

Như Ý Meditation - Master Vô Danh Thị



HAPPY GOD

NHƯ Ý MEDITATION

BY
MASTER VÔ DANH THỊ

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AVALOKITESVARA BUDDHA

AMITABHA BUDDHA

CHÁNH PHÁP NHƯ Ý **(Nhu Y Truth Dharma)**

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**This book is translated by Master VÔ DANH THỊ, a first generation disciple.*

PREFACE

Nhu Y Dharma-King of Tathagata Buddha and the Mahayana Nine-Parinam Dharma of The Most Venerated have taught Master Vo Danh Thi who has meditated over the years, to achieve enlightenment.

After that, Master Vo Danh Thi is handing Tathagata King-Dharma and Orthodox True Dao out into the Third Period Spiritual World to open the era of New Bright Ethic Humanity.

True, virtuous meditators will find a way to return to God. Such devoted practitioners can save the world by following their path, Dao, to achieve enlightenment, thus returning to their original spirit with God.

Therefore, Master Vo Danh Thi declares Dharma Holiness across 5 continents of the world in order to retrieve the holiness of Buddhas, angel offspring, and Buddha's progeny, so that they have enough time to meditate to reach the boat of Long Hoa Dai Hoi*.

Respectfully,



Master Vô Danh Thi

*Explanation: *Long Hoa Dai Hoi is The Assembly of Maitreya (or Happy Buddha) to whom he preached the truth of Buddha.*

INTRODUCTION

The practice of Nhu Y meditation as presented in this book is based on the concept of a New Spring and Autumn Dharma. These in turn are comprised of two sets: Nhu Y Dharma and Avalokitesvara Bodhisattva Huynh Dinh, both of which were founded on meditation, purification and inner force. This Dharma can be achieved through sitting meditation and sleeping meditation. In addition, Dai Bi Huynh Dinh is acclaimed as a Praying Guardian Dharma for Dragon Gods to follow and rescue to eliminate diseases and demons.

Nowadays New Dharma has arisen to improve the lives of humans into the New Spring and Autumn Time of the Holy Spirit Era and to purify the sickness and karma of human life. At this time, our world is changing, so natural disasters now proliferate. The atmosphere contains dense radioactive matter and contamination culminating in serious diseases throughout the world. Beyond these problems, we must also be concerned with the possibility of the third world war. The evils are everywhere leading to corruption of the human spirit and the human body. This has resulted in the devils prevailing in Hell and entering the cycle of Heaven and Earth giving birth to demons in wind, in rain, in plant life and drinking water throughout our natural environment.

Nhu Y True-Dharma - Master Vô Danh Thi

Our natural world and the five basic elements are unwell, and drugs alone can not help people escape from this raging pestilence. Therefore, the Most Venerated bestows Nhu Y Dharma for humans to sit and meditate for inner purification, so that our core is not impacted by our current explosive atmosphere, and our thoughts remain in order. It also makes the brain and nervous system brighter and purer thereby leading to absorbing the Haoran Chi* into the meridian to attain enlightenment.

Avalokitesvara Bodhisattva Huynh Dinh Sutra and Avalokitesvara Bodhisattva New Dharma were born during this time because he saw that the New Creation Time had reached the period in which Heaven and Earth recreated the globe. The number of monks is very large but the majority do not have enough experience with New-Dharma to meditate. For home meditation, the karma of innumerable beings repeatedly rises and falls making it difficult to escape from this period. Therefore, The Putuo Buddha has resurrected the thoughts and beliefs of Avalokitesvara who provides instructions for home practice for the special spirits who are in the process of returning to God. He continues to profess the teachings of dharma at this time in order to get rid of negative karma before the final judgement day.

Explanation:

**Haoran Chi is an ethereal chi, heavenly chi, or pure energy.*

New-Dharma Avalokitesvara Bodhisattva can be achieved through laying down and counting breaths from one to eight, and then slowly counting backwards from seven to one, then zero. This will help to clear the 8 trigrams and open the thirty six main pressure points of the body. This allows Chi, or force, to flow through the 36 primary passages leading to the Primordial Heavenly throne of the 36 constellations thus protecting themselves.

Each workday, internal organs of the human body, as well as exposure to external communications, are affected by negative influences resulting in abnormal actions or behaviour. The study of New Dharma Avalokitesvara Bodhisattva will help to release the negative air, and remove the negative influences of diseases to help support mental health leading to recovery and putting one's mind at peace. Through diligent practice every day and every night, practitioners of meditation will earn virtuous merit for themselves.

Avalokitesvara Bodhisattva Huynh Dinh also supports bringing out our inner strength to help in the healing and elimination of the evil and darkness that will appear in the coming period of trauma. Only The Holy Spirit is capable of listening to focussed recitations of the blessing cultivator as it is beyond the capability of humans. Therefore, in order to attain enlightenment, one must recite prayers or mantra that will lead them through periods of suffering throughout the Universal Spirit.

Nhu Y True-Dharma - Master Vô Danh Thi

At the White Cintamani Sutras Palace*, the compassionate Avalokitesvara Bodhisattva and other Deities vow to The Tathagata Buddha and The Most Venerated that: “Anyone who practices Nhu Y Dharma, Avalokitesvara Bodhisattva New Dharma, Huynh Dinh Dai Bi shall be protected from the harms of war and natural disasters. Those who devote their time to cultivate, will be blessed with a safe household and the elimination of negative karma. Wherever devotional practice is found, Avalokitesvara Bodhisattva and the holy spirits will provide degrees for peace, and the release of negative energy.”

At the White Cintamani Sutras Palace before God almighty, the Great Buddha and the Three Heavenly Realms followers were presented with the mission to offer salvation to the Earth. The Great Buddha and heavenly God ordained that Thai Binh teach Nhu Y Dharma, Avalokitesvara Bodhisattva Huynh Dinh and Dat Ma Shen Gong would become the New Spring and Autumn Dharma of Dao Troi* in Ky Nguyen Thuong Duc*. Thai Binh received the responsibility to teach meditators or pravrajya meditators to practice their meditation at home. For spirituality, I (Avalokitesvara Bodhisattva) and the Community of Buddhists, together with the Diamond Spirit of Thai Binh will be the teachers in the spirit world.

Explanation:

**Dao Troi is a new religion. Dao means the way or religion, Troi means God or Heaven.*

**Ky Nguyen Thuong Duc is a new Era, is the time when human beings are in the highest ethic.*

**White Cintamani Sutras Palace is the palace where The Most Venerated are staying.*

Nhu Y True-Dharma - Master Vô Danh Thi

Through the grace of the Most Venerated, Thai Binh has been blessed with the ability to teach those who have faith the practices of New Dharma at home in this time of upheaval. It presents an opportunity for people to practice meditation at home. For those who practice New Dharma sincerely, Buddha and the Community of Angels will provide protection in order to help in their survival in this time of change in the natural environment that surrounds all beings. Also, fifty percent of negative karma which was created in the past thousand lifetimes, would be reduced. By meditating household to household, people who meditate together are bound to accumulate enough merit to attend the Long Hoa Dai Hoi*.

