



The Ten Rules of Spiritual Practices

Rule 1: Forbearance and Diligence

- To practice forbearance, we must have an open mind, accommodate everyone, be frugal, diligent, and work hard without being discouraged.

Rule 2: Resolutely let go of Seven Passions and Six Desires

- Don't dwell on the family's turmoil.
- If we can completely overcome the seven passions⁽¹⁾ and six desires⁽²⁾, it is possible to save nine Patriarchs and seven Ancestors of ours.
- Spiritual progress cannot be achieved by focusing solely on one side and neglecting the other side.
- We aim to develop a mindset that aligns with Buddha and God, and to be a part of the vast family of sentient beings, ensuring the well-being of all.
- To maintain happiness, we must untangle any worries that arise from our five viscera⁽³⁾ and six bowels⁽⁴⁾.

Rule 3: Forgiveness and Love

- We must forgive and love those who has hurt us.
- Why? Because our Soul is as immortal as theirs.
- It's crucial to understand that to foster brotherhood, we must open ourselves to embrace equality, love, and forgiveness.
- Many times, when we do wrong, we hope to be forgiven. So, if others do wrong, do they not want to be forgiven too? We need to forgive and be constructive.

Rule 4: Nurture The Spirit of Highest Quality Service

- We need to do everything with complete devotion and follow-through to the end. The infinite consciousness of the Soul is constantly evolving, never stopping in one place, so we must work without restraint.
- We all have mortal bodies, working endlessly without breaks. Our desire for the ordinary life is perpetually manifested in our thoughts through greed, anger, blind love, pleasure, sadness, hatred, and lust.
- We are constantly busy pursuing the path to return to our origin, and our journey involves ascending and returning to the pure, serene foundation of above.
- Upon arriving on earth, our serenity is entangled in a chaotic world, just as when someone falls into a well, they have to stay calm and slowly climb their way back up to the surface. Descending is simpler than ascending. Returning would be a more challenging task.
- How to demonstrate it? As children, we bring a sense of "nothingness" to this world. Now, everything is in a state of agitation; we find ourselves constantly arguing and competing in everything we do, intensifying the turmoil.
- Be dedicated in returning to the basic state of "nothingness", of innocence. Always happy and radiate a harmonious energy, just like a child. There is not a single child on this earth who is not loved by someone. So, we need to return to this basic state and hopefully to save ourselves and inspire others.

Rule 5: Giving and being Altruistic

- We live a life of spiritual perfection, focusing on the concentration of spiritual energy and serenity, and sharing the truth with others to help them navigate the journey. It is called giving and being altruistic.
- When our mortal bodies encounter obstacles in life, we must be fully committed to assisting with our latent abilities.

Rule 6: Truthfulness and Courtesy

- We always uphold truthfulness when interacting with fellow practitioners and other human beings. There is no need for deception, concealment, or fabrication of stories. We should maintain a calm demeanor and communicate straightforwardly in accordance with God's will and courtesy.

Rule 7: Live a temporary Life to save Lives, and not just for Pleasure

- We are aware that this body was created by the supernatural. Our life is governed by the law of birth, old age, sickness, death, and suffering. Life is temporary and not meant for fleeting enjoyment. If life is pleasurable then why abandon this body? Eventually, departing from this body is inevitable.
- What are the means of leaving the body? We depart through our Souls. Therefore, today's goal is to cultivate and nurture our Souls to achieve sublimation. As the body is not permanent, its purpose is to help save other lives rather than to seek pleasure in this world. Seeking pleasure is akin to suicide.

Rule 8: Maintain a Calm state of Mind in any Situation

- Whenever a situation arises, we always remain calm and serene. The noise, hustle, and bustle will eventually fade away to nothingness, and all issues will be resolved in the end. We clearly see that rain, wind, and storms are dangerous, but in the end, everything will settle down. These significant events ultimately lead to the evolution of our consciousness.

Rule 9: Be Selfless, Keep Invoking the Six Vibratory Words

- We always remember to silently invoke Nam Mô A Di Đà Phật to merge the upper, middle, and lower body into Oneness, and broaden the harmonious consciousness with lightness and kindness. The principle of Nam Mô A Di Đà Phật, is compatible with metal, wood, water, fire and earth throughout this entire universe.

Rule 10: Dissolving into Suffering, To Pursue an early Spiritual Awakening

- We must apply a harmonious attitude with the current suffering. Suffering can also be the absence of any means. By accepting our situations, deprivation will be eliminated and harmonizing with our suffering is accepting our situations.
- To pursue an early spiritual awakening: With time, we can gain more insight into the principle of living a simple or difficult life on earth. Only the spiritual practitioner has the opportunity to comprehend and be aware that life is temporary. Life's situations serve as testing grounds on earth serve as exams. We are here to learn and gain knowledge before we depart, as no one can stay in this world forever.
- To attain Bodhisattva hood, we must diligently cultivate these ten rules and implement them consistently, on a daily, hourly, minute-by-minute, and second-by-second basis. In the future, we will be valuable assets to society. Our practice here and in the future will involve traveling to places where we can positively impact others, extending beyond our practice. Without consistent practice, achieving results is not possible.

My sincere gratitude for your attention.

Luong Si Hang © Vi Kien

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seven passions⁽¹⁾: Joy, Anger, Blind, Love, Hatred, Sadness, Pleasures, Fear

six desires⁽²⁾: Wealth, Beauty, Fame, Gastronomy, Sleep, Lustfulness

five viscera⁽³⁾: heart, liver, spleen, lungs, kidneys

six bowels⁽⁴⁾: gall bladder, stomach, small intestine, large intestine, bladder, triple burner