The cover features a large, light blue circle with a fine halftone dot pattern. Inside this circle, the text 'VO-VI ESOTERIC SCIENCE' is printed in a bold, blue, sans-serif font. The background of the cover is a light blue color, with a vertical band of diagonal hatching on the right side. The entire design is enclosed in a thin black rectangular border.

**VO-VI
ESOTERIC
SCIENCE**

— **Edition 1990** —



**VO-VI
ESOTERIC
SCIENCE**

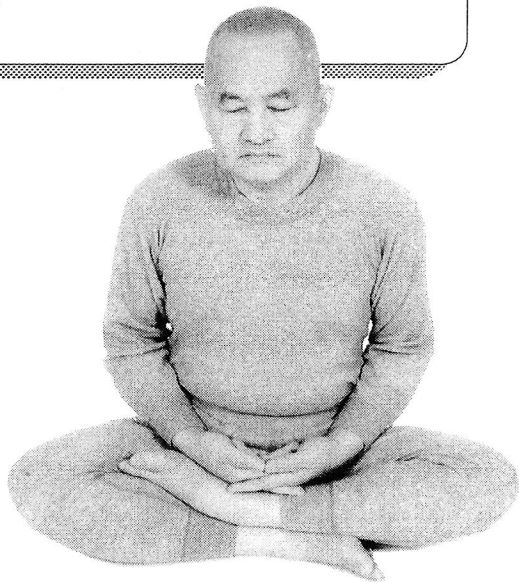
Edition 1990

KÍNH BIỂU

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

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

Mr. Tam



VO VI ESOTERIC SCIENCE

TABLE OF CONTENTS

Introduction	5
Foreword	7
The Six Sacred Vibratory Words	10

VO VI DHARMA PRACTICE

PART I	14
1/ Mental Invocation	16
2/ Concentration of Spiritual Energy	18
3/ Lying Down Abdominal Breathing	21
PART II	25
1/ Mental Invocation (<i>review from page 16</i>)	25
2/ Concentration of Spiritual Energy (<i>review from page 18</i>)	25
3/ Cyclical Breathing of Nonretention	27
4/ Meditative Contemplation	31
5/ Massage after the Meditation	34
PART III	40
1/ Auxiliary Exercise to improve Energy Circulation	40
2/ Prayer After Meals	42
3/ Massage of the Tongue, Throat, Ears etc.	43
4/ Exercise Imitating the movement of Five Animals	43
5/ Bowing Exercise • Notes on VoVi Mirror	44
PART IV	47
1/ Self Introspection	47
2/ Technique of Nurturing and Invigorating the Pure Vital Breath	47
3/ Invocation on the Eightfold Essential Points	48
Appendix	52
Vo Vi Correspondence	54
Note Pad	57

INTRODUCTION

VO-VI Esoteric Science is a practical spiritual method. This method will help the practitioner reestablish his equilibrium and inner harmony and he then will gradually return to his forgotten origin.

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

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

Beginners should proceed steadily. They should do only the first two exercises for six months before proceeding to meditation. These exercises should be thoroughly explained by an experienced practitioner. Alternatively a video tape is available in which master Tam demonstrates and clearly explains the Vo-Vi method.

Note: Mr. Tam: *Vo means nothingness, or void. Vi is the minuteness or the infinitesimal existence that is to be also simplified to void. Thus the void of void is the state of perfect harmony and lucidity.*

FOREWORD

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

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

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

-To practice the dharma method is to realize lucidity.

-To cultivate good character is to realize courage.

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

Mr. Tam, as Teacher, instructs that we alone are directly responsible for our purification. In exhorting his disciples to be independent, Mr. Tam says: *"With the Vo-Vi Esoteric Science, you are totally free. Once the method is conveyed to you, it becomes yours. And the adept must perfect himself and progress on his own"*. (a)

He declares that the gates to success and prosperity are open to all in every condition of life, high or low, saint or criminal, to those who care to turn over a new leaf and aspire to perfection: *"You should develop yourself with perseverance. Be conscious that you are the only being who can take good care of yourself. Do not mind others' affairs! Do correct yourself to provide good examples for others. Without correcting yourself, you will not be capable of influencing anyone else; otherwise your deeds are meaningless. Do rescue yourself first and eliminate all the*

(a) Mai Binh meditation center, lecture on October 16th, 1986 in Houston.

worries within your mind. Do nurture the sharp weapon from God which is love and spirituality to assist every person at his own level, so he can be awakened and then evolve spiritually. Your community will soon be better off..." (b)

Mr. Tam's message of peace and resignation is welcomed with great joy by all who know him. His message is of eternal benefit to everyone who has the good fortune to hear and practice. His message says that life is a universal school to fortify our love, patience and perseverance: *"Every soul must learn many lessons. We learn through adversity in order to fully understand life's actions and counteractions. That will eventually guide us to spiritual evolution. We must constantly learn in order that our consciousness can become more and more lucid, and we can be more aware of our ignorance."* (c)

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

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

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

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

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

(b) Searching for the origin of harmony, lecture on April 4th 1982 in Montreal.

(c) Searching for the origin of harmony.

"The pearl will lighten when the ocean is in perfect tranquility. Stay detached, untouched, for that is called spiritual energy." (d) Mr. Tam.

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

Vo-Vi dharma is to be practiced and, above all, to be realized. It is compared to a raft which will take the soul back to its shore of enlightenment. Meditation is neither silent reverie nor blanking of the mind. It is an active striving. It serves as a tonic to the soul, mind and body. Meditation is a systematic method to help you eliminate the ills of life, and ultimately lead you to liberation of the soul in search of spiritual TAO: (e)

"With the Vo-Vi Esoteric Science, your soul must travel to higher planes in search of the spiritual Tao.. To reach the ultimate goal, there exists only one path to spiritual elevation. Your utmost aim is to grasp the principle of the Oneness, so that everything else will be revealed. You should know this point in order to see that all paths can lead to the shore of enlightenment. So, strive to practice with your own strength towards achievement..." (f)



(d) Explanation of Video cassette about the method by Mr. Tam, Culver City, July 1982

(e) Meaning: advance yourself by your correct knowledge. (Mr. TAM)

(f) Mai Binh Meditation center

THE SIX VIBRATORY WORDS

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

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

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

Mr. **Tam:** *“NAM represents the south and it possesses the energy of element fire. The spiritual energy once concentrated at the frontal psychic center will light up and project out to form a ball of fire, called Mo-Ni-Chau or Pearl of Silence. That Pearl of Silence will engender the Spiritual Embryo, which bears the soul. When coming to this physical body, the soul passes through the top of the head to go into the kidneys before proceeding to the heart. Then it is imprisoned in the heart. The human being then begins the struggle through the material existence. He only cares about the external and superficial matter. He forgets the depth of*

the matter and starts to put in fear. The more wealthy, powerful and influential he is, the more he fears being killed. It is because he only sees one facet of life and ignores the other side."

