

Vol. 08, n° 43
SEMIMONTHLY
VIET-CHI POST
HONOR - VISION

Vol. 08 No 43 December 01, 2009

VIET- CHI POST

www.vovietjournal.org

Email:

vovietmailbox@vovietjournal.org

VOVIET/VIETVODAO, VIET-TAI-CHI,
VIET-KHI-PHAP, CHI-BONG,
CHI-CUOC, CHI-KIEM, CHI-LUC, CHI-VAT
INTERNAL COMMUNICATION

if you want to receive news by email, write to vovietmailbox@vovietjournal.org

IN THIS ISSUE :

1- VCP No 43 SU-LO LETTER

to Disciples at the Teachers School.

Copy: Peace Black Belts, Viet-Chi Post, Vo-Viet Journal

LETTER First December 2009

THE INNER POWER MANTRA FOR BREATHING

2- POWERPOINT SHOW OF No 43 VCP

[\(please click to download\)](#) (6394 KB)

<p>English</p> <p>SU-LO LETTER THE INNER POWER MANTRA FOR BREATHING</p> <p>At our Training Sessions in PISA last October you have learned the quyen Ky-Mon. In this quyen the movement 11.a (see page 60 in the book SU-LO, KY-MON QUYEN) means: “Searching the book Bat-Nha”. The correct training of this movement requires that ...</p> <p><i>(please click to see the full document)</i></p>	<p>Español</p> <p>CARTA SU-LO EL PODER INTERNO DEL MANTRA PARA LA RESPIRACIÓN</p> <p>Durante las sesiones de entrenamiento en Pisa, el pasado mes de octubre, habéis aprendido el quyen Ky-Mon. En este quyen el movimiento 11.a (ver página 60 del libro SU-LO, KY-MON QUYEN) significa: “Buscando el libro Bat-Nha”. La correcta realización de este movimiento implica que ...</p> <p><i>(para continuar véase el apéndice)</i></p>
<p>Latine</p> <p>EPISTULA DE SU-LO DE INTERIORIS ROBORIS MANTRA AD RESPIRANDI ARTEM DICATO</p> <p>In Pisano conventu mense Octobri quyen Ky-Mon didicistis. In hac forma motus XI (cfr. p. LXI libri SU-LO, KY-MON QUYEN) valet: “Librum Bat-Nha quaerere”. Si vis bene in hoc exerceri, tua crura implecte et corpus demitte, dum aera spiritu vehementer ducis. Provectus discipulus in hac statione mansurus est minutum vel longius. Haec ad usum discipulorum ...</p> <p><i>(si quaeris opera Latine reddita, sume adlegatum)</i></p>	<p>Português</p> <p>CARTA SU-LO O PODER INTERNO DO MANTRA PARA RESPIRAÇÃO</p> <p>Nas nossas sessões de treino em PISA em Outubro passado vocês aprenderam o quyen Ky-Mon. Neste quyen, o movimento 11.a (ver página 60 do livro SU-LO, KY-MON QUYEN) significa: “Procurando o livro Bat-Nha”. O treino correcto deste movimento exige que ...</p> <p><i>(Português descarrega o ficheiro em anexo)</i></p>

SU-LO LETTER

Series of letters from Master Phan-Hoang

to Disciples at the Teachers School.

Copy: Peace Black Belts, Viet-Chi Post, Vo-Viet Journal

LETTER *First December 2009*

THE INNER POWER MANTRA FOR BREATHING

At our Training Sessions in PISA last October you have learned the quyen Ky-Mon. In this quyen the movement 11.a (see page 60 in the book SU-LO, KY-MON QUYEN) means: "Searching the book Bat-Nha". The correct training of this movement requires that your legs must be crossed and the body lowered while you are taking a long and deep breathing. Advanced training could be staying in this posture up to one minute or more. This information is for the level of *Hinh* and *Thuan* , now how about the Y (meaning) of this movement 11.a ?

The "lyrics" of this movement said: "*Searching the book Bat-Nha*".

The book Bat-Nha is a very well known book called Prajnaparamita Heart Sutra. Don't run right away to the bookstore close to your place for having a copy of it! "Searching" in the context of KY-MON means put all your efforts in reaching the essence, the most important part, of the teaching of the Heart Sutra.

What is a sutra? This term is from Sanskrit: *sutram*. It is used in both Hinduism and Buddhism. In Hinduism, sutra is for any of various aphoristic doctrinal summaries produced for memorization, generally between 600 and 200 B.C.E.; in Buddhism, a

sutra is a scriptural narrative, a text or a book, regarded as a discourse of the Buddha. The Heart Sutra is a small book consisting of only 260 words, as people traditionally counted and reported (I discovered that this counting of words was wrong, in fact the book has a number of words much less than 260, however this issue is not part of the aim of this letter). Now the challenge is finding the core, the essence of the Heart Sutra which is already a condensed version of a giant sutra called Prajnaparamita which means *the perfection of wisdom*. Many learned people agreed that the core teaching of the Heart Sutra is at the last paragraph of the Heart Sutra, it is a mantra, as follows: *“gate gate paragate parasamgate bodhi svaha”*. A mantra is a sacred verbal formula repeated in prayer, meditation, or incantation, or a syllable or portion of scripture containing mystical potentialities. This mantra is very well known and the Vietnamese pronounce it in their language as:

“Yet-de yet-de bala yet-de bala tang yet-de bo-de sa-va-ha”

« Go, go, go beyond, go really beyond, reaching universal Enlightenment »

This mantra is really popular and powerful. Around the world, every day millions of people are repeating it. But for us, we should put aside the religious aspect of this mantra, and discover its profound and universal teaching. In my understanding, we could make the mantra even much shorter, it could be just a word: “GO”! This is not “go” as in “you go to the market”, it should be a great sound of “GO” which carries the power of an earthquake helping people to change and reach universal Enlightenment. That is the way I am practising this highly respected mantra. The mantra should be connected to our Breathing Methods, our practise of the Five Sounds, our dynamic Meditation, our daily training of Body and Mind. Happiness, Inner-Power, Good Health, Respect are things we should gain by our own efforts following our chosen daily training. Being a teacher is being able to discern a new way from a beaten path. Do not sit and repeat this mantra, make the mantra walk, run, chant, breathe with your everyday!

Last Saturday, 28th November 2009, solicited by the organizers of a fundraising event to support disabled people, the Viet-Chi Center in Ottawa has accepted to present two performances at the theatre of the Ottawa University. There were about eighteen groups from diverse backgrounds and countries presenting beautiful

dances: modern dance, belly dance, folk dance, and VIETTAICHI. The theatre was full with three hundred people and our performances were highly appreciated and applauded. I executed the THAP BAT DIEU/ 18 Birds, and Tue-Tinh Loc Mai presented the “Yet-De” Breathing, showing the way how we train ourselves, keeping the teaching of the Mantra in mind and using two sticks to express the philosophy on duality and unity. Tue-Tinh Loc Mai has presented a wonderful performance. It was difficult to take good pictures under the low light while the performer was moving fast. However Khiem-Long Karen has managed to do the best she can under these conditions, and we now have some pictures of the performance to share with you in the format of PowerPoint Show presented in the VIET-CHI POST No 43.

The Season’s Holidays is soon approaching, I wish you and your family all the best for HAPPINESS and GOOD HEALTH.

«*Yet-de yet-de bala yet-de bala tang yet-de bo-de sa-va-ha* ».

Phan-Hoang