

Vo Vi Meditation Method

After practicing the 3 basic exercises for 6 months, the practitioner will now be ready to begin meditating. It is best to practice meditation between 11pm and 1am (local time). Refrain from practicing meditation between 3pm and 6pm. To begin with meditation, 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 up the tongue, touching the line between the upper gum and the front teeth, incisors against incisor, mouth and eyes closed while focusing forward from your frontal psychic center.

Then do these exercises in the following order:

- 1.Mental Invocation
- 2.Concentration of Spiritual Energy
- 3.Cyclical Breathing of Non-Retention
- 4.Meditative Contemplation
- 5.Massage to end the meditation



For every exercise, you will need to assume some basic head positions. These positions are used in almost all Vo 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.



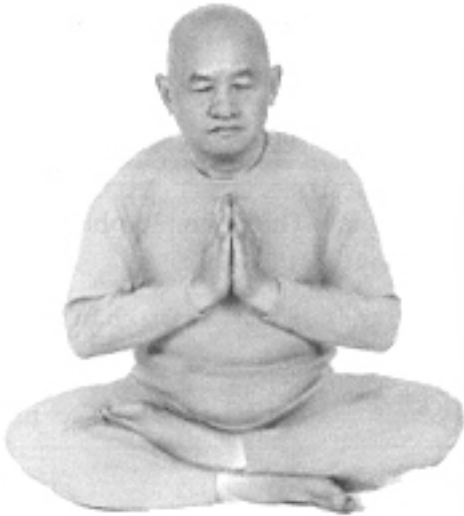
Mouth closed.



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



Mental Invocation



Assume the sitting position described above, keep your mind calm, palms joined in the prayer position at chest level, **Tongue Curled Up, Incisors against Incisors, Mouth closed** and **Eyes closed**. Mentally invoke these six vibratory words 3 times by placing each word on the corresponding psychic center as follows:

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

MO [moh]: Its final resonance vibrates from the cranial psychic center.

A [ah]: Its final resonance vibrates

from the renal psychic center.

DI [yee]: Its final resonance vibrates from the cardiac psychic center.

DA [dah]: The resonance of Da will vibrate over all the pores of the epidermis.

PHAT [fut]: Its final resonance goes right to the umbilical psychic center.

You will invoke the six sacred words on the corresponding psychic centers during the first six months, or until you begin to experience the vibration energy on the top of your head. After this time, you may concentrate only on the topmost of your head while invoking the mantra of NAM MÔ A DI ĐÀ PHẬT 3 times.

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

NAMMÔ TÂY PHƯƠNG CỰC LẠC TẾ GIỚI QUAN THẾ ÂM BỒ TÁT¹
[nam moh tei funk kuk lak theh yuh kwan theh uhm boh tact]

NAMMÔ LONG HOA GIÁO CHỦ DI LẠC²
[nam moh long hwah yah chew yee lak]

Please witness my sincerity in applying myself, (your name) in pursuing the spiritual path and to reach enlightenment and soul liberation.

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.

May peace be with all creatures.

Nam Mô A Di Đà Phật

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

¹ Mr. Tam defines it as follows: "The energy of Quan The Am Bo Tat or KwanYin Bodhisattva is perfect pureness that shines down to the earthly world, so that the individual soul can be awakened, then basically evolve .

² 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. The pronunciations can be found in the back of the book.

Concentration of Spiritual Energy

Assume the same sitting posture with **Tongue Curled Up, Incisors against Incisors, Mouth closed** and **Eyes closed**. Breathe normally.

Concentrate from the top of your head and say to yourself:

"Unify the three energies: Sexual essence energy, vital breath energy and spiritual energy."



Then, with your elbows raised up level with your shoulders:

- ✿ Use your thumbs to plug your ears.
- ✿ Put your middle finger tips lightly on the bone at the outside corners of the eyes.
- ✿ Put the tip of your index fingers on your temples, at the hairline.

Fold your remaining fingers inside your palms. Remember to focus forward from your frontal psychic center. Do this exercise for at least 5 minutes, up to 15 minutes. (See figure)

During practice, invoke Nam Mo A Di Da Phat from the top of your head to eliminate agitation.

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

When you raise your elbows level with your shoulders, all the corresponding nerves of the lung, heart, etc. are activated, causing you to perspire.

At the beginning, when closing your ears by inserting your thumbs into your earholes, you'll hear a lot of buzzing sounds inside your head. In time, you will not hear them anymore and will start to feel serene.

During daily activities, we expend a lot of our energy to earn a living, thus we experience mental stress that harms our nervous system. So, after work, we can do this exercise at home to strengthen the energy frequency of our mind and recuperate the energy lost through the day. When using the thumbs to close your ears, you are converging the energy to the head and concentrating it on the point between your eyebrows.

Your forefingers and middle fingers above your temples and at the outside ends of the eyes are also doing the same function of transmitting energy to the center point between the eyebrows. When you are capable of concentrating your energy, it will proceed to the correct middle path which leads you directly to the

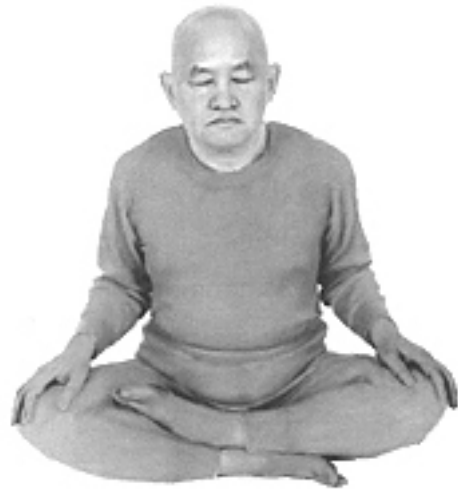
universal central power of vital energy. At that time, your mind will become more and more at ease.