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

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

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

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

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

In the microcosm, **A** represents the renal water (than thuy), which is the Vital Force or the Fluidic Energy of Seminal Essence (tinh). Its localization is at the renal psychic center situated between the two kidneys.

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

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

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

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

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

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

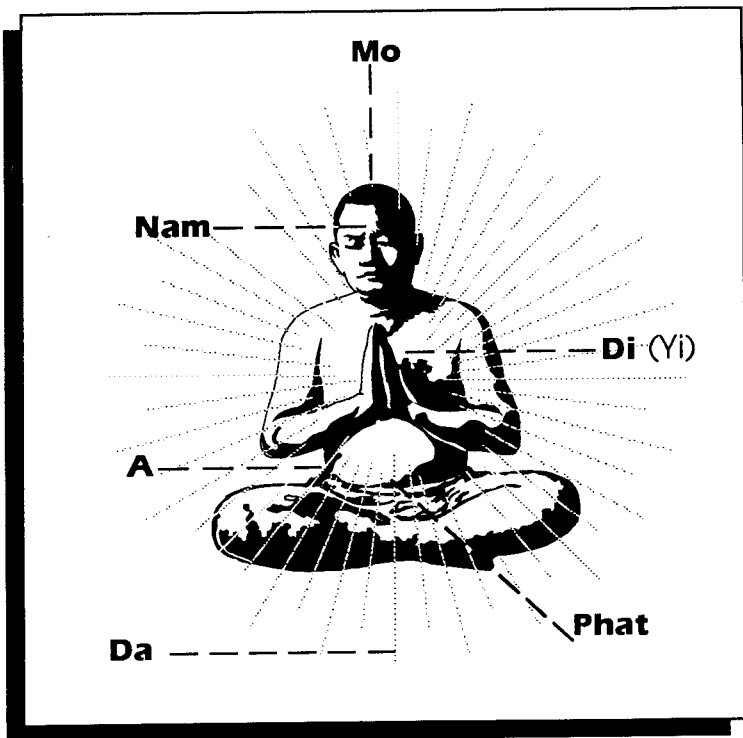
The vibratory sound **PHAT**: Its final resonance goes right to the navel. **PHAT** is concentrated at your navel or the umbilical psychic center.

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

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

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

Mr. **Do Thuan Hau** said this: *From mental invocation, you proceed to constant invocation, then to the point where you can harmonize with Nam Mo A Di Da Phat.*"



THE SIX VIBRATORY WORDS

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

VOVI DHARMA PRACTICE

PART 1

For the first six months you should practice two basic exercises:

- **Concentration of spiritual energy, and**
- **Lying down abdominal breathing.**

These exercises should be practiced steadily. Don't try to rush.

Each session of the dharma practice begins with mental invocation. The correct sequence is:

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

These two exercises for six months will help you regain your energy frequency to its original pure state.

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

The lying down abdominal breathing exercise will assist you to purify the energy of your five internal organs (heart, liver, spleen, lungs, kidneys) by promoting better oxygenation of the blood and rejuvenation of the cells. It helps to prevent various diseases, develop a better temperament, and break such habits as smoking, drinking and overeating.

It is essential that these practices be performed only on empty stomach or 2 to 3 hours after mealtime.

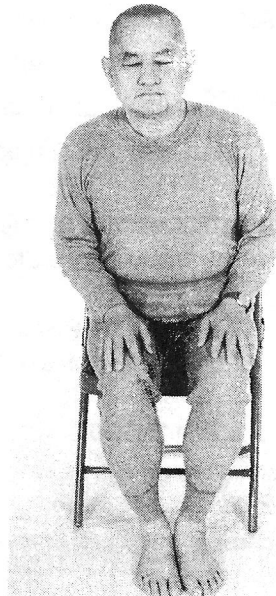
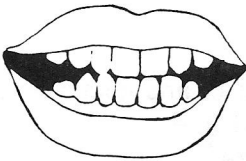
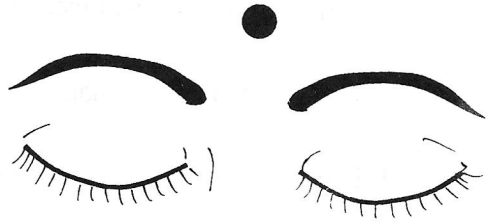
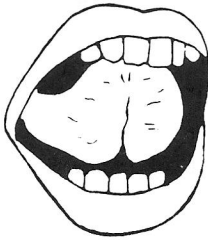
To begin, turn the light off in the room, then sit cross-legged on a cushion to keep your spine straight. Those who cannot sit cross-legged may sit on a chair with their feet together flat on the

floor. Face southward. Maintain the following positions from the beginning to the end of the exercises:

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

-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) MENTAL INVOCATION:

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

NAM: Its final resonance vibrates from the frontal psychic center.

MÔ: Its final resonance vibrates from the cranial psychic center.

A: Its final resonance vibrates from the renal psychic center.

DI (Yi): Its final resonance vibrates from the cardiac psychic center.

DÀ: The resonance of DA will vibrate over all the pores of the epidemis.

PHẬT: Its final resonance goes right to the umbilical psychic center.

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

(b) **NAM MÔ TÂY PHƯƠNG CỰC LẠC THẾ GIỚI
QUAN THẾ ÂM BỒ TÁT**

(c) **NAM MÔ LONG HOA GIÁO CHỦ DI LẠC**

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

Invoke on top of your head



Next, invoke the following prayer once:
“FROM NOW ON, I WILL STRIVE TO:

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

NAM MO A DI DA PHAT

GRACE, PEACE BE WITH ALL CREATURES.”

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

(a) You will invoke the six sacred words on the six corresponding psychic centers during the first six months, or until you begin to experience the vibratory energy at the top of your head. After this time, you may concentrate only on the top of your head while invoking the mantra of NAM MO A DI DA PHAT three times.

(b) Mr. Tam defines it as follows: “The energy of Quan-The-Am Bo-Tat or Kwan Yin Bodhisattva is perfect pureness that shines down to the earthly world, so that the individual soul can be awakened, then basically evolve”.

