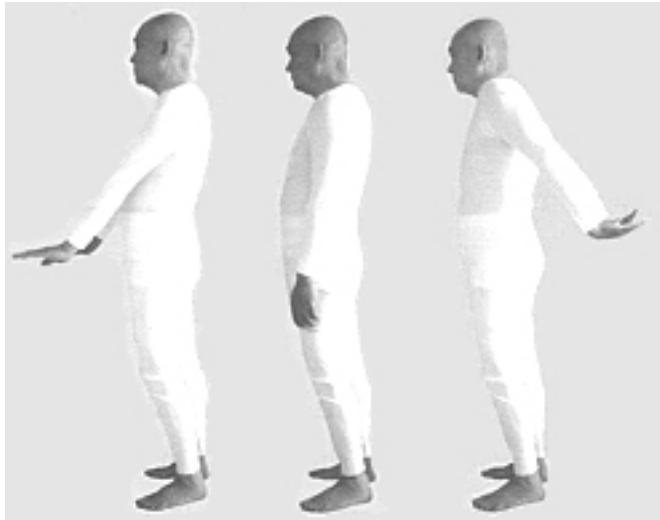


## Auxiliary Exercises

### *Improving Energy Circulation Exercise*

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

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



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

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

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

Mr. Tám: *"Why must everything in Vo Vi be done in slow motion? It aims at teaching you patient. 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."*

## **Prayer After Meals**

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

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

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

The equivalent meaning is:

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

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

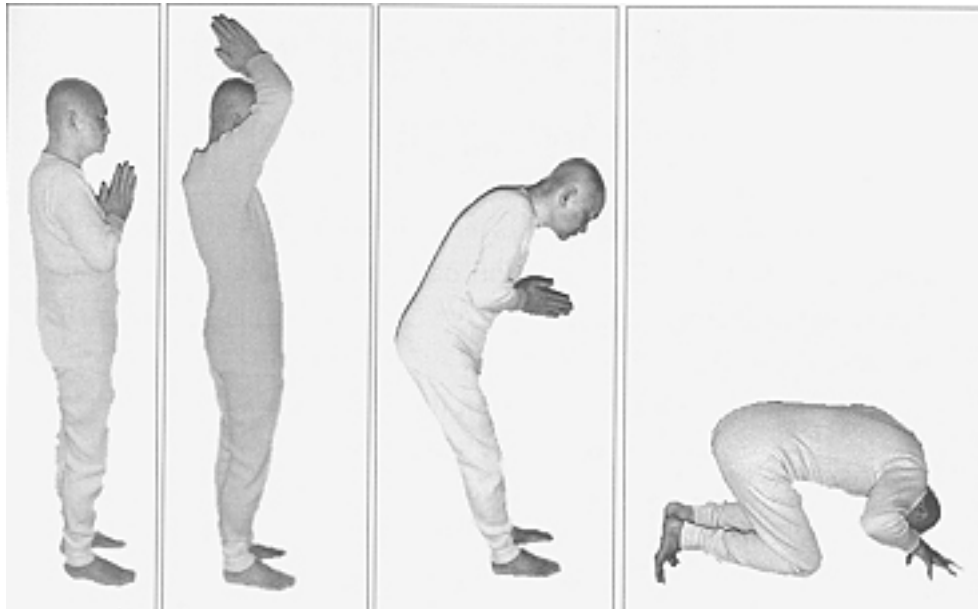
Mr. Tám: *"Be happy in the love of Bodhisattva that reflects the virtuous sacrifice through a vegetable, or a grain of rice... These nutrients are available to serve mankind daily. That belongs to the virtue of Bodhisattva..."*

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

## **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 **mentally** invoking " Nam **Mô** A Di Đà Phật ".



Next, join your palms in front of the chest. Slowly raise your palms and arms above your head to exercise the shoulders. Then kneel down, slightly touching the floor with the top of your head. Stand up with your palm joined in front of your chest. Do this exercise 50 times. You may perform this exercise 2 or 3 times per day.

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

## **Vo Vi Mirrors**

In Vo Vi, the mirror has been used as a shrine to direct prayers to the one you honor. 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 Vo Vi mirror, and it also symbolizes loyalty and perseverance.

Those who wish to set up a Vo 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.

## **More Advanced Techniques**

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

### ***Self-Introspection***

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

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

### ***Technique of Nurturing and Rejuvenating the Pure Vital Breath***

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

Concentrate at the top of your head while mentally invoking the mantra "Nam Mo A Di Da Phat." Then, simultaneously through your nose and cranial psychic center which resides 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.

### ***Invocation on the Eightfold Essential Points***

You may proceed to do this spiritual exercise very 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 position. Keep your tongue curled up, incisors against incisors, mouth and eyes closed. Then **mentally** invoke " Nam **Mô** A Di Đà Phật " slowly through the eightfold essential points as described below:

Point 1: Invoke " Nam **Mô** A Di Đà Phật " while directly 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 Đà Phật " 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 the middle point between your eyebrows.

Point 3: Invoke " Nam **Mô** A Di Đà Phật " from the frontal psychic center up to the middle of your forehead.

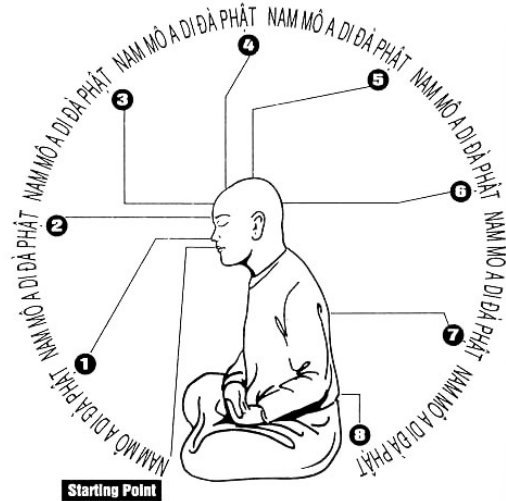
Point 4: Invoke " Nam **Mô** A Di Đà Phật " from the center of your forehead to the front upper head (about 3 fingers above your hairline). This area is also known as "the palace of Nihouan", or the "gate of heaven."

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

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

Point 7: Invoke " Nam **Mô** A Di Đà Phật " from the point opposite to the frontal psychic center to the point on your backbone opposite to the thymus gland. When you touch your backbone over your shoulder, the tip of your fingers will end at that point. This is the area of the Yellow Castle sphere.

Point 8: Invoke " Nam **Mô** A Di Đà Phật " from the point of your backbone point opposite your navel.



Repeat this exercise 3 times.

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

*This spiritual dharma method will help keep you aware of the development of your Yang and Yin meridians, 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 the readers to try these spiritual techniques in order to develop themselves, to know their origin and their duty.*

*Everybody should be aware of himself and should know that this is purely self-practice and self-progress. Do not depend on anyone! And do not make it commercial because that is a violation of the Divine Superior. Be determined to practice, then return to the infinite origin to fully enjoy. At that stage, we will work even harder than now so that our mind becomes more lucid."*