

# VO-VI MEDITATION:

## A path to self Healing of Mind and Body



"...In order to find happiness, man has to revitalize his spiritual nature. The body does not bring happiness. It is subject to illness and can't resolve anything. Only the spiritual mind can resolve everything in a satisfactory manner... For my part, I have attained very good results from my daily practice. I would like to present the method that I am currently practicing to humanity.

...Man is searching for his innate abilities, and his own inner mental order, but he can't understand himself...Only the practice of meditation will help us restore what we have lost.. "

This book presents the basic techniques of the Vo-Vi meditation for the first six months in order to restore balance to the mind and body, and prepare the practitioner to fully and correctly carry out the actual Vo-Vi Meditation Practice.



**VOVILED**  
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