(c) The energy of Long-Hoa Giao-Chu Di-Lac or the Maitreya Buddha is basically inner joy and serenity. The soul has to return to its quietude in order to harmonize with all living creatures. It is highly recommended by Mr. Tam to retain the original prayer as stated here, primarily because of the importance of its vibratory sounds.

2) CONCENTRATION OF SPIRITUAL ENERGY:

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

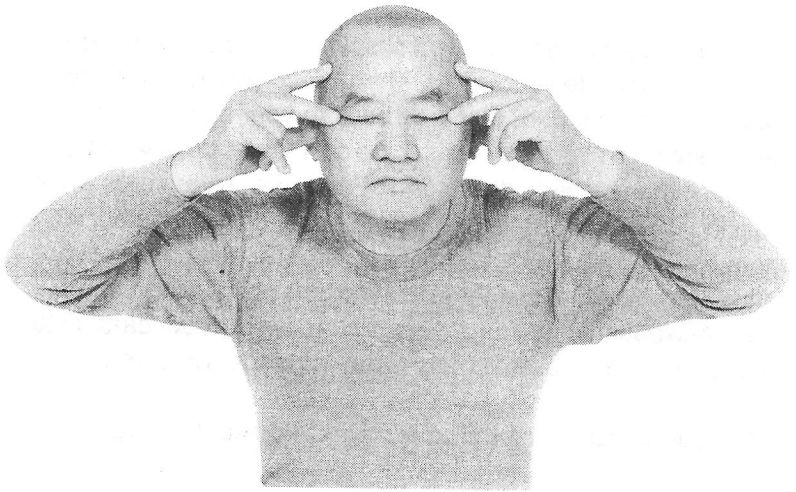
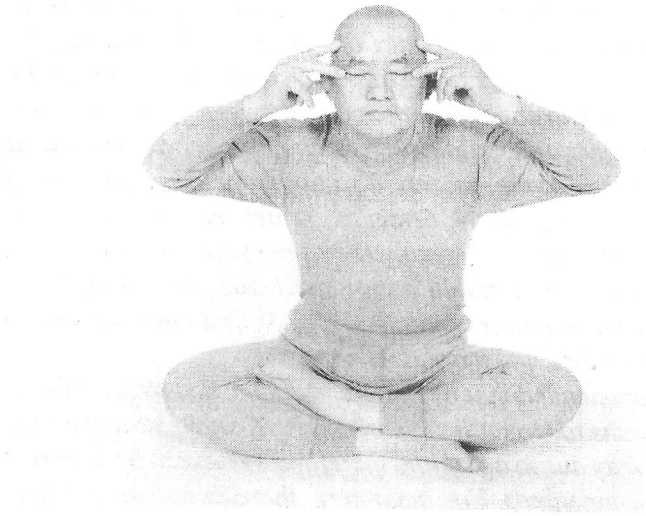
Concentrate from the top of your head and say to yourself: *"Unify the three energies: Seminal essence energy, vital breath energy, and spiritual energy."*

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

During practice, invoke **Nam Mô A Di-Đa Phât** from the top of your head to eliminate agitation.

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

When you raise your elbows level with your shoulders, all the corresponding nerves of the lung, heart, etc... are activated, causing you to perspire. At the beginning, when closing your ears by inserting your thumbs into your earholes, you'll hear a lot of noisy sounds inside your head. In time, you will not hear them anymore and will start to feel serene. To the beginner, this method will help recuperate the energy lost during daily work. During daily activities, we expend a lot of our energy to earn a living, thus we experience mental stress that harms our nervous



system. So, after work, we can do this exercise at home to strengthen the energy frequency of our mind. When using the thumbs to close your ears, you are converging the energy to the head and concentrating it on the point between your eyebrows. Your forefingers and middle fingers above your temples and at the outside ends of the eyes are also doing the same function of transmitting energy to the center point between the eyebrows. When you are capable of concentrating your energy, it will proceed to the correct middle path which leads you directly to the universal central power of vital energy. At that time, your mind will become more and more at ease.

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

To conclude the concentration of spiritual energy, slowly lower your hands down to your thighs. Then, place your hand on top of the head to converge the energy back to your body. Slide your hands down so that your palms come down the side of your head with your thumbs behind your ears. Pull down on your ears while pressing your earlobes. Vigorously rub your palms together with fingers pointed upward to warm them. Next, lay the palms of your hands along your nose, then slide the palms up the face over your head, then down to your ears. Again, pull down on your ears while pressing your earlobes. Do this facial massage three times.

Now, proceed to the Lying Down Abdominal Breathing.

3) THE LYING DOWN ABDOMINAL BREATHING:

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

Start to exhale while pulling your abdomen inward to eliminate the air. Then smoothly and deeply inhale while pushing your abdomen well outward. During the inhalation, think of "filling up" your navel. Then exhale by slowly pulling your abdomen well inward. During the exhalation, do think of your navel. Mentally count 1 for one breath cycle. Again, inhale by pulling your abdomen outward, then exhale by pressing your abdomen inward: count 2. Continue this process of inhaling then exhaling while counting to twelve. Pause briefly at the end of the cycle and breathe normally. Then inhale - exhale using abdominal breathing by counting from one to eleven breath cycles. Again pause briefly. Then keep inhaling from 1 to 10, from 1 to 9, from 1 to 8, from 1 to 7, from 1 to 6, from 1 to 5, from 1 to 4, from 1 to 3, from 1 to 2, then finally 1 breath cycle. Take a short pause after every phase. For correct breathing, do not move your chest while inhaling and exhaling. You only mobilize your abdomen.

The proper training of the abdominal breathing is essential in order to prepare for exact cyclical breathing of nonretention described in the second part of the booklet. If you have observed a baby breathing, you've had an excellent demonstration of proper breathing. When a baby breathes in, you can watch how its abdomen expands like a balloon, and when it breathes out you can see the abdomen flattening.

