

Well-Being through Meditation



Vô-Vi Esoteric Science has been revealed by Mr. Lương Sĩ Hằng • Vĩ Kiên. We perceive him as our spiritual guide.

Vô-Vi Esoteric Science is a practical spiritual method. This method will help the practitioner re-establish his equilibrium and inner harmony, and he then will gradually return to his forgotten origin.

The Benefits of Meditation

The Vô-Vi Method is a practical approach that aims to restore harmony within yourself. It consists of several exercises: concentration, breathing and relaxation, which are focused on helping you to regain control of your true self.

Over time, the Vô-Vi meditation will become a continuous research of spiritual perfection. This method may simply serve you as a means of relaxation from a hectic life, as a technique for cultivating a spiritual and mental discipline, or as a means of exploring the true nature of yourself.

Vô-Vi is not a religion. This is a method that helps practitioners to carry out their spirituality. It permits people of all creeds to practice this method under their free will.

Anyone who wants to learn about Vô-Vi, learn how to practice Vô-Vi meditation, can contact the Vô-Vi Centres worldwide. There will be free instructions given by others with the greatest kindness and sincerity.

Vô-Vi has become a frontier-free community. The Vô-Vi community is a community of practice that supports each other, which is also involved in charitable activities, such as assisting people in need.

Fellow practitioners are present all over the world, and they meet in meetings and World Congresses which are organized every year at a different location by the local Vô-Vi Friendship Associations.



Master Lương Sĩ Hằng © Vĩ Kiên

Meditation

Practical method of Vô-Vi Esoteric Science Basic exercises for the first 6 months

🕉 Journey to Self-discovery 🕉

Sitting Posture: Turn the light off in the room, then sit cross-legged on a cushion. Keep your spine straight. Or sit on the 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 the tongue is curled up, touching the line between the upper gum and front teeth. 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. **The six vibratory words of Nam Mô A Di Đà Phật** are the essential keys of Vô-Vi Esoteric Science. By mentally invoking the six vibrational words associated with the six chakras and practicing consistently, you can develop your spirituality to higher levels.

1. The six words of Nam Mô A Di Đà Phật

are the essential keys of Vô-Vi Esoteric Science. By mentally invoking those six vibrational 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.

During the first six months, beginners are first recommended to invoke **Nam Mô A Di (Yi) Đà Phật** by placing each vibratory frequency on its corresponding psychic center as follows:

The frequency of **Nam**: at the point between your eyebrows.

