



# 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*

## Spiritual Evolution

Transforming our true soul, we awaken our consciousness for spiritual  
perfection,  
With love and infinite spiritual guidance, we purify and understand our soul,  
With love and a constructive spirit, our influence spreads close and far,  
In the spirit of universal harmony, we practice to progress and involve  
ourselves in bringing harmony.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 10 November 2002 to 16 November 2002*

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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. *What does it mean to acquire wisdom by one's own efforts?*
2. *What does it mean to have a serene heart and spirit?*
3. *Which way should we take to have a just and clear mind and heart?*
4. *Where should we return to achieve the right unity?*
5. *How can we attain illumination?*
6. *How can we unify our Yin and Yang energies?*
7. *What should we do in order to practice the righteous dharma?*



**Psalm**

*Understanding human relations and worldly affairs by  
one's own,  
One learns continuously and returns to the unique origin,  
Transforming our mind and body, we reach wisdom and  
equilibrium,  
Learning with perseverance, we advance on the spiritual  
path.*

**Houston, 10 November 2002, 6:34 AM**

*Q: What does it mean to acquire wisdom by one's own efforts?*

A: To acquire wisdom by one's own efforts means that one's head is clearly illuminated.

**Psalm**

*With a clear mind and a wise heart, we evolve with a light  
energy,  
Respecting the noble Heaven, our mind is illuminated  
brightly,  
Knowing the clear presence of the Lord, we are not  
disoriented,  
With patience and humility, we improve ourselves  
sincerely.*

**Houston, 11 November 2002, 8:27 AM**

*Q: What does it mean to have a serene heart and spirit?*

A: To have a serene heart and spirit means to know many things in an instant.

**Psalm**

*Practicing the dharma with sincerity, we return to our  
origin,  
With perseverance and diligence, we practice to advance  
gradually,  
Releasing our stubbornness and blinded passions, we  
influence both the noble and lowly,  
To unify people's love, we should advance on our own.*

**Houston, 12 November 2002, 3:30 AM**

*Q: Which way should we take to have a just and clear mind and heart?*

A: To have a just and clear mind and heart, we must practice patience and humility.

**Psalm**

*To achieve the right unity, we advance toward the center  
of energy,  
Practicing with clarity, we advance silently,  
Returning to our pure origin, our energy develops deeply,  
Advancing equally on the social and spiritual paths, we  
advance magically.*

**Dallas, 13 November 2002, 1:30 AM**

*Q: Where should we return to achieve the right unity?*

A: To achieve the right unity means to return to purity and lightness.

**Psalm**

*Unify your Yin and Yang energies to attain illumination,  
As the soul progresses and achieves unity, our mind  
illuminates brightly,  
Learning incessantly, we develop our energy,  
Achieving equilibrium, we enjoy peace and harmony.*

**Dallas, 14 November 2002, 1:50 AM**

*Q: How can we attain illumination?*

A: We must unify our Yin and Yang energies in order to attain illumination.

**Atlantic City, 15 November 2002, 7:30 AM**  
Q: How can we unify our Yin and Yang energies?

A: We must practice the righteous dharma in order to be able to unify our Yin and Yang energies.

**Psalm**

*Achieving equilibrium, we know ourselves and dearly  
appreciate the human body,  
Developing our energy, we advance on the path of self-  
knowledge,  
With a wise heart and mind, we help ourselves,  
Loving and respecting all creatures, we expand our  
spiritual evolution.*

**Atlantic City, 16 November 2002, 5:55 AM**  
Q: What should we do in order to practice the righteous dharma?

A: To practice the righteous dharma means to practice the spiritual method with sincerity and righteousness.

**Psalm**

*Practice with sincerity and righteousness to reach inner  
peace,  
Releasing sorrow and worries, we dissipate our own  
sadness,  
Freed of troubles, we restore our inner balance,  
With serenity and a compassionate heart, we'll return to  
the right place.*



**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.*

**Letter from the Editor**

## Voyages On Earth

"Voyages on Earth" is translated from the Vietnamese translation of the original Chinese spiritual document for readers to open their minds and try to understand many facets of truth. This book is a companion to the already published book "Voyages to Hell". It serves to awaken many other human beings who don't know the law of cause and effect.