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

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

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

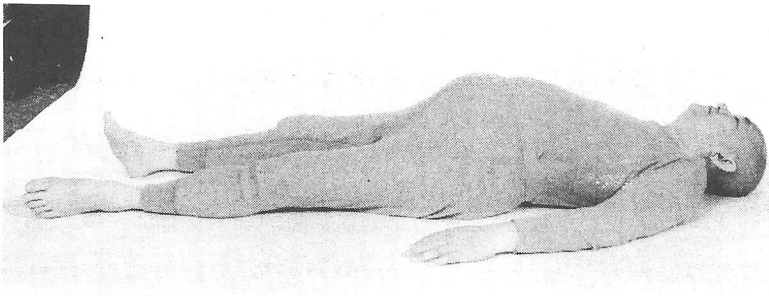
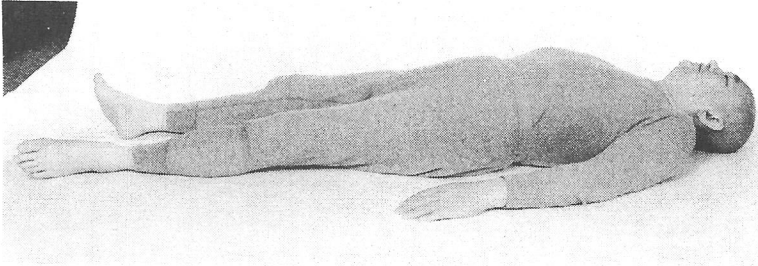
Beginners, especially athletes who are used to breathing with their chest, probably will experience difficulty breathing with their abdomen. However, they should make an effort and be determined to achieve!

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

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

The beginners may also practice the BOWING EXERCISE (Part III page 44) and The AUXILIARY EXERCISES to regulate the fluidic energy of the physical body.

THE LYING DOWN ABDOMINAL BREATHING:



VO VI DHARMA PRACTICE

PART II

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

Curl the tongue up, touching the line between the upper gum and the front teeth, incisors against incisors, mouth and eyes closed while focusing forward from your frontal psychic center. Then do these spiritual exercises in the following order:

1) Mental Invocation

(Advanced practitioners will concentrate only on the cranial psychic center while invoking the mantra NAM MO A DI DA PHAT)

2) Concentration of spiritual energy

3) Cyclical breathing of nonretention

4) Meditative contemplation

5) Massage to terminate the meditation

(1) and (2) have been already explained in part 1 of the book. To terminate the concentration of spiritual energy, simply lower your hands and lay them on your thighs. Now, you can proceed to the Cyclical Breathing of Nonretention.

3) CYCLICAL BREATHING OF NONRETENTION:

Sit straight. Place your palms on your thighs, and your arms against your side ribs. Slowly exhale while pressing your abdomen inward to squeeze out every last bit of air. Then slowly inhale while pushing your abdomen well outward. During the inhalation, say to your self " Fill up the navel, fill up the chest, up to the head". For beginners, this is a given order of your mind to trace out the path of flowing energy that will be cleared up with time of training. One full inhalation - exhalation using abdominal breathing forms one breath cycle. So do continuously this cyclical breathing of nonretention from 6 to 12 breath cycles.

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

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

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

And once they are cleared, you will reach enlightenment or cognitive clairvoyance. When the energy is free to flow(nonretention), it will fuse as one with the cosmic universe,



then the energy will be reflected from the interior. Only at that moment, will we be aware of our original nature and potential, which are latent within us.

*Why do the advanced practitioners apply the samadhi-mudra*seal when meditating? After a period of time, when their pure energy gets elevated, they will prefer in a natural manner to keep their fingers crossed in the samadhi-mudra seal position (see figure on page 32.).*

4 - MEDITATIVE CONTEMPLATION:

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

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

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

"I exert soul ascension to pay homage to Buddha."

(one time) *

Then focus forward from your frontal psychic center.

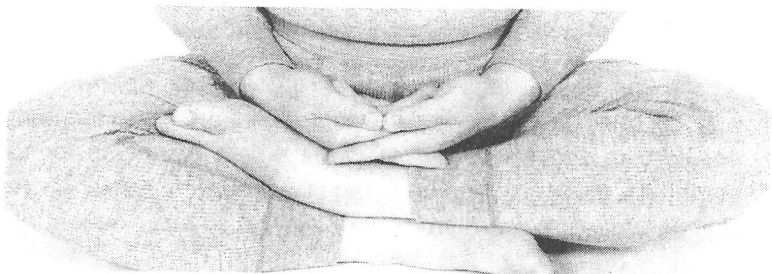
While contemplating, try to remain quiet and keep your spine up straight. Sit at this position as long as your body allows. You may feel numbness at your feet, however, you can overcome this uneasiness by concentrating on **NAM MÔ A DI-ĐÀ PHẬT**.

The massage as described in section (5) will terminate your meditative contemplation.

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

** To members of other religions, you may simply orient yourselves to **GOD**, or in whomever you have faith. You must first encounter the one whom you worship before proceeding to infinity. . . During the meditative contemplation, just invoke **NAM MÔ A DI-ĐÀ PHẬT** if you feel itchy or numb. Be determined to overcome those two states of itching or numbness generating from the impure energy of carnal desires, which*

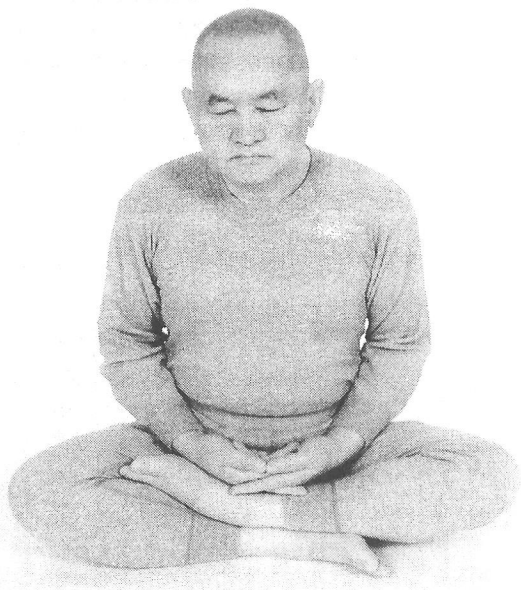
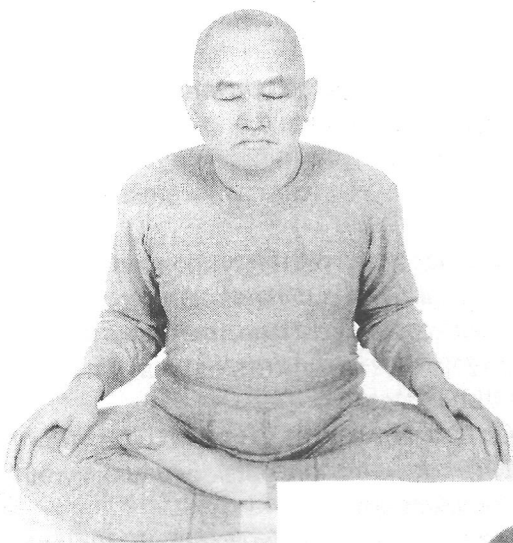
are the cause of lust and cruelty. The advanced practitioners may hold their hand with fingers crossed in the position of the samadhi-mudra seal.



