



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

Serenity

Practicing with dedication to improve ourselves spiritually, we regain our
serenity,
When our true soul awakens, we naturally acquire wisdom and knowledge,
Evolving clearly, we progress on the spiritual path,
Handling social and spiritual matters wisely, we turn within for self-
knowledge.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 29 December 2002 to 4 January 2003

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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 evolve infinitely?*
2. *How does the pure light shine upon us?*
3. *Is there any benefit when the energy within the heart, liver, and kidneys is flowing regularly?*
4. *Is there a way to regulate the energy of the heart, liver, and kidneys?*
5. *What should we do when feeling anger and unable to make spiritual progress?*
6. *How can our mind and body achieve tranquility?*
7. *Is there any benefit in loving and respecting Heaven?*



Atlantic City, 29 December 2002

Q: *What does it mean to evolve infinitely?*

A: To evolve infinitely means that we truly understand the brilliance of pure energy.

Psalm

*The pure light shines upon us without frontiers,
Transforming into thoughts and words as it descends on
earth,
Regaining our serenity, we awaken our true
consciousness,
With a serene heart, we evolve gradually in stages.*

Atlantic City, 30 December 2002

Q: *How does the pure light shine upon us?*

A: The pure light shines upon us when we attain equilibrium and serenity.

Psalm

*The pure light shines everywhere,
When our heart perceives pure energy, life is wonderful,
Everywhere, people will regain their compassion,
With sincerity, we direct our mind toward the World Above
and dearly thank God for His blessings.*

San Jose, 31 December 2002

Q: *Is there any benefit when the energy within the heart, liver, and kidneys is flowing regularly?*

A: When the energy within the heart, liver and kidneys flows regularly, we feel great peace and happiness.

Psalm

*The energy in the heart, liver, and kidneys flows regularly,
Following the will of Heaven, progress is achieved
everywhere,
Developing our spiritual consciousness, we evolve in a
timely manner,
Forming spiritual relations, there are opportunities for
infinite guidance everywhere.*

San Jose, 1 January 2003

Q: *Is there a way to regulate the energy of the heart, liver, and kidneys?*

A: In order to regulate the energy of the heart, liver, and kidneys, we should practice the breathing exercise without retention with great dedication, in order to obtain good results.

Psalm

*Through the breathing without retention, we develop our
wisdom,
With diligence and efforts, we practice to transform and
purify our mind and body,
Changing ourselves, we have the opportunity to reach
spiritual awakening,
Regaining the three jewels, we will open ourselves.
*the three jewels = the three energies = sexual energy, vital energy,
spiritual energy.*

San Jose, 2 January 2003

Q: *What should we do when feeling anger and unable to make spiritual progress?*

A: When we feel anger and are unable to advance spiritually, we should release our blocked energy by practicing the lying down abdominal breathing exercise.

Psalm

*Overflowing with impure energy, we imprison our own body,
Detaching ourselves and turning to the Lord, we will advance in harmony,
Don't blame God and Buddha, and progress on your own,
With a thorough practice, we will develop ourselves and understand all aspects.*

San Jose, 3 January 2003

Q: *How can our mind and body achieve tranquility?*

A: In order to restore tranquility to the mind and body, we must practice the righteous dharma to improve both our mind and body and correct our mistakes. Only then will we achieve tranquility.

Psalm

*We must dedicate ourselves to spiritual perfection with a sincere heart in order to progress,
Loving and respecting the noble Heaven, we avoid creating more worries,
Strengthening our spiritual path, we return to the origin,
Returning to emptiness and serenity, our heart regains its kindness.*

San Jose, 4 January 2003

Q: *Is there any benefit in loving and respecting Heaven?*

A: To love and respect Heaven brings great benefits to both our mind and body.

Psalm

*To love and respect Heaven is extremely beneficial,
Understanding that all four elements return to emptiness, we advance silently,
Developing ourselves infinitely, we contribute to the common benefit,
With the lively spiritual opportunities, we advance within equilibrium.*



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:

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Tai Chung, Taiwan R.O.C.