Those who have a stronger intellectual foundation must seek permission from the True Master for a higher level of consciousness, a supramundane class, in order to receive Tam Phap*. Through Tam Phap, followers will have enough time for self-cultivation of their meditation practices leading to an elevation to Deity, Angel, or Buddha in Long Hoa Dai Hoi.

Explanation:

**Long Hoa Dai Hoi is The Assembly of Maitreya (or Happy Buddha) to whom he preached the truth of Buddha.*

**Tam Phap is a dharma, Heart Dharma, the special Dharma that helps the meditator reach the higher realm.*

Now, I'm Putuo Buddha as the incarnation of Avalokiteshvara Buddha. It is incumbent upon me to follow God's will and offer protection and assistance to Thai Binh in bringing forth a new revelation of a new Dharma for all mankind.

Because Tathagata and The Most Venerated allow for home study of Dharma, Avalokitesvara Bodhisattva and The Nine Heavenly Realms decided in conjunction to support Thai Binh to proclaim his wisdom. In this time, anyone who returns to the word of God, will receive help in the final days. Otherwise, those who continue with immoral behaviour and don't awaken to the light, can't avoid natural disasters, earthquakes, floods, fires, and the destruction brought on by a third world war. The Judgement plan determined by God is pre-destined; humanity can't decide the time of Earth's extinction, and the dispossessed will continue to sink in an abyss of chronic desires and self-gratification.

Therefore, I and the Community of Three Religions came to the conclusion that we could not give up on the spirituality that has descended from Buddha so in this new era, we confer spiritual dharma to save and prepare those who follow for the final days. We offer spiritual dharma to renew this current period, to bring the Spirit back to the home of Buddha. Here we can enjoy the peace and blessings given by God in the New World and continue to cultivate spiritual growth in order to become prime practitioners of Dharma.

Nhu Y True-Dharma - Master Vô Danh Thi

Now I, Avalokitesvara Bodhisattva, preside over the New Dharma Avalokitesvara Bodhisattva. Happy Buddha presides over New Dharma Nhu Y and the Deities preside over Dat Ma Shen Gong, the grace and blessings of enlightenment is given by sincere people.

Avalokitesvara Bodhisattva and Happy Buddha save the world.

New Dharma opens the door to ascend the Precious Lotus Throne.

Falsehoods and Truths are both found on the bridge on the way to God.

Coincidence and meet Tathagata.

The New Dharma is born at the time of indulgence in materialism.

Through wisdom, a bright, open mind can find

The future Heavenly River, and self-cultivate intuition

The brilliant time absolves all the karma, the heart will be a blossoming flower.

The New Dharma is born to save thousands of families.

God's blessings are bestowed for the Third Time.

A Pure Heart sees the way to enlightenment.

Avalokitesvara Bodhisattva and Master Vo Danh Thi

Respectfully,



MAITREYA
(Happy Buddha)
NHU Y KING-DHARMA

**TWELVE PRINCIPLES OF A MEDITATOR
TO STUDY**

I. MEDITATION ETHICS

Meditators seek profound knowledge to lighten the heart through practicing deep meditation with the desire to enter the heart of a super aura and become one with Buddha within the realm of Buddha's aura thus following the ethics of the Enlightened one.

II. HUMANITY ETHICS

A righteous person helps people through Buddha's teaching by bringing patriotism and love to his people through righteous conduct.

God's servant loves his righteous army, remaining filial to the father thus averting chaos. From Heaven and humanity, Enlightened ones bring the peace of Buddha and calmness to all.

III. RENEWED BIBLE ETHICS

From ancient times, mankind has been taught by God, and civilization has followed the scripture of obedience beginning with respect among and between cultures.

Those who have attained self knowledge, have cultivated spiritual advancement to be enlightened, and they have relied on God's doctrine through meditation in the hope of reaching Nirvana.

That's why all those who meditate respect God's word, Buddha's dharma. They follow the spirit of the sutra and heighten the Buddhist tenet and religion, those who protect the sutra and keep peace, may attain Enlightenment.

IV. RIGHTEOUS ETHICS

God's bible teaches meditators to strive to attain a higher level and those who are masters to serve with righteousness, to lead people's hearts to higher self-knowledge.

God teaches us to lean towards the larger love of life of heaven and earth to rebuild their kindness.

Practitioners of righteousness, who consider their own limits of wisdom and dedication to God and Buddha, are the ones who can attain Enlightenment.

V. ETHICS OF RESPECT

Scholars who study the bible and study Buddha to elevate themselves into sainthood, angels or Buddha, should first respect morality and the literature surrounding human study. One can study the modern bible with the hope to revitalize the constitution and the anthems of the nations. Those who turn to meditation and the teachings of higher knowledge, are those who understand righteous ethics, and those who have respect for manners are scholars who will be enlightened.

VI. LOYALTY ETHICS

Billions of people throughout the world are living in peace; they all meditate in harmony with the three internal beats of the heart* that the universe has bestowed upon them. That's why God, Buddha, and all humankind are in accord with the same spiritual beat, sacred and evolving with the same heart to enter the path of Enlightenment.

Those loyal to God do not allow negativity to interfere with the mind when partaking in Bible meditation and Buddha study.

Those who are loyal to their country's leaders will not lose their patriotism.

The subjects who respect the constitution of the nation and perform their duties wholly to teach the people compassion and love for the country, are the superior ones who will become Enlightened.

*Explanation: *Internal beats of the heart: Each single heartbeat is comprised of three stages.*

VII. SACRIFICIAL LOVE ETHICS

From ancient times until now, those who reach enlightenment do so because of compassion. That's why the true meditator devotes his love and offers his compassion and forgiveness to his worst enemy, to offer the eternal love of God and ancestors of Buddha so that they may meditate together.

The Mother of Love forgives the mistakes of humans, of different religions to help them return to the righteous path, the righteous sense and the righteous Bible.

Thanks to meditators who know how to sacrifice love, God will let them return to their home in the Heavenly realm. A meditator's original spirit can return to the ethereal realms to learn Dao, study Buddha, sublimate through the door of Dao and the house of Buddha, to achieve supreme enlightenment.

VIII. EQUALITY ETHICS

The large door of Heaven doesn't close nor prevent passage, therefore Buddha, the Angels, Deities, Saints, and humanity, whoever becomes enlightened may return to become one with the world of Nirvana.

Those who have the hearts and minds of human beings and who meditate from home, have to avoid discriminating between their religion and my religion, good and evil of humanity, in order to gain passage through the earthly Bible to return home to the Heavenly Bible. Good and evil are in equilibrium, with equality of evolution, of spirituality, freedom of speech and texts of Buddha's Dharma to a higher evolution of beings. Those who are the Angels on Earth will find the path to Enlightenment.

IX. DUTIFULNESS ETHICS

The main roots of the Three Religions are Buddhism, Confucianism and Taoism. These three religions consist of five Branches; the souls of Angels, Saints, Deities, Buddha and human beings which all come from God the Father and Buddha Mother and have descended to earth. Meditators of the Bible should remember their origins, that we are the children of one God therefore we are Buddhas and angels and we should use Heavenly formalities and anthems of Angels and manners of deities to return to their origins to become Enlightened.