The more you practice the meditative contemplation, the better it will be. Those who have sensed the energy vibrating from the top of their head may fall into sleep. With the pure energy lightly vibrating from the top of your head, you may go into sleep, and yet remain awake; you are still aware of everything happening around you, while focusing at the frontal psychic center. Through that frontal psychic center, you can experience clearly every vision of the spiritual world. If you practice it properly, you will feel happy, but if you do not meditate correctly, you will feel unhappy.

If, during the meditative contemplation, your body keeps moving or turning around, then it is because you have absorbed the impure energy and it has not been completely purged. It shows that your Cyclical Breathing of Nonretention has not reached the proper level to eliminate impurity. The cyclical conversion of the energy has stirred up the nervous system, causing your body to shake. In such cases, do not meditate anymore but practice the Lying Down Abdominal Breathing until you can eliminate the impure energy to clear away the impure blockage in the meridians.

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



5 - MASSAGE AFTER THE MEDITATION:

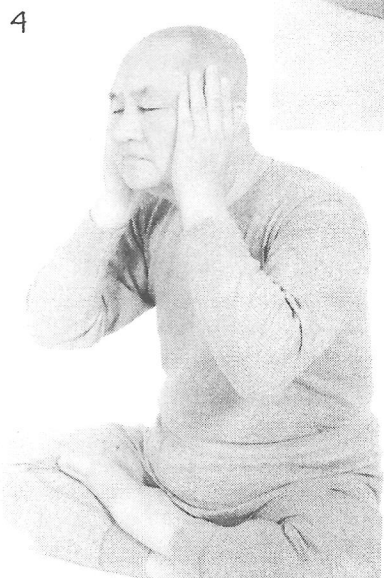
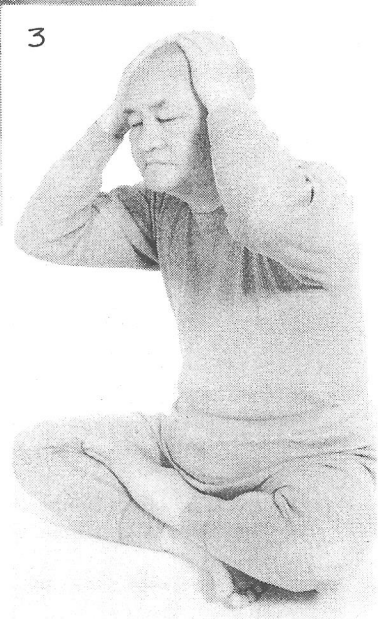
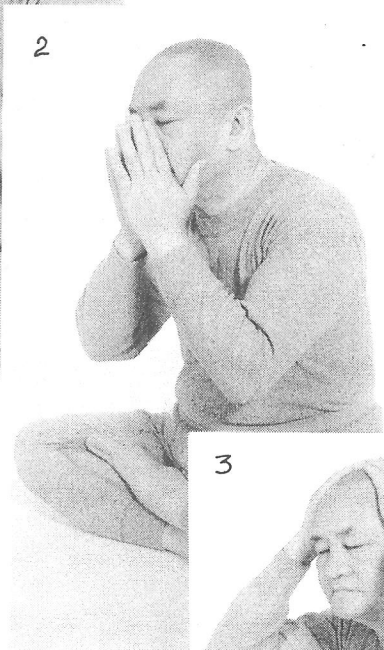
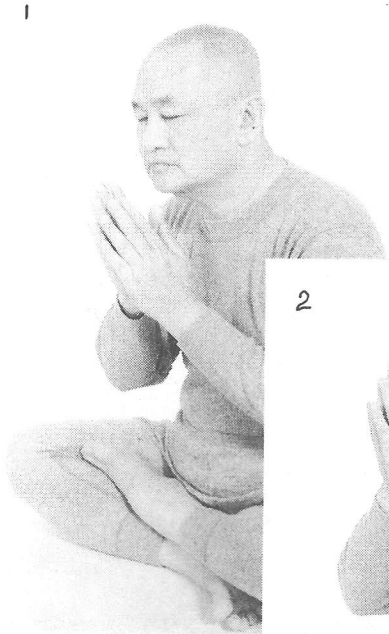
Lay your hands on top of the head to converge the energy back to your body. Slide your hands down so that your palms come down to the side of your head with your thumbs behind your ears. Pull down on your ears while pressing your earlobes.

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

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

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

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



1

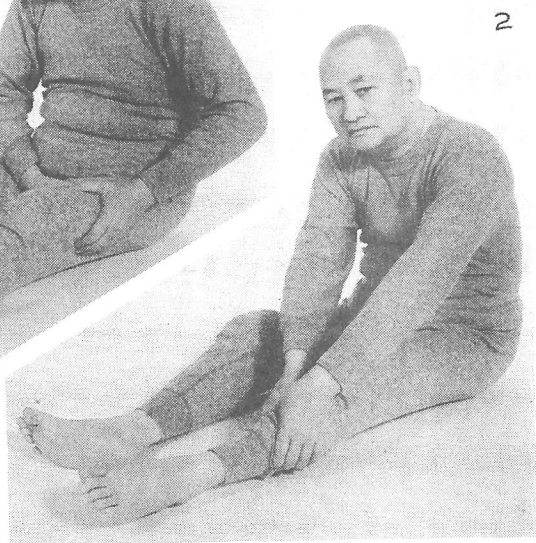
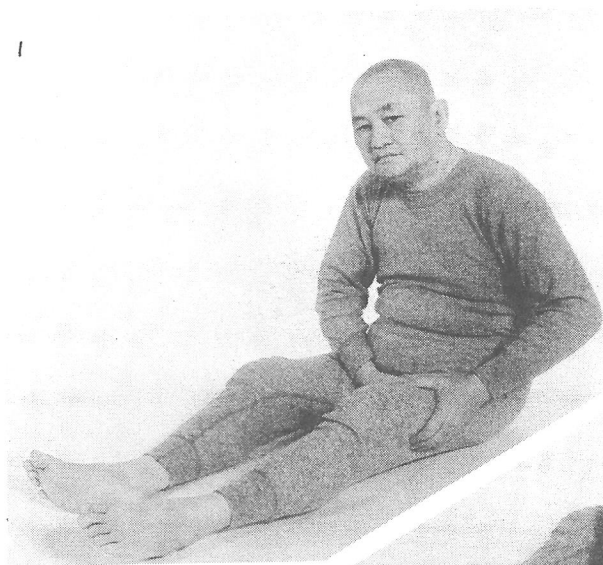
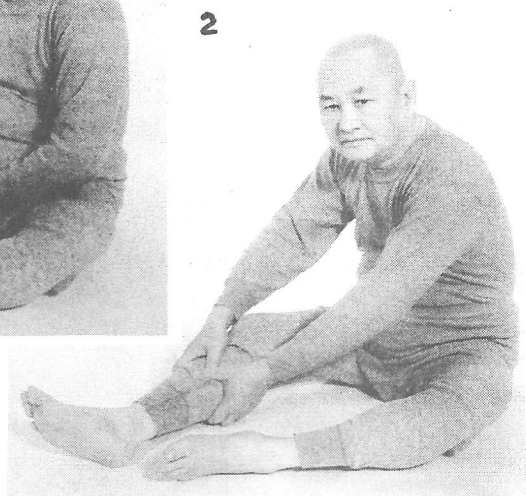
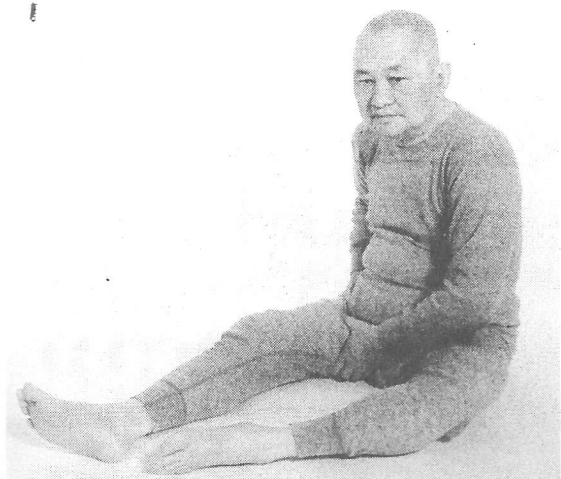