CHAPTER TEN

TAO TREATS THE ROOT JUSTICE TREATS THE SURFACE BOTH HELP TO ACHIEVE SUCCESS

INNER CULTIVATION OF WISDOM, EXTERNAL CULTIVATION OF COMPASSION INTERNAL AND EXTERNAL ARE BOTH APPROPRIATE AND TIMELY

*Live Buddha Te Cong
Descends on the 23rd day of the 11th month, year of the Rooster (1981)*

POEM

*Tao is like a mother with a compassionate heart
Weary from counseling her children against misdeeds
The law of earth and heaven is like a strict father
Who severely and justly punishes without bias.*

Te Buddha: Tao or the supreme spiritual doctrine is like a virtuous mother who often uses her benevolent expression and her compassionate heart to treat others. The law is like a stern father, prepared to punish man for his sins. Both complement each other in a miraculous way.

Thai Sinh: Dear Master, you have presented examples of “Tao” and the “law” in such a superior way that I am not yet able to understand fully. Would Master please explain their significance to me?

Te Buddha: Tao requires the help of education, just as, the law needs the assistance of punishments. Education and punishment are actually one. If everyone receives clear guidance on the law and is respectful of common order, then the law would only be a formality and won't restrain anyone. Reasoning would lead us to that conclusion. However, reexamining the matter, I see that education may become futile if there is a debauched person who transgresses outside the contours of the rules and regulations and is obstinate and unwilling to change. The law is only used to prevent wrongdoers. Therefore, we cannot keep one and abandon the other (referring to Tao and the law).

Thai Sinh: Dear Master, your words are truly accurate. Tao and the law are both extremely important, but how can one combine those two different viewpoints into one?

Te Buddha: Currently, there are two points-of-view:

1. Those who are selfish and cruel generally squander their lives with lustful pleasures. They do not follow the Codes of Moral Conduct and sees the Doctrines as a binding rope, an obstacle. They have plunged heads first into a life of competition and struggles without a moment of rest. The strong trample on the weak pushing them into the black dirt. The strong are proud over their victory while the weak moan over their defeat. Their natural good character disintegrates as they try to become wealthy, losing their charitable and humanitarian qualities. Thus, they find themselves in a disorderly way of life. The fire of greed and anger in society burns up the sky. Burglars and bandits rampantly carry out their misdeeds. The human compassion disintegrates. In olden times, life was peaceful. “At night, one sleeps without knocking at the door. Possessions dropped on the roadside; no one picks up.” The above proverb has recorded the historical peaceful lifestyle of olden times.
2. Those who understand all aspects of the matter accept the eternal truth of Tao. Spreading the Tao is an act of saving and delivering mankind and widening the stream of compassion. One must energetically adopt the Divine Doctrine in order to create a life of long-everlasting happiness for society and the human race.

Thai Sinh: The subject of Tao is not foreign. From ancient times until the present, it is always being criticized, yet it still tacitly endures.

Te Phat: All humans have an innate virtuous nature. However, that natural virtuous quality is soon deceived by the seven passions (joy, anger, sorrow, fear, love, hate, lust) and the six desires resulting in chaos. It is like a young, obstinately playful child who runs away and loses his way home. Therefore, he requires the assistance of upright and honest people to open his mind or guidance from someone who is rich in compassion. Today, let us use our compassion to convert this obstinate child and see what happens.

Thai Sinh: Yes, it would be splendid if that could be done.

Te Buddha: Tonight, let us try interviewing a person with enthusiasm for the Tao Doctrine, who often uses his love to convert others, and see what happens. There, the retired scholar is sitting in deep contemplation in the room. Tonight, we have plenty of time. You can use compassion as a topic for discussion. This scholar will surely contribute in a genuine manner.

Thai Sinh: Yes, developing compassion is a method of spreading Tao that is most fundamentally righteous and beautiful.

Te Buddha: Good student, ascend the lotus dais and prepare to commence.

Thai Sinh: Yes, I am prepared. Respectfully invite Master to start.

Te Buddha: We have arrived. You may open your eyes.

