration and self-progress.

Many of you are eager to know about Tao, so you read one book and then another. You must remember that these books are written without responsibility. Books can teach you to fast etc.... It is dangerous if you cannot find a person who has achieved the proper level to guide you correctly. If you rely on books to learn the practice, then you may experience insecurity. You have to pause and question whether the author of the book has really achieved the level described in the book. Many authors write a book with a collection of facts, but they never practice to achieve the level prescribed. You should be aware of this problem and be careful not to go astray. If you misjudge and believe the book, then you may follow the wrong path. Many authors write by quoting the words of Buddha, but they do not practice to advance on the path toward spiritual perfection. Such cases exist on earth. You should be aware of it when reading a book.



You should search carefully for a person who has already followed diligently the path of self-perfection. At every moment, he must work for enlightenment. From foolishness and blindness, he must improve himself to become a brighter person. You may follow this type of person in order to learn. What do you learn? You learn about the true nature and not the apparition of writing styles. Many of you impress people with theories and writing styles. Books are sometimes information collected from many other sources. So you are really deceiving yourself by believing their writing. Why? It's due to their lack of practice. Therefore, Vô Vi followers need to practice but do not need theories. You have already learned enough about theories from school. At work, with pressure from others, you have learned enough things to clear your way. Now, your only need is serenity. You must search for it to free yourself from impurities. This is very essential.

During these three happy days of spring, we have cleansed many impurities from our insight to replace them with a pure flower. That is our true heart, which we may offer to Buddha. Our heart is as light as a feather. Very soon, we must say good bye, and return home. What will we try to do when going back to our local places? We must remain serene. The more serene we are, the more opportunity we have to learn. The more serene, the more we are aware of our clear state of infinite consciousness.

Serenity is necessary in all places on any level. With serenity, we can conform efficiently with the current tide. There are no more emergencies and stubbornness.

We are often confronted with challenges as we continue to practice. A new year is coming, where we will face many changes. We will have the opportunity to see the difference between those who practice and those who lean on theories without practice. Practice is a direct way, while leaning on theories is an indirect approach. We can look at the faces of those who like theories and see how brilliant they are. Of course, their faces can't be brighter than those who really practice toward the path of spiritual perfection. Their eyes are not bright, and their hearts and minds are not light. They are skeptical and uncertain people. Within that year, if we happen to compare them with those who practice meditation, what differences we see. The faces of these practitioners must be brighter. Their voices are tuned to be warm and light. Whenever they open their mouth to say something, it's all about harmony, which results from the stability of the internal organs. Joy has infiltrated their open heart in a silent way. They practice in silence. Openheartedness is freshly shown on their face. They look charming and different from those who just rely on theories. Theories may limit those persons to rivalry and ignorance. Their consciousness is inactive without awareness. With their

knowledge of Buddhist theories, they believe themselves to be spiritual already. This is not enough.

Practice is necessary for advancement on the path towards enlightenment. Reading is not enough. Thus, sorrow, pain and affliction are the threshold of Buddhist Dharma. Many of us have already experienced sorrow when we left our country by boat. On the sea, we prayed for Kwan Yin to safeguard us. Many people on the boat had prayed the same thing with earnest sincerity. The sea appeared to have been transformed into a church or pagoda. Due to their zealous prayers, people were saved in many ways. Once reaching the land, many people forgot about their prayers. They went astray again.

Today, when you notice your errors, you should strive to detach yourself from karmic bonds. Before leaving your country, you made many vows through prayers for spiritual cultivation. When arriving at the new place, you forgot. What a shame! Do not make this mistake anymore! If you misled yourself just by one inch, you may easily be misdirected one mile. Time doesn't wait for you. When getting old, you have to leave this place anyway. Your temporary beauty is not durable. Only the beauty of your consciousness is durable if you know how to orient yourself toward benevolent karma and charitable deeds.

Everything is God's property. You should know how to work for Him by serving Him. You will be alleviated by offering your deeds to Him. You cannot walk off with anything from an Enlightened Person such as God. You cannot hide His property anywhere. Sooner or later, it has to come out to the light. For instance, I hide my money, so I can benefit in the future. Most Vietnamese in their country have this plan in mind. They conceal their money in some way. However, they haven't been able to use it. Now, their money has been confiscated by the communist government

When arriving at this place, do you think that you can save money again? No, one of these days, sickness may cause you to spend money. When a malignant illness occurs, all your savings may become depleted. This is the divine law. Your physical body is the divine law. When a malignant illness happens, you cannot hide anything from God and the Buddha. You must return everything to the divine course. You cannot bypass the natural law. You must be well aware of this when returning to your local place. Study yourself carefully. Cultivate yourself with peace in mind. Try to foresee the future. What will the effect be? When you understand the cause and its effect, you can easily avoid mistakes.

We are very happy to dissect every aspect of our true nature. When travelling on your path toward

spiritual perfection, you must be sincere to be able to return to the original nothingness. Do not bother to say it loud. Do not say that I am not greedy. It's because you don't see yourself. In fact, your greed is limitless. You are greedy even on the path toward self-perfection. On this path, you need to correct yourself to become a stable person. Being spiritual, you take the side of Kwan Yin, Buddha and Amitābha. Others take the side of God. This is also greed and lack of equilibrium. To regenerate is to restore your equilibrium. Only with balance of mind, can you progress toward serenity.

In Vô Vi, you can test your serenity with the help of *"Nam Mô A Di Đà Phật"*. If you are really sincere in progressing on the spiritual path, you must concentrate on *"Nam Mô A Di Đà Phật"*. Do invoke *"Nam Mô A Di Đà Phật"* regularly to re-establish your equilibrium. Don't do it carelessly because this can cause you more disturbance. If you do it leisurely, at ease and steadily, then you will be capable of restoring your equilibrium of mind. Learn calmly to aim for spiritual elevation. Very soon, you will go back home. Try to grasp this technique to develop yourself following what I have said here. These results come from my own experiences. If it was not from my own experiences, then today it would be impossible for me to lecture in front of you. The more I say, the more you can feel it, and see that I am you. The more I say, the more you feel light, and the energy on top of your head vibrates

more toward nothingness. Then, there is no more foolishness. If you happen to be stable, it's because of this reason. The divine pure energy never leaves you. It guides and helps you to develop yourself. It gives you the rights to master yourself. So do practice and progress yourself.

There is no way to attain spiritual advancement without eliminating your stubbornness. Many practitioners here have recognized very well the meanings of the recorded message in the cassette tape, named "*Đạo tâm*" (*Tao-Heart*). This cassette tape contains many poems of mine. You can see many things revealed in my poems. I speak of the celestial providence, the universe, the spiritual mind, as well as your own errors. Do you see it through my lectures and writing poems? I keep reminding you all the time. Another cassette tape about "*Spirituality and the Universe*" has been prepared to remind you again. When listening to the harmonious voice with positive words, do you feel the energy? It's all about energy. So it's not just a normal tape. When listening to it, your mind must immediately be directed toward spiritual elevation. Do not disregard it because this is the right path toward true knowledge. You must practice in order to achieve this true knowledge. Otherwise it's impossible.

We need to have a group of practitioners with real potential to bring down the truth to the earth. So every

person will understand his own value, position and responsibility. We live temporarily on earth with honesty and true knowledge. We oppose flattery but praise self-practice and self-progress. In this new coming era, we must face each other and work together. Human beings must cooperate with the divinities, the Immortals and Buddha to prepare the new Era of Wisdom. Many highly evolved persons will contribute their limitless and extraordinary intelligence to the earth. Try to practice, so you may meet these enlightened persons who are contributing to the well-being of mankind. You will be so happy to meet those people with the spirit of love and openness. There are no more puzzling illusions from different sources. Buddha has said everything with sincerity. He can only wait for your spiritual advancement. So do not nurture the phantom of laziness. Why not assume the responsibility to engage the soul to self-devotion, sacrifice and wisdom?

Today is the last day of spiritual retreat. May I harmonize with your consciousness to expose a new technique for spiritual development? By its means, we will see that the universe is ourselves, and we are really the universe. We can boldly bear the responsibility of assisting all living beings within the scope of serenity and lucidity. This is the role of Vô Vi practitioners in the future.

May I wish you a safe trip. May your body and mind remain calm and happy to harmonize with the lightness existing on earth. We will travel together on the path of spiritual development and discovery, leading to a full understanding of everything from small details to big matters.

Thank you for your attention.

*Oroville, January 2, 1989*



# The Period Of Transformation I

*(Long Vân I)<sup>2</sup>*

*The Period of Transformation I, II, and III were lectures given during the 8<sup>th</sup> annual Tết Vô Vi held at Hai Không Center, in Oroville. This is the time Vô Vi underwent great upheavals and changes.*

Dear friends,

Today is the first day of Tết Vô Vi 1989. Again we have an opportunity to elevate our minds toward lightness. We sublimate our spiritual heart to pureness, and release all inner worries and stress. We now enter into meditative contemplation on the first day of this special annual occasion.

Friends from many places have joined us in thought. In unison, we focus our minds upon the central source of universal energy to purify ourselves. We mend our ways, and eliminate all negative thoughts and rivalry

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<sup>2</sup> *The Vietnamese word “Long Vân” means Dragon (Long) and Clouds (Vân). Figuratively speaking, “Long Vân” means a period of transformation.*

coming from daily confrontation. The purpose of meditation is for spiritual liberation toward the universal orbit of pureness. Every one of us has practiced the Concentration of Spiritual Energy, the Cyclical Breathing Exercise and Meditative Contemplation. Today, we again have the opportunity to be together in this pure and light atmosphere of the forest. Our fellow practitioners have worked hard to clean this place. By self-practice and self-development, they detach themselves from karmic bonds in search for true knowledge. In the Vô Vi community, many have contributed good examples, including the person who claims himself to be God. He helped us and gave us an opportunity to understand a facet of truth. There are many types of energy manifestations. For instance, there is the energy channeling from the Superior World to a medium. They speak about spiritual matters, and allow us to understand the existence of many other worlds.

The spiritual adepts must be honest with themselves before being able to harmonize with all living creatures in the universe. We meditate to regain that level which was lost from previous existences. What has delayed the development of our insight? The answer is intransigence and stubbornness. If today we understand the meaning of intransigence and stubbornness, we will know how to completely unveil them. We must thoroughly understand the matter to grasp the Middle

Path and the depth of Truth. We can attain enlightenment only with serenity. In serenity, we harmonize with compassionate virtue. If we can experience quietness in Meditative Contemplation nightly, it's due to our detachment from worldly impure worries. We no longer nurture wrongdoings or darkness, and we must orient ourselves toward the brightness of eternal life. We concentrate on top of the head to raise the stabilizing energy to the cranial psychic center. The energies of the internal organs will then blossom like a lotus flower.

Besides the impure facet of life, we also see the pure side. Beyond the sphere of pureness, there is the infinite. And beyond the infinite, there exists the extreme pureness and extreme serenity which is also the Esoteric Middle Path. The path toward soul liberation is always in perfect order. If we neglect to purify ourselves, how can we return to the orderly mind? We need to develop the mind to harmonize with the universal vibrations. When our mind reaches this level of pureness, we will become increasingly alert and sensitive.

Do you know why eating is essential? It is for awakening our consciousness. We must eat to understand ourselves better, and to be more aware that we are one with all living creatures. When we are aware of this Oneness, then the truth is within our grasp. We will attain enlightenment and begin to discover the Esoteric Science

hidden within each individual's consciousness. Mere talk, visual fallacies or rivalry lead us nowhere. Assiduous practice with sincere invocation of "*Nam Mô A Di Đà Phật*" will help us progress on the path of self-cultivation. Today, amidst the forest, we practice with courage and willpower. We feel detached from external provocations. With the mantra in mind, no one can provoke or attack us except ourselves.

With this opportunity, we must develop ourselves toward lightness and purity. However, some practitioners have misled themselves by becoming provocative and insolent. They create frustration that hinders their spiritual development. Our fellow practitioners have so far experienced many things. Even though Vô Vi is a small group of people, we have learned and witnessed many facets of energy manifestations. Then, what should we do now? Practice and self-development, leading to self-awareness and sublimation, remain always a part of our intensive training. As I used to say, circumstances are our instructor. At this sacred moment, the air of the forest is impregnated with constructive thoughts and pure energy. We orient ourselves toward sublime infinity. If we neglect to cultivate ourselves and return to natural order, then we will never attain enlightenment. Meditation is the most precious and happy moment. For whom do we do it? We are contributing pure energy to the universe. We are returning to our Divine Father, the Lord of Serenity.

We must practice to achieve the goal. If we rely on the Divine Superior or on our material belongings without serious practice, how can we experience serenity? We must strive our utmost to purify ourselves. When we say something, it must be correct. Don't be tricky and lay the blame on others. I often say that what we are doing now is for the accomplishment of everything later. Our senses of smell, sight, hearing, and taste are the same as others. So why do we sometimes feel heavy and unhappy? It's because of the impure energy within ourselves. If we cultivate our inner equilibrium, we will feel happy. So why don't we purify ourselves for lightness? With the help of a true dharma, we don't need to rely anymore on external forces. The dharma is on our side. It's very difficult to own a physical body and also to know a dharma method at the same time - it's a very rare opportunity. So why are we neglectful in practicing and developing ourselves? Who else can do it for us?

You must know yourself better to appreciate what you own. There are mountains and trees with pure air within our microcosm. You are unaware of it! Instead of looking within, you are now looking outward by following Father N.H., or following your Master. What is it for? Father N.H. or your Master are both spiritual adepts like yourself. With assiduous practice, you will know that Father N.H. or your Master are also like you. We are both

working for spiritual achievement. Keep this spirit in mind to release all infatuation and stubbornness. It is needless to rely on Father or any Master if you don't practice. You ask the Father or the Master to give you advice and depend on them. Without them, what will you become?

We are all entwined in the tempest of life and we can never be at rest. With the dharma method, we purify ourselves to restore inner serenity. We must know the meaning of each action with its consequences. We must avoid falling into stubbornness and infatuation, leading to unhappiness.

As for myself, I have followed the example of Mr. Do Thuan Hau (*Mr. Tu*) for many years. His predictions have all come true. His speech is indeed very correct and constructive. We must follow these good examples to avoid becoming temperamental and impulsive.

So far, many types of manifestations have occurred in Vô Vi. We have seen many ways of teaching the dharma. However, the spiritual path is very clear: self-practice and self-achievement. We must hold onto this truth and cultivate ourselves toward spiritual perfection. No one can do it for us. If we practice seriously, then Vô Vi will have many good people attaining enlightenment. We will live with a common spirit and realize the common

cause. We have the same structure of eyes, nose, ears, and mouth, which reflects the universal image. So how can we achieve the state of perfect tranquility if we neglect to purify our insight?

When you close your eyes to meditate and listen to my voice, you feel uplifted. What does it mean? Your energy frequency is elevated and purified. You become free from worries and your spiritual heart experiences advancement. Continue to practice like this, and you will certainly attain enlightenment. Many people are able to develop themselves and become conscious of their own sins and misdeeds. Do not attempt to distort the truth. Your true feeling and your positive understanding are something that you must work out for yourself. Circumstances and the environment have given you many opportunities for spiritual development. They assist you to unlock your spiritual heart. No divinity can do it for you, only yourself. The divinities instruct you only about truth. For millennia, many highly evolved beings like Buddha and other Immortals have left behind their teachings for you to follow. What have you achieved so far if you don't orient yourself within and follow their examples? Because of your intimidation toward Buddha and the Immortals or God, you are reluctant to face them. You must make every effort to cultivate yourself.

Try to eliminate all stubbornness and infatuation which is latent within every human being. Indeed, from stubbornness and infatuation, you proceed to liberation of mind, then the discovery of truth. If a person lacks the virtue of spiritual cultivation, he cannot influence others through teaching. If he tries to cultivate himself, then his spiritual heart will certainly develop. He learns through different circumstances. Therefore, the circumstances in life are truly your helpful master. Don't you see how painful a scene of separation is? How happy is a reunion? And how a garden of green plants competes to grow constantly? So what are we doing by sitting here now? In fact, we are also struggling in search for truth. How precious if we all compete to aim for spiritual perfection. Vô Vi doesn't accept any external intrusion. Only self-awareness, self-practice and self-development are essential for the discovery of every mechanism latent within each person. The development of the internal mechanism will lead to the awakening of spiritual awareness.

The spiritual adept doesn't differ from the normal person, but he is more aware of his own spiritual heart than others. He knows when he puts his sincere heart into something and when he doesn't. How can you differentiate between having a sincere heart or not having it? For instance if you slander a person, your behavior will be of a profane character. If you are a well-balanced



person, you will act differently. With modesty, you will share your pure energy with others. In this way, people can learn to progress on their own. A good leader must stress self-awareness so his followers can develop themselves their boundless potential.