It is recommended that beginners practice this exercise for at least 6 months to strengthen their mind.

We have absorbed too much impurity due to agitation; therefore, we have to first correct and purify our mind. For beginners, there is no specific time required for practice. Whenever you have any spare time, you may practice this concentration of spiritual energy to calm yourself and eliminate unnecessary agitation of this current life..."

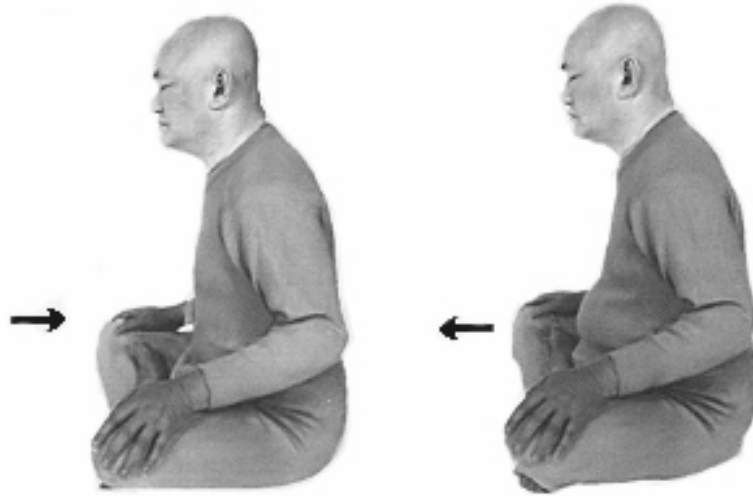
Cyclical Breathing of Non-Retention

Sit straight. Place your palms on your thighs and your arms against your side ribs. Slowly exhale while pressing your abdomen inward to squeeze out every last bit of air. Then slowly inhale while pushing your abdomen well outward. During the inhalation, say to yourself: "Fill up the navel, Fill up the chest, up to the head". For beginners, this is a given order of your mind to trace out the path of flowing energy that will be cleared up with time and training. One full inhalation-exhalation using Abdominal Breathing forms one breath cycle. So do continuously this Cyclical Breathing of Non-Retention 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. Tám: "I say to myself: 'Fill up the navel, fill up the chest, up to the head'... then exhale. Notice that my abdomen stays full, while I am filling up the chest, then up to the head within one cycle of breath. Do this Cyclical Breathing of Non-Retention from 6 to 12 cycles to enlighten everything. Nothing is gained by doing it incorrectly 50 or 100 times. You only need from 6 to 12 cycles in a correct manner. Every breath cycle will restore your body. When you reach the point of filling the energy up to your head, the frequency energy will be properly restored.



And once the meridians are clear, you will reach enlightenment or cognitive clairvoyance. When the energy is free to flow (non-retention), 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 dormant within us.

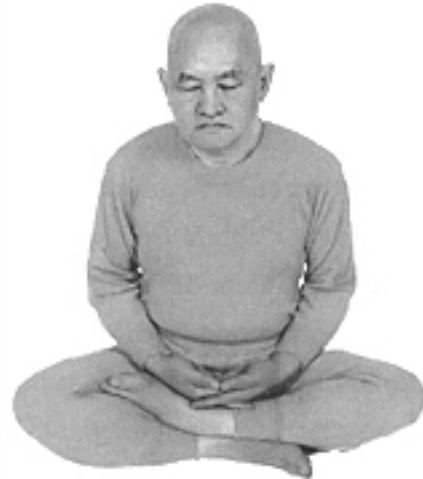
Why do the advanced practitioners apply the samadhi-mudra seal when meditating? After a period of time, when their pure energy gets elevated, they will prefer in a natural manner to keep their fingers crossed in the samadhi-mudra seal position."

After doing the Cyclical Breathing of Non-Retention, proceed to Meditative Contemplation.

Meditative Contemplation

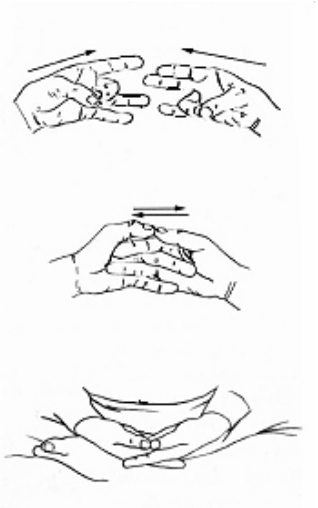
To begin with, keep the same position as described above. For the beginners, place palms on thighs, tongue curled up to the upper gum, mouth and eyes closed. Focus forward from your frontal psychic center and breathe normally. While concentrating at the top of your head, say the following sentence to yourself one time:

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



Keep invoking Nam Mo A Di Da Phat from the top of your head to avoid distractions. Then focus forward from your frontal psychic center. While contemplating, try to remain quiet and keep your spine up straight. Sit at this position for as long as your body allows. You may feel numbness at your feet,

however, you can overcome this uneasiness by concentrating on Nam Mo A Di Da Phat.



Mr. Tám explains: *"The meditative contemplation is quietude and sublimation. The pure energy will be elevated, while impure energy will be eliminated. Pure energy is related to the energy frequency of the head. 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 whoever you have faith. You must first encounter the one whom you worship before proceeding to infinity... During the meditative contemplation, just invoke Nam Mo A Di Da Phat 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 Non-Retention 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 into your body if you terminate the meditative contemplation with the massage."

Massage to end 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 3 times.

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



Then massage your legs from thighs down to feet. Do this massage 3 times on each leg.



If your legs or feet are numb, press the end of the big toe nail and bend the toe down.



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.