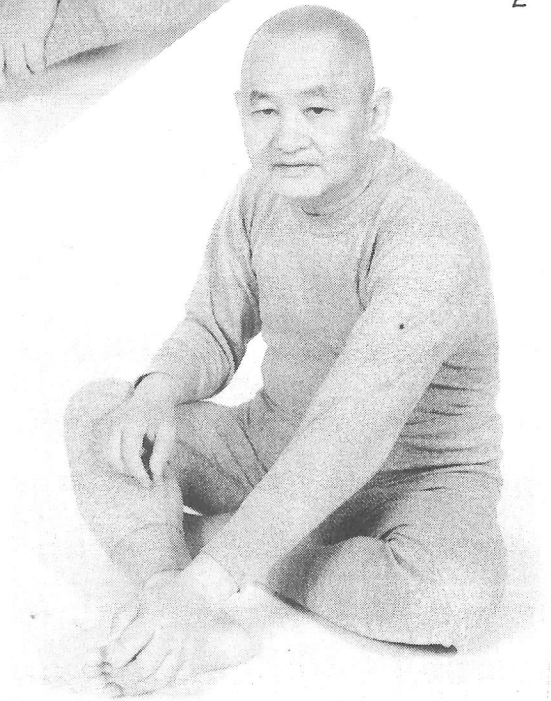
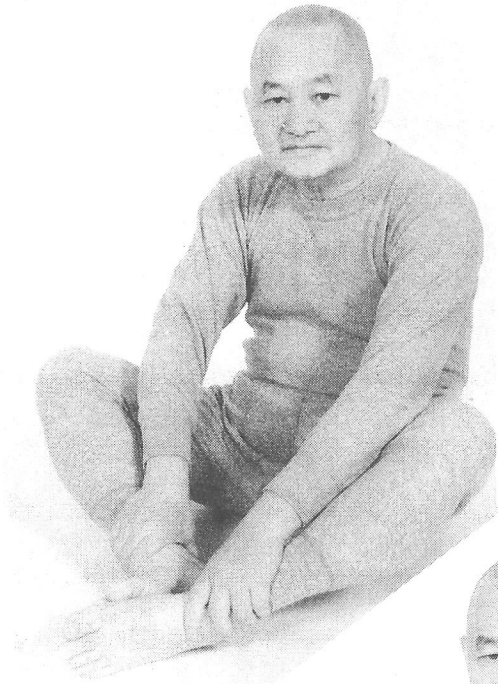
2



3







VO VI DHARMA PRACTICE

Part III

1- AUXILIARY EXERCISE TO IMPROVE ENERGY CIRCULATION:

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

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

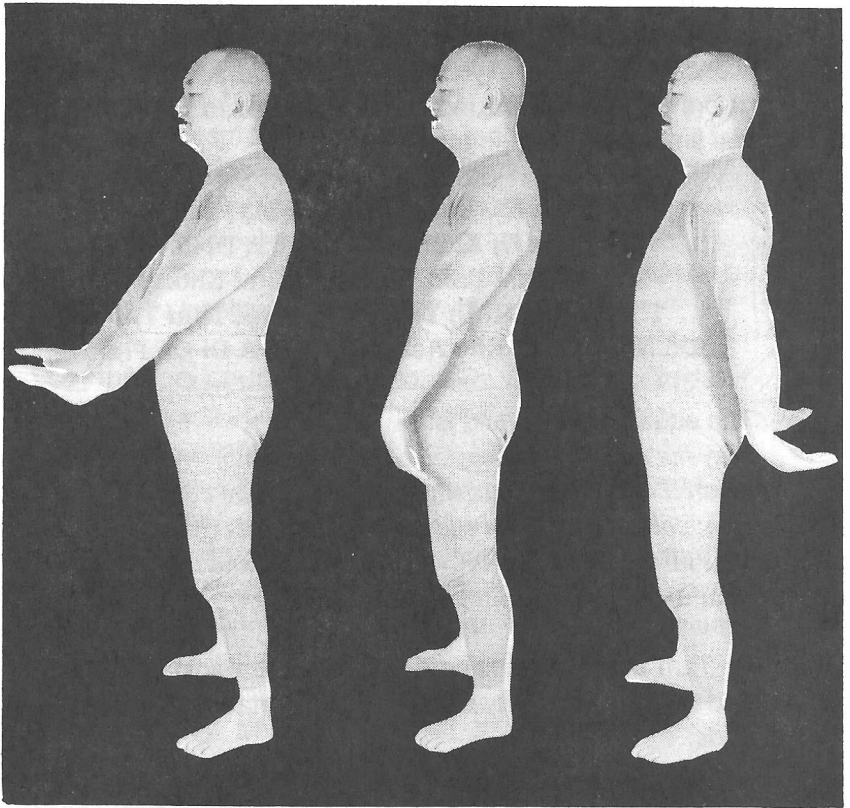
Slowly swing your arms forward about 30 degrees. Then slowly swing them backward as high as possible, without bending your elbows. Point fingers upward as you swing your arms forward, and turn your palms backward as your arms swing behind you.