For many years I have not dared to teach anyone. I only report to you my experiences and the way of my spiritual development, so you can do the same for yourself. You are all like me and we are not different from each other. We all share the same kind of joy in life. The spiritual energy within each of us also has the same composition. Buddha said: *"I have already achieved the level of Buddha, but other living beings will also achieve the level of Buddha."* If we don't decide to free ourselves from the karma of the heart, then how can we further evolve? Indeed, it yields no good results.

Now, by following the path toward spiritual perfection, we will become more aware. With the constant invocation of *"Nam Mô A Di Đà Phật"*, we will develop ourselves to spiritual awakening. We must open every lock inside of us. If we get stuck on one step, it will be impossible to move up to the next one. With practice, we will attain the goal. Therefore, we must be happy to attend the school of life which tests us without ending. So far we have taken many tests among various circumstances. From an existence leading to a

nonexistence or vice-versa, our evolution remains without end, just like our learning experiences. We learn until we begin to be aware that our purpose in life is to learn until death. If I commit sins, then I will fall into darkness for reeducation before being able to reincarnate again. Why must I go to darkness? Because I acted incorrectly. I directed bad thoughts toward others. By doing so, I naturally darkened myself. Only with constructive love and wisdom can I attain enlightenment. Resignation or resilience will lead me to spiritual elevation. Rivalry will bring me downward to a dead end. So I must liberate myself to experience the universal happiness.

Tết Vô Vi has three days of annual meetings. On the first day, we have brought into this place many negative thoughts on problems of life. Today, we meditate and silently invoke the Buddha mantra to expel the impure energy. I now enjoy the boundless treasure of lightness. This is the pure energy of the universe guiding me to evolve. The spiritual path is long but I can shorten it if I sincerely perfect myself without directing any negative thoughts toward others. Truth is truth! All the things that I have listened to and learned are now very clear to me. God has granted me sight, hearing, smell, touch and speech. If I use my mouth to say a constructive word to help others, then this is altruism. If I become arrogant or haughty, then what can I accomplish? Vô Vi practitioners must be compassionate and kind. I should not shout and

become angry with anyone, otherwise I will hurt myself in return. My whole nervous system must work for the realization of love and wisdom, and not for rivalry.

The spiritual adept must not put the blame on anyone. He must practice to awaken himself in order to reach sublimation of mind. There are many people who have reached only a slight understanding, but think that they have achieved the top. If their actions are not constructive enough, their power of pure energy will instantly weaken. They must regress to a lower level, since their actions fail to support their speech. This causes stagnation. Reversely, if they practice for the accomplishment of good deeds and clairvoyance, they will experience progress. This is very clear. I don't accept anything illusory, but only the truth for spiritual improvement. On the social level, I must always give support and help others progress. This is the unique spirit of Vô Vi practitioners. Once awakened, I am able to help regardless of any circumstance. Material belongings are not important to me anymore. My consciousness will play an important role in assisting my compassion to develop toward constructiveness and altruism. I must understand that rivalry doesn't exist among highly evolved people. The highly evolved beings never compete with each other. Only the weak and profane people nurture rivalry due to their lack of courage toward altruism. So far, you have overcome this unhappy situation to some degree. Do

continue to release obscurity in your mind. You must return to serenity, because failure may cause you to stumble. External forces will then take advantage of you. Then impurities will block your path of evolution.

For many years you have seen me travelling from one place to another. Like you, I tread the spiritual path toward self-perfection with the sweat of my brow. I don't earn a living but I have love in me. Many opportunities have come to me, allowing me to travel around five continents. So you can see an example of love and wisdom which are the real important weapons. We must practice to achieve them.

Every minute of meditation has its sublime and pure value. It is not correct if we take pain to meditate all day long and do not understand anything. This is not right. We must understand the principle, its pure meaning and our present condition. We are masters of this physical body which derives from the supra-nature. It's not easy to own a body because it takes 700,000 million years to form a physical body like this. If we know pain and sorrow, then we will know love. After sorrow comes love. After the pain comes also love. Love guides us to constructiveness and altruism. So we should trust each other with real love and openness.

You have misunderstood me by saying that I have confirmed that this person or that person was someone special. No, I haven't promoted anyone. Some people want to have a position in Vô Vi community. They like recognition, but Vô Vi is the diminishing of self. Many persons have claimed themselves to be the Divine Mother or Kwan Yin or the Divine Father of the universe. Facing this situation, how do we react to them? If they claim to be highly evolved, even up to several levels of clouds, we just let them be. If they can hold on to that position, then we all can benefit. If they cannot live up to what they said, then they will fail. In return, we must be compassionate toward them. This is spiritual love as well as harmonious fellowship.

The Occidental people have reared their children in a different way from ours. They are tender, loving parents, and provide good care for their children, and the children are intelligent. Oriental people often abuse their children when they are stubborn and difficult. The children become sad, frustrated, and attempt suicide. There is also a minority of good Oriental parents as well as a minority of bad Occidental parents. However, a majority of Occidental parents have followed certain exemplary guidance to rear their children, so that the children can progress equally. The society then becomes better and better. Meanwhile, in our society, by oppressing each other, many children become unstable. Based on many

experiences, we know the cause of arrogance. If we have already understood, then we should remain humble. We try to cultivate ourselves for the understanding of the true dharma. How destructive it is, if we imprison ourselves in infatuation, stubbornness and rivalry. We cannot progress when causing dissension among our brothers. We should not take sides and we must practice to develop at our own pace.

Many people say that they now support Mr. Tám – Lương Sĩ Hằng – Vĩ Kiên. Others say they are not, they want to support Father N.H. Either Father for myself, we don't create differences. We are only spiritual practitioners. Some people with a profane heart have sown many incorrect ideas. You will know how to deal properly with them. It's quite simple. With your life experiences and with your practice of the dharma method, you will be able to choose wisely. Do you choose spiritual practice or ordinary rivalry? What do you gain with rivalry?

What will you get after all the glorious promises from other people? No, the spiritual glory must come from your own practice. For instance, you must choose the proper food to eat to prevent sickness. If you continue to eat junk food, how can you overcome serious illness? No one can threaten you. Only lucidity and self-discipline can lead you to the development of the pure dharma. So

you must not rely on Father N.H. or your Master. You come here to learn and progress through many different circumstances.

I sincerely thank you for your presence today.

*Oroville, July 2, 1989*

## The Period Of Transformation II

*(Long Vân II)*

Today is July 3, 1989, the second day of Tết Vô Vi 1989. We have another occasion to meditate together for the sublimation of mind and for the return to serenity. My eagerness to learn is incessant, and the nostalgia for my origin always calls to me. During astral travel, I have seen much beautiful scenery. The scene is an indescribable marvel. The more I travel, the more I am awe-inspired. How vast is eternity. Now, I know clearly that I must truly practice to attain the pure state of lightness.

Thanks to Vô Vi Esoteric Science, even with the practice of three simple exercises, I can now feel that my energy is evolving. The more I meditate, the more my mind develops. I become more conscious of the depth of truth, the infinite Oneness latent within all living creatures. How blissful and magnificent the heavens are with their lovely mountains and lakes. How splendid are the vividly colorful fish! Just by looking at them, I come to see how radiant and intelligent they are. Everything on the celestial planes is impressive and lively. How sublime is the splendor of the cosmic universe! The profane children on earth no longer remember the grandeur and



the sublimity of the celestial sphere. The supra-nature encompasses every existence. How can I forget these scenes? I must practice, then progressively travel by soul to know where heavens, God and Buddha are. I must cross the shore of enlightenment, the Bi Ngạn River, to realize the meaning of karma. I go on with the constant fixation of mind and serenity to experience the blissful and flawless state.

How happy is the pure state of lightness! How happy is the never-ending development of mind! I am resolute to adopt the path toward spiritual perfection and eternally go in search of the sublime truth. These are the unfading images and the perpetual feelings of bliss. My soul journeys from place to place in the sphere of perfect purity. How pleasantly sweet are the celestial fragrance and its promising radiance of the cosmos! I experience the ecstatic state of meditative contemplation.

How light and crystal clear is my heart! How profound and measureless is my developing mind! When reaching this level, I must leave rivalry and life struggles behind me. I am conscious of the eternal treasure, the supra-nature. The golden words of wisdom are resounding in my ears. These are the words of salvation and infinite love. I must follow the path toward spiritual perfection to know the value of being in a state of equilibrium. Once attaining equilibrium, I can travel

wherever I want. I can visit the sphere of evolving animals, the Immortal Sphere as well as the place where the Buddha function to educate mankind. Every movement and action is purely constructive for the practitioner's soul and heart. How happy is the perfect lightness! How deep and profound is the pure original heart! The more I regenerate myself, the more simple I become. Personal needs and wishes don't ever cross my mind anymore. They all come to me in a natural way. I surpass many levels of clouds with sublime cognition and serenity.

How harmonious and enchanting it is! There is no more hindrance in my soul and heart. Now, I just look back to my physical body on earth with a feeling of lightness. Everybody's mind is being elevated toward the Superior World. Some people may remain perplexed and skeptical due to their lack of sincerity. They are slow to progress. The soul is immortal and indestructible. I must first be aware of the eternity of the soul's existence before engaging myself in the salvation of humanity.

**Nam Mô Quán Thế Âm Bồ Tát.**

**Nam Mô Quán Thế Âm Bồ Tát.**

**Nam Mô Quán Thế Âm Bồ Tát.**

The energy of Kwan Yin is salvaging all suffering living beings and has shined down to guide and

accelerate their evolution. The celestial mechanism is now entering a new phase. I must achieve the Vô Vi Esoteric Science by self-practice. The correct path is the development of the mind in search of the deep and constructive truth. The presence of my head doesn't seem to exist anymore, as well as the fleeting and transient sceneries. Now, in purity I live with my true self, with my true soul. It's not at all a dream. I'm truly walking and progressing. My sublime presence is undeniable. I am on the path toward the development to eternity. I am clearing the spiritual way. So humans will have an opportunity to orient themselves toward the sublimity of pure energy. They will overcome the obscure vault of heaven to enjoy the sublime existence of the universe. This is the exquisite wonder of God and the Buddha.

I enter into blissful meditative contemplation leading to eternal development. Breathing seems to cease. My mind and thoughts are pure and light as feathers. The bright light of the universe radiates and shines to my mind. God's power, the Buddha and the Immortals awaken me. They are all present on this occasion of Long Vân<sup>1</sup>. They assist in guiding the elementary souls as well as the meritorious souls toward the sphere of the Immortals and the Buddha.

The direct path is the awareness of universal energy. Multitudes of flowers are blooming one after

another. How gorgeous are the fresh lotus flowers! Saints, Immortals and Buddha travel freely in the Superior World to nurture and vivify their eternal aureoles. I meditate to brighten my aureole too. I must also share my brightness in the construction of the coming Era of Wisdom.

How broad and developed my mind is! How happy and fortunate I am! Every living soul, present on this occasion of Long Vân, has received maximum awareness for the level which they have attained. Those who are hampered within the circle of stubbornness and infatuation have left the truth. We should continue to move toward the pure energy.

The celestial planes are so splendid and magnificent. Memories of the earth are far away. There is no need for eating and drinking, and yet I feel very healthy.

**Nam Mô Quán Thế Âm Bồ Tát.**

**Nam Mô Quán Thế Âm Bồ Tát.**

**Nam Mô Quán Thế Âm Bồ Tát.**

Kwan Yin's harmonious dharma is guiding the living souls to evolve. Her harmonious dharma is salvaging the living beings in many spheres. Her blessings awaken every person. So the latter can understand more

about truth, the path of self-practice and self-development.

The determined consciousness, leading to the development of the true self, is in harmony with the sphere of pureness. Every walking step is extremely smooth. There is nothing disturbing my pure heart. I cover interminable distances, crossing oceans and mountains to rescue innumerable living creatures.

**Nam Mô Đại-Từ Đại-Bi Cứu Khổ Cứu Nạn Quán Thế Âm Bồ Tát.** (*The prayer to the most compassionate and benevolent Kwan Yin, the Savior of sorrow and misfortunes*).

May the living beings, passing by the threshold of the Era of Wisdom, cultivate themselves toward virtue and perfection. May the living creatures be granted the thorough experience of the pure supra-nature. Grant that they may awaken themselves toward the path of self-practice and self-development.

The propitious development of the universal energy is salvaging the living beings under the vault of heaven. Man is more conscious of self-awareness and sublimation of mind. The living beings must abolish infatuation and stubbornness. They must proceed toward nothingness to grasp the pure void. With the Vô Vi method in hand, they practice to conform with the

principle. The Concentration of Spiritual Energy, the Cyclical Breathing of Non-retention, and the Meditative Contemplation are together leading every practitioner toward purity and lightness. The bright light shines to every corner of the world. Its radiation awakens every individual according to his personal affinity.

May the Buddha and the Immortals testify the practitioner's pure heart. Grant that he be approved for the determination of returning to his origin without sluggishness, and that his resolution be serious in serenity. The more correct and serious the practitioner is, the more he will feel inspired to lightness. This is the return to his immaculate and spotless homeland.

**Nam Mô A Di Đà Phật. Nam Mô A Di Đà Phật.  
Nam Mô A Di Đà Phật. Nam Mô A Di Đà Phật.  
Nam Mô A Di Đà Phật. Nam Mô A Di Đà Phật.  
Nam Mô A Di Đà Phật. Nam Mô A Di Đà Phật.**

Man's awakening grows along with his degree of compassion.

**Be resolute to free yourself from the profane heart.  
Be resolute to free yourself from the profane heart.  
Be resolute to free yourself from the profane heart.**

Return to serenity and practice the virtue of Bodhisattva in happiness. Do practice the virtue of Bodhisattva in happiness. Nurture your compassion to build up your aureole for the never-ending salvation of humanity.

This is the crucial key to open the lock within individual insight. I must practice in serenity, and develop my pure knowledge to grasp the power of cognition. What is the power of cognition and enlightenment? The power of cognition and enlightenment is the force that leads the soul toward spiritual evolution. The power of cognition and enlightenment is the strength that reaches the depth. The power of cognition and enlightenment is eternal courage. The power of cognition and enlightenment is the unswerving self-engagement and devotion. The power of cognition and enlightenment engenders the fulfillment. It's the discovery of the soul, the mastery of character, and the salvation of living beings.

**Nam Mô A Di Đà Phật.**

**Nam Mô A Di Đà Phật.**

**Nam Mô A Di Đà Phật.**

**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 Hành Thức, Diệc Phục Như Thị,  
Độ Nhất Thiết Khổ Ách.  
Nam Mô A Di Đà Phật.  
Nam Mô A Di Đà Phật.  
Nam Mô A Di Đà Phật.**

*(May the energy, concentrated from the top of my head, 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).*

I meditate to develop my mind. I meditate to free myself from the agitation within me and reach the higher frequency of the supra-nature. Learn, learn, and learn to evolve in serenity. I must uncover the hidden things in my consciousness. Every internal organ is in perfect relationship with the planet in the universe. Look! What beauty glistens in my mind! How magnificent is the scenery outside the universe! How blissful is the everlasting scenery beyond infinity! Let's pay homage to the Saintly Spirit who is salvaging humanity in this third cycle. May every living being be guided to reach liberation soon.

The suffering Vietnamese people are longing for Tao. They are learning Tao and pursuing enlightenment.



I am determining to free myself from all types of rivalry. I must return to my true self to take part in the construction of the new Era of Wisdom. I will then have the opportunity to again face the Saintly Spirit, the Savior of the World. There is nothing indiscernible anymore. Everything seems very clear. The universe progresses with His Compassionate Light that touches every living being. Humanity must be resolute in leading the spiritual path toward self-perfection in serenity. I must practice with my own strength to achieve the eternal happiness that is pre-destined for me.

**Nam Mô A Di Đà Phật. Nam Mô A Di Đà Phật.  
Nam Mô A Di Đà Phật. Nam Mô A Di Đà Phật.**

The Divine Nature touches the heart of every living being. May the latter have a chance to meet the Saintly Spirit on earth. How inspiring and impressive to learn. The sentient entities are studying to learn and progress to the Middle Path of Tao that evolves to infinity.

The dharma method of Vô Vi Esoteric Science will be expounded on five continents to salvage human 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.**

The meditative contemplation inspires my pure heart to spiritual awakening. Self-cultivation will heal my consciousness from disability.

The Tao progresses infinitely. How clear and bright is the vault of heaven! I realize that every living being is striving to develop itself with the rhythm of the universal principle. Mere theories cannot blind me anymore. I must practice for spiritual attainment. With practice, I can meet the Divine Superior. With practice, my wish will come true. How happy I am! How delightful I feel... The emanating sweet and pleasant smell reminds me of the Divine Mother. My wholeheartedly loving Mother engenders and grants me the Cyclical Breathing of Non-retention to rescue humanity. Oh, the loving dear Mother! The loving dear Mother! She resides in the consciousness of all sincere practitioners. How touching to shed tears of joy! I embrace the loving Mother in me. I love Her deeply. I vow to free myself from everything to return to you. The Loving Mother is my Source of Life. She is the strength that can never drift away from me. I have only you in mind. My loving Mother has so far accomplished many things. She is so patient and modest. Living beings are bathing in Her Sea of Compassion. Her children are sailing on the Sea of Mercy.