An Earth Angel will respect and remain faithful to the constitution of whichever country in which they are living. Be respectful so that one can acquire refined talent, become a loyal, gentle and educated human. They are the ones who will be enlightened.

X. TO COMPOSE ETHICS

Those nations which lack moral guidance, and whose literature is yet strong enough to support the idea of a nation, are places that lack education and scholars only to become an empty home.

Those countries should seek advice from righteous people and meditators who have compassionate hearts and are enlightened. Let these people represent that nation and be the advisers in place of God to lead the nation.

Buddhas also have to know and follow the words of the Modern Bible, Modern Dharma and meditate the True Dharma to become Enlightened and to preach peace for the nation, and to provide morals to those uneducated countrymen who follow the old ways and have gone through battles to the end.

Consequently, the country will have peace and prosperity, to open a new culture, to bring righteousness and right awareness to the New Bright Ethic Humanity of a country. They are the ones who will enter a Golden Time, and who reach Nirvana.

XI. RESPECT FOR GOD ETHICS

God encompasses all religions, a Father of all, a King, a Lord, a Lord of the Cosmos, and a Father of all souls of mankind. For all humans, God created the path to escort us home, and the Supreme God is in a righteous position of a God who stands as king above all kings. We all should give utmost respect to God while never ridiculing nor blaspheming God on high. When the judgement day arrives, those who have sinned, will be denied by Angels, and Fairies will not allow you to enter to be judged nor to enjoy the company of many Buddhas.

Tathagata Buddha is the great teacher in Heaven and Earth, and all the Buddhas bow their heads in respect. Therefore, we all are meditators and we should pay homage to God, study Buddha, meditate with the heart and nourish the mind. Do not speak of God and Tathagata Buddha blasphemously. Because those two are Great Teachers and God; we as meditators should respect those who create

life and create a path that leads us to Enlightenment, so that we have a chance to become the enlightened ones.

XII. THE ETHICS OF PROTECTING ONE'S COUNTRY

One's nation is the home of many ancestors and that is why God has blessed each nation with a leader of their own to develop their country peacefully and provide a true path for each nation on Earth.

We are the ones who are blessed with Enlightenment. It is the duty of the enlightened who have practiced at home to protect this honor of their country and other countries to communicate with the goal of creating peace within the world. Ultimately, the goal is to protect the creation of the United Nations in order to unify and be compassionate so one day we will have peace on Earth. Those are loyal, enlightened people. They do what they can for their country, but not for themselves.

DEFINITION OF MEDITATION

Meditation is the opening of the nervous system to the brain, causing the memory to open and receive deeper energy of the Universe and the gray matter of God and Great Buddha, to open Wisdom, Samadhi* and Vision. At the same time, meditation serves to cure other illnesses such as headaches and chronic insomnia while helping to relax the nervous system by merging peace and happiness throughout the universe.

Nourishment is one of the fundamentals of meditation. Collect the positive vibes in the air and get rid of the toxins in the Earth, collect the Haoran Chi of the Sun and others such as ambrosia dharma of Buddhas and discard miscellaneous substances of the Five Elements, collect ethereal grey matter to nourish the tangible meditative body, to open the six senses, to make the minds of meditators return to peace and happiness deep in the heart.

Meditation helps the mind become more perceptive and more open to wisdom. Meditating allows the heart to connect with spiritual power, to open the inner heart and become one with nature. The revival of the inner heart helps the spiritual power of a meditator's heart resurrect a compassionate heart and the six faculties, to achieve universal collaboration.

Explanation:

**Samadhi is a state of intense concentration achieved through meditation*

**Ethereal means purer air, or to the higher regions beyond the earth or beyond the atmosphere; celestial.*

Nhu Y True-Dharma - Master Vô Danh Thi

Meditation is letting go of the mortal heart and receiving a Saint's heart, releasing the mortal mind to accept the universe's intuition, letting out the earthly thoughts so that the heart can follow bright, pure idealism. Let go of our three mortal hearts to receive the intuition of God's true heart.

Meditating is to learn to enlighten oneself to the mysteries of the universe. God let the heavenly beings learn, but not the mortals. God allowed the one that is enlightened the Ngo Khong* to learn, but not the unenlightened. Because everyone holds a different view of nature's secret, when it is opened in meditation, one fully understands nature's secret, that God and the Universe are inside one's heart.

Meditation is the immense love of God, so the scholars who love their country won't betray their compatriots. One who loves the truth won't be disappointed in the compassion of God, one who loves their nation won't betray their ancestor's fatherland, one who loves Vietnam won't betray the Vietnamese Mother Earth who bore and nourished the Vietnamese people by her bounty, fruit and land. One should meditate to repay the full gratitude of the Vietnamese Nation; that is called filial piety.

Meditation lets the spirit consume the stars, the moon and the sun. The spiritual power consumes the Sun to invent, Chi swallows the Moon to purify, vitality eats Universal Stars. Due to the spiritual power's ability to absorb, the meditator will thoroughly understand all from Heaven to the Earth.

Explanation: Ngo Khong means enlightened the void.*

Nhu Y True-Dharma - Master Vô Danh Thi

Meditation is like an incubation of the Phoenix, the hatching of Monks. The incubating female can't create true Humans while the Nhu Y Right Dharma of Happy Buddha method has both male and female incubation. If it is hatched in 100 days, the Phoenix will be born without fear of not achieving perfect universal enlightenment.

Meditation is heart-cultivating; the heart nurtures the mind to meditate. One meditates to acquire wisdom, and once possessing wisdom, to invent. It is like the Sun receives the energy of the universe and spreads this energy out for all living beings. It is like the Water Dharma of the Moon purifies nature's secret. It is like the vitamins in the stars of all the constellations that are distributed to the planet Earth, all the brain systems absorb the cosmic gifts to create geniuses, virtuous generals, scholars of a country, and the meditators, to make the country become quintessential and prosperous.

Meditation is Theosophy where the mind blooms into a flowering heart to welcome wisdom, to learn Dao to awaken wisdom to become immortal. The heart turns into a spiritual power's blooming lotus of Buddha, to learn in the realms of connected spiritual powers, the heart will bloom like a flower which is free of worry, the kind of flower that has a true compassionate heart that can forgive all sentient beings so that they may have a true love. The true love of a Meditative Heart is an enlightened heart.

Meditation is Heart Sutra Cosmography, a meditative heart gives thanks to thousands of Sutras of the Universe to open the true heart. That true heart blooms into a receptacle like a lotus which becomes a memory storage of the immortal. From then, the true heart knows how to learn to invent, the invented learning of the meditative heart becomes the Heart Sutra of Buddha.