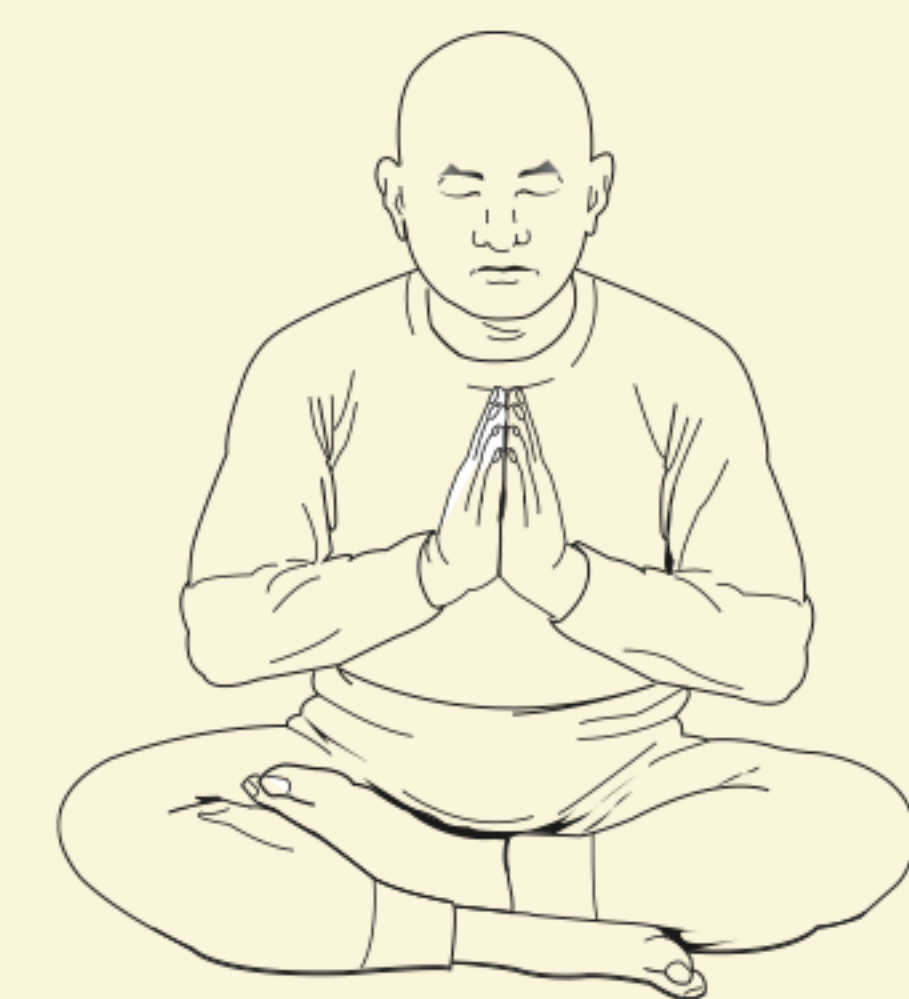
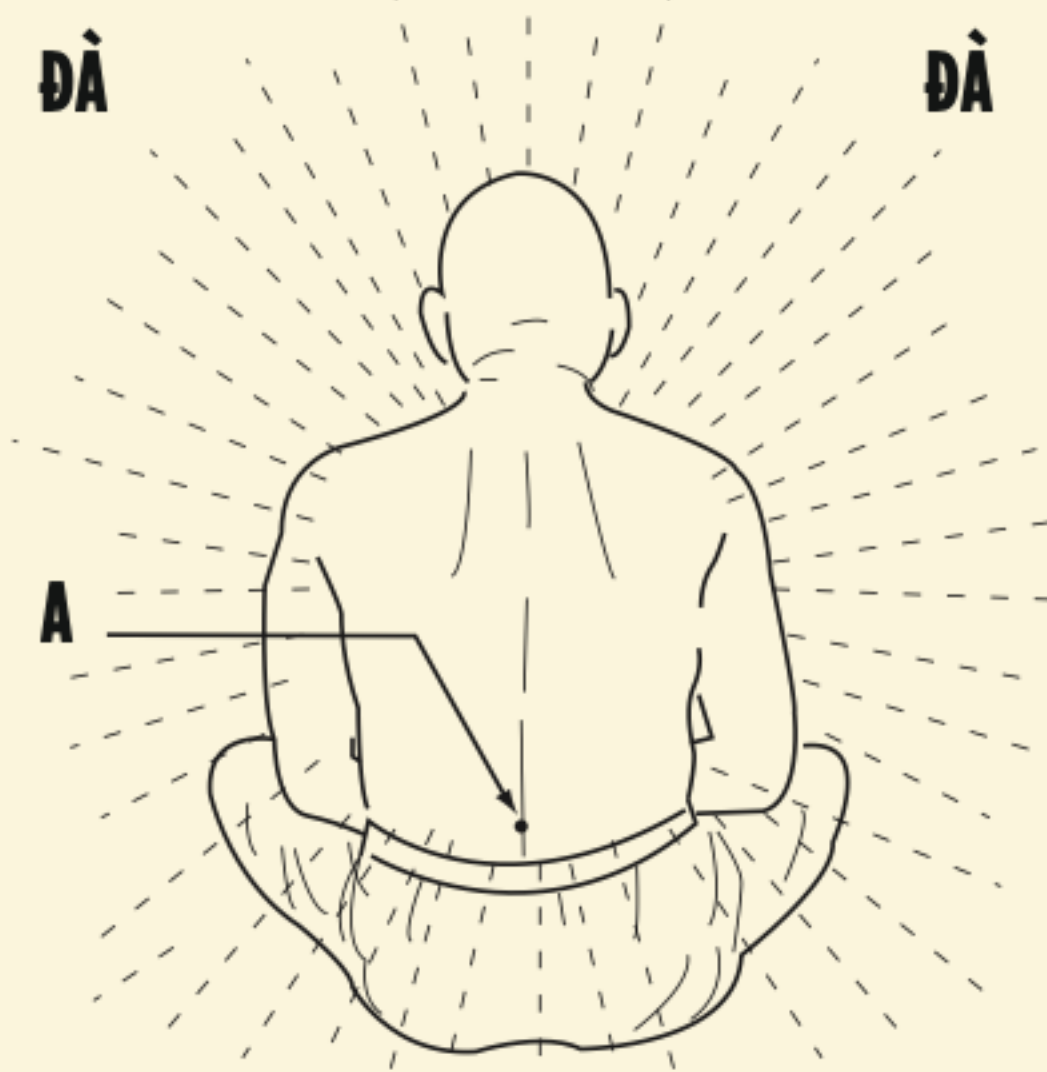
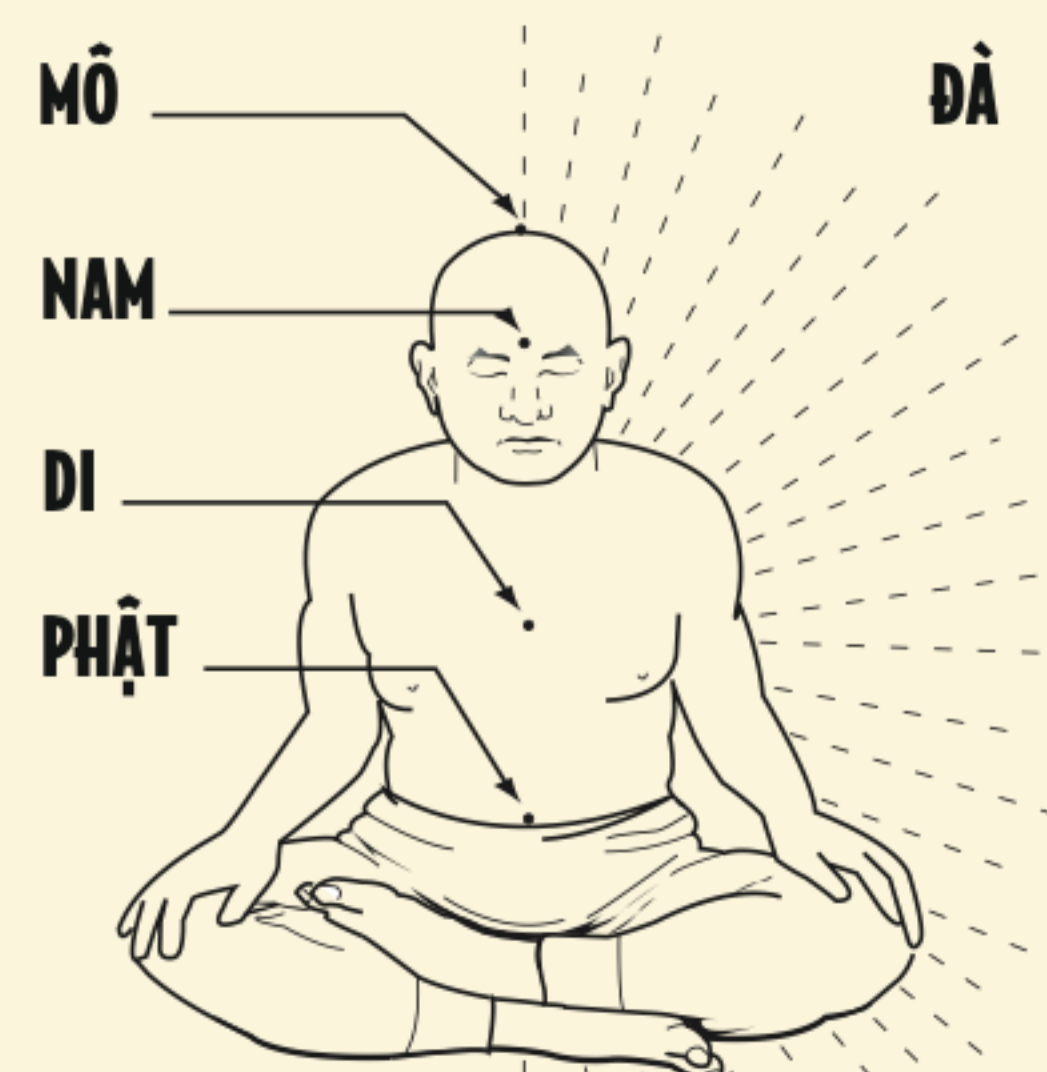
Mô: its resonance is on the top of the head.

A: its resonance will go to the renal psychic center.

Di (Yi): its resonance will be concentrated on the heart psychic center.

Đà: its resonance will vibrate over all the pores of the epidermis.

Phật: its resonance goes right on the navel.



2. The Concentration of Spiritual Energy will help you stabilize your mind and assist in insomnia, chronic headaches, psychological and mental problems.



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 3 energies: sexual essence energy, vital breath energy and spiritual energy".

Massage:

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.

Next, massage your arms, your legs 3 times on each side, then hold the soles of your feet to rub them together 50 times.



3. Lying Down Abdominal Breathing enhances the inner vital force, encourages calmness. It promotes better oxygenation of the blood and rejuvenation of the cells.

After the Concentration of Spiritual Energy, lie down to do the Abdominal Breathing. Keep your limbs totally relaxed, tongue curled up, incisors against incisors, mouth and eyes closed. Focus forward from your frontal psychic center.

Exhale while pushing the abdomen inward
Inhale while pushing the abdomen 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 inward: count 2. Continue the process until you count to 12, that is one phase. Pause briefly at the end of each phase and breathe normally. Then inhale-exhale using abdominal breathing by counting from 1 to 11. Then repeat again 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 1 last breath cycle. Total are 78 breath cycles.