All my dear children, you must decide to come back to me. Your consciousness will blossom together

with your degree of tolerance. Pure tolerance is the true knowledge. This is a pure lotus flower.

All my dear children, I always hold you tightly in Me through every circumstance. I assist you to enlightenment. I share the joy as well as sadness with you. My children are learning to assume responsibility. They reinforce their courage to return to Me. I must resign myself to guide my child's soul toward spiritual evolution during his correct meditation. How harmonious it is! The melodious, pure consciousness is within your pure heart. I assist you to open the lock within. The more you are touched, the more inspiration you have, the more you cherish your loving Mother, the sooner you think of the return to Your Parental Homeland.

The spiritual affinity will come to guide you through meditative contemplation, and help you recover what you have lost. This harmonious dharma will give you assistance. These words will accompany your energy to elevate and develop itself within serenity and openness. You'll have an opportunity to return to your Benevolent Mother with a kind, open and civilized mind. Your physical body is the reflection of the divine law granted by Your Father. Meanwhile, Your Mother guides you to understanding and development of body and soul.

Dear children, you must love yourself before knowing how to love others. It means that you must regenerate yourself before you can communicate with others in serenity. Do you see that the harmonious fellowship is precious?

I send my tender love to all my small children on earth and give them a practical dharma method to guide them. Dear children, today with a dharma method, you can reestablish the order for the body and soul. You know yourself better while meditating. Your role is to work for love and wisdom. You must fulfill it to complete your course as a human being. Then you will be able to achieve soul glory in the future. How pure and lively the scenery that transports the soul in rapture. No one is loving you more than your Mother.

So am I. I love you the most, Mother. The wholeheartedly affection has continued for innumerable existences in every reincarnation until now.

This Esoteric Science of the Buddhist Dharma has provided you with an opportunity to meet each other in serenity. It gives you a means to achieve the goal. This is to free yourself from the Harbor of Illusions.

My dear children, I sincerely congratulate you when seeing that you love peace. I, as Your Loving Mother, send you many blessings.

After the second day of the congress and with your collective devotion, you should be happy now. Try to eliminate all sadness, obstinacy and infatuation. I notice a few misbehaved children who are causing one after another to fall into the gap of obstinacy and infatuation. They fall into stagnation and sadness. How pitiful it is! As Your Loving Mother, I still love them and continue to guide them. My dear children, you should also send to them your good thoughts, so they can soon awaken and return to Me.

**Nam Mô A Di Đà Phật.  
Nam Mô A Di Đà Phật.  
Nam Mô A Di Đà Phật.**

*Oroville, July 3, 1989*

## The Period Of Transformation III

*(Long Vân III)*

Dear friends,

Today is the last day of the Assembly of Long Vân. Again we have the occasion to meditate together to orient ourselves toward lightness. To free ourselves from worries, we focus our mind on the central source of universal energy. Our consciousness elevates higher and higher to harmonize with the pure energy of the perfect void of void. There is no more frustration, but only serenity. With tranquility of mind, we progress in search of the point of arrival and departure. When closing the eyes, the soul projects swiftly to higher planes.

The celestial scenery is so magnificent and blissful. The sights are the ineffable words themselves. Poetic inspiration abounds to broaden the practitioner's consciousness. Words are unutterable and paintings are indescribable.

My soul lands on a quiet and stable place. By following the path toward spiritual perfection, I realize

that practice is the true dharma. I must work for it and experience it. I must go forward to understand it.

Without achievement, I cannot thoroughly understand. Without attainment, I never can grasp the pure value of self-realization and awareness. The immortal soul develops itself to infinity, and its cognitive mind becomes clear with no more fuzziness. One will never experience anything if one doesn't practice with a sincere heart. Talk and theories cannot help. Today, we practice together in this peaceful atmosphere and become conscious of the lightness. Pure lightness moves upward and belongs to a stable and peaceful state. Pure lightness is order and brightness that radiates infinitely in every direction.

The order of nature in the universe has existed for millennia. The reincarnated living beings who own these impure physical bodies are a reflection of the universe. The secret dharma lies within the brain which relates to the body and limbs. If the body and soul rhythms are not in harmony, then the human being's mind is unaware of his own identity. He ignores his origin and destination.

He becomes more blind and finally hurts himself. He neglects the harmonious dharma and the truth. He calls out for truth but doesn't see the natural order in life.

Facing many dangers in life, he cries and yearns vainly for an outlet.

Stability and serenity! How can I achieve stability and serenity? I must purify my consciousness to achieve stability and serenity. If I continue to hold on to the self-centered and stubborn principle, then how can I reach stability and serenity? When I lock myself in, I will suffer more without any way to escape. I call out for heaven's sake and for harmonious fellowship, but where do they come from? I know how to say words like "*harmonious fellowship*" but do not know where they come from. They start from the natural order of the mind frequency. If the mind frequency is not well balanced, then I am only a temperamental, irascible and impulsive person. Then how can I have harmonious fellowship? I trap myself into the tempest of obstinacy, self-centeredness and carnal desires. I set up strategies and make many plans but finally I harm my own body and soul.

The spiritual adept must orient himself directly to the sphere of pure energy, and remains stable in lightness. Self-awareness will perpetually rule, leading him to forgiveness and complete understanding of the natural law. He won't do any more evil deeds. Why is the natural law on earth so difficult? Obstinacy and self-interest have set up such terrestrial laws to control these blind and stubborn souls.



I am the master of my brain, therefore I must cultivate myself toward spiritual perfection to free myself from obstinacy and self-interest. I harmonize with the stable void of void to eliminate stubbornness and foolishness. I will feel complete if pure love and affection overflows within me. Despite the willingness to search for Tao, many people hinder their own progress because of rivalry, blindness and ignorance. Under the profane vault of heaven, they are subject to trouble, disorder, and sorrow.

Vô Vi practitioners can help themselves with the dharma method. The dharma assists you to develop yourself. Therefore, you need to practice it correctly for enlightenment. Many people either criticize or praise, or follow half way then withdraw. With such instability, how can you adopt the Middle Path of Tao? Humanity has so far suffered much through a perpetual struggle for profits. They have forgotten the pure dharma and have lost the right path. It's perpetual sorrow with no outlet.

Today, I have the opportunity to be in this peaceful place with pure and fresh air. The love emanating from the three spheres touches the practitioner's heart and serenely leads him to enlightenment. When the Eightfold Boat crosses the river of Bi Ngạn, I experience clearly the world of pure energy. I am immersed in perpetual ecstasy.

How inspiring are mountains and lakes! The birds sing in the space of void. Their harmonious songs guide my stable soul on the return to the shore of enlightenment. I now realize that passions are illusory, and the soul projection to the pure sphere is perfect happiness.

How infinite is love! How profound is the divine affection! The virtue of sacrifice pervades through every level of life with an unswerving faith to salvage living beings. What do I experience during the moment of meditation? The feeling of pure lightness and happiness that are even more intense than now. I keep going on into infinity. I pass various sceneries along the road. I admire their beauty but I must advance further with my pure consciousness and my stainless perception.

Understanding will lead to practical experiences, then to complete control of the matter. There are no more illusions that can frustrate my consciousness. Under the vault of heaven, people enter into the temple to admire Buddha's statues, and worship saints and genii. However, they neglect to practice for themselves. They keep relying on the divinities. So superstition takes place.

There are many types of evils such as the Celestial Evil, the Terrestrial Evil, and the Invisible Evil. They come to the earth to assist human beings. Some create trouble and do harm to man, but others are helpful to man.

Man must nurture his own unyielding and eternal faith because the pure dharma really comes from self-practice and self-attainment. Even though my body breaks down, my consciousness for human salvation remains intact. The pure energy on my head develops without end, transporting me in rapture through the celestial planes. How infinitely secure I feel! There is no more time and space. The accomplishment of good deeds or physical life, and the clairvoyance or the spiritual life must be simultaneously cultivated. This physical life is indeed a school to guide the evolution of the soul.

The spiritual life is the infinite brightness that shines on the consciousness. The profane eyes are veiled of Tao. Only the developing consciousness can harmonize with the dharma. Tao is resplendence. Meditation in search of Tao will give rise to self-realization and the regaining of stability and sublimation in mind. Meditation also assists me to submit to the infernal law of karma. Even if my body breaks down, my pure soul remains lucid. The level of Immortals and of Buddha evolves along with the degree of courage and perseverance. This inner strength is indomitable. It's a perpetual development toward complete understanding, deliverance and awareness. Meditation serves to purify the halo of the practitioner. His inner force fuses into the central source of universal energy. His consciousness develops to

infinity. Its radiation resounds all over the whole universe. He penetrates Nirvana with perfect tranquility. Obstnacy and passions cease to exist.

The Assembly of Long Vân is the union of pure consciousness, aiming for the spiritual development and salvation of living beings. Therefore, these three days are for reorganizing the spiritual order of the mind. I must focus myself on the central source of universal energy to feel the boundless strength. Pure strength is compassion. Power is the resplendence of Tao dharma, and not of obstnacy and passions. This moment of meditation is the ruler to measure the strength of impurity and purity manifested on earth. The Assembly of Long Vân is the scale to balance the impure and pure force of gravity on earth. Under the vault of heaven, greed and desires are the seeds of instability and limited knowledge. Man neglects civility, fidelity, rationality, and loyalty. So sexual indecency and superstition take place.

Meditation is for the stability of mind. Meditation is for self-awareness. Meditation is to bring in the light and chase away sexual indecency, leading to self-destruction.

**Nam Mô A Di Đà Phật.**  
**Nam Mô A Di Đà Phật.**  
**Nam Mô A Di Đà Phật.**

The vibrating invocation guides the living beings toward sublimation.

**Nam Mô Quán Thế Âm Bồ Tát.**

**Nam Mô Quán Thế Âm Bồ Tát.**

**Nam Mô Quán Thế Âm Bồ Tát.**

Please salvage all living beings and guide them to attain the Era of Wisdom. Be persistent in the practice to free yourself from obstinacy and blind passions. Human beings have sunken in the sea of karma. They cannot detach themselves from the bonds of physical existences, personal profits and rivalry. The pure souls who practice the Vô Vi Esoteric Science must practice seriously. They must develop their spiritual mind to release impurity and preserve purity. Then comes the stability and sublimation of mind. This is a good opportunity for me to be in this period of redemption.

Awaken and you'll progress. Detach yourself from obstinacy and blind passions to enter into the Middle Path. Keep going straight ahead.

**Nam Mô A Di Đà Phật.**

**Nam Mô A Di Đà Phật.**

**Nam Mô A Di Đà Phật.**

My dear children, vibrating love touches your soul. You begin to enter into the orbit of love and tender affection. How alive is the pure gospel or the original sutra! How harmonious is the pure heart. When worldwide peace prevails, you will be able to enjoy the pure atmosphere in which the divine will resides. Make use of your latent faith. Free yourself from obstinacy and blind passions for the realization of pure love.

Empower your mind with pure love and wisdom for inner peace. My loving children, my voice has inspired you and penetrated your consciousness. So you must awaken your living consciousness. You must capture my living frequency, so you can enjoy the happiness within for eternity. Despite any circumstances, you are Me, and I am you. Birth, death and the cycle of reincarnation don't disturb you anymore.

Practice the three dharma exercises granted to you: Concentration of Spiritual Energy, Cyclical Breathing and Meditative Contemplation. They are means to mend your ways and improve your consciousness. The time of reunion will gloriously come.

My dear children, you must think often of the spiritual world for the purification of the energy in your mind. Do progress toward pure lightness to be happy, compassionate and constructive in the future. Self-

confidence is extremely vital. Do nurture it to live, to love and reach self-realization. You should work hard to grasp it. Hold it firmly! After shedding many tears, you will develop your consciousness. You breed a bud of flower and the dharma-shower will water it. The flower will blossom and your pure heart will be serene. Harmonious fellowship will emanate from you with constructive affection and forgiveness.

In every facet of life, both actions and reactions are the reflection of truth. Dear children, do not remain stubborn and blind. Every reaction will soon be calm and orderly. You will achieve what you have worked for. You are My Image and I am You. Stabilize your mind and body then everything will settle harmoniously.

**Nam Mô A Di Đà Phật.**

**Nam Mô A Di Đà Phật.**

**Nam Mô A Di Đà Phật.**

Concentrate and focus on the invocation of Nam Mô A Di Đà Phật. I wish you a safe trip back.

**Nam Mô A Di Đà Phật.**

**Nam Mô A Di Đà Phật.**

**Nam Mô A Di Đà Phật.**

**May your pure love**

and stability soon be regained.  
May your faith be kept  
for spiritual sublimation and inner peace.

**Nam Mô A Di Đà Phật.**  
**Nam Mô Quan Thế Âm Bồ Tát.**  
*(Prayer to Kwan Yin Bodhisattva)*  
**Nam Mô Diêu Trì Kim Mẫu.**  
*(Prayer to the Divine Mother)*

**Nam Mô A Di Đà Phật.**  
**Nam Mô A Di Đà Phật.**  
**Nam Mô A Di Đà Phật.**  
**Nam Mô A Di Đà Phật.**  
**Nam Mô A Di Đà Phật.**  
**Nam Mô A Di Đà Phật.**  
**Nam Mô A Di Đà Phật.**

Your heart and body are now in peace for a safe  
returning trip.

**Nam Mô A Di Đà Phật.**  
**Nam Mô A Di Đà Phật.**

The frequency of pure cosmic energy is inspiring  
your whole body, so you will feel peaceful after leaving  
the Assembly of Long Vân.



**Nam Mô A Di Đà Phật.  
Nam Mô A Di Đà Phật.  
Nam Mô A Di Đà Phật.**

*Oroville, July 4, 1989*

## Renewal Of Soul & Body

(Hồi Sinh)

*Mr. Tám sent his message of a happy spring to Vô Vi practitioners during his stay in Überlingen, a small German town on the Lake of Constance.*

Dear friends,

During the past year, we all have experienced much change. We confronted many adversities of both body and soul. On the path toward liberation, every practitioner must be aware of the reason for following the spiritual path toward self-perfection. It's for the soul's liberation and independence. We should keep this in mind to restore the equilibrium within, so we can return to our original state of supra-nature. We refuse to be bound by any group. Vô Vi practitioners should always improve themselves by correcting their bad habits to regain their original lightness for soul liberation.

Last year, thanks to many lessons, we are now more aware of the difference between material and spiritual matter. We know more about rivalry and

fraternity that lead to the understanding of our original potential. We all start from the seedbed of love and serenity, just as do the actions and reactions in worldly activities. In the perspective of social life, these actions and reactions seem to be provocative. In the perspective of spiritual life, they are trials granted by heaven to forge the practitioner's soul toward evolution. After being forged for advancement, the spiritual practitioner knows more about life. He can see life transience, and begins to long for the everlasting lightness. Self-effacement will then lead him back to his pure level of lightness. Self-practice and self-development become his correct dharma.

Many people are still bound by various theories and divine scriptures and they neglect to cultivate their insight. How can they regain the inner balance of their consciousness by relying only on theories without a practical technique for self-development? How can they leave the earth with mere principles and no practice? We must practice to progress. With actions and reactions, we learn that love and serenity engender everything. We should appreciate everything rather than complain about whatever comes to us. We should absolutely never think of hatred, vengeance or placing blame on others. We must tell the truth and search for the truth to release frustration. We can gain self-control and freedom this way.

Every year, we meet new trials. Our physical bodies are endowed with the network of a nervous system which reflects the divine law. We are challenged with lessons to learn. After learning, we are awakened about the role of the master-soul toward his physical body. When the master-soul recognizes his role toward the body, he will assume the responsibility correctly.

The practitioner must practice correctly. His words must be true. Every action must be honest. I often say to you that I come to you as a friend or a fellow practitioner who learns from you. After learning, I must practice myself to give a good example to others. Without real practice, I can never influence others. I travel from place to place around the five continents to learn. I learn everything from the negative to the positive side. I mend my ways and improve my consciousness. Do you see my reactions, despite any pure or impure conditions? Do you see my serenity and lucidity when facing challenge? And how about you? Why don't you make use of serenity and lucidity to correct your weaknesses? You may free yourself from bad habits. Do advance forward with courage.

I must know that my physical body is a unique creation of God. I must be honest. I should not make up stories to mislead other people. I must not distort situations with overstatement and misinformation. To

trifle with the truth by taking advantage of Mr. Tám's name is a real abuse.

I must lead the spiritual path toward self-perfection in such a manner as to become a reliable person, so others can depend on me. Then, I can share my correct point of view with them. The more advanced I am, the more experiences I have to share with others. I cannot use the names of Buddha, the Immortals, or God to justify my statements. This is absolutely incorrect and ignorant. Giving false impressions to others is unacceptable.