The Taiwanese use of mediums described in this book should not be confused with VoVi. For further information about the original version of this book, please write to:

SHENG TE MAGAZINE ASSOCIATION  
20 Ching Dao Rd, Section 4  
Tai Chung, Taiwan R.O.C.

**Notes:**

*The attached translation is a rough draft of the book "Voyages on Earth". A final edited version will be formally published at a later date.*

## CHAPTER SIX

### THE ROOT OF EVIL LIES IN LUSTFUL DESIRES SELF-SUBMERGENCE IN PASSIONS LEADS TO IMMEASURABLE KARMA THE ORIGIN OF VIRTUE: A RIGHTEOUS HEART AND SPIRITUAL SELF-IMPROVEMENT BE MINDFUL OF ONESELF TO PRESERVE ONE'S MERIT

Live Buddha Te Cong  
*Descends on the 19<sup>th</sup> day of the 10<sup>th</sup> month, year of the Rooster (1981)*

#### POEM

*Above the word "beauty" is the word "dagger" (in the Chinese language)  
Sharp as an iron sword which slays the hero,  
Many mortals have been intoxicated and made passionately foolish by the flower,  
Can one avoid this sea of unhappiness and condemnation?*

**Te Buddha:** Singing and dancing to stimulate sensual pleasures are lustful. Having an affair with another person's wife or daughter is lustful. Possessing filthy thoughts is lustful. To destroy someone reputation and virginity is lustful. There is a proverb: "The worm which eats the vegetable dies by the vegetable. The bee which sucks the nectar from the flower dies by the flower." The Revered Immortal, La To, teaches:

*Soft and white is the body of a beautiful girl,  
On her back is an iron sword that slays the credulous young man,  
Although his head has not fallen,  
There shall be a day when his bones will dry up.*

Angels and Saints teach that one should always be in awe of the human heart. The individual must not become impregnated with lustful passionate thoughts. He must not become corrupted by beauty and forever be condemned in the sea of unhappiness, such that, even if he was to repent in the future, it may be too late.

**Thai Sinh:** Master's teaching is very logical... Today, it appears that we will be using "lust" as the topic for discussion in order to search for the objective and research many other deeper meanings involved.

**Te Buddha:** That is true. Lust is the culprit of many evils. Therefore, tonight, we must first examine the misfortunes brought on by lust in hope of helping mankind eliminate this evil habit and preserve chastity.

**Thai Sinh:** In today's society, all spheres of activities latently use beauty to entice the human heart and attract consumers causing a decline in the sense of morality. There are more and more lawsuits involving crimes of sex abuse each day. The cause of these misfortunes is lust. This is tonight's topic for the writing of the book, "Voyages on Earth." Hopefully, those who have the opportunity to read this book will be startled into awakening so as to control and cultivate their heart-minds and mend their ways.

**Te Buddha:** That is correct. The divine words of God contain subtle teachings: "The three most valuable medicines are: vitality or the seminal essence energy, the vital breath energy, and the spiritual energy. These can be regarded as the three most precious treasures of human life. They are far more superior to any other medicine. If one is able to protect the seminal essence energy, the vital breath energy, and spiritual energy, then the body will be in equilibrium and free of illnesses. A person can do this by controlling his desires in order maintain a pure mind and avoid eating delicacies from the mountains and the sea. There is a poem that translates:

*Once upon a time, a traveling man  
Met three elderly men,  
Who are well in years,  
Busy with their agriculture labor.  
The man stopped to ask the elderly men,  
How does one experience long life?*

*One man quickly answered,  
My wife's complexion is unsightly (less lustful desires).  
The second explained,  
My stomach is empty, less eating and drinking (decrease eating).  
The last man said,  
At night, I sleep without toss and turns (restful sleep).  
Wise were the words of the three elders,  
Who understood the source of long life.*

**Thai Sinh:** Ah, the other day, a fellow practitioner at the Temple of the Sages asked how can his spirit leave the body to study spirituality like myself? In Master's opinion, should we help fulfill his wish?

**Te Buddha:** Good student, do you think one can make an exhibition of the oracular ceremonies?

**Thai Sinh:** Dear Master, I have made a mistake.

**Te Buddha:** All exhibitions at the oracular ceremonies are very dangerous. Performances such as swallowing swords, swallowing fire, and swallowing nails are extremely skillful. People off-stage trembled with fright. After seeing those demonstrations, would you dare to imitate?