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

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

Mr. Tam: "Why must everything in Vo 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? Therefore, you should do every exercise in a very leisurely and serene way."

"The auxiliary exercise will improve energy circulation, blood pressure and hemorrhoids" (Mr. Tam - Video Tape, July 1982).



1

2

3

2- PRAYER AFTER MEALS:

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

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

**Nam Mô Bát Nhã Ba La Mật Đa
Sắc Bất Dĩ Không, Không Bất Dĩ Sắc
Thời Chiếu Kiến, Ngũ Uẩn Giai Không
Thọ Tướng Hình Thức, Diệt Phục Như Thị
Độ Nhất Thiết Khô Ách, Nam Mô A Di Đà Phật.**

The equivalent meaning is:

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

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

Mr Tam: *Be happy in the love of Bodhisattva that reflects the virtuous sacrifice through a vegetable, or a grain of rice... These nutrients are available to serve mankind daily. That belongs to the virtue of Bodhisattva...*

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

blades of grass or vegetables can liberate themselves through human intervention. Armed with the spirit of constant service, you will feel worthy as a human being who can forever help other living beings".

3- Massage Of The Tongue, Throat, Ears etc..(b)

4- Exercise Imitating The Movements Of Five Animals: (c)

Exercises (b) and (c) are best shown in the video tape, you may request it by writing to:

VO-VI FRIENDSHIP ASSOCIATION

P. O. BOX 2045

Westminster, CA 92684 - 2045

5- BOWING EXERCISE:

Assume the following position during the BOWING EXERCISE:

Stand in front of the Vo Vi mirror*. Those who don't have the Vo Vi mirror may face south to align with the magnetic field of north and south. Curl the tongue up, touching the line between the upper gum and the front teeth, incisors against incisors. Concentrate from the top of your head while silently invoking Nam Mo A Di (yi) Da Phat.

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

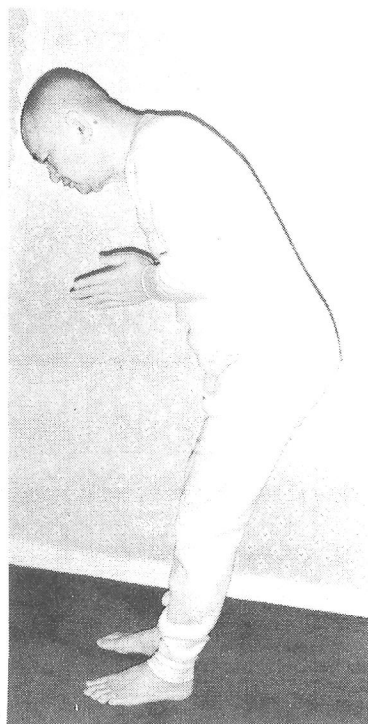
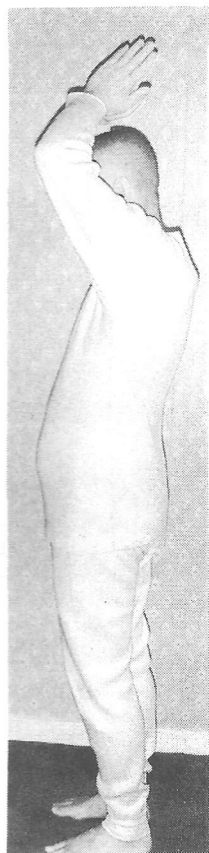
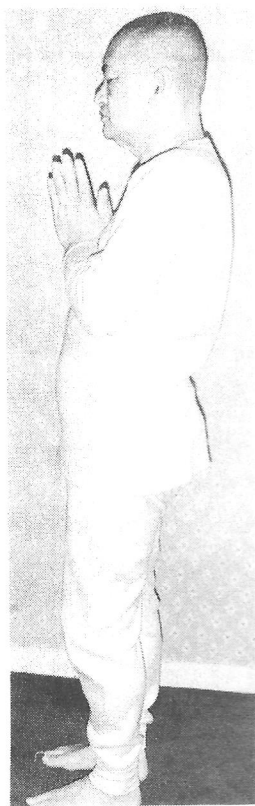
Mr. Tam: *"This exercise activates the fluidic energy of the 12 meridians of the physical body. The impure energy will be rejected and eliminated by the force of gravity while kneeling down and touching your head to the ground. When you stand up, the energy is regulated so that you can gain inner balance."*

You may perform this exercise two or three times per day.

VOVI MIRROR : In Vo 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 invokes, "Nam Mo A Di Da Phat," (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 VОВI mirror, and it also symbolizes loyalty and perseverance. Those who wish to set up a VОВI mirror at home should follow these guidelines:

1/ The best place to hang the mirror is on the main wall of the living room facing the front entrance or the windows where sunlight can penetrate.



2/ Initiate your mirror on the day of the full moon.

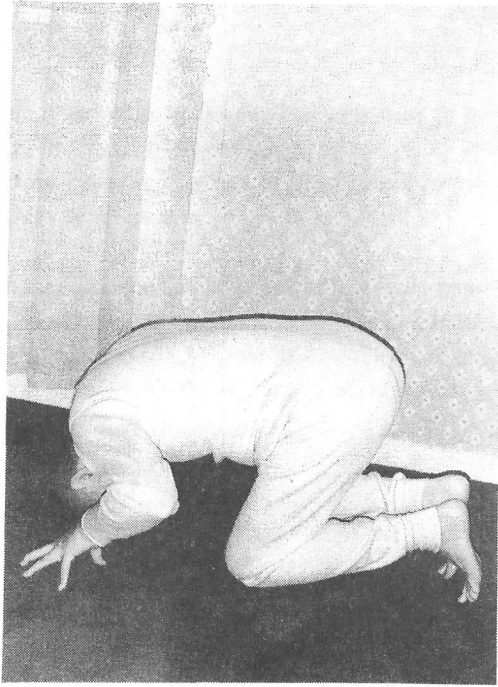
3/ Place a dish of five different fruits (to represent the five elements) in front of the mirror. Also have a vase filled with white flowers (symbolizes wisdom) at the shrine. The fruits and flowers are offered to the Divine Superior with a sincere heart.