I must stay serene to advance. I must practice sincerely the pure dharma. Everything in Vô Vi must generate from every individual's self-engagement. Sometimes, friction between practitioners may occur because of their profane characters or because of the friction between impurity and purity. However, frictional forces are direct lessons to learn for awakening. This is the occasion to see my unrighteousness. So I must repent and quickly return to honesty. My original nature as a baby was pure and honest, but I have impregnated myself with many theories and principles. Excessive reasoning is the cause of agitation in me. Pure practice must give way to pure knowledge and pure experiences. Overstatement is unacceptable.

Every night, I practice conscientiously to become more and more enlightened. This self-enlightenment cannot be compared with others. Highly evolved souls who have cultivated themselves toward spiritual perfection for thousands of years are very lucid. They can understand matters at a quick glance. So how can I compare myself with them? I should only look within me to mend my own ways and progress. Vô Vi practitioners should not borrow the words of other people to justify their own statements. They should not even lean on the experiences of any other advanced practitioners. I must look within. Do I make any progress? What are my weaknesses? I must correct myself with serenity. I am a mindless person if I lack serenity. A mindless person is prone to rivalry and struggle. This is the cause of agitation and family problems. When the body is not in tune with the mind, it will become restless with many problems leading to sorrow.

Again, I have another occasion to talk to you about the spiritual path toward self-perfection. Real practice is the most essential element. Without practice you only create agitation and restlessness. Every year, trials are necessary to shape and forge you, so you can discover your real potential.

There are cases in which some people prefer to withdraw from the activities of the Vô Vi community.

They prefer to stay at home to meditate. They want to withdraw to return to serenity. Then they form other groups. The world of serenity always appreciates seeing these people who can develop themselves by forming different spiritual groups. By doing so, they must put their best foot forward.

Vô Vi is multi-faceted, so it doesn't belong to any special group. Any state of mind can adopt Vô Vi to return to pure nothingness. The Vô Vi community is absolutely free from politics and external pressure. Vô Vi doesn't go against anyone. It only promotes soul evolution and liberation.

The Vô Vi dharma is a technique to improve the mechanism of body and mind. It helps the practitioner to study himself. Because of the attraction coming from external forces, the mind becomes restless. It is like a buffalo whose nose is being pulled by a rope. When I feel like a buffalo tied to a tree, then I must return to serenity. I must resign myself to advance. Through tolerance, I will progress. For instance, many practitioners have contributed their efforts to create Vô Vi meditation centers by self-involvement. Many people wonder how Vô Vi practitioners can manage to print books to give free to the readers. People suspect that some political forces must support Vô Vi etc... In fact, this is not correct. With

awareness and self-involvement, together we can accomplish many nice and constructive things.

So far, I have eliminated many bad habits. I cultivate myself for spiritual perfection to leave to posterity an example for a better life. When I can eliminate my bad habits and correct myself, isn't it a good example for my neighbors to follow? I am a spiritual practitioner only with no more obstinacy and self-interest in mind. As long as I continue to limit my self-interest and stubbornness, I am a spiritual adept. The karma veils my heart, leading to more sorrow and obstacles within me. Therefore, I must liberate myself from these obstacles. I must attain complete understanding of the matter. Meditation will help me develop my mind.

Today, Vô Vi practitioners have their own meditation centers. In the future, when the meditation centers don't exist anymore, where will we go? Dear friends, the meditation center is really within our hearts. Since I have engaged myself to take part in the activities of the meditation center, my heart is sincere and pure. Even if the meditation center ceases to exist, I still keep hold of my pure and serene heart. Then any place I go, my spiritual heart is a meditation center itself. So a Vô Vi practitioner can be anywhere.



Every year, Vô Vi has met many trials which come to test the practitioners every minute. Enlightenment is reached when the lessons are learned. We have so far experienced many trials in our family, in our social life, etc... We are like boats sailing back to the shore of enlightenment. Life actions and reactions are similar to the giant waves, pounding on the boats. To reach our destination, we must overcome these obstacles.

In every family, there are always some types of problems between parents and children. Even a millionaire has to worry about monetary problems because of fame and position. Money is his karmic retribution which will lead him slowly to awareness. Everything on the earth is preprogrammed by God for human beings to learn. If he changes himself slightly, he will immediately reap the karmic consequences. For the spiritual adept, karmic retribution is an occasion to direct himself toward spiritual evolution. The more he is kneaded, the farther his boat can sail forward. There is no way for the boat to sail backward. Some profane people have negative intentions and want to harm the spiritual adept. How incorrect and mindless it is! How can the spiritual practitioner get hurt as he is free from worldly attachment? He is untouched by worldly matters because he nurtures Tao. With his pure and sincere heart, he can never be destroyed by profanity. Sometimes, the ordinary man tries to defame him because of misunderstanding.

The spiritual man doesn't mind, because he has succeeded in liberating his soul. He doesn't care about his physical body. He is devoted to altruism. He also works to create conditions for the master-soul and his entities to cooperate together. If the physical entities don't coordinate with the master-soul, then betrayal occurs to the master-soul. If the physical entities agree to follow the soul together with the natural law, then intransigence and rivalry cease to exist.

We must therefore follow the spiritual path toward self-perfection with a living Gospel. Today modern science has advanced very quickly. Its progress is germinated from love, forgiveness and constructiveness. In the universe, the structure is the same but in a different scope of grandeur. Did energy power exist in the olden days? Did energy power exist even in the forest? From where did man create this world of today? Isn't it the human brain that generates also the energy power which is capable of harmonizing with the universe? Energy power is limitless. It's not the same as electrical power. The computer and other electronic equipment must depend on electrical power. The brain and its nervous system have the energy power that can become very lucid in the moment of serenity. The brain is receptive to the pure and light energy. Then comes the flow of good ideas, openness and felicity.

Pure rationality cannot help the human being on his path of mind development. For instance, people who don't have the need for self-improvement will not accept your advice. They will not listen to your lecture about the spiritual Tao. Your words become valuable only to those who have suffered in solitude, in distress and pain. Advanced practitioners have difficulty sometimes in communicating with these people, despite their devotion and good intentions.

A healthy condition in this lifetime is the reflection of many previous existences. After experiencing many kinds of misery in many incarnations, I know that I have to pursue the spiritual path toward self-perfection. Today, I adopt the practical dharma, a short-cut to the cultivation of the inner balance. When lacking inner balance, I can't understand profound things. During Mass, I can't grasp what the priest says. In pagodas, I don't understand the monk's sermons. So the inner balance is essential to bring forth happiness. I can thus enjoy the song of a bird and appreciate the value of a pretty flower. God's presence is in the nature. Man needs to develop his inner balance to grasp this depth.

Today, with the dharma method, I must restore the equilibrium in my body and soul, so I can understand the living world better, from a blade of grass to the Immortal World. Just by sitting in one place, I can understand many

different things while living in the state of lightness and real love. Every reincarnated person comes from the world of perfect serenity and from the seed of love.

Many times people have misunderstood me. They don't want their family members to meditate. They curse and wish for my death. I see that their actions also come from the seed of love. Because of love and fear, they don't want their family member to meditate. If someone provokes, criticizes and causes trouble for me, I don't mind at all. I must love him in return. I must try to understand and see him as myself. This violence is in the nature of every profane man. If he is aggressive, it's because his mind is narrow. One of these days, when he learns many lessons, he will improve himself. We cannot look down on anyone because we all learn among brothers and sisters. Some people have sent me many letters with daggers drawn, trying to make me nervous and to destroy me. Until today, I remain quiet to love them in return. Because of love, they worry about me. They are afraid that I may go astray, that I may get into trouble. Ordinary people will be concerned with material failure, but spiritual people place no importance on failure. Even if dying on the road in an unclean place, it still doesn't matter to me. For my soul can travel to the Celestial Plane. How can I judge by appearances? What's the use to care about it?

The world is on a changing course right now. Friends about my age of 67 have witnessed many social, political and familial upheavals. Do you notice that the population keeps increasing? Many of them still don't know about the spiritual path toward self-perfection.

When facing trouble, what is the perspective of an advanced and liberated person? He must know how to turn enmity into gratitude. The monks in the pagodas used to say the same thing. The more provocative people are, the more serene I must remain. I try to cultivate myself more.

Who has helped me follow the spiritual path toward self-perfection? Who has awakened me besides these aggressors who are now my dear friends? I should not hate or avenge them. Otherwise my mind will become filled with bad thoughts. I must forgive them and nurture the spirit of fraternity for world peace and harmony.

The trials are very precious lessons. I must quietly cultivate myself. One year after another is passing with many lessons. I strive to overcome space and time to experience real happiness and peace. There are no more deceiving things. Even Christmas or New Year's time doesn't mean anything to me. Only the pure heart matters. Being pure and light, I will remain a constructive worker for the universe. Nothing can impede my

evolution anymore. Don't mix different spiritual techniques together. You will only harm yourself.

I had vowed to die for the sake of Tao, therefore, I have been travelling from place to place despite my age. After talking to you this time, I feel happy to die if my time comes. Please don't be disturbed for me.

Notice that the human being on earth is very precious. The brain and the nervous system are man's treasures. So we must cultivate ourselves to communicate with the whole universe. Lack of positive thoughts will cause sluggishness and idleness to the body and soul.

Until now, many outsiders have observed the Vô Vi activities. They wonder how Vô Vi has failed, then succeeded many times. After the retreat is again the reunion. This has been happening for several years. In Việt Nam, very few people are real practitioners. Many used to pray God and beseech His help. They forget to rectify themselves under the will of God. What's the use to call the Buddha for help as they are all liberated? I must advance myself among sufferings and pain. The more sufferings I experience, the deeper I understand the Buddhist Gospel. Many people have done the contrary. When they suffer, they remember to go to the pagoda, beseeching help. When they have an easy life, they begin to forget and belittle the sacred places. How erroneous it

is! Money and material belongings are so important to them. They forget that material matters cannot save them in the after-life.

So why do you ignore yourself? Why do you let yourself loose and neglect your inner balance? You don't have to ask anyone for that. When you were first born, you were fresh, balanced, with a smile as cheerful as a blossoming flower. Now, you are ingrained with negative energy leading to successive trials, unhappiness, sorrow and hatred. When you die, can you bring those unhappy feelings with you? Why would you carry them along? Why don't you unload them and throw them away? You must eliminate these negative traits to become light again. This is liberation. If you keep nurturing a bad character and bad habits, then sickness will occur. Sickness is caused by flaws in your character. Sickness will lead to unhappiness. Without it, you will feel happy. You must choose the only correct way to go.

Every year, Vô Vi practitioners organize a congregation with a free will of choice and self-engagement. Instead of spending a few hundred to a few thousand dollars on something else, I prefer to use it for the Vô Vi congress. So I can meet my fellow practitioners with all my love. Love with its pure essence is collectively contributed to the universe. Thus, the atmosphere will be light with pure energy, and I will feel happily inspired.

When I go home, I don't have such negative feelings anymore. Why is this? It shows that I must work more for self-attainment. When attending the spiritual meeting, everyone invokes the mantra and directs his thoughts to the Superior World. Therefore, the spiritual energy is collectively tuned up to the universe and harmonizes with the universal pure energy. Since its value is incomparable to nothing else, the practitioners have eagerly organized the spiritual congregation themselves. And it's not from my wish. I am only an invited guest who comes to contribute my share with you. I don't request to have such spiritual meetings. What's profitable for me to desire it? I only join you to contribute my share. During these three nights, I must stay awake to meditate and work on the spiritual plane. Only the advanced practitioners can understand me. They may know how I have contributed. The least advanced ones may only experience happy moments.

Human life is under the pressure of material needs of cause and effect. Man is a prisoner in the Mountain of the Five Elements which are metal, wood, water, earth and fire. His desires are limitless but he is not free himself. He is comparable to the monkey on the Journey to the West<sup>3</sup>.

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<sup>3</sup> *“Monkey who is Equal to Heaven” and “Journey To The West”*: a well known Chinese epic about a Chinese Buddhist monk in the Duong Dynasty who headed to the West, entrusted with the mission to



This monkey is imprisoned in the Mountain of the Five Elements. Man's internal organs are like the Mountain of the Five Elements: metal, wood, water, fire and earth. Man can never be free to leave his physical body because he is encircled by the Mountain of the Five Elements. No theories can help him liberate himself. Only his own practice accompanied with actions and reactions can lead him to gradual awareness. The energy in every nerve must be free flowing with the help of continual practice to develop every organ, cell and muscle.

You will be a good and lucid physician if you know how to make use of the pure energy of the universe. You can heal your body and develop it for eternity. Your soul will become free and light. It's very essential to cure the soul for liberation and enlightenment. The soul will be free from sickness and danger that have perpetuated through many previous existences. Many of you have experienced the energy being drawn up from the top of your head. This energy is in the process of development. It heals your soul and recalls it to perfection. With enough strength, the soul will be free to travel in the universe of energy and love. Those who cannot operate their pure energy to develop from the top of the head are mostly impeded by theories. Excessive reasoning or rivalry may

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*bring back the sacred Buddhist scriptures. The "Monkey who is Equal to Heaven" was one of his companions on this journey.*

hinder their evolution. They only borrow the theories from outsiders but cannot develop within themselves. Therefore, they remain hot-tempered and narrow-minded.

With Nam Mô A Di Đà Phật, we will be able to restore our inner balance. The bowing exercise can help activate and regulate the nervous system and the twelve meridians. It also helps get rid of vanity. Without vanity, we are happier. Our body and soul are thus being healed with the practice of the Vô Vi Esoteric Science. We become the physician of our own body. We will know how to cope with the natural law. Then we can harmonize with the supra-natural law.

Many practitioners talk too much without adequate practice. Their vanity remains high. They neglect the bowing exercise that can assist them to mend their ways. Through this negligence, they may orient themselves more toward carnal desires which are the gravest sins. If this case happens, the spiritual adepts will be condemned to sixty years of sluggishness. The spiritual adept must regularize himself to be free from excessive eating and desires. Then, the center of his head will be haloed with bright aureole. His mind will remain free of anger and stubbornness. Love and the sublimation of mind will be his basic qualifications. Peace on earth will then prevail.

No one will be concerned with other people's affairs anymore.

The societies of most industrialized countries are very secure compared to the society of Việt Nam. Their welfare systems are efficient in assisting the needy people. Material affluence can avoid many problems. In Việt Nam, people are poor and lack facilities, so the society is always insecure. Compared with the spiritual facet, inner instability happens the same way. If we orient ourselves toward spiritual development but neglect to practice, we will become unstable too. Therefore, we must practice seriously to eliminate instability within. Otherwise, the desire for carnal satisfaction will increase more and more leading to further problems, family conflicts and damnation.

By appearance, some claim to be devoted practitioners but are really going astray. A devoted practitioners must cultivate himself without the support of any theories or doctrines. Books are only for entertainment and information. Real practice must come from self-discipline and gradual progress. I need to be simple and not make mountains out of molehills. The real physician is really myself. Sickness is caused by flaws in the character. Hatred, jealousy, and anger will lead to mental disorders and cancer. The coagulation and intoxication of the blood creates cancer which originates

from bad habits and a bad character. Prevention and care are necessary to keep oneself healthy without substantial expenses. In addition to meditation, I will become a healthy person with a simple life. I can easily save my money and help the needy persons if necessary. Vô Vi practitioners have contributed a lot of money to print spiritual books to give free to people. It has caused misunderstanding in other people. They wonder where the money comes from, and they start to criticize. It's because they don't know the value of real devotion and meritorious happiness. Rivalry is their only concern. Criticism and negative thoughts will lead them to craziness. Why don't they do good things for the society instead of criticizing others? Ignorance will then cloud their minds. Vô Vi practitioners must overcome the ignorance, rivalry and struggles. Now we must not repeat it anymore. We need to rectify ourselves to restore our inner balance. We don't want to give order to anyone but we only mend our ways to set good examples to others.

Vô Vi policy has never altered. It's to correct oneself and to exert absolutely no control over other people. If you don't listen to me, you will create turmoil and chaos in society. What's the good to hold all the aces and dominate others with your intelligence? If you are smarter than others, people will listen to your advice. However, they can certainly misinterpret you due to their

lack of lucidity. Misinterpretation can lead to further errors and chaos.

So my policy is different. From the beginning, I remain self-sufficient, though I have directed myself to the spiritual path of perfection. I work hard to earn my living. I support myself and have the right to live as anyone else. So do you. The spiritual adept must practice and work hard. Don't be a sluggard in society. You must work hard and contribute your part to society. When following the spiritual path toward self-perfection, you must participate in society. Everyone around must be happy with you. This is the correct way. Don't act like a parasite. Try to do any type of work, even to be a bus boy. Be humble, in order to awaken. Don't give orders to others while you do nothing. You must work.