**Thai Sinh:** Respectfully, Master, I would be unable to follow suit. I would not dare use my life as a trial.

**Te Buddha:** People who cannot escape the earthly body but want their spirit to leave the body to study the Tao are similar to the mediums that do exhibitions. How can they close the earthly door in order to travel to heaven on a chariot of clouds? These people can only attain blind awakening. The practice of the Tao must progress deliberately one-step at a time until the day of successful completion, then, the spirit can escape the body after death and ascend to heaven. Being able to travel to heaven on a chariot of clouds through one's own capabilities, going from east to west and back leisurely, is truly traveling freely on clouds. All carriages that are rented must be returned (analogous to the temporary powers acquired by a medium). They are not the ultimate objective of liberation but only temporarily satisfy the earthly desires of those with a curious mind. Oh, it is getting late today. Good pupil, quickly ascend the lotus throne and prepare for our journey.

**Thai Sinh:** I am prepared. Respectfully invite Master to commence...

**Te Buddha:** We have arrived. Good student, you may open your eyes.

**Thai Sinh:** Today, Master has led me to visit a night marketplace. Shops are set up all over. The streets are crowded with people going to and fro. How can we discuss spirituality in the middle of this noisy and animated place?

**Te Buddha:** We can. Using my clairvoyant eyes, I see that the young man sitting in the restaurant ahead eating noodles is guilty of being lustful and having a weakness for women.

**Thai Sinh:** Yes, I see a young man with a cigarette in his mouth sitting on a long bench, glancing back and forth, appearing to be uncertain. On the table are a bowl of noodle and a glass of wine. His wandering eyes indicate that he is not an honest person. He appears to have a fiery and impetuous temper. What evil deeds has he violated?

**Te Buddha:** According to the records of the Trinity Deities (Genii of the Human World, Genii of Grace, and Genii of the Earth), this young man often uses sweet words and flattery to become familiar with the young ladies. During their conversation, he would take out sleeping charms and sleeping potion, which he had hidden, and drops it into the ladies' foods and drinks. He, then, takes advantage of the situation causing many to fall into his trap and their bodies violated.

**Thai Sinh:** Ah, how can anyone be so cruel and without a conscience as to deceive people and not feel shameful? How would he feel if he puts himself into their situation or if his own sisters lose their virginity in such a way? This sort of person has no sense of honor and has buried their conscience. Why has he not yet encountered karmic retribution for these evil acts?

**Te Buddha:** The merit of his ancestors is still present therefore retribution cannot happen immediately. However, in another five years, his chance of dying is nine out of ten. That is why I hope that he will come to his senses and

mend his ways. He should not because of a little earthly pleasure and eternally reaps the seeds of misfortune. All young women should also choose their friends wisely. Do not fall into the trap of the cruel and barbaric friends. One must first examine the action and the nature of those who want to be acquainted to see if they are sincere and, then, be friends in order to avoid the consequences.

**Thai Sinh:** Master's teaching is extremely true. That young man had sped away on a motorcycle...Dear Master, shall we find another person to discuss for the purpose of writing the book?

**Te Buddha:** Yes, we should. Let us proceed forward. At the bookstore ahead is a young man who according to the Trinity Deities record is deeply infatuated with reading pornography since high school.

**Thai Sinh:** Yes, I see the young man. His face seems quite bright. Why would he do something like that?

**Te Buddha:** Three years ago, after reading pornographic magazines, this young man was haunted by lustful ideas. His body became debilitated, and he could not concentrate. He had to quit school for a year. During that time, a friend unintentionally gave him a book, "High Saint Quan Thanh De's Canon on the Abstinence of Lustful Desires." Thanks to reading this canon, the young man had been able to abandon this bad habit.

**Thai Sinh:** Man is not a saint. If he had made a mistake but knows to make amends, can he not become a good person? While alive, if one aims to follow a noble path, then the road ahead will open wide and spacious... However, if a person chooses the wrong path and becomes obsessed with pornography and books which stimulate sexual desires, then he cannot avoid great misfortunes.

**Te Buddha:** In youth, the blood is fierce with rising vitality. If one contracts this lustful sin, then it is no different from the flies and mosquitoes that have their wings caught in a trap, too difficult to escape.

