



The Life Energy Development Weekly

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Weekly Newsletter to develop the energy and purify the mind solely dedicated to the service of the practitioners of the Vo-Vi method of Meditation

Pure Breath

The Lord grants us the pure breath to develop our vital energy,
We no longer pray for favors and awaken ourselves spiritually,
Realizing the righteous dharma by inhaling the pure breath,
We practice with diligence and sincerity to enlighten our consciousness.

Vi Kien

Baby Tam Talking To You

from 31 December 2000 to 6 January 2001

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Dear Friends,

The Be Tam's Self-Dialogue is written with an **EMPTY** heart, and is closely connected to the benevolent energy of the Great Compassion. It is also a remedy for mental disorders, capable of releasing impure energy from the heart, the liver, and the kidneys. One should not shorten or edit any section; those sincerely devoted to spiritual perfection will understand the deep philosophy of Be Tam's writings.

I hope that you will practice in a righteous manner to truly understand the evolution path of the spiritual consciousness.

Respectfully Yours,

Baby Tam

Questions

1. *Will faith lead to reality or illusion?*
2. *How can we surmount a period of agitation?*
3. *How can one explain the feeling of energy projecting out of the body when closing one's eyes?*
4. *How should we practice in order to let the soul project out of the body?*
5. *Is there any benefit in having dreams and reveries as a result of the practice of meditation?*
6. *How does a meditation practitioner develop his spiritual energy?*
7. *Is it harmful to lack communication with the central source of universal energy?*



Atlantic City, 31 December 2000, 4:40 AM

Q: Will faith lead to reality or illusion?

A: Faith will see realization from emptiness, but one must wait with patience for its happening.

Psalm

*Nurture your faith to let things happen in due time,
To understand the celestial mechanism, practice with
continuity,
Return to your origin to discover the Truth,
Develop your true nature to attain knowledge naturally.*

Atlantic City, 1 January 2001, 2:40 AM

Q: How can we surmount a period of agitation?

A: In order to surmount a period of agitation, we must endure the hardship and accept to be kneaded like bread dough in order to awaken our consciousness.

Psalm

*To detach ourselves from agitation, we must humbly
endure the adversities,
Accepting the suffering, we'll learn valuable lessons
To awaken ourselves from both social and spiritual duties,
Back to our true nature, we'll advance steadily.*

Atlantic City, 2 January 2001, 4:35 AM

Q: How can one explain the feeling of energy projecting out of the body when closing one's eyes?

A: When one feels the energy focused at the forehead projecting out of the body, it means that one has practiced the method with diligence and has obtained good results.

Psalm

*Entering the sphere of energy, we feel inner harmony,
Unifying all energies, the brilliant soul projects out of the
body,
The wonderful divine landscape appears continuously,
Void of agitation, with peace, we travel easily.*

Atlantic City, 3 January 2001, 8:25 AM

Q: How should we practice in order to let the soul project out of the body?

A: In order to reach the level of soul projection through spiritual training, we must resolutely detach ourselves from small to big issues when entering the state of meditative contemplation. Only then will our soul be able to project out of the agitated body.

Psalm

*Developing our sincere nature, we reach higher and purer
spheres,
Determined to advance spiritually, we progress in
harmony,
Our awakened soul returns to wisdom and clarity,
We now harmonize with the ocean of Divine Love
naturally.*

Atlantic City, 4 January 2001, 10:00 AM

Q: Is there any benefit in having dreams and reveries as a result of the practice of meditation?

A: Those who practice meditation correctly to develop their spiritual consciousness will feel lightness and see an inner light. On the other hand, those who see fictitious revelations are not practicing correctly.