When I followed the spiritual path toward self-perfection, I had a job too. I worked very hard. The more I worked, the more I felt fulfilled. Even today, I go from place to place; it's not an easy task. It's hard work, but I like it. I like difficult tasks, so I can learn. I must also earn my living to afford going from one place to another, lecturing people. I train my body and soul to give a good example to others. Why? For the divine mechanism is about to change. Everybody will have the occasion to go to many different places. If he is not ready, he will not be able to cope with the situation. In spite of the

circumstances and time, he must release stubbornness and self-interest. He must practice to free himself from negative thoughts, which are the cause of many errors.

Every year, I have the occasion to share with you my experiences. You can notice whether I have made progress or have succumbed to damnation. I hope to see that we can cultivate ourselves for the harmony of body and soul. Then, peace on earth will prevail. Theories or doctrines are not important anymore. A human being is a treasure in this universe. Everything has contributed to his evolution. Nothing is harmful. If you are aware that you come from the seed of love and serenity, then everything around is serving you. Be happy, even among torture. Be appreciative to see every facet of spiritual development.

You thought you would lead a perfect life after marriage. As a father, you devote your life to rearing your children. But how do you feel if your grown-up son doesn't obey his father? How do you feel about it? Do you feel sad? If you are sad, then you are more inferior than your son. You should be happy to see his development. Think that your son will have many occasions to learn lessons in life for self-awakening. Then, you may become his loving dear father. If the father is resisting his son's freedom of development, then this father will fail to cope with the coming supra-advanced civilization.

Why should we inhale the pure air of the universe? The pure air is the breath of life that circulates through the twelve meridians and the internal organs of the body. When the energy through the twelve meridians is free flowing, you'll become a light person. Even though you are an inhabitant of the earth, you are free. When being light and pure, stubbornness, foolishness, anger and sadness cease to exist. Faith and love will occur to make you a happy person.

How beautiful is the flower in front of me? Who has created it? Where is its origin? Having undergone actions and reactions, the seed grows up into a plant. Then, the plant gives a colorful flower as an offering. Do you know what it is? This is the power of God and the Buddha. God's omnipresent power is within the process of development. After going through the refinement process of life actions and reactions, the essence of lightness and pureness appears. It has well defined colors. This force is eternal and indestructible.

Every creature has its own affinity, even a blade of grass in the yard or the house built by man's intelligence. You like to buy a house because its style suits your taste, so you want to live in it. Why do you still feel unhappy, sick and restless when living in such a nice house? It's because you worry about money. You're afraid of being short of money. Isn't it because of greed which is caused

by the fear of poverty? Buddha had identified greed as the first cause leading to anger, foolishness, pleasure, hatred, blind love and lust. So every bad character is derived from greed.

During your cultivation of inner balance, you begin to perceive the law of human rights granted by God. Do you notice that every color is distinctive? Its color degree and shade are pure. Dear friends, this is the law of human rights in the universe. But spiritual rights exist too. They are the development to infinity and the perpetual constructiveness and order. You see that no one is taking care of the forest. However, it has its own order. So why do you remain stubborn and foolish? Bad temperament will pollute and destabilize your inner jungle. How do you condone such pollution? When you were a baby, you didn't smoke and drink. Now, smoking becomes the habit that pollutes your internal organs. And drinking drives you to lose self-control. When you were first born, you didn't eat meat. And now, meat becomes your daily meal. When eating meat, you don't see the sacrifice and the virtue of the meat and the vegetable. You eat without awareness. Isn't it mindless? Eating without knowing the will of the vegetable, the meat or the fish. The will of these living creatures aims also for evolution toward the human level. They wish to harmonize with the human species when entering into their bodies.



Being a master of this physical body is the same as being a leader of a country. You need to be stable and poised. You cannot create conflicts and pollution in your inner kingdom. Whatever you hear, your mind generates distortion and rivalry. This is the cause of ignorance and agitation. This inner kingdom can become stagnated this way, as does your country outside. Unstable people create discord for the country. Without correction of mind and habits, no one can succeed to manage a country in peace. If you are unconcerned about the seed of love and constructiveness, your irresponsible words and actions will lead to chaos. Your misjudgment and bad behavior must come from the disorder of your internal organs. This also happens in your family life. Who is responsible for this disorder? It's from the errors of the head of the family. Everyone must be conscious of self-improvement and of the law of karma to attain peace. Bad actions will lead to bad consequences. So we must agree to correct our flaws for improvement.

Nothing can improve with obstinacy and haughtiness. We must be modest to be aware of the immortal soul. Even when reaching 100 years of age, we still have many lessons to learn. They are without end. We should not make any excuse to ourselves because of old age. We continually learn to improve the equilibrium of the body and soul. The spiritual aspect is very important. We constantly learn spiritual development, as said in

many scriptures about the immortal soul. The human soul is eternal. Without cultivation and eagerness to learn, we will never succeed to know about the soul. We can influence others only with our own given good examples of self-cultivation.

Many fellow practitioners who had killed many mice for scientific experiments, now feel deep regret for those dying animals. Since they follow the spiritual path toward self-perfection, those scientists begin to understand the sufferings of these experimental species. What would they feel if they are in the place of the mice? How much has medicine been able to contribute to the well-being of mankind? It's all limited because this earth-world is transient. The arrival and the departure time of the soul is definite. Only the heart of compassion can develop endlessly with the effort of self-cultivation.

So the practitioner should pray for the salvation of all living creatures. If he wants to improve himself, then he should pray for the salvation and evolution of these creatures. People oriented toward science know only what they experience through the senses of touch, hearing, taste, and sight. If they practice meditation for spiritual development, then they will contribute more properly to humanity. They will know what to do constructively for the society. They will avoid negative activities such as

destroying the environment, misusing drugs and chemicals.

What do the Vô Vi practitioners reap after meditation? After cleansing their body with pure air, the practitioners can cope more easily with the material society. Vô Vi practitioners should return to nature. When you know how fleeting material matter is, and how everlasting spiritual matter is, then you will surely choose one path to follow. It must be the most favorable and clear cut path. The Vô Vi method is only a technique to help you restore your inner equilibrium. It's not a religion that requires you to rely on an initiator, or any spiritual leader. You need only to balance your body and soul, so you can cope with the change of society, despite space and time.

Every practitioner must keep his own faith toward the One he venerates. If he believes in Christ, then he must understand the teachings of Christ with His principles and order. He must be aware of Christ's nobleness and perseverance, Christ's courage and compassion. The same is true for God and the Buddha. These highly evolved beings must train themselves very hard to become Bodhisattvas. Money and easy life didn't help them achieve their goal.

In Asia, worshippers celebrate many ritual ceremonies, especially during the Mid-Autumn season.

They send many offerings to the temporarily released souls, beseeching protection. It's because they haven't understood the truth. If they really understand the truth, then they must primarily correct themselves. Our faith must remain constant toward our religious order. We must cultivate ourselves for the harmony of body and soul. Then, we will be worthy as the followers of the One we venerate.

Vô Vi is not a religion. Many people have misunderstood Vô Vi and want to manipulate Vô Vi to involve politics. This is totally erroneous. Vô Vi practitioners will never accept anyone to be their authoritarian leader. No one can motivate them to disturb the society or create holy war. Vô Vi practitioners only nurture the spirit of constructiveness and altruism. Many people question how the Vô Vi community has developed. Vô Vi keeps expanding, despite its withdrawal to seclusion during the time of provocations. Vô Vi practitioners are open and happy with every friendly person. They will withdraw to self-practice when facing attacks. There is absolutely no way for political manipulation. Vô Vi practitioners are liberated people who will not be entangled in the dark roads of the demolishers and barbarians. These things can delay their progress toward the refinement of the supra-spiritual power in the future.

Vô Vi practitioners must attain the supra-spiritual power. This is a very clear path of development for body and soul toward infinity. Every year passes with its own rate of progress and awareness. We must keep our spiritual goal to go on for liberation. This is definitely the shortest road toward salvation. If you need to achieve one thing for the completion of everything else in the future, then you must practice. May I advise those who purely read books and theories, and the pretenders to be quiet. Save your time for the invocation of the Buddha mantra. Why don't you cultivate yourself for a quick return to the right position of rescuing living beings? The spiritual path is within your consciousness. Your right position is at the Celestial World. Why do you waste your time here for rivalry? Do not waste your life. This is now your last chance.

Vô Vi practitioners are unacquainted with worldly matters, but they are spiritually wise. They dare to give money to the needy, and print books to give free to people. Their spiritual path can never stagnate. By outward appearances, many ordinary people have misunderstood that Vô Vi is involved in politics. Please do not think so. Before, we came from the core of politics, but now we try to return to our real spiritual potential. We don't praise anyone and are afraid of no one. We follow the spiritual path to clear away our ignorance. The Vô Vi principle is based on pure practice for the discovery of

one's real potential, and not on theories. We practice to harmonize the body and soul. We try to become a healthy person always willing to help others. Vô Vi practitioners must improve themselves with free will, and not for position and fame. By this way, we can really eliminate our bad habits and characters.

Self-serving purposes will lead to sorrow. However, working for the well-being of everyone is constructive. After many worldly actions and reactions, man has created many laws and regulations. The free world has its own law. The communists have their own regulations. And neither has succeeded in liberating itself. So what are we trying to do today? We aim for soul liberation. To feel secure, the soul must be free and in peace. Insecurity of the body comes from the agitation of the soul.

The human world is searching now for inner strength. Are you experiencing the vibrating energy being drawn up from the top of your head that is related with the cosmic power? If it doesn't communicate with the cosmic power, then why does your pure energy vibrate from the top of your head? When you experience this, then nothing else can threaten you. How infinite is the spiritual power!

Try to practice steadily with order and serenity. Try to accomplish charitable deeds and attain clairvoyance at the same time. In the material life, do respect the common law of society. In the spiritual life, try to harmonize with the pure energy to liberate your soul from the Mountain of the Five Elements. This is the dark prison of the physical body. When closing your eyes, if you can't see your soul, then you are blind. You don't know what your consciousness is, nor the existence of your interior scenery. On the level of your upper head are located many big landscapes and mountains. With Nam Mô A Di Đà Phật, you will be able to discover these gorgeous scenes of mountains. They are situated at the level of your head. When your internal organs are developed, you will get enlightened. Then you will see that they look like the structure of the universe.

There is nothing missing within your microcosm. Only your real effort is necessary to attain lucidity and to fully discover the brilliant and indestructible Pearl of Silence. When closing your eyes, the Eternal Pearl will project out. This is you, the soul with its infinite potential. At this level, you will be able to harmonize with any circumstance at the proper time.

You will become omnipotent and omnipresent. You no longer limit yourself to one corner. I hope that Vô

Vi practitioners will make more progress, and will be free to travel and develop themselves spiritually.

Your relationships with people will get better and better. You will learn and read the sacred book without words, which is the Living Bible. This Living Gospel is within you, everywhere, on the plane, on the ship or in the car. You will see that man's intelligence has created many constructive things.

Vô Vi practitioners will have to devote themselves more and more without seeking self-interest. You should work with the common spirit, for the well-being of others and for posterity. You should regenerate yourself so the next person can follow suit. Then, everywhere you see is beauty, and every kind of work is appreciation. From the least detail to the most important thing, all contribute to mankind. The further you go, the more you feel accomplished, happy and open-minded. Avoid seeking self-interest because it creates failure, obstinacy, foolishness and sorrow, leading you to stagnation. Openness and clemency are the blossoms of the pure heart. Love and forgiveness are the virtue of a bodhisattva.

You listen to what I say today and wonder how you will be able to achieve it? You must do it to achieve it. For instance, when you were in Việt Nam, especially for



women, you dreamed of driving a car. Today, all of you can drive. You must practice to arrive. Now you have a chance to regenerate yourself, but you neglect to do it. Then how can you progress? Following the spiritual path toward self-perfection is practice for spiritual evolution. Talking doesn't help you progress. Then what will be the consequences? You may get sick one day. However, with steady practice, you can avoid illnesses and you will see that nothing in this material world is important. How happy to see that many people have practiced the dharma for soul purification.

Today, I'm very happy. After many years of self-practice, I begin to see some practitioners leaving Vô Vi to open many other branches. How happy I feel to see you engaging yourselves to help others and the society. On this earth, the population is over four billion. Therefore, it needs many enlightened persons to work for the world. One person is not enough. How can you know whether you are competent or not? You'll know it when dealing with people. You'll have a chance to develop yourself among confrontations. When you haven't engaged yourself to work for the Tao, you don't know the hardship of Tao. However, after these unfavorable moments, you'll be able to progress further. For instance, when talking about the truth, it's natural to meet the repulsion or rejection from others. Many other teachers have experienced this. Rejection has been faced by many Vô Vi

practitioners who would like to talk about the marvel of this method. You have certainly met people who have denied it.

Vô Vi practitioners should discuss only their own spiritual experiences. This comes from the real potential and not from a book. Only the practitioners with good results can influence other people. Everything is difficult in the beginning. Don't worry! Gradual progress will come with time. The only important thing now is how to chase away your phantom of laziness. You should subdue this flickering shadow of rivalry. This is the cause of mind intoxication and of millions of other excuses leading you to eternal condemnation. It is wise to respect your daily schedule. Your time of eating, working, and meditating should be punctual. Otherwise, you'll feel restless.

Order and neatness are important. If you take an object from one place, then you should return it to the same place. The misplacement will create annoyance to the following person. I see that many practitioners talk very well about spiritual matters. They advise people on self-discipline but they fall into the trap of carnal desires. Isn't it self-deception? Vô Vi practitioners should not believe anyone. Only self-practice is important. I just look within myself. If I can correct myself, then I will be rewarded. If I cannot improve myself then I am helpless. I should not advise anyone without self-practice. I must

train and correct myself. I can learn whatever I like. When misfortune comes, I must tolerate it. I may clear away these obstacles with the practice of the dharma method.

What does it mean by cultivating good deeds and clairvoyance at the same time? It's self-engagement with unswerving mind. Without trials, how can you progress? It's unacceptable to be a hypocrite, an artificially wise man seeking praise and flattery. You must work hard to earn a living.

Now, I come to you with my voice. When it's convenient, I'll come to visit you in person. With my presence, I feel that you're very happy. I always remember your love for me. I agree to visit even those who live among rivalry. I want to bring the joy to their friends and families. I don't come for food and shelter. I visit you with my own savings coming from my patients fees. I'll pay you a visit. So you can be more aware of the difference between the lightness of a practitioner and the heaviness of a non-practitioner. I don't do it for self-interest. It's only for your awareness. I don't need you giving me pure energy, because I can draw it myself directly from above. I hope you will practice to reach enlightenment, so everywhere you go is happiness and peace. This is the most essential. If you bring uneasiness and trouble to people then you should stay at home. Don't go because it's failure. Your nervous system will

break down at the end. If everyone welcomes you, then you should pay them a visit. If people have confidence in you, then you deserve it.

In Vô Vi, there is total freedom for self-development. Society is your testing school and your masters are really the meditation beginners. So are the person who criticize you. Your opponents are not your enemies, but they are your masters. For the sake of love and constructiveness, they offend and criticize you to help you learn humbleness. When they criticize you, they must have a reason that starts from many previous existences. Now, you meet them again for constructiveness and love. So try to learn and advance. Don't reject it, otherwise you will create more trouble and rivalry for yourself. Then jealousy and dissension will prevail. Try to arrange for your body and soul to be on the right path. Do practice universal fraternity. We are as close together as brothers and sisters under the same universal roof.

I cannot segregate people by saying that I breathe in perfume while you breathe in acidic air. We all breathe in the same pure air to live in peace together. If I regenerate myself, I will feel more pureness and lightness. I will become open-minded and happy. I can only return to my homeland in such a condition. If there is lack of harmony, I will not be able to endure the poverty in my home country. Then, I can never cope with the new

situation. Therefore, the essential thing is the rectification of your body and soul.

One of these days, you'll experience this by taking a trip back to your own country. Try to know why you cannot cope with the life over there. When you see, you'll know how to improve yourself to contribute to the well-being of others. You should carry the weapon of love and wisdom which is ingrained within everyone's consciousness. World peace can prevail in this way. Man plays a very important role in the constructiveness of this earth world. If you take part in it, then you will have a chance to contribute to the well-being of mankind in the future. If you don't cultivate yourself to realize what purity and impurity mean, then you'll become dependent upon external circumstances.

Stagnation and fleeting theories will impede your development. You can talk eloquently, but you remain a frustrated person. You can only liberate yourself with self-cultivation and serenity.

During this annual reunion of the New Year's Eve, I transmit to you my message coming from my consciousness and will have a chance to meet each other more easily in love and forgiveness. Happiness in serenity is pure sincerity. Happiness among agitation is fleeting. However, we must still cope with the transient moments

of life's happiness. If we can't harmonize with the situation, then how can we experience the Tao? When we participate in a party, our acquaintances will look at the shining face of the spiritual practitioner. They will wonder about his brightness coming from meditation. This is an occasion for self-engagement to share our knowledge with people, so they can be more aware of the Tao. Don't set yourself apart from ordinary people. Don't think that you are spiritual and others aren't. Without the physical life, there is no spiritual life and vice versa. Without spiritual support, the material life itself is destruction.