**Thai Sinh:** That is true. The trap that catches flies and mosquitoes has a superficial layer of sweet honey. Similarly, on the surface, lustful passion is covered with a layer of fragrance and beauty that can easily swallow up a person rendering him bewitched. However, the inside conceals a sharp-pointed dagger to rob the young men of that which is precious. If an individual temporarily enjoys a little lustful pleasure, he is, in effect, exchanging it for great future misfortunes. For those who have intense carnal desires, the spirit will never be able to attain serenity. These thoughts and action will foster misery and disaster leading to misfortunes. To nourish such unwholesome deeds and thoughts are foolish. How can one treat this unclean illness?

**Te Buddha:** The person could repent in front of the deity, print and distribute canonical books, occupy himself with meditation and wholesome deeds to repress the turmoil and agitation of the spirit. If one tries to satisfy the fire of passion by reading pornography and books that stimulate sexual desires, this is only a temporary measure and not a complete solution to the problem. The individual must practice the Tao and be mindful of his origin, the source of self-reflection on one's faults and mending one's character. That is the only way to save oneself from this evil obsession.

**Thai Sinh:** Hopefully, people of this world can use this clairvoyant view to end their foolish and evil thoughts.

**Te Buddha:** That is correct. I see a middle-aged man in the duck noodle booth, exactly as recorded by the Trinity Deities. He already has a family but secretly sets up a separate nest with another woman.

**Thai Sinh:** Yes, I see the middle-aged man. He is drinking liquor with friends.

**Te Buddha:** If this middle-aged man does not quickly repent and mend his ways, his accomplishments will crumble to pieces.

**Thai Sinh:** At the present, there is a movement within the country to campaign, "Father! Come home for the evening meal." The meaning of the slogan is truly profound and concrete. The purpose is to build happiness and warmth within a family. Hopefully, those who are fathers understand and conscientiously take on the responsibilities toward their families.

**Te Buddha:** Ha...ha... Those who are obsessed with lust are like those who are addicted to gambling. They cannot be still if they do not gamble at the beginning of the year.

**Thai Sinh:** Dear Master, you have just said the phrase: "gamble at the beginning of the year." What does that mean?

**Te Buddha:** Ordinarily, a person is preoccupied with family matters and his work and, therefore, is not free. However, it is quite different at the beginning of the year when the businesses are closed (for the New Year celebration). Everyone has free time. Wouldn't those who have gambling in their blood try their luck on this occasion?

**Thai Sinh:** Ha...ha... Master, your words are truly profound. Those who are addicted to gambling cannot be deterred during normal times much less when they are free. However, the force of attraction by beauty is nothing less than the addiction for gambling.

**Te Buddha:** Actually, beauty is only an illusion. But, once a person becomes infatuated by it, it is difficult to discontinue the infatuation.

**Thai Sinh:** What more can one say?

**Te Buddha:** Because those who have a weakness for women are only infatuated with the superficial youth and beauty, thus, as women get older and their beauty fades, it is natural that men are not attentive toward them. For example, if a celebrated movie star was to disguise herself as an ugly unkempt person and goes for a stroll, it is likely that everyone will keep away and dare not look. That is why beauty is like a flower. When it is in bloom, everyone admires its beauty. When it withers and falls into the pool of mud, then who would come to admire and pay it compliments? Therefore, avoiding beauty is a lucid mind. If the mind is not yet clear, then the hero can fall deep into hardships, spending his life in taverns and brothels overcome by wine and lust. In his old age, after being seriously harmed by beauty, the person suddenly awakens and sees his past foolishness but it is too late.

**Thai Sinh:** Dear Master, your words are extremely true. Beauty has caused many heroes and courageous men to lose their wits. The earthly man lives comfortably in caves and hollows, drenched in earthly pleasures and intoxication until he is greeted by danger and defeat. Even if he was to kneel and pray then, he could not save the situation.

**Te Buddha:** Let us stop our journey here. Good pupil, quickly ascend the lotus dais. Prepare to return to the Temple of the Sages.

**Thai Sinh:** Yes Master, I am ready. Respectfully invite Master to begin.

**Te Buddha:** We have arrived at the Temple of the Sages. Thai Sinh descend the lotus throne and return to the body.