Psalm

*Through spiritual practice, we'll develop our soul,
Refusing to face the truth won't help us,
The external world is filled with fictitious images,
Behind the dreams, there is no purity.*

<p>Atlantic City, 5 January 2001, 3:45 AM Q: How does a meditation practitioner develop his spiritual energy?</p> <p>A: A meditation practitioner develops his spiritual energy by restoring order within in order to harmonize with the universe. His mind will become brighter each day.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Developing the supernatural mind, we aim to save ourselves, Learning with sincerity, we understand the path of spiritual perfection, Returning to our origin, void of passions and regrets, We perfect our nature within serenity and happiness.</i></p>
<p>Atlantic City, 6 January 2001, 5:47 AM Q: Is it harmful to lack communication with the central source of universal energy?</p> <p>A: If the cranial psychic center lacks communication with the central source of universal energy, nothing will succeed.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Losing contact with the universal energy, they can't dissolve their anger and passions, Lacking spiritual progress, they keep practicing vainly, Without a spiritual heart, they won't reach unity, Unable to attain goodness, they will never attain purity.</i></p>



Translated by Xuan Mai

Please contact maioro@yahoo.com if you wish to receive the English LEDs via email, or if you want to join the English translation team, or contribute an article about your own spiritual experience. Your comments and contributions are welcome. Thank you.

Notes:

The attached translation is a rough draft of Muc Be Tam from the current Vietnamese LED Weekly version, that is prepared especially for English-speaking Vô-Vi fellow practitioners by the English Translation Team.

The Editorial Staff strongly suggests that the document is not to circulate outside the Sunday discussion group, to maintain the accuracy of Master's teaching. A final edited version will be formally published at a later date

**4 March 2001
Announcement about Vo-Vi Convention 2001 - "Courage and Practice"**

Dear Vo-Vi friends,

Please remember:

- the deadline for paying the 2nd deposit for the Vo-Vi Convention is 1 April, 2001 (please see attached registration form)
- You can continue to register after 1 April, 2001, but room arrangements will be made on a space available basis. Registration after 1 April 2001 will incur an additional charge of 50 USD per person.
- Please reserve your hotel stay before or after the cruise early. There is a deposit of 40 USD with your reservation by May 15, 2001. Final payment is due by August 15, 2001.
- If you do not stay at the Hotel and only need ground transfer (from the hotel to Port Canaveral – roundtrip), please register before July 1, 2001 and pay 17USD bus fare before July 1, 2001.

Please make check or money order payable to VoVi Friendship Association of Northern California for hotel and bus fares.

Many thanks for your attention,

Sincerely,

The Organization Committee

Registration Form

Congress **COURAGE** and **PRACTICE**

On the Disney Magic, Orlando, Fla
(Sailing from 27 October 2001 to 3 November 2001)

and **Spiritual Concert COURAGE and PRACTICE**

at Hard Rock Live, Universal Studio (Saturday evening 3 Nov. 2001)
(Please fill out a separate form for each person, including children)

Full Name:

Street Address :

City

State :

Zip code:

Country:

Affiliated with VoVi Association/Group:

FULL BIRTHDATE:

Male Female Tel:

E- mail /Fax:

NATIONALITY:

Important: The ship regulations require that every person (including children) gives their birthdate and nationality.

Registration Fees (incl. 7 night-cruise, VoVi Congress and Birthday celebration of Master Tam, and Port Taxes)

You can choose among 3 categories as follows:

- **Category 11:** 184 sq feet cabin. One bath. Maximum occ.: 4 people.
- **Category 10:** 214 sq. ft. cabin. Split bath, privacy divider, maximum occ.: 4 people.
- **Category 9:** 214 sq. ft. cabin. Split bath, privacy divider, ocean view, maximum occ.: 4 people

Note Fees cannot be refunded in case of cancellation. Deadline for registration is 1 July, 2001.

1) Registration Fees for Adults: The 3-term deposit plan is provided for your convenience. Registration is only valid when all fees are paid. All registrations must be done through the Organization Committee. We cannot accept registrations for the Disney Cruise done through outside travel agencies.

Adult	Deposit # 1 Before 31Dec 2000	Deposit # 2 Before 1 April 2001	Deposit # 3 Before 15 July 2001(incl. 75\$ tip)	Registration fees		Total
Quadruple/ per person	200 USD	400 USD	310 USD	910 USD	Cat. 11	
			335 USD	935 USD	Cat. 10	
			395 USD	995 USD	Cat. 9	
Triple/ per person	200 USD	400 USD	375 USD	975 USD	Cat. 11	
			405 USD	1005 USD	Cat. 10	
			495 USD	1095 USD	Cat. 9	
Double/ per person	200 USD	400 USD	475 USD	1075 USD	Cat. 11	
			515 USD	1115 USD	Cat. 10	
			605 USD	1205 USD	Cat. 9	
Single	400 USD	600 USD	755 USD	1755 USD	Cat. 11	
			835 USD	1835 USD	Cat. 10	
			995 USD	1995 USD	Cat. 9	
GRAND TOTAL:						

Fees for Children (Max 2 children per cabin, must stay with parents):

Note: Only adults can stay in double or single cabins.