Spiritual matter supports material matter to make life better. For instance, the church and the priests are present everywhere in the world to create order and prosperity for the society, just as are the temples and pagodas so that the followers can have occasion for repentance and awareness. Many other religions which all begin from the will of God serve the same purpose. We aim for spiritual development and improvement. We must ride safely on a vehicle with two wheels instead of with one wheel. These two wheels are the spiritual and the material wheels that need to be in balance. If we ride on one material wheel only, then rivalry and anger prevail. With one wheel, we will soon fall into the abyss. It's much safer to travel on a vehicle with two wheels. To cultivate good deeds along with clairvoyance is essential for a happy and secure life. Material and spiritual

improvement should go together. Rivalry in life cannot give way to real potential.

Since we all have a limited number of years to live on earth, why don't we prepare ourselves for a return to serenity? Where will we go beyond life if we neglect ourselves? Will we continue on the path of rivalry? How unbearable it is! What are the consequences of rivalry? Today, you say that you have a family and a house but your debts are up to your head. You are restless because of the debts for cars and houses. You even have debts toward your wife and children. So you can only pay off all the worldly debts by following the spiritual path toward self-perfection. When soul liberation is attained, you'll be able to achieve one thing for the completion of everything else. If you are able to release yourself from suffering, you will give a good example to others to follow, so they can also liberate their own karma. They should turn enmity into gratitude and make use of the life frictions for the development of Tao. This is a quick, practical and positive way toward spiritual advancement.

Man's technology and management of the environment have progressed a great deal. However, suffering persists. People who suffer from poverty and deprivation in the olden days are the same as today. If saying that the electric lamp is better than the petrol lamp, then how about the primitive people who use the rubbing

of stones to make fire? Today, the more advanced technology is, the more needs there are. With all the worries of paying household bills, man has shortened his longevity. Because of material dissatisfaction, he has today many debts and loans. He becomes restless.

When I am travelling, many people have asked why I have a shaven head. I just explain to them that it is because of hygiene. I want also to save the money that would go for a haircut. Therefore, I shave my hair everyday. It's a waste of time and money to go to the barber shop. I accept whatever meal people give me. The spiritual practitioner should not require a good meal. Simple meals are sufficient. If the spiritual student consumes one portion, then he must be as productive as ten times more of that portion. After eating, he must meditate more to dissolve the energy of the nutrients. By sublimation of energy, he can return these nutrients to their proper level. The animals have sacrificed their lives to provide their meat to nourish man. This is a virtue of bodhisattva. Man must in turn help them elevate themselves to higher levels. This is man's duty. How can man call himself a good person? Even if he becomes vegetarian, it's still not enough to be a good person. For he must eat, chew the food and swallow. Then how can he be a kind person this way? So if he is a good man, his heart must be kind in lucidity. He must be free from obstinacy and foolishness. He will become a wicked man



if he is impregnated with self-interest and stubbornness. Since he cannot progress spiritually, he may suffer because of his limitations. How boastful he feels! Flattery and over-praising usually follow fame and position. Do you know how these people will be after life? If you attain soul liberation, you'll see them crying in darkness. What a waste not to dedicate one's life to cultivate one's body and soul!

If we can improve our habits and character, then how easy will it be with others. How happy to be with our brothers and sisters under the same universal roof. Our fraternity and love will persist in our heart without discrimination. Nothing belongs to us forever. Even if we are millionaires, we cannot bring the fortune with us beyond life.

After the cold of winter comes the heat of summer, then the harmony of spring. The changing weather has taught mankind to think and find many ways to cope with different situations. This is God's will and His guidance. The Almighty Lord doesn't need to come down here in person to teach us. His principle is ingrained in the life actions and reactions to give our mind and body the necessary lessons. So why don't we learn rather than wait for a Savior or a God to descend to the earth? This attitude is stagnation and sluggishness. There are many occasions for us to learn but we have so far rejected them. This is an

attitude of self-destruction which leads to arrogance and authoritarianism. We claim that this scripture is a good book, but the right one must be within our heart. So why don't we open the heart to find the Gospel within us? What's the use of reading the written scripture? The correct Living Gospel and the Living Bible are within our heart and soul. This Gospel never misguides us. It can only inspire us for spiritual development.

With one more year added, we all grow older. The youth will reach the middle age, and the senior people will gradually pass away. If the senior people know how to follow the spiritual path toward self-perfection, they can rejuvenate themselves. Their souls remain young and light with peace and acceptance.

Some people like divination. They want to know about favorable things, and dislike the unfavorable signs. They are interested in knowing about their destiny and fate through the fortune tellers. They are happy to pay money to listen to some favorable signs about wealth and happiness. However, they forget where the money comes from. Money must come from the sweat of your brow. Money must come from your intelligence and hard labor, so you must be smart to get rich. To get the real wealth, you must be serene, lucid, loving and forgiving. Poverty comes from the lack of forgiveness and love. One is poor because he cherishes life and is afraid of death. The poor

man's mind is ingrained with rivalry and wrong reasoning, leading him to further misfortune.

During your meditation practice, you should look within to purify yourself from darkness and mind intoxication. Try to improve yourself to lucidity and openness. Be happy with the universe and accept the karma of your family. Do harmonize with the situations and don't get attached too much to physical matter. After the existence, comes the nonexistence or vice versa. So let's be happy in serenity. Let's be in tune with the universal pure air to free ourselves from all worldly problems.

May I wish you peace and happiness for your body and soul.

*Überlingen, January 1, 1990*

## A Universal Divine Message

*(Thanh Quang Điển Lành)*

*Mr. Lương Sĩ Hằng – Vĩ Kiên 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**

All 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.

**Embodies by the soul and astral body  
That learn to understand birth and death.**

To know the soul and astral body is to know reincarnation and evolution.

**Know that 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, let's return to your pure origin which is nothingness, and to become one with Me

**Let's go back to the origin, discover your paradise.**

This is the ultimate goal. No longer would we degenerate. If we progress to the point of harmony and balance, we will be able 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. This 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 your return back to your origin. You, my beloved, are part of Me, and of you. Each person must practice and advance on his own 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 to its physical body.

**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 continually shine on 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. 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 spent 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. All 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 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. Why do you neglect spiritual perfection and ignore the importance of the regeneration of your internal organs? Self-cultivation will allow you to achieve the infinite base, already predestined for your salvation.

Your soul is immortal. How can you achieve the eternal lightness, if you do not plan to improve it? 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 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 Aureole 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 be recognized by 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! You have the ability to foresee things 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 & know where tranquility is and where agitation is.

Then all you have to do is practice systematically and calmly to reach spiritual perfection. 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 scenes 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. 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. All my children, within you there is a hidden

place to search for. The meridians form a concealed path for you to discover and evolve. 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 meditation practitioner. If you can understand the value of your lessons, you are indeed more superior than the meditation practitioner 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 its 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 worldly 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 impurities. 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 to unify with Me. When you unify with Me, everything will be illuminated. Your aureole 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, 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. All my dear children, if you learn to know yourself, how relieved I am!

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

Everything converges to Oneness. Every living creature will come to unification. The whole then diverges into the multi-facets, 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 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 for you to learn. You learn tears, sorrow, happiness and sadness 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 to shine my light on 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. 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 what is 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 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 punishment they had to endure? In reality, they have punished themselves. 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 judgments. 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. 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 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

*(Hải Vận Hành Hương)*

*This lecture was given during the 9<sup>th</sup> 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 during the past few years.*

Dear friends,

We are fortunate to be together on this cruise. While the ship is on the way, 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



participate in God's will to the path 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, we all contribute our soul and heart to constructiveness by joining our pure energy to help the suffering souls who lost their paths. With clear standpoint, what should we do now? We should practice forgiveness, love, perpetual constructiveness in life and spiritual matters. With mediation, we become serene and open-minded 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 built by many collective minds who team 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 by 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 after going through many processes 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 Buddha, 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 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 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 blessing 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 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 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 Buddha. 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 Buddha 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 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, but 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 unswayed. After many upheavals and natural disasters, nature itself 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 the residues will be piled up 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 growth and destroy nature less, then everything will be improved.

The moment of meditation is the most sacred moment of our life. Medicines are not as efficient as a man at heart who devotes himself to spiritual practice and detach himself from stress and worry. This is a best cure against 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 Buddha 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 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 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 be in tune with 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. Once he experiences many facets of the physical life, he can grasp the spiritual facet better to reach his 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 aureole 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 aureoles. 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 can be 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 non-existence. There is no more external reliance in this level. 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 aureole 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 of 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 can be better.

Being children of God, our faces must be bright. Being children of God, we cannot dwell in rivalry and conflict. What's the use of being a messenger of God and the Buddha 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, we must join in our collective pure energy to fulfill the common goal.

We join in our pure energy with constant invocation of the Buddha mantra. The Buddha are not more stupid than us. They know how to make use of their pure aureoles 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.  
Nam Mô A Di Đà Phật.**

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 Buddha, 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, 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 clement 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 Amitābha 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 adopt 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 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 aureole 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 the 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 hand span 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 II**

## **The Meditation Method Of Vô Vi Esoteric Science**





## The Meditation Method Of Vô Vi Esoteric Science

*“...To direct one’s life toward spiritual perfection is to perfect and correct oneself to become more and more serene and clear....”*

*“...I am the most ignorant person on earth. I must perfect myself. I must correct myself. I must progress. I must build my awareness 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 clear way...”*

*Lương Sĩ Hằng – Vĩ Kiên*

In this world, money, love and karma cause us enough sufferings and excitement, so why do we need to orient ourselves toward self-perfection?

What are the benefits of self-perfection? For self-perfection, we must meditate. Mere talks or theories are not enough, but meditation practice is essential for self-perfection. Karmic forces from many previous lives affect

our mind and body. We need to meditate to purify ourselves and return to lightness.

We become light when we can get rid of impurities. In the state of lightness, our eyes are bright and we look healthy and happy. How can we cleanse the impurity? We need to absorb the pure breath and release the impurity.

Our lives depend on the pure breath of Heaven and Earth. We have Heaven, Earth and Tao (*the Way*) within us, and we lack nothing. For soul evolution, we need practice to receive the lightness of the World Above. Without the universal order, life cannot exist. If our body & mind are not in order, then our life will not be pleasant. If we neglect the spiritual side and only focus on money and power, then we can easily be disoriented and fall into unrighteousness instead of leading a correct path toward altruism.

If we want to help others, we must help ourselves first. If we cannot save ourselves, we cannot save others. We own a body created by the Supra Nature, and yet we don't even know what is the order inside of us. What are the needs of our organs? Our organs need the support of the pure breath of heaven and earth to grow and evolve. So with the help of the Practical Method of Vô Vi Esoteric Science, we can harmonize with God to evolve toward the

path of infinite lightness. This is the correct path for every spiritual mind. Directing ourselves outside--to material things or struggling for power are only limited and temporal. We finally have to leave with empty hands.

Our soul has come down here from thirty-three levels of heaven; it originates from lightness and when leaving this earth, it will also go with two empty hands. So everyone must understand that we don't own any power, we don't have any money, we are not talented either. All we have is a willpower that can adopt a path toward self-equilibrium leading to perfect balance and growth.

This is why we must practice meditation instead of focusing on theories. Speculation and arguments only lead to endless complications ahead. If we can establish an inner balance within, we can certainly eliminate all impurity that constantly invades our minds.

I hope that by listening to what I have said, you will be more aware of yourself and follow my practice to become a healthy and serviceable person.



## **Chapter I**

# **Basic Techniques For The First 6 Months**

**Making A Spiritual Commitment**

**Concentrating Your Spiritual Energy**

**Massaging After Concentrating Your Energy**

**Abdominal Breathing (*while lying down*)**





During the first six months, the new practitioner will practice basic exercises in order to prepare oneself for meditation. They are:

- 1- Making a Spiritual Commitment
- 2- Concentrating your Spiritual Energy
- 3- Massaging after concentrating your Energy
- 4- Abdominal Breathing (*while lying down*)

### The Sitting Position



Sit on a cushion placed on a carpet or blanket. Cross your right leg over your left leg or vice versa. Put both arms against the sides of your body, and both hands on your lap. **Sit facing Southward.** Curl up the tip of your tongue so that it touches the upper gum and teeth. Keep your teeth touching slightly together with your mouth

closed. Close your eyes and focus on the middle point between your eyebrows. Sit straight so your spine is straight. If you cannot sit cross-legged, you may sit on a chair with your feet flat together on the carpet, heels touching each other. Sit straight and do not lean back.

**1. Lotus position:**



Fold the legs with soles of both feet facing upward.

**2. Half-lotus position:**



Fold the legs with one sole of one foot facing upward.

**3. Crossed leg position:**



Fold the legs naturally in the crossed leg position.

#### 4. Sitting on a chair:



Keep the spine straight, and do not lean on the back of the chair. Avoid direct contact with the ground by keeping your shoes on or, if barefooted, with the feet fully touching each other, and the soles laying flat on the carpet or a piece of wood.



## BASIC PRE-MEDITATION

For every exercise, you will need to assume some basic head positions. These positions are used in almost all Vô Vi exercises. Maintain the following positions from the beginning to the end of the exercises:



- **Tongue Curled Up:** The tip of the tongue is curled up, touching the line between the upper gum and front teeth. The acupoint on your 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.



- Incisors against Incisors: Front teeth slightly touching together.
- Mouth closed.



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

## 1. MAKING A SPIRITUAL COMMITMENT



Put your hands together in the prayer position in front of your chest. Keep your mind calm. Concentrate the six words on the six sacred chakras.

Use your mind to invoke the following:

**Nam Mo A Di Da Phat**

*(nahm moh ah zee da fut)*

**Nam Mo A Di Da Phat**

**Nam Mo A Di Da Phat**

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

## 2. CONCENTRATING YOUR SPIRITUAL ENERGY

Slowly raise your elbows up to the level of your shoulders:



Use your thumbs to plug your ears. Using the tips of your middle fingers, press lightly on the bone at the ends of your eyes. Put the tip of your index fingers lightly on your temple at the hairline. Fold your remaining fingers inside your palms.



Curl your tongue up to your upper gum, teeth against teeth,

mouth closed.

Close your eyes and focus forward on the middle point between your eyebrows.

Listen to the energy vibrating up to your head.

Breathe normally.

Sit with your back straight.

This can be done at any time during the day, after the mental invocation, to help your nervous system calm down.

Do this exercise for five minutes at least and fifteen minutes at most.



### 3. MASSAGING AFTER CONCENTRATING YOUR ENERGY

Slowly raise both hands to your head. To draw energy back to your body and cover your head with your palms. Slide your hands down along the side of your head. Pull down on your earlobes.

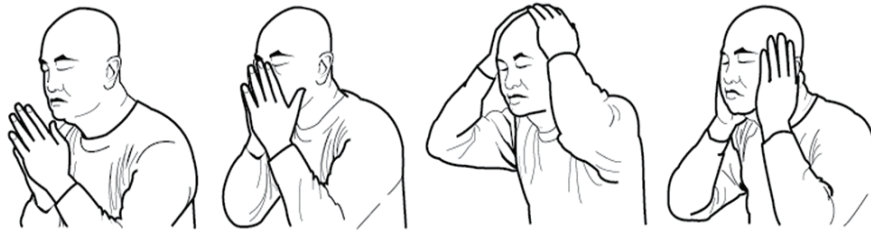
Rub your face like this three times.



Rub your hands together to warm them. Rub your face like this three times.

Rub your hands together to warm them. Rub your face like this three times.

Rub your hands together to warm them. Rub your face like this three times.



## 4. ABDOMINAL BREATHING

Practice Abdominal Breathing while lying down in order to cleanse and harmonize your intestine.

Lie on your back. Curl your tongue up to your upper gum. Teeth against teeth, mouth closed. Keep your limbs extended and completely relaxed. Tell yourself to forget about your body.

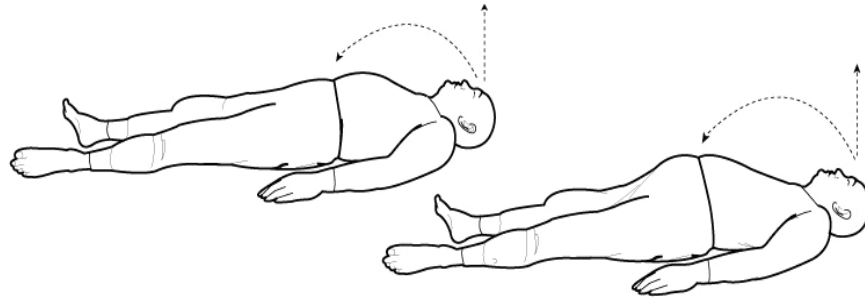
Close your eyes and focus forward on the middle point between your eyebrows. Concentrate on your navel. When you practice this exercise, always concentrate on your navel.