Meditation is the unlimited light heart which luminesces to learn from God. Once one sees that, one will fear talking about natural capacity. Once one has learned about Buddha, one will fear talking about the mysteries of the Universe and one who has learned Dao, will fear talking about Polemic Nature Secret. Thanks to the meditator who knows how to save words, useless things which create chaos in human hearts will not be discussed. From then, one knows how to watch the language to trace inside the heart, knows how to watch one's thoughts to gain the wisdom, then one can open the Infinite Heart* which is the unlimited light heart of Great Buddha, to unify the whole universe to become Buddha.

Meditation is natural wisdom light. The meditator knows how to lengthen the short and measure the long and knows how to simplify the long. Because the Dao of Enlightenment the Void is to realize the point of non-self in a mortal realm, to ascend to heaven step by step, to connect oneself to the natural way of Heaven. Daoism in the Mortal realm, is the short way of one hundred years of life, even though one cultivates for his entire life and a thousand lifetimes, still never achieving supreme enlightenment. Thus, Nhu Y New Dharma is the way of Daoism of Heaven; it will shorten the Daoism of Mortals, and will move the heart of the meditator out of immortality.

The meditator gives more away than he receives and will not argue when facing an adversary to transcend the secular world, will not proselytize when facing a Taoist to convert them by using teaching of the Truth, will not dominate when facing a meek one when reaching for true love. The more one still justifies and discusses ideas, the more questions they have. Once one understands the Truth, one won't plead to escape from gossip of right and wrong.

*Explanation: *Infinite Heart: Each of us has three hearts, one is the human heart, one is the Extremity heart, one is an Infinity heart.*

A meditator cultivates the heart like borrowing the boat of wisdom to cross the river. Once reaching the island, a meditator will borrow a vessel to pass over the ocean. Upon reaching other heavenly realms, use your bright, clever consciousness to get inside. Once one gets inside the immense Heavenly realm, wisdom will emanate. At the door of Daoism of non-one, non-self, the heart has mastered meditation, then naturally the heart knows how to learn the Dao of meditation and silence.

Meditation is an emptying of thoughts, the heart enters into samadhi, and does not remember the mortal realm while meditating. Do not discuss the mortal Dao while one is in samadhi, nor perform martial arts like Wukong. Don't be concerned with fame and wealth, don't bend with the wind. Thanks to non-one in the mortal Dao, find out who you are thereby transcending the secular world to integrate with Dao, with Buddha in the ethereal realm, to let oneself achieve enlightenment. Let go of the great temple in the mortal world in exchange for the highest position in Nirvana. That is called deliverance of one's heart, detachment from material things. That is also the way of emptying the thoughts of a meditator, transferring knowledge to the students so one can go to the higher realm.

Meditation uses cultivation to open one to self-reflection, according to the situation the meditator knows how to transmute the enlightenment of the timing. The Daoist and Buddhist know how to change the perception. Then one knows who Buddha is and who you are. Through Dao, that enlightenment of the void creates an impartial cavity. Once the mortal Dao enlightens the void, one will have no desire to create war with other religions. Once the heart has a Void of the Heavenly Dao, the Wonder inside you will open the heart with true love, it will become a portrait of Buddha to forgive others and forgive oneself, to offer salvation to the sentient beings and become Buddha, become enlightenment.

Nhu Y True-Dharma - Master Vô Danh Thi

Vietnam begins Heart Meditation.

Asamskrta in the mind, non aliment in the heart.

The Nhu Y meditation door, you search

Orthodox from Happy Buddham one thousand year barcarolle.

Vietnam: Buddhism, Taoism, Confucianism.

Converge to become the heart of Heaven and Earth.

Monotheism, directorialism, monolingualism.

Gentleness turns people to Buddha,

Vietnam shows the way with true love.

The heart widely proclaims the Buddhist-truth, full of quintessence.

The meditators recompense the country

Show loyalty to the nation, a peaceful country.

The Ethereal form of Vietnam is revived.

The meditators brighten up the country's chastity.

Now the Phoenix blooms a flower heart.

The dragons fly to open a Heavenly choir of Angels.

The meditators become advisors for the country.

Wealthy citizens, strong countries, people get along for thousands of years.

The providence of (God's) time opens the door to Holiness.

Vietnam restores the worthy duty of the Angels upon the whole planet.

Respectfully,



Master Vô Danh Thi

HOW TO PRACTICE DHARMA

A. SITTING MEDITATION

I. Meditation Direction:

- During Yang time, face North.
- During Ying time, face South.

- **Yang time:** From 12 midnight to 12 noon, practice meditation once at any time during this Yang time. The best time to practice meditation is during the Rat hour, which is from midnight to 2:00 am. If you are on a spiritual retreat, then practice 3 times, beginning at midnight then 2:00 am and again at 4:00 am. If you want to do more meditation, you can begin again at 8:00 am and 10:00 am. During your free time, you can also practice Mysticism to open the spiritual doors.

- **Yin time:** From 12 noon to 12 midnight, practice meditation once at any time during this Yin time, the best time is in the early afternoon between 12 noon to 2:00 pm. If one takes a spiritual retreat, then practice 3 times, beginning at 12 noon then at 2:00 pm and again at 4:00 pm. If one wants to do more meditation, you can begin again at 8:00 pm and 10:00 pm. During your free time, one can practice Mysticism to open the spiritual doors.

- Follow this Dharma meditation: One can sit in Bodhisattva's form, lotus form, cross-legged, or sit on a chair with both legs down and with a straight back. When one sits in Bodhisattva's form or lotus form, one

should sit on a cushion to keep your back straight and more comfortable during meditation.

- With the mouth closed, upper and lower teeth gently touching, the tip of the tongue should be touching the upper gum or palate area.
- With both eyes closed, concentrate on the Ajna point, (Ajna point is the third eye, in the centre of the forehead).
- The method of breathing in and out: when breathing in, the stomach gets bigger, when breathing out, the stomach gets smaller. The Chi should be stored in the lower stomach, but not in your chest.

II. Mudra (hand position):

- Hold both hands as in Figure 1, with this mudra, “Tam An Ngoc Hoang” (Mighty God Mudra) in front of the chest, pray: **(See Figure 1, page 25).**

“Follow the unlimited light of God.” (3 times)

“Follow the silent energy of Buddha.” (3 times)

“Follow the Buddhist meditation.” (3 times)