Children (3 to 17 yrs)	Deposit # 1 Before 31Dec 2000	Deposit # 2 Before 1 April 2001	Deposit # 3 Before 15 July 2001 (incl. 75\$ tip)	Registration Fees		Total	
Quadruple/ per child	100 USD	400 USD	310 USD	810 USD	Cat. 11		
			335 USD	835 USD	Cat. 10		
			395 USD	895 USD	Cat. 9		
Triple/ per child	100 USD	400 USD	375 USD	875 USD	Cat. 11		
			405 USD	905 USD	Cat. 10		
			495 USD	995 USD	Cat. 9		
Infants under 3 years: 119 USD (port taxes) + 75 USD Tips – Please pay in full at registration						194 USD	
GRAND TOTAL							

**2) HOTEL STAY before and after the VoVi Convention: Renaissance Marriott Hotel – Orlando Airport
(same price for adults and children)**

	Night 25-Oct-01	Night 26-Oct-01	Night 3-Nov-01	Night 4-Nov-01	TOTAL
Quadruple/ per person	25 USD	40 USD	40 USD	25 USD	
Triple/per person	35 USD	45 USD	45 USD	35 USD	
Double/per person	50 USD	60 USD	60 USD	50 USD	
Single	95 USD	110 USD	110 USD	95 USD	
GRAND TOTAL					

NOTES: Night 26-Oct-01: includes breakfast and transportation from hotel to Port Canaveral on 27-Oct- 2001.

Night 3-Nov-01: includes transportation from hotel to Universal Studio (Thien-Ca).

Please deposit 40 USD for hotel reservation before 15-May-2001 and pay full balance before 15-August-2001.

Roommates requested : (if no roommate is specified, the Organization Committee will select for you)

- 1)
- 2)
- 3)

3) Transportation

Note: The Organization Committee will provide transportation from the airport to the hotel on 25 October and 26 October 2001 only, because all practitioners must leave for Port Canaveral on Saturday morning 27 October 2001.

Arrival to ORLANDO International Airport (MCO). Please travel in groups to facilitate transportation to hotel:

Arrival date: Arrival time: Airline: Flight Number:
Departure date: Departure time: Airline: Flight Number:

Payable in US DOLLARS only via: international money order or postal money order
or cashier's check (for practitioners residing in the USA)

Please send registration form and payment to:

USA, Australia, and Asia:

Money order or Cashier's check payable to:
VoVi Friendship Association of Northern California
Mail to: Mai Nguyen
P.O. Box 5234
Oroville, CA 95966-0234, USA

Europe and Canada:

Money order payable to:
VOVI ASSOCIATION OF CANADA
Mail to: Phan Cao Thang
2922 Jolicoeur St. MONTREAL-
QUEBEC - H4E 1Z3 CANADA

Contact information:

USA, Australia, and Asia:

xuân mai, tel. (530) 589-6972, email: maioro@yahoo.com

Canada:

Phan Cao Thang, tel (514)362-0259 email: aphancao@videotron.ca

Europe:

Dominique Santelli, tel (0)(4) 50708355 email: santelli.dominique@wanadoo.fr

4) Registration for Spiritual Concert (THIEN-CA) Courage and Practice

Please select :

VIP Seating : (donation) add dinner : 10 USD per person

or

Seating for all categories: 75 USD / per person

*add dinner at **Hard Rock Live, Universal Studio**: 10 USD per person*

**Please make Check or Money Order for concert ticket and dinner payable to
VO VI DALLAS/FORT WORTH Friendship Association**

(For convenience, please send all checks and money orders to:

Mai Nguyen, P.O. Box 5234, Oroville, CA 95966, USA)