Start to exhale while pulling your abdomen inward to eliminate the air.

Slowly inhale to fill up your abdomen and exhale to empty it. Mentally count "1".

Continue inhaling and exhaling the next breath and count "2". Don't hold your breath and breathe evenly and count "3". Continue, counting 4,5,6,7,8,9,10,11 up to 12.

This completes one cycle.



Rest for a few seconds, and begin a new cycle. With each new cycle, you will be dropping a number.

Exhale, empty your abdomen-- then inhale, filling your abdomen. Slowly exhale, empty your abdomen, and start again with 1. Continue breathing and count only up to 11.

The next time count only up to 10, then 9, and so on. 1 to 8...1 to 7...1 to 6...1 to 5...1 to 4...1 to 3...1 to 2...and finally, just "1."

The total number of breaths should be 78.

Your breathing must be smooth and rhythmic. If you go too fast, you will get less results. If you go too slowly, it is easy to fall to asleep.

You may practice this method any time your stomach is not full or 2 to 3 hours after a meal. You may practice it after the exercise of Concentrating your Spiritual Energy—or-separately at anytime during the day.

## THE ORIGINAL PRINCIPLE OF NAM MÔ A DI ĐÀ PHẬT

**Nam** is fire

**Mô** is Air

**A** is Water

**Di** is Expansion

**Đà** is Emanation of Light and Color

**Phật** is Inspiration.

- **Nam is the South Gate of Heaven.** Nam is the South Binh Dinh Fire, the built-up energy at the point between your eyebrows. The two energies connect and spark brightly.
- **Mô shows the invisible things.** When we close our eyes, we can view the scenery from above.
- **A Nhâm Quý (ah neyamm kwí) gathers in the kidneys.** Water and energy come together in the spiritual renal water. When the kidneys don't function well, you cannot sleep, but when water and energy connect, you feel better and sleep well.

- **Di represents the 3 precious energies:** the seminal essence of life, the vital breath energy, and spiritual energy. These three energies come together to progress upward and stabilize you.
- **Đà is an aura, a color that covers everything.** When we are serene, a spiritual energy in the form of a golden aura radiates over our entire body and protects it.
- **Phật is recognizing the serenity inside ourselves.** We must admit our problems so as to repent. We must repent to permit progress toward enlightenment.

## INVOKING THE MANTRA, “NAM MÔ A DI ĐÀ PHẬT” during the first 6 months:

During the first six months concentrate and use your mind to invoke “*Nam Mô A Di Đà Phật*” so that energy vibrations move into the six corresponding chakras of your body.

Curl your tongue up, teeth to teeth, mouth and eyes closed, and invoke each word in your mind:

“**Nam**” -- When you invoke “*Nam,*” focus on the center point between your eyebrows.

“**Mô**” -- When you invoke “*Mo,*” focus on the top of your head.

“**A**” -- When you invoke “*A,*” focus on the center point between the two kidneys.

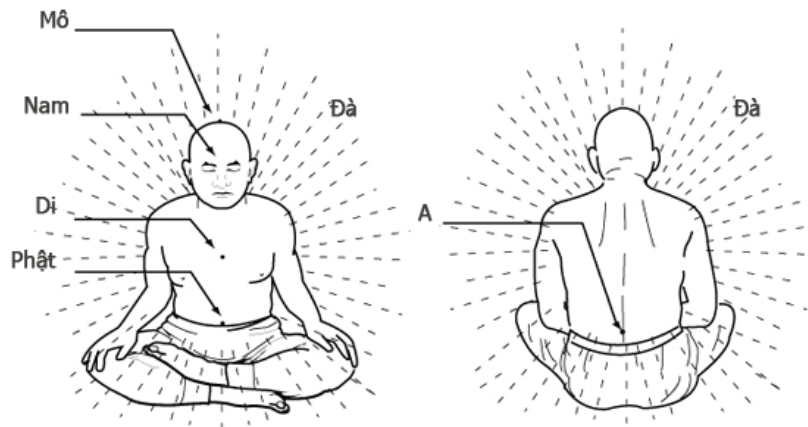
“**Di**” -- When you invoke “*Di,*” focus on the center of your chest.

“**Đà**” -- When you invoke the word “*Da,*” the light around your skin shines in serenity.



“**Phật**” -- When you invoke “*Phat*,” focus on the center of your stomach.

Invocation of this mantra is the key to spiritual development. The more you work on it, the more you use it, the more you will grow spiritually.



Invoking “*Nam Mô A Di Đà Phật*” stimulates vibrations of energy around your body. These vibrations help clear the 5 organs, arteries and help open the energy center of your head.

You can practice this invocation at any time.



## Chapter II

# Complete Vô Vi Techniques

*(for use after 6 months)*

**Making A Spiritual Commitment**

**Concentrating Your Spiritual Energy**

**Continuous Breathing In Cycles**

*(while seated)*

**Meditative Contemplation**

**Post-Meditation Massage**



After six months, you may practice the following techniques in the correct sequence:

- 1 – Making a spiritual commitment
- 2 – Concentrating your spiritual energy
- 3 – Continuous breathing in cycles (*while seated*)
- 4 -- Meditative contemplation
- 5 – Post-Meditation massage

It is best to meditate between **11 p.m. and 1 a.m.**, local time. Avoid meditation between 3 p.m. to 9 p.m. .

## 1. MAKING A SPIRITUAL COMMITMENT



Put your hands together in the prayer position in front of your chest. Keep your mind calm. Concentrate on the top of your head. Use your mind to invoke the following:

**Nam Mo A Di Da Phat** (*nahm moh ah zee da fut*)

**Nam Mo A Di Da Phat**

**Nam Mo A Di Da Phat**

**Nam Mo Tay Phuong Cuc Lac The Gioi Quen The Am Bo Tat**

*(nahm moh taay phu-ung kuk lakh the zuh/oy kwan the ahm boh that)*

**Nam Mo Long Hoa Giao Chu Di Lac**

*(nahm moh laumng hua zao chuu zi lakh)*

**I am (use your name) Please accept my sincere promise to pursue the spiritual path to reach enlightenment and liberation of my soul.**

**From now on, I will strive to**

**--Return to my true nature of serenity**

**--Return to my true nature of spiritual energy**

**--Return to my true nature of my duties towards my fellow beings,  
Heaven and Earth**

**Nam Mo A Di Da Phat. May Peace be with all creatures.**

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

## 2. CONCENTRATING YOUR SPIRITUAL ENERGY

Slowly raise your elbows up to the level of your shoulders:



Use your thumbs to plug your ears. Using the tips of your middle fingers, press lightly on the bone at the ends of your eyes. Put the tip of your index fingers lightly on your temple at the hairline. Fold your remaining fingers inside your palms.



Curl your tongue up to your upper gum, teeth against teeth,



mouth closed.

Close your eyes and focus forward on the middle point between your eyebrows.

Listen to the energy vibrating up to your head.

Breathe normally.

Sit with your back straight.

This can be done at any time during the day, after the mental invocation, to help your nervous system calm down.

Do this exercise for five minutes at least and fifteen minutes at most.

### 3. CONTINUOUS BREATHING IN CYCLES

Put your arms against your sides.

Put your palms on your thighs.

Curl your tongue up, teeth against teeth.

Close your eyes and focus on the center point between your eyebrows.

Begin by slowly exhaling to empty and flatten your stomach.

When your stomach is really flat, slowly inhale.

At the beginning of inhaling, order yourself to *“fill the navel, fill the chest, up to your head”*.

When you cannot inhale anymore, slowly exhale until your stomach is deflated. Press to the bottom of your stomach so that all the air is released.

When you exhale or inhale, keep your chest still, only move your stomach.

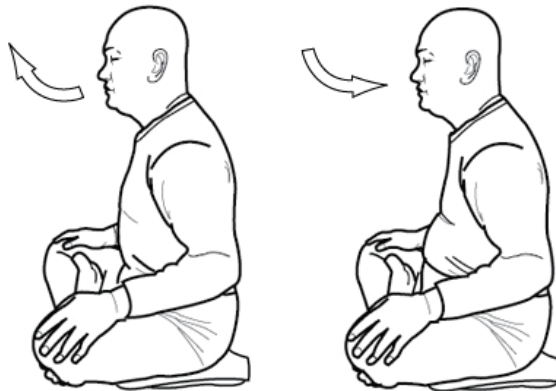
When you finish exhaling, order yourself to “*fill the navel, fill the chest, up to the head*” and inhale again.

Six to 12 breaths are enough for each practice.

One breath means one inhalation, and exhalation.

You should not hold your breath.

Breathe evenly and steadily.



#### 4. MEDITATIVE CONTEMPLATION

You should sit and put your hands in the same position as before.

Your tongue is curled up. Teeth against teeth.

Close your eyes and focus on the center point between your eyebrows.

Concentrate on the top of your head.

Mentally say *“May my soul leave my body...and rise up to Buddha”*.

Pay attention only to the top of your head for a short while.

Then after that, focus on the center point between your eyebrows. The more focus, the better.

Relax and quiet your mind.

The longer you sit, the better.

During meditative contemplation, if you feel itchy or numbness on your feet, or your mind chattering, invoke *“Nam Mô A Di Đà Phật”* on the top of your head.



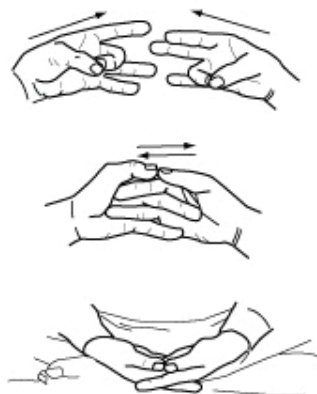
\*Beginner hands on lap



\*Advanced practitioner  
uses Samadhi-Mudra seal

## SAMADHI-MUDRA SEAL

Advanced practitioners who feel energy vibrating while practicing Cyclical Breathing or Meditative Contemplation will automatically put their hands together like this.



## 5. POST MEDITATION MASSAGE

Slowly raise both hands onto your head.

Both palms should cover the top of your head to draw energy back to your body.

Slide your hands down along the side of your head.

Pull down on your earlobes.

Rub your face like this three times.



Rub your hands together to warm them.

Again...rub your face three times.

Rub your hands together to warm them.

Again, rub your face three times.

Rub your hands together to warm them.

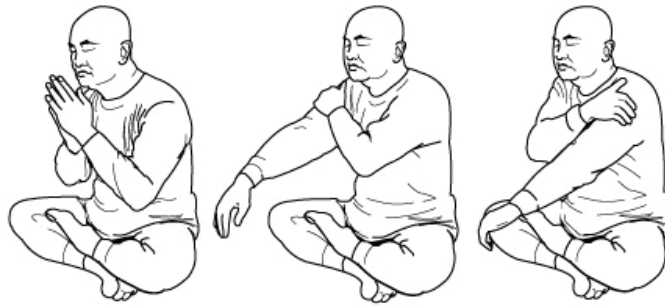
Again, rub your face three times.



Rub your hands to warm them.

Massage your arms from your shoulders to your forearms.





Using one hand...squeeze the other from your wrist to the finger tips. Do this three times.

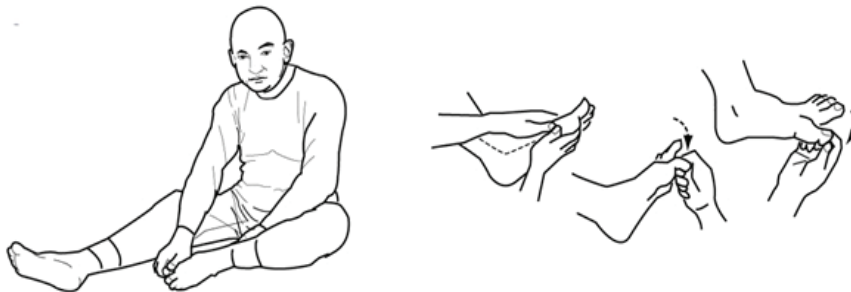
Then rub your hands to warm them up. Now massage your other arm three times.

Rub your hands to warm them.

With both your hands massage your legs, from top to bottom.



Press on your big toe and bend it down.



Massage your leg three times.

Rub your hands to warm them again.

Massage the other leg three times.



Rub the soles of your feet together 50 times.



## INVOKING THE MANTRA OF “NAM MÔ A DI ĐÀ PHẬT” AFTER SIX MONTHS

After six months of invoking the mantra, you should be ready for a change. That is, you may feel the energy vibrating at the top of your head or at the center point between your eyebrows. When this happens, you should then be able to always invoke the mantra directly at the top of your head.

Curl your tongue up, teeth against teeth, mouth and eyes closed and from the center point of your eyebrows, focus in front of you, and breathe normally.

Mentally invoke the six words “*Nam Mô A Di Đà Phật*” at the top of your head.

## Chapter III

# Additional Exercises

**Auxiliary Exercise For Energy Circulation**

**Bowing Exercise**

**Vô Vi Mirror**

**Invoking The Mantra On The Eight**

**Essential Points**



## ADDITIONAL EXERCISES

1- Auxiliary Exercise for Energy Circulation

2- Bowing Exercise

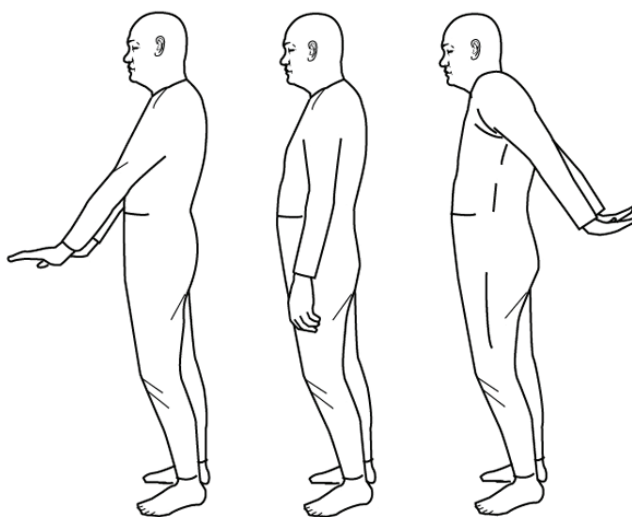
3- Vô Vi Mirror

4- Invoking the mantra on the Eight Essential Points

You can practice the Exercise for Energy Circulation and the Bowing Exercise anytime during the day.

Invoking the mantra on the Eight Essential Points must be done between 6:00 and 10:00 *p.m.* .

## 1. AUXILIARY EXERCISE FOR ENERGY CIRCULATION



Stand straight, back straight. Put both feet apart at the same width as your shoulders.

Relax both arms, curl your tongue, teeth against teeth, mouth closed.

Curl your toes down to touch the floor.

Keep both arms straight down.

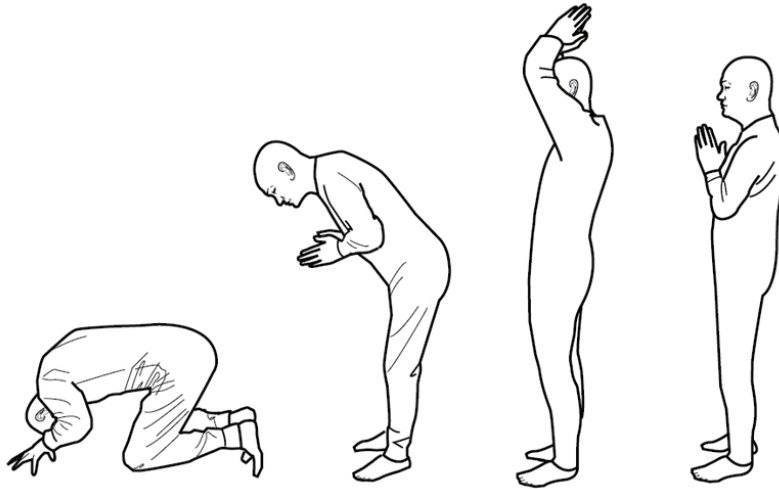
Slowly raise both arms forward gently.



Bend your wrists upward then swing your arms backward as far as you can.

Do this for about 15 minutes.