Thai Sinh: There are four-story buildings on both sides of the street. Different signs hang from them, such as: Chinese medicinal herb shops, hotels, offices, pharmacies, electronic shops, sewing shops, steel and iron retailers, etc.

Te Buddha: Today, we will interview the retired scholar in the tall building ahead.

Thai Sinh: Yes, I see the tall building ahead. Inside is a middle-aged gentleman who has finished meditating and currently practicing an auxiliary exercise to improve energy circulation.

Te Buddha: Wait, while I recite the mantra so that his soul can leave the body to converse with you.

Thai Sinh: Yes, Master. After your invocation, the retired scholar's soul immediately flies in this direction.

Retired Scholar: May I ask where did you (referring to Thai Sinh) come from? *(Te Buddha suddenly appears in mid-air, his halo radiating brightly. The retired scholar knows immediately that Live Buddha has come and quickly prostrates to the ground in greetings.)*

Thai Sinh: This simple man is heaven's pen, Thai Sinh, from the Temple of the Sages in Taiwan. I, respectfully, beseech your ample teachings. I have heard from Master Te Buddha that you are a person rich with compassion. And now, would you please instruct me on how you practice spirituality, such that your countenance brightens with good pure energy?

Retired Scholar: If people always love others as they do of themselves, then their hearts will naturally expand without obstructions. On the other hand, if one is narrow-minded, then the soul will suffer causing the surrounding people to be miserable as well.

Thai Sinh: Yes, your words are very logical. If a narrow-minded heart opens and feels the happiness, then others will also experience the joy as well. If one is angry and resentful, then others will not be cheerful, thereby, leading to one's own suffering as well.

Retired Scholar: That is truly accurate. Nowadays, if one wishes to reform life and society, then of course, one must first redeem the heart by changing an indignant heart into a joyful heart.

Thai Sinh: Could you narrate a deeply moving story of compassion, which encompasses the significance of charity in order to record in the sacred book, "Voyages on Earth"?

Retired Scholar: All right, I will relate two true stories of two virtuous people with a considerable amount of compassion.

Thai Sinh: Yes, this lowly educated man will listen with both ears.

Retired Scholar: A few years ago, there was a young man without a mother since he was a child. His father had taken a second wife. Therefore, not only did he lack the love and nurturing of a virtuous mother, but he also lost the love and protection of a father along with the proper education. After finishing the village school, he left home and lived a vagabond lifestyle in the prosperous metropolis. Hence, this young man's heart was flooded with discontentment and inner spite leading to his decadence into the bottomless abyss. He befriended dishonest people, forming cliques and gangs and destroying the peace and order of society. One day, being tormented by hunger, suffering, and destitution, his blood rose with greed, anger, and madness. He hid a sharp knife and went on a bus. He attempted to rob money from an elderly bus driver. Fortunately, he is met with a benevolent elderly driver. The young man waited until the bus went into a deserted suburb. Then, he immediately pulled out his knife and pressed it against the old man's side, and shouted loudly: "Give me your money, now! Resist, and you will die immediately." The old gentleman is a spiritual practitioner. His whole life was devoted to helping and saving people. Therefore, his spirit and intelligence remained steadfast, and he responded calmly: "Now young man, let go of your knife at once." The young man replied: "If you don't keep quiet, I will kill you right now." The old man said: "Young man, do not fear. I will not report you to the police. I only have a thousand dollars. If you sincerely repent and mend your ways, I can help you immediately. You should believe in me." Hearing that, the young man not only did not use force on the elderly gentleman, but he became so confounded that he was speechless. The old man continued: "Young man, I am old. If you kill me, I have no regrets. However, you are still very young. The country has forged your spirit. Your family has raised you. Your duty to your family and your country has not been fulfilled and, yet, your future is quickly buried by committing sins of ungratefulness toward your parents and disloyalty toward your country. You will be despised by society, imprisoned without parole, and people close to you will be unjustly affected disastrously. Even if you are able to accept such sufferings and indignation, can you really call that an intelligent act..."