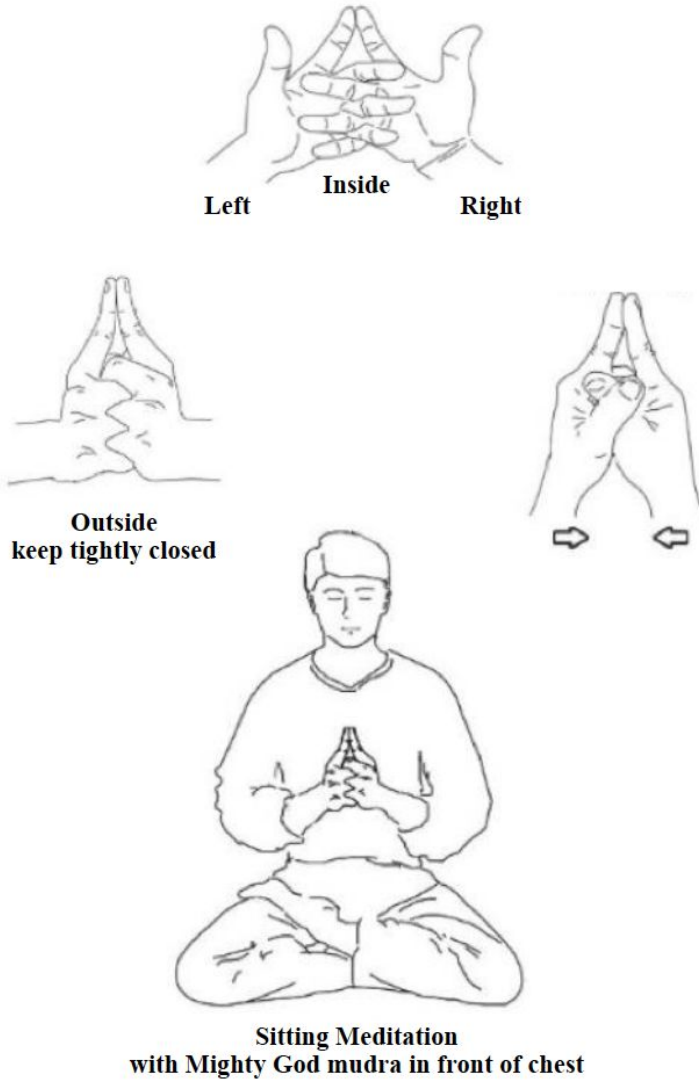


Figure 1: Praying Sitting Meditation with Mighty God Mudra.

- Then motion with this Mudra by keeping your Mudra and moving it back behind your head, then forward over your head to a point in front of your chest . (3 times).
- Continue this Mudra and motion to the front right (2 times) and to the front left (2 times). (See **Figure 2**)

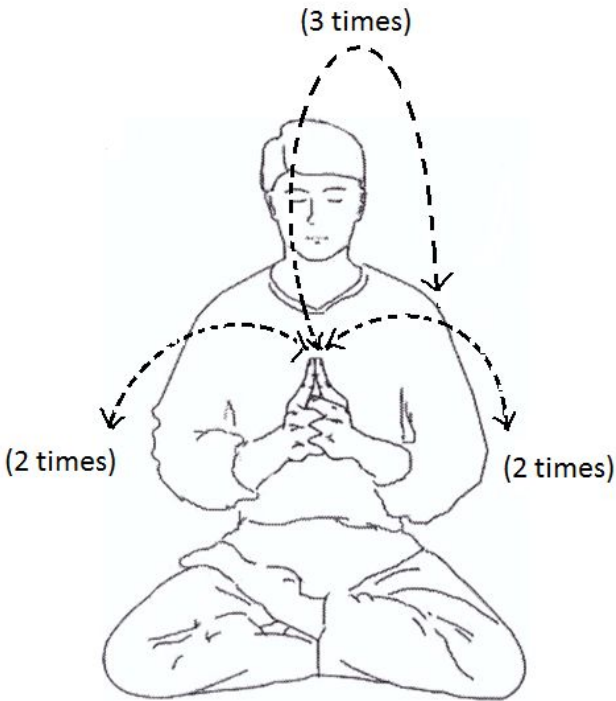


Figure 2: How to motion by moving Mudra up and down.

- After that, keep your Mudra in front of your chest again and pray these sentences below:

“Please God, open Yin and Yang.” (3 times)

“Please Mother of God, open my mind.” (3 times)

“My (you can say the name of your leader in your religion) becomes our God.” (3times)

My name is I live at.....

Today, I pray from this day forward,

I will follow the path of God of the universe.

I will follow the NHU Y meditation.

I will follow the Peaceful Bible of the heart.

I meditate to save myself and save the world.

From now on, I sincerely promise to take refuge in Happy God.

-Then, move your Mudra up to your forehead and move down to your chest. (3 times) (See Figure 3)

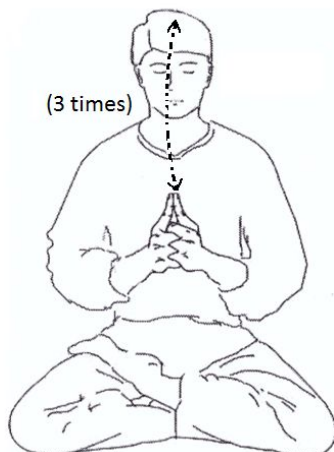


Figure 3: How to motion by moving Mudra up and down.

III. Change Mudra to draw spiritual elements:

- 1) Use Guan Yin Mudra (Mudra of Avalokitesvara) to open your third eye. (Spirit Vision)**
- After you are done with the praying, change your Mighty God Mudra to Guan Yin Mudra. (See **figure 4**)

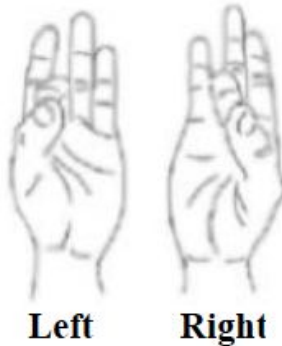


Figure 4: Guan Yin Mudra

- Then, put your left hand on your left thigh, and use your right hand to draw a cabala in front of your face. (**3 times**)
- Use the mudra with your right hand to draw **Figure 5**, you can see **Figure 6**, for more understanding.

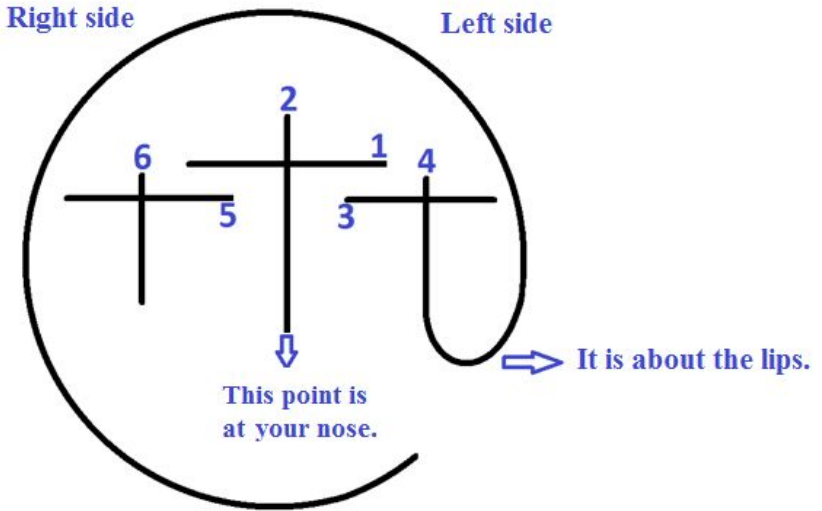


Figure 5: Instruction of Opening Spirit Vision

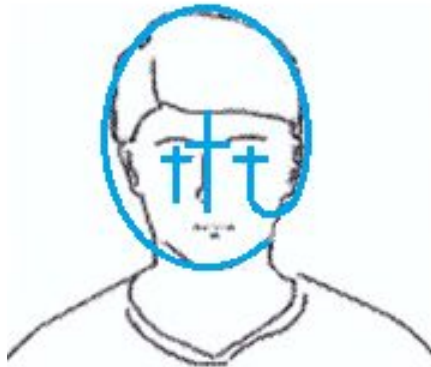


Figure 6: Opening Spirit Vision in front of the face.