4/ At noon, sit on a cushion in front of the mirror and meditate. Concentrate upon the pure energy of loyalty and perserverance.

5/ Silently pray, "May I be guided to assiduous practice toward the spiritual path of self-perfection, and may our home be blessed with your divine grace".

6/ Continue to invoke, "Nam Mo A Di Da Phat," 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.



Vo Vi Dharma Practive

Part IV

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

1)Self Introspection:

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

Mr. Tam: We do this introspection in order to advance, and it is not necessary to draw a comparison with others. We look into ourselves, examine our consciousness and commune with ourselves calmly, in depth of thought to reach attunement with the rhythm of God who is guiding us by our breath of life."

2) Technique of Nurturing and Invigorating The Pure Vital Breath:

Between 5:30am and 6 am, stand or sit outdoors in the open air.

Keep your tongue curled up to the upper gum, incisors against incisors, mouth and eyes closed.

Concentrate at the top of your head while invoking the mantra "Nam Mo A Di Da Phat".

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

3) Invocation on the Eightfold Essential Points:

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

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

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

Point #2: Invoke **Nam Mô A Di(Yi) Đà Phat** while directing the energy moving from the tip of your nose to the frontal psychic center, also called the Seal Center. "Phat" will end at that middle point between your eyebrows.

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

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

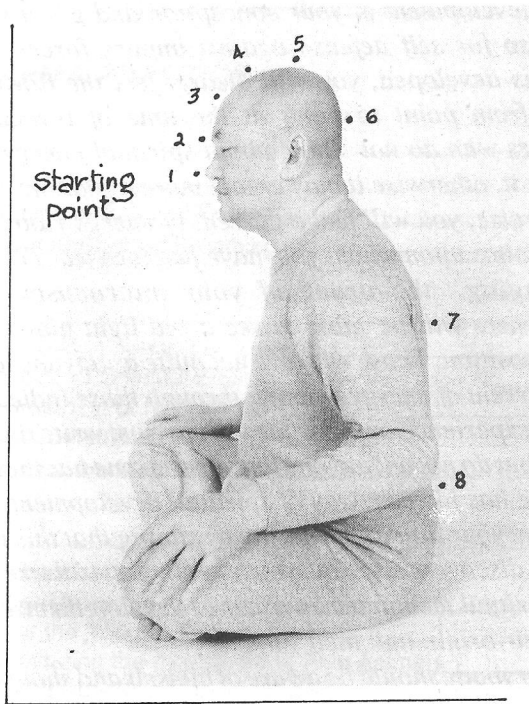
Point # 5: Invoke **Nam Mô A Di (Yi) Đà Phat** from the front upper head center to the top of your forehead.

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

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

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

Repeat this exercise three times (*see figure on page 49*).



Mr. Tam: “ *This is a secret dharma to expel all external negative forces besieging you. Completing this exercise through the eightfold essential points is like making an inspection tour around your microcosm on the eightfold essential points. If you do not complete surveillance of those 8 important points in your microcosm, you may be assaulted by the impure external forces anytime. This spiritual dharma method will help keep you aware of the development of your conception and governing vessels, and also for self defense against impure forces. Once your energy is developed, you will clearly feel the flowing of your energy from point to point at the time of invocation. The beginners who do not know about spiritual energy should not practice it, otherwise it may create more agitation. When doing this exercise, you will feel a current of energy running through all the points upon which you have just focused. This is also for rearranging the order of your microcosm. Advanced practitioners will be able to see a red light glowing at every chakra position. Those who are not quite as advanced will feel a slight current of energy running through those indicated points.*

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

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

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

APPENDIX

PRONUNCIATION HINTS

Vowels:

[a]	-	calm
[ʌ]	-	touch
[e]	-	say
[i]	-	say
[ɔ]	-	ought
[o]	-	no
[ə]	-	sir
[ʊ]	-	book
[u]	-	you

Consonants:

[b]	-	book
[d]	-	dime
[f]	-	five
[k]	-	Kay
[ku]	-	quest
[l]	-	low
[m]	-	memo
[n]	-	nine
[ŋ]	-	lung
[t]	-	tie
[ts]	-	Chuck
[v]	-	vine
[y]	-	yes

Accents:

- The tone is higher
- The tone is lower
- The tone is higher like in a question.
- The tone is normal then higher like in a yes/no question.
- The tone is a little low and the air is stopped at the end

Nam	Mô	Long	Hoa	Giáo	Chủ	Di	Lạc
[nam]	[mo]	[lɔŋm]	[wa]	[yáo]	[tsủ]	[yi]	[lạk]
nahm	mo	lo(ng)m	wah	yao	choo(se)	yee	la(r)k

Nam	Mô	Tây	Phương	Cực	Lạc
[nam]	[mo]	[tɔy]	[fUɔŋ]	[kUk]	[lạk]
nahm	mo	(s)tay-y	fu	cook	la(r)k

Thế	Giới	Quán	Thế	Âm	Bồ	Tát
[té]	[yá'i]	[kwán]	[té]	[ɔm]	[bò]	[tát]
ta(ste)	yu(r)-i	quan	ta(ste)	am	bo(wl)	(s)ta(rt)k

VO VI CORRESPONDENCE

It is important to note that master Tam's various cassette tapes greatly assist and benefit VoVi practitioners, as his voice has a unique, penetrating vibrational quality and power. The energy from his voice instructs, relaxes, guides and blesses to purify the practitioners on the spiritual, mental, emotional and physical levels. Therefore, one can achieve deeper states of relaxation and meditation through concentrated listening to these valuable tapes. They are available in English and may be obtained by writing to the following addresses (*or from your nearest VoVi center*):

Vo Vi Friendship Associations

Southern CA: PO Box 2045
Westminster, Ca 92684-2045
Tel: 714 - 775 - 1566

Northern CA: PO Box 21516
San Jose, Ca 95151
Tel: (408) 288-9584

If you would like to contact Vo Vi practitioners to share experiences, a list of worldwide VoVi centers is provided below:

CALIFORNIA: 3630 Barry Ave.
Los Angeles, CA 90066
Tel: 213 - 398 - 9709

9224 Buttercup
Fountain Valley, Ca 92708
Tel: 714 - 841 - 1527

22125 Crest Forest Dr.
Cedar Pines Park, Ca 92322
Tel: 714 - 338 - 6691

392 Wayman Ln
Oroville, Ca 96565
Tel: 916 - 589 - 4621

VO VI FRIENDSHIP ASSOCIATION
P.O. BOX 2045
WESTMINSTER, CA 92684-2045
PHONE : (714) 891-0889
FAX : (714) 890-2839