The old man continued to earnestly counsel the young man until he felt the youth has candidly shown remorse for his crime. Then, the elderly gentleman asked: "How much money do you need, I am prepared to help you right now." The young man replied: "Please do not trouble yourself. I don't need the money anymore. I am going to get off the bus. Goodbye sir." The old man continued: "If you are not insulted that it is too little, I would like to offer you this one thousand dollars." And, as they bid farewell to each other, the elderly man slipped the one thousand dollars into the young man's pocket and wished: "I hope that the next time we meet, you will have already become a perfectly loyal and filially pious person." The youth was deeply touched and astounded as he accepted the money and stepped off the bus. From then on, this young man worked industriously and silently performed righteous deeds. It was as if he had been resurrected by the Angels and Buddha. A little more than half a year later, the young man wrote a letter earnestly thanking the guidance of the altruistic and compassionate benefactor who had guided him back to the clear and righteous path. Aside from returning the one thousand dollars to the old gentleman, he also promised to mend his ways in order to repay the elderly gentleman's kindness and vowed to keep his promise.

It goes to show that "Calmness, wisdom, virtue" has converted this young man. Conversion by genuine virtue is truly efficacious. Only one humanitarian thought can induce a person to mend his ways, transforming evil to good, darkness to light, retreat to advancement, and fieriness to serenity and affability. Therefore, a virtuous man does not conceal any weapon, can walk freely without impediment, and has the respect of everyone. A wicked person defensively carries a weapon, but his body is full of bruises and wounds.

Thai Sinh: Using kindness to repay hatred truly commands the respect and attention of everyone. Society is inherently good. If everyone knows to develop this goodness, then the soul will feel infinite warmth. All misdeeds leading to disorder will be eliminated at its roots.

On the other hand, if this inherent goodness is not developed, everyone will live selfishly. There would be dissension, dishonesty, and deception. This evil air and wicked notions will rise and befriend ghosts and demons resulting in self-sufferings and perdition.

Retired Scholar: That is very true. In order for society as a whole to experience peace, everyone must have the spirit of helping each other, spreading charity and generosity far and wide. Only then will society become a beautiful flower garden of compassion, blossoming year-round.

Thai Sinh: Sir, please finish telling the second true story.

Retired Scholar: The second story was published in all the newspapers at one time causing quite a commotion in the public arena for a while. The story touched a large magnitude of people greatly influencing the sense of a vast humanitarian spirit. I would like to summarize the story as follows:

A kind-hearted female student was walking along one day when a young boy suddenly robbed her. After catching him, she was thinking about calling the police. However, the school girl was aroused with compassion as she thought to herself: the boy is still young; if he should go to jail, his parents would be grief-stricken and may become ill and die. So instead, she quickly changed her words and said: "Brother, how can you play around like that with your sister? If you act in that way with other people, they will misunderstand." After he heard that, the boy's soul, which had been asleep for a long time, suddenly awakened. The boy was so moved he was unable to speak. Although he was able to hold back his tears on the outside, inside he was filled with sadness. The enormous loving heart harmonizing with sincere repentance motivated the school girl to spare no pains and fatigue in finding a job to secretly aid the impoverished situation of this boy's family while continuing her studies.

Thai Sinh: This type of compassion is truly scarce on earth because that girl student's heart only holds kindness and no hatred.

Retired Scholar: Within the garden of society, if there are more people who disseminate the gene of compassion, then society will definitely be able to harvest the flowers and fruit of peace. I have just presented two cases in which the individuals know how to use their humanitarian spirit to quietly help two young men. It is clear proof that animosity can only be released and cannot bound. Only clemency can convert a person and ensure a state of beauty and harmony.

Te Buddha: Excellent... It is getting late tonight.

Retired Scholar: I respectfully bid you farewell... *(Te Buddha invokes the mantra. The retired scholar's soul suddenly returns to his resting body.)*

Te Buddha: Good pupil, quickly ascend the lotus throne and prepare to return to the Temple of the Sages.

Thai Sinh: I am ready. I respectfully invite Master to start the journey back.

Te Buddha: We have arrived at the Temple of the Sages. Thai Sinh, you may enter your body.

(to be continued)