- After drawing the Mystic Lines 3 times, change Guan Yin Mudra to Grand Buddha Mudra, (See Figure 7).

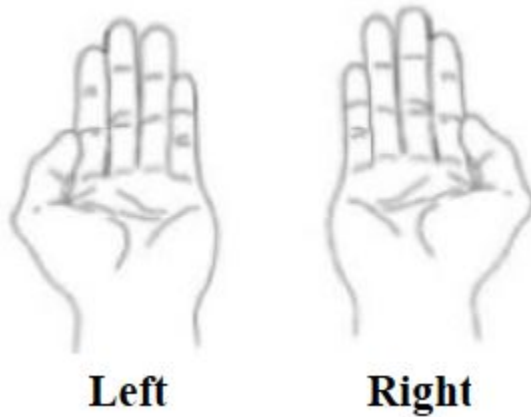


Figure 7: Grand Buddha Mudra

- Then, put your right hand in front of your chest and pray these sentences below:

“Unlimited light of Mighty God. (3 times)

As Master Vô Danh Thị commands. (1 time)

- Then, maintain your mudra with your right hand and tap your forehead 3 times.

2) Use Guan Yin Mudra to draw Swastika to open your Heart Chakra.

- After you are done with the process of opening your spirit vision, change your hands back to Guan Yin Mudra (see **figure 4, page 28**).
- Now, begin the process of Opening your Heart Chakra (opening your inner heart). With your left hand on your thigh, use the mudra with your right hand to draw the mystic lines in front of your chest as in figure 8. (**See Figure 8**).

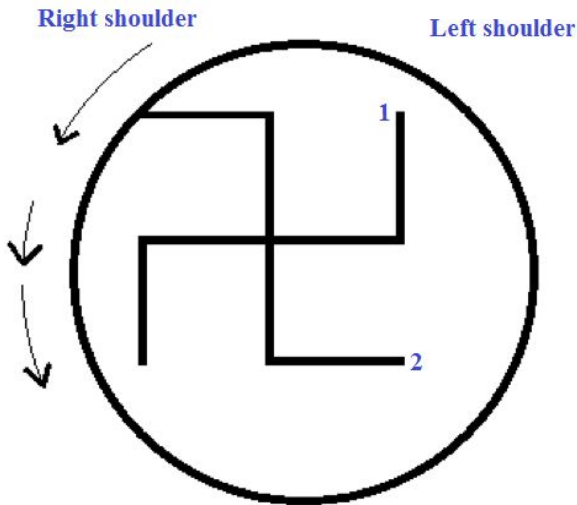


Figure 8: Instructions for Opening Heart Chakra

- You can see figure 3e for more understanding. (**See Figure 9, page 32**).

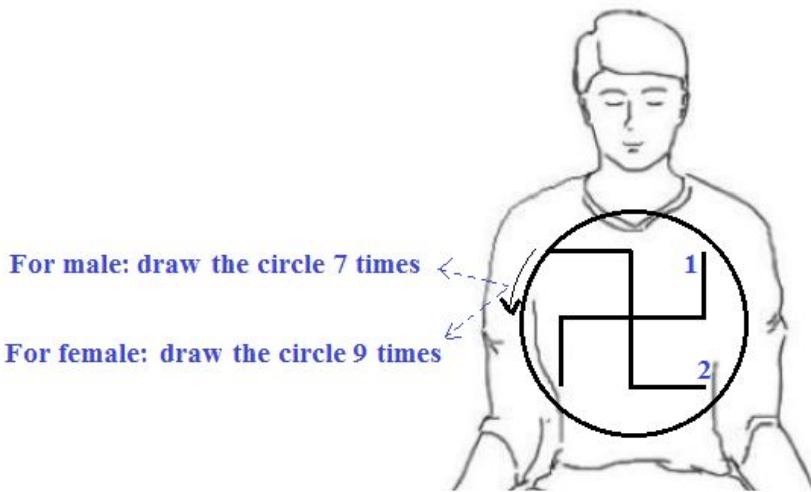


Figure 9: Opening Heart Chakra in front of chest.

- While you are drawing each circle, say the sentence below:
“Thousands of Dharma of Grand Buddha transmit to my heart.”
- For male: repeat 7 times and draw 7 circles.
- For females: repeat 9 times and draw 9 circles.
- After that, change your Guan Yin Mudra to Grand Buddha Mudra (**See figure 7, page 30**), using your right hand to tap the centre of your chest **3 times**.
- Then change your hand to Chundi Mudra or Happy God Mudra and begin to enter breathing meditation. (**See figure 10, page 33**).



Left hand Right hand
(This is Chundi Mudra)

Left hand Right hand
(This is Happy God Mudra)



Figure 10: Using Chundi Mudra to Meditate.

IV. How to practice Nhu Y Dharma-King breathing meditation:

- After you are done with all the processes in sections I, II, III, you can begin the breathing meditation.

1) Moving Chi Direction:

- While breathing in, imagine the pure energy (or Chi) going through your Ajna point, (the center point of your forehead). When you are breathing out, the energy is released out of the Sahasrara point (the center point of the top of your head).

2) Praying inside your mind:

- While breathing in, pray these sentences below and combine to count the breaths.
- **For male:** (in, odd breath), you pray: **“King of God”**
(in, even breath), you pray: **“Happy God”**
- **For females:** (in, odd breath), you pray: **“Happy God”**
(in, even breath), you pray: **“Guan Yin God”**

3) Summarize the process of breathing in Nhu Y Dharma-King:

❖ Counting during Yang time:

- Count 1 - 12th breath, then rest 5 seconds.
- Count 1 - 24th breath, then rest 5 seconds.
- Count 1 - 36th breath, then rest 5 seconds.
- Count 1 - 49th breath, then take **3 long breaths**.
- Count 1 - 72nd breath, then take **3 long breaths**.
- Then enter samadhi for as long as you can, (but at least 30 minute).

❖ **Counting during Yin time:**

- Count 1 - 12th breath, then rest 5 seconds.
- Count 1 - 24th breath, then rest 5 seconds.
- Count 1 - 36th breath, then rest 5 seconds.
- Count 1 - 49th breath, then take **3 long breaths**.
- Then enter samadhi for as long as you can, (but at least 30 minute).

