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<b>IF YOU MISSED TUYEN-SINH, YOU MISSED A LOT</b>	<a href="mailto:vovietmailbox@vovietjournal.org">vovietmailbox@vovietjournal.org</a>

**THE THREE POLICE MEN-** Charles Phan-Hoang

Unlike my next visit to Warsaw on November 11, 2004, when I reflexively remembered to find my breath and my words. One fine day I was pleasantly strolling around a nice area downtown, observing all these modern, fancy shops that were springing up, admiring the beautiful architecture of new buildings that were decoratively juxtaposed around the majestic Lenin-style central edifices built during the communist era. Suddenly, three men in casual clothes converged on me, abruptly shattering my peaceful morning, filling my eyes with an official looking card that screamed the words **(Please open the attachment or visit our web to continue)**

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# **VIET-CHI POST No 17 – AUTUMN CELEBRATION**

**Letter from Master Phan-Hoang**

**La Spezia** is an unforgettable place.

Although the number of participants is relatively modest, I would say our Autumn Celebration “Stage” at La Spezia from 25 to 26 October has been very successful. This Stage is even among the best.

Thanks to the effort of Organizing Team and friends there –Marcello, Maxim, Edio, Iva, etc.- everything was well prepared. The Gym is large, modern and nicely decorated with flowers and a large sign of VIETTAICHI logo.

We have successfully accomplished several important training and teaching, and firmly established our Translators Committee for a number of languages, English, French, Grec, Italian, Latin, Polish, Portuguese, Spanish and Vietnamese.

**MARIAGRAZIA**

**SANDERRA**, a very dynamic and competent young lady assumes the position of Chair of Committee. The Translators Committee is still recruiting new members to add on the founding group. Please volunteer for any language, you will get back a lot of fun being member of this Committee.

(Email:

[MARIAGRAZIA.SANDERRA@TSCOMPANY.IT](mailto:MARIAGRAZIA.SANDERRA@TSCOMPANY.IT)).

We also restructured the Office of Diplomas and Credits which is now under the responsibility of Master Filipe TUE-PHU.

**TUYENSINH**; The Theory of Five Elements; the Noi-Cong of Bai-Di-Xa all are important and need deep understanding beyond the routine doing. Why the TUYEN-SINH is important and powerful? You surely remember, the TINH-MAT teach us meridians and acupuncture points; the KHAI-MON



teach us the essence of the old book of I-King (Y-Kinh); the CUU-DOAN teach us the map to our nine progresses. So, in the same way, the TUYEN-SINH teach us the most important concept about relation between things in life and in the inner organization of our body and mind. You miss TUYEN-SINH you miss a lot.



Also Method for Teaching VTC Quyen is extremely

important for Teachers. Many explanations and recommendation have been taught on Sunday morning in the frame of our Black Belt School. We learned about common teaching errors and we provided solutions, we welcomed questions and delivered answers according to the circumstance.

This time, Master Viet and Master BaoLan were busy with another mission in Paris, but we had the great pleasure to welcome, from Paris: Master Nhan Khiem-Ho, professor Dao Tue-Tam, Ms. Nathaly Duong; from Britany: Master Trang Nghia-Ho, and Henni, both regularly come every year; from Porto: Master Angelo Tue-Trang, and Master Filipe Tue-Phu.



The TUE-TU Brushing Art session has been a revelation for many. We all are, in some sense oppressed people. To liberate ourselves from the burden of the past, to externalize our view of the future, and to express our deep sentiment, emotion and feeling, we could use the power of the TUE-TU BRUSHING ART to affirm that we are in the center of everything, and what we freely express through our Art of TUE-TU is not aiming for the public. We regain our highest right to freedom.

(Phan-Hoang, Oct. 2008)



## VIET-CHI POST 17 – THE THREE POLICEMEN

Imagine how thrilling it was for me to be in Warsaw on May 1, 2004 sharing alongside the Polish people in the historical event as their grand nation joined as a member of the European Union, together with Germany, France, and the United Kingdom. I have no words to describe that experience!

Unlike my next visit to Warsaw on November 11, 2004, when I reflexively remembered to find my breath and my words. One fine day I was pleasantly strolling around a nice area downtown, observing all these modern, fancy shops that were springing up, admiring the beautiful architecture of new buildings that were decoratively juxtaposed around the majestic Lenin-style central edifices built during the communist era. Suddenly, three men in casual clothes converged on me, abruptly shattering my peaceful morning, filling my eyes with an official looking card that screamed the words "Police Officer." Speaking in commanding but broken English, they ordered me to produce my ID immediately. After one second of hesitation, I sensed that something about these men was not right. I looked intensely into their eyes. Then I spoke. Like a miracle produced from magical power, they all scattered at the fastest speed they could disappear. Imagine what I said!

In any place in the world people are typically afraid of The Police. Honest people like you and me are usually automatically inclined

to obey orders from the Police. I was just about to pull out the small travel pouch that I hang around my neck hidden under my sweater, full of credit cards, driver's license, ID, passport and some money. Yet in my split second of hesitation it occurred to me that if these men were truly Police officers, they would not be afraid of Police officers. And inversely, if they were impostors, it seemed that a most effective antidote against Police impersonators would be the real Police! So after that silent moment looking into their eyes, I quietly said: "I know all of you. You are not Police." Then I drew in my powerful breath, raised my voice, and resonated the highest pitch on my magical mantra: "POLIJA! POLIJA! POLIJA!" As the three thieves vanished into the wind, I maneuvered myself into a nearby shoe shop in search of a safer haven and a comfortable pair of walking boots.

Moments after, it dawned on me the depth to which I benefitted from my daily training routine: My morning breathing exercises helped me to effortlessly draw power to my voice when I needed to bellow out a magical defense siren, and my ritual of regular meditation contributed to automatically keeping my mind quiet and my actions wise when faced with that unexpected and threatening events.

*Charles Phan-Hoang (January 2005)*