## 2. BOWING EXERCISE



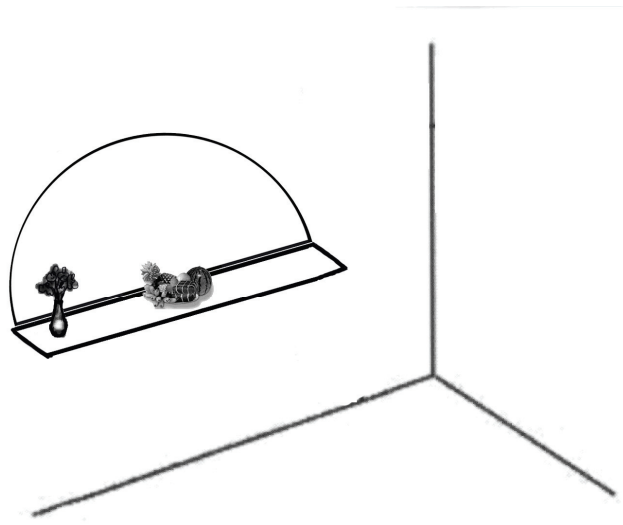
Stand straight in front of a Vô Vi mirror. If your home does not have a Vô Vi mirror, then face Southwards.

Begin to bow.

While you bow, curl your tongue, teeth against teeth, and invoke the mantra at the top of your head.

Continue invoking the mantra while bowing, do this 50 times.

### 3. VÔ VI MIRROR



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 to symbolize 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 diligent practice toward the spiritual path of self-perfection and my our home be blessed with your divine grace.*"

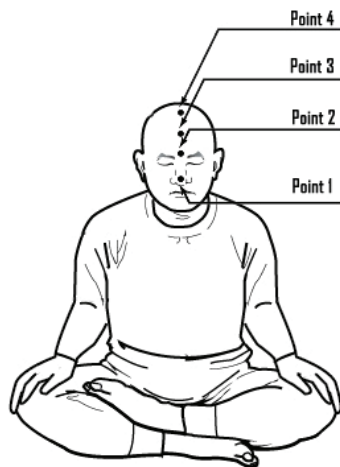
6. Continue to mentally invoke "*Nam Mô A Di Đà Phật*" until the end of the meditation session.

7. You may invite your fellow practitioners to join you in the meditation to strengthen the faith and devotion toward the Divine Superior.

## 4. INVOKING THE MANTRA ON THE EIGHT ESSENTIAL POINTS

Mentally invoke *“Nam Mô A Di Đà Phật.”*

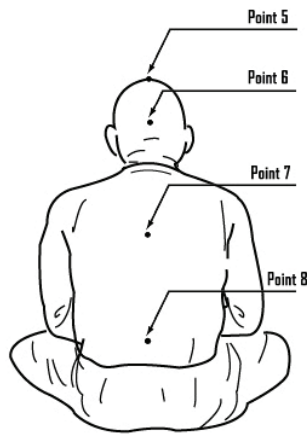
When invoking these words, the sequence should start at your upper lip with the word *“Nam,”* and finish at the tip of your nose with the word *“Phat.”*



Starting now from the tip of your nose, mentally invoke *“Nam Mô A Di Đà Phật”* upwards to the 2nd point, which is the center between your eyebrows.

From here again, mentally invoke *“Nam Mô A Di Đà Phật”* upwards to the 3rd point, which is the middle of your forehead.

From there, mentally invoke *“Nam Mô A Di Đà Phật”* again upwards to the 4th point which is half way between your forehead to the top of your head.



From this point, invoke “*Nam Mô A Di Đà Phật*” to the 5th point which is the top of your head.

From the top of your head, invoke “*Nam Mô A Di Đà Phật*” downwards to the 6th point which is half-way down the back of your head, and

opposite to the frontal psychic center between your eyebrows.

From here, invoke “*Nam Mô A Di Đà Phật*” further downwards, to the 7th point which at your back, between your shoulder blades and your lungs.

From that point, invoke “*Nam Mô A Di Đà Phật*” to the 8th point which is the center point between your kidneys.

Repeat this cycle of invocations three times to help energy flow through the eight points.

This is a secret dharma to expel all external negative forces which may be directed at you. Once your energy is developed, you should feel a current of energy running through all the points on which you have just focused.

## Basic Questions Often Asked Concerning The Vô Vi Meditation Method

### VÔ VI METHOD:

1) *Question: What is the meaning of Vô Vi ?*

Vô means emptiness. Vi means that even the infinitesimal diminishes to emptiness. So if we thoroughly understand the principle of Vô Vi, we won't need to struggle in life and create additional sorrow for ourselves. Vô Vi is related to the level of lightness. To understand Vô Vi, look at the sun. Emanating from the sun is an immaterial brightness. This compassionate brightness has given light and life to earth. Just so, it was man's lucidity, which created the light bulb, and not the light bulb creating man.

2) *Question: What is the purpose of Vô Vi ?*

The purpose of Vô Vi is to awaken one's spiritual awareness as a means to heighten one's capacity to harmonize with the whole universe and advance toward infinity.

3) *Question: How can we know that Vô Vi is the right method ?*



The Vô Vi method aims at eliminating impurities and preserving purity. Since we reside in our physical bodies, we must eat and drink; so toxins accumulate in our impure bodies. Therefore we must eliminate the impurities and cleanse ourselves. Any method that can help us to cleanse these impurities away is the right method. A method is not correct if it creates more impurities, which will lead us to be controlled by external forces.

## THE PRACTICE OF VÔ VI MEDITATION

### THE SITTING POSITION & THE INVOCATION OF NAM MÔ A DI ĐÀ PHẬT (*nahm moh ah zee da fut*)

1) *Why should we always keep our back straight during meditation ?*

We must sit straight during meditation because we can hurt ourselves if we bend one way or the other. Sitting with a straight back allows us to purify our energy and open up our yang meridian (*governing vessel*) more easily. If we bend, our energy can become blocked and turn into anger. We won't be able to elevate ourselves. We must always keep our back straight.

2) *Why must we invoke the mantra of "Nam Mô A Di Đà Phật" ?*

The mental invocation of "*Nam Mô A Di Đà Phật*" is a wonderful medicine to develop a superior mind. We do not invoke the mantra silently to ask Buddha for favors. We do it to awaken ourselves in the correct way.

The mental invocation gathers energy vibrations so that they become more focused and reach higher planes. Our

mind and resolution will then transcend to higher spheres.

Remember this: mental invocation, constant invocation, then invocation to the point where we can harmonize with *"Nam Mô A Di Đà Phật"* is an evolving process. We should practice slowly. As we move gradually from mental invocation, to constant invocation, to complete harmonization, we do nothing but constantly remember the principle of *"Nam Mô A Di Đà Phật"*.

The whole universe can be consensed into this principle: NAM is fire. MÔ is air. A is water. DI is expansion. ĐÀ is emanation of light and color. PHẬT is serenity of mind and body. Even a blade of grass follows this principle. All living creatures have the same nature. When we understand this principle, we will practice more diligently and use it daily. We will have the opportunity to awaken our spiritual consciousness. We will understand this principle from its superficial meaning to its depth, from heaviness to lightness. Only then will we be able to achieve balance and lift ourselves to the innate potential of our soul

3) *When making the spiritual commitment, why do we need to mentally invoke these two mantras ?*

**Nam Mô Tây Phương Cực Lạc**  
*(nahm moh taay phu-ung kuk lakh)*

**Thế Giới Quan Thế Âm Bồ Tát**  
*(teh zuh/oy kwan the ahm boh taht)*

**Nam Mô Long Hoa Giáo Chủ Di Lạc**  
*(nahm mo laumng hua zao chuu zi lakh)*

The energy of Tây Phương Cực Lạc Quan Thế Âm Bồ Tát or Kwan Yin Bodhisattva is a stream of perfect purity that shines down on our earthly world, so that the individual soul can be awakened, then evolved. Tây Phương Cực Lạc is the sphere of pureness or Nirvana.

The energy of Long Hoa Giáo Chủ Di Lạc or the Maitreya Buddha is basically inner joy, great happiness and serenity from within. The soul has to return to its essential quietness in order to guide all conscious beings.

*4) Why should we always look straight ahead at the middle point between the eyebrows and focus our energy at the central point on the top of the head during the practice of meditation ?*

As we attempt to achieve spiritual perfection, we want to return to righteousness and discover all things. Spiritual adepts who follow either the right or left path limit their progress. To advance spiritually, we must choose the

Middle Way by looking straight ahead. Inside our microcosm, we have both left and right sides, pure and impure. We must balance these left and right sides. If we are to be the master, or king of our microcosm, but we lack justice, how can we lead thousands of conscious beings within? We must advance on the Middle Path, without favoring either the left or right side.

5) *Why must we face southward when practicing meditation ?*

We must face southward because south represents the element of fire, and fire produces fire. We concentrate energy (*fire*) at the middle point between the eyebrows so that fire harmonizes with fire. When fire generates fire, the energy lights up faster. By contrast, if fire meets water, no energy can result.

6) *Why do we need to massage our face, ears and arms, legs after finishing meditation ?*

When we meditate, we sit cross-legged to practice Continuous Breathing in Cycles. Our energy flows freely throughout the whole body and relates to our arms and legs. Since the energy flow is very strong, we can inadvertently hurt invisible beings after meditation. Therefore, we must return to our origins by drawing energy first back to the head, then the rest of the body. When we massage our face, we return the energy to our

body. Pure energy flows back to modify our physiognomy and help us live longer. Afterwards, we massage our arms and legs to regulate the energy. This has the effect of soothing the nervous system, just as we would do after any other form of exercise. This is not the most important element of spiritual training. What matters is our resolution and spiritual consciousness.

## THE CONCENTRATION OF SPIRITUAL ENERGY

7) *Why do we need to practice the Concentration of Spiritual Energy ?*

The exercise of Concentration of Spiritual Energy stabilizes the energy in our brain and nervous system. When we are born on this earth, we are innocent, and our original nature is pure, light and peaceful. Then as we entangle ourselves in life, agitation weakens our nervous system and our energy vibrations are reduced. So we must focus our energy to strengthen its vibrations. When we do so, our aura becomes bright and steady. We slowly forget worldly affairs and return to our original nature. We become happy and youthful.

When we concentrate our energy at the middle point between the eyebrows, the *(spiritual)* path opens up. We build the good habit of correcting our heart and character. We will develop a spiritual sense and when we close our *(irreverent)* eyes, we see immensity and lightness. We achieve true, full detachment.

8) *Can you provide more details about the Concentration of Spiritual Energy ?*

No religion on earth has yet practiced this Concentration of Spiritual Energy that permits the central point on the top of your head (*the cranial psychic center*) to be developed and the vibrations to evolve into infinity.

When you start the exercise by raising your elbows level with your shoulders, you activate the nerves linked to your lungs and heart. This causes you to perspire. When you take the next step – putting your thumbs in your ears to close them – you may 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 spend 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 source 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 six months to strengthen the 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 to practice. Whenever you have any spare time, you may practice this Concentration of Spiritual Energy to calm yourself and eliminate unnecessary stress.

9) *How should we direct our hearts and minds during the exercise of Concentration of Spiritual Energy ?*

We should curl our tongue and focus our energy directly at the middle point between the eyebrows. We direct our minds to this cranial psychic center while silently invoking “*Nam Mô A Di Đà Phật*” to unify all energy vibrations of the nervous system.

10) *Usually, we should practice Concentration of Spiritual Energy from 5 to 15 minutes. However who should practice longer and who should not ?*

We should practice for at least five minutes. With steady effort, skilled practitioners should feel a cool energy along their spine after 15 minutes. Thus, doing the exercise for 15 minutes should be sufficient. Some people like to practice for 30 minutes, but this is beyond the requirements of the Vô Vi method. Some people like the

exercise of Concentration of Spiritual Energy because they feel cool energy on top of their head and along the spine, and they want to maintain this pleasant feeling. That is their choice. Our belief is that we practice at least 15 minutes but no more than 15 minutes.

## ABDOMINAL BREATHING

11) *When should we practice abdominal breathing and what are the benefits of this exercise ?*

You can practice abdominal breathing two hours after a meal. The exercise of abdominal breathing (*while lying down*) regulates the functional of your organism, enhances good circulation, and brings warmth to your arms and legs.

The exercise purifies the body and thus, brings happiness to the mind. It also helps to eliminate toxins in the colon, so that the body regains its health. As a result, you will sleep well and feel light and energized in the morning. This exercise also augments our patience at work, and improves our judgment. We can judge everything in a serene way because the liver has released its fire, the digestive system functions well, and the brain is relieved.

12) *Why do you have to focus on the navel when doing the Abdominal Breathing ?*

By focusing and “*filling up*” to 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.

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 the chest probably will experience difficulty breathing with the abdomen. However, they should make an effort and be determined to achieve it.

## CONTINUOUS BREATHING IN CYCLES

13) *Why do we practice Continuous Breathing in Cycles ?*

We breathe in the pure energy of the universe to help our microcosm release impurities in the five organs and through the five meridians. To purge ourselves of impurities, we use pure energy. We use lightness to promote lightness.

14) *Please clarify “fill up the navel, fill up the chest, up to the head” during the Continuous Breathing in Cycles ?*

I say to myself: *“fill up the navel, fill up the chest, up to the head”*...then exhale. Notice that the abdomen stays full, while I am filling up the chest, then up to the head within one cycle of breath.

Do this Continuous Breathing in Cycles from six to twelve cycles to enlighten everything. Nothing is gained by doing it correctly for 50 or 100 times. You only need from six to twelve 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 of 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 (*continuously in cycles*), 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.

15) *Why do I have shortness of breath when I practice cyclical breathing? I cannot fill up my belly, my breath pauses, and I am unable to reach my head.*

You are not practicing correctly because you are unable to breathe in through your abdomen. You should first practice the abdominal breathing while lying down before trying to do so in the sitting position. If you have not mastered the abdominal breathing while lying down, you should not attempt to do the Continuous Breathing in Cycles.

16) *Even though some new practitioners say to themselves: “fill up the navel, fill up the chest, up to the head”, they are still unable to follow the correct order. Is there a way to breathe correctly ?*

In order to restore order, they should practice the silent invocation of the mantra “*Nam Mô A Di Đà Phật*” regularly to develop their superior mind. Only when the superior mind is developed, will they be able to control the twelve visceral entities in their physical body. The

demon of laziness is blocking these psychic centers. If we do not practice the silent invocation of *“Nam Mô A Di Đà Phật”* regularly to assist in the guidance and development of all conscious beings, it will be very difficult for us to master our microcosm.

## MEDITATIVE CONTEMPLATION

### *17) What is Meditative Contemplation ?*

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 filtered out. During the meditative contemplation, just invoke “*Nam Mô A Di Đà Phật*” if you feel itchy or numb.

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 all 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.

### *18) Why should we meditate between 11 P.M. to 1 A.M. ?*



This is the best time to achieve a clear mind. Not only meditation practitioners, but politicians and revolutionary leaders also select midnight as the time for thinking and resolving problems. This is a good time for communicating with the whole universe and to bring inspiration, lightness and pureness to human minds.

## AUXILIARY EXERCISES

19) *What is the use of the Auxiliary Exercise for Energy Circulation ?*

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 help the blood circulation toward your brain. It is also recommended to concentrate your mind on contracting the muscles of your anus every time you swing the arms backward.

20) *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 to move with haste but to lack lucidity? You should do every exercise in a very leisurely and serene way. The auxiliary exercise will improve energy circulation, blood pressure and hemorrhoids.

21) *What is the use of the Bowing Exercise ?*

This exercise activates the fluidic energy of the 12 meridians of the physical body. As you kneel down and touch your head to the ground, the force of gravity will reject and eliminate impure energy. When you stand up, the energy is regulated so that you can gain inner balance.

22) *What is the meaning of the Vô Vi mirror ?*

The purity of the universe is represented by the Vô Vi mirror, and it also symbolizes loyalty and perseverance.

23) *How do I set up a Vô Vi mirror ?*

Those who wish to set up a Vô Vi mirror at home should follow these guidelines:

- a) 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.
- b) Initiate your mirror on the day of the full moon
- c) Place a dish of five different fruits (*to represent the five elements*) in front of the mirror. Also put a vase filled with white flowers (*symbolizing wisdom*) at the shrine. The fruits and flowers are offered to the Divine Superior with a sincere heart

- d) At noon, sit on a cushion in front of the mirror and meditate. Concentrate upon the pure energy of loyalty and perseverance
  
- e) Silently pray: *“May I be guided to assiduous practice towards the spiritual path and may our home be blessed with Divine Grace”*. Continue to mentally invoke *“Nam Mô A Di Đà Phật”* until the end of the meditation session.

You may invite your fellow practitioners to join you in the meditation to strengthen the faith and devotion toward the Divine Superior.

In Vô Vi a mirror is 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.

## INVOKING THE MANTRA ON EIGHT ESSENTIAL POINTS

23) *Why do we practice the invocation of the mantra on the eight essential points ?*

This exercise is intended for those practitioners, who are able to focus their spiritual energy. With this exercise, they can verify if their energy develops on the correct path. Advanced practitioners will see each point lighten up as they invoke it. Those who have not yet reached a high level will feel some tingling at each point.



## VÔ VI Publication

*Our vision is to bring forward the teachings of Master Lương Sĩ Hằng-Vĩ Kiên. For this vision to become reality, we would be grateful for any pledges of support that you are able to make.*

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