4) Detailed instruction for counting breath in Nhu Y Dharma-King:

❖ This is example for counting breaths in Yang time (for male):

- Begin to breathe into your Ajna point, while praying “**King....of....God....**”, then breathe out of Sahasrara point and quietly count in your mind “1” . Next, breathe in through your Ajna point, while praying, “**Happy.....God....**” then breathe out of Sahasrara point and quietly count in your mind “2”. Continue counting like that until the 12th breath.
- After 12 breaths, relax your mind for 5 seconds, without counting or praying.
- Then, start again at “1”, and continue that process until the 24th breath, and then take a 5 second rest.
- Start again at “1”, and continue the process until the 36th breath, and then take a 5 second rest.
- From “1” again, continue the process until the 49th breath, and then take a 5 second rest.

Nhu Y True-Dharma - Master Vô Danh Thi

- Now, you take 3 long breaths of Phap Luan Thuong Chuyen*. For **each** long breath, while breathing in pray in your mind this sentence:
“Spirit, Chi, Vitality, three spiritual treasures, gather together on the brain, to cultivate and to study Dao.” (1 time).
- Go on, start again at “1”, and continue the process until the 72nd breath, and then take 3 long breaths of Phap Luan Thuong Chuyen. After the 3rd long breath, change your Guan Yin Mudra or Happy God Muddha to Samadhi Mudra. (See **figure 11, page 37**).
- Now, pray this sentence in your mind: **“May I pay respect to God and the 3 realms and go to study Dao”** (3 times).
- In this stage, stop counting your breath and stop praying, just relax your mind, let it empty, without thoughts, without voice. Keep your breath deep and gentle as a feather, slowly to enter the samadhi.

Explanation: Long Breath of Phap Luan Thuong Chuyen is the key to entering Samadhi. Each breath is long from 1 - 3 minutes. (See instructions on page 38 to learn how to take long breaths of Phap Luan Thuong Chuyen.)



Left hand - Right hand

**Interlace fingers to create
Samadhi Mudra.**



Outside



Inside

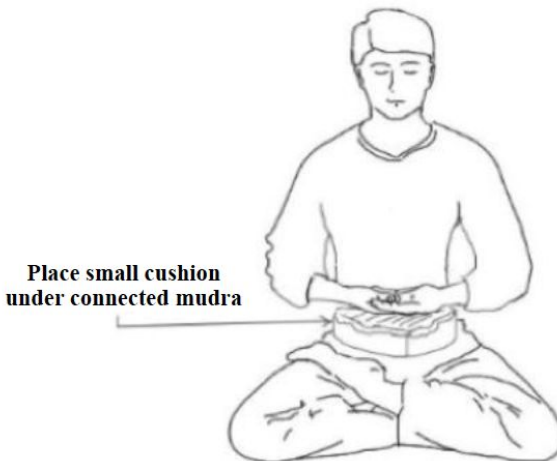


Figure 11: Enter Samadhi with Samadhi Mudra

- ❖ These are instructions for how to take a long breath of Phap Luan Thuong Chuyen of Nhu Y Dharma-King:
 - Physically, the body can't hold one breath for more than 3 minutes, but the mind can.
 - This is how to do it: First you breathe in, breathe in until your stomach can't hold anymore, you may release the air out a bit (just a tiny bit, not all the air, while the mind still thinks that the energy is still coming into the body constantly) then continue to breathe in again, and that process is repeated many times until it reaches about 3 minutes, then you can breathe out as strong and as fast as your body wants to.
 - For the first long breath, you can breathe out, then count 1.
 - The same as the second long breath, you can breathe out and count 2.
 - But for the third breath, you can't breathe out, you have to hold your breath as long as you can until you enter samadhi.
 - While continuing to breathe in, change your Chuandi Mudra or Happy God Buddha to Samadhi Mudra, and pray the sentence as shown in page 36, then you enter samadhi.
 - Remember, in this stage, relax your mind and your body. You shouldn't have any thought nor any voice in the mind.

- ❖ Note: During the meditation, if there is an emergency situation where you need to stop your meditation, you need to bring both hands over from your forehead to the back of your head to release your Mudra, and then you can stand up.

5) How to end meditation:

- Move both hands to the forehead and release the mudra at the back of your head. (3 times).
- Massage your face 3 times, ears 3 times.
- Massage your legs from upper thigh to the toes 3 times for each leg.
- Rub both hands (about 10-30 times) until they warm up, then you put them on your eyes, or massage your back.
- Then, rub the soles of your feet together (about 10-30 times).
- After that, put your hands in front of your chest and bow 3 times.
- Now, you can end meditation and go back to work normally.

B. LYING DOWN MEDITATION

- **Lying position:**

- Lie on the back with the body straight. The head should be pointing towards the North, with a pillow underneath.

- **Mudra (hand position):**

- Before beginning the breathing, while lying down, begin the process of opening your Spirit Vision and the Heart Chakra as shown in section III., 1) and III.,2) on page 28-32.
- Then, put both hands together into Samadhi Mudra and put the mudra on the chest to begin the meditation. If your arms are tired, you may place them down beside the body with Grand Buddha mudra (see **figure 12, page 42**), with your hands facing up or down.

- **Focusing point:**

- While breathing in, the Chi comes into the Ajna point (middle of forehead), while breathing out the Chi goes out of Ajna point.

- **Inhale while silently reciting:**

- For males:
 - **“King of God”**
 - **“Happy God”**
- For females:
 - **“Happy God”**
 - **“Guan Yin God”**

- **Counting breath method:** inhale through the middle of the forehead and exhale out of the middle of the forehead.

- Count 1 - 12th breath, then rest 5 seconds.
- Count 1 - 24th breath, then rest 5 seconds.
- Count 1 - 36th breath, then rest 5 seconds.
- Count 1 - 49th breath, then rest 5 seconds.
- Count 1 - 72nd breath, then release your Mudra and go to sleep.
- Note: In lying down meditation, don't use 3 long breaths of Phap Luan Thuong Chuyen.
- When awakened, move both hands from the front to the back of the head 1-3 times to release the mudra and end meditation.



Left hand use Guan Yin Mudra - Right hand use Grand Buddha Mudra

*Right mudra hand: facing up put it near your ear, or around the top of the head.

*Left mudra hand: facing down, on the stomach, and place the top of the middle finger at the belly button.



Figure 12: Lying Down Meditation

C. HOW TO EAT

THE SUN, THE MOON AND THE STARS.

I. Standing direction:

- For the Sun: In the early Morning before the Sun rises high, face the sun, but look about 1 meter away from it, don't look straight at it.
- For the Moon: At night time, face the Moon and look straight at it. We refer to using the lunar calendar to practice from the 8th-16th of the month.
- For the Stars: At night time, facing the West.

II. Instruction for both male and females:

- For each breath, you open your mouth and tend to catch the Chi in your mouth, while alternately praying these sentences:

1 SET {

- “King of Gods” (first breath.)
- “Happy God” (second breath.)
- “Guan Yin God” (third breath.)

- After the third breath you have finished one set, then you swallow the saliva in your mouth, then count in your mind “1”.
- Continue like that, until you reach the 9th set.
- Now, you can end the process of eating the vitamins and vitality of the Sun, Moon, and Stars.
- **Note:** you practice this method, for 49 sets each day until 100 days, you will get rid of all the darkness inside you.

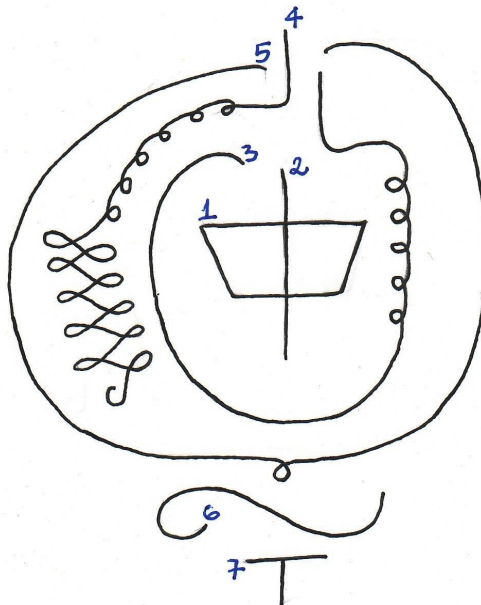
D. PRACTICING SPIRITUAL ELEMENTS

I. Direction:

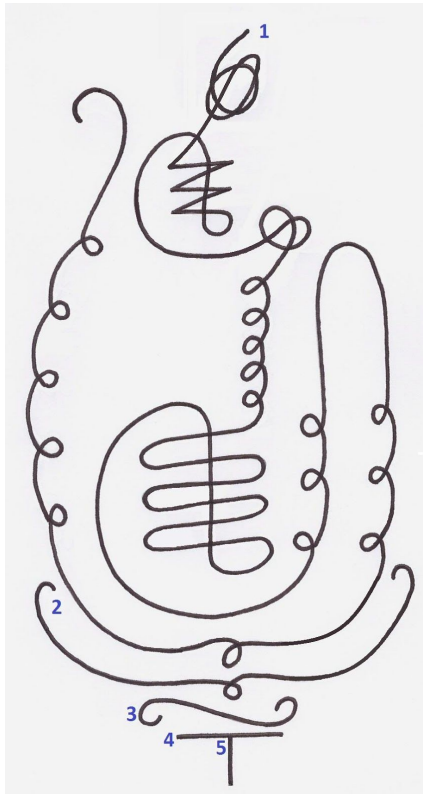
- During the day, face the East.
- During the evening, face the West.

II. Introduce spiritual elements and pray:

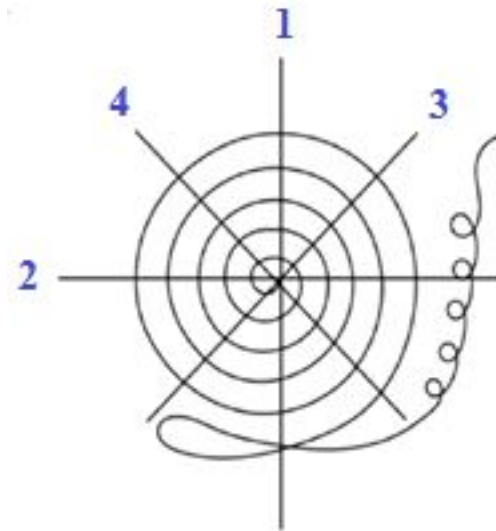
- Name in Vietnamese: Phép Thích Ca
 - Pray: **“Amen Siddhartha”** (3times)
 - “By the decree of Master Vô Danh Thị”** (1 times)
 - Mudra: Use Guan Yin Mudra.



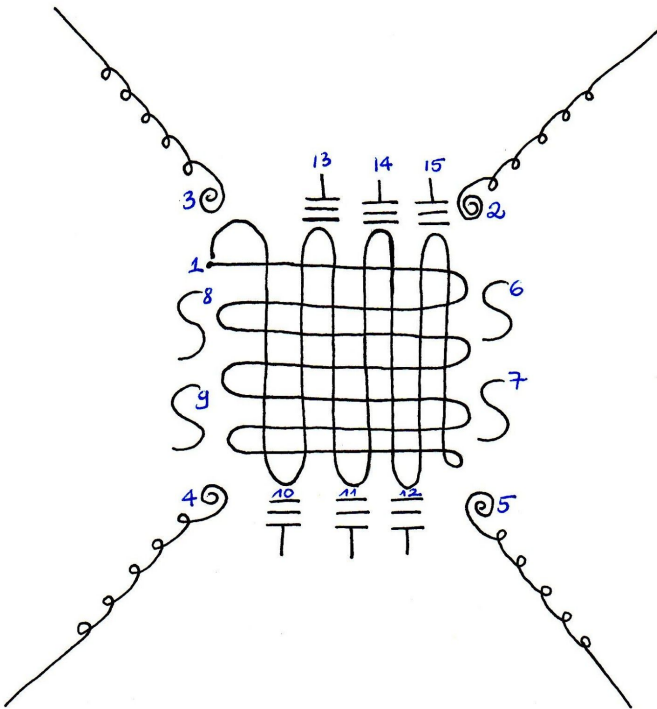
- Name in Vietnamese: Phép Quan Âm
 - Pray:
 - “**Amen Guan Yin**” (3 times)
 - “**By the decree of Master Vô Danh Thị.**” (1 times)
 - Mudra: Use Guan Yin Mudra



- Name in Vietnamese: Phép Lôi Chấn
 - Pray:
 - “**First apply to Heaven.**” (1 time)
 - “**Second apply to Earth.**” (1 time)
 - “**Third apply to the Five Elements**” (1 time)
 - “**Fourth apply to evil spirits and power.**” (1 time)
 - “**Án thunder, Án thunder, Án thunder**” (1 time)
 - “**By the decree of Master Vô Danh Thị.**” (1 times)
 - Mudra: Use Guan Yin Mudra



- Name in Vietnamese: Phép Thở Lôi Công
 - Pray:
 - “**Án Nature**” (3 times)
 - “**By the decree of Master Vô Danh Thị.**” (1 times)
 - Mudra: Use Guan Yin Mudra



III. Instruction for practicing Spiritual Elements with water:

- **Note:**

- To be able to make the spiritual elements work, you have to use one long breath from beginning to the end of the process. (Use the breathing technique of Phap Luan Thuong Chuyen that is shown on page 38).

- **Instruction:**

- First, pour some drinking water into a clean white bowl.
- Put both hands of Guan Yin Mudra in front of your forehead and pray: **“Amen Supreme God, King of God, The Most Venerated, The King of Buddha.”** (9 times)
- Then use your right hand mudra of the Guan Yin Mudra to draw the spiritual elements in the air over the water. Draw each picture 3 times.
- Then cite the praying sentences which belong to each spiritual element, in your mind.
- After that, release the Mudra into the bowl 3 times.
- Finally, transfer all your Chi and inner strength with one strong breath into the bowl being very careful not to spit your saliva into it.
- Then, you can drink the water.
- For each spiritual element, you need to practice for 49 to 100 days. Then, the water will become a medicine to help you cure all the sicknesses and kill all the viruses.
