



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 Consciousness

Unifying our spiritual consciousness, we all advance together,
With determination and a sincere heart, our mind and spirit are quiet,
Learning continuously, we become wiser by being tolerant and harmonious,
With a sincere heart, we achieve results by our own efforts and advance
thanks to the spiritual opportunity.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 23 March 2003 to 29 March 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 that "the spiritual opportunity has occurred"?*
2. *What should we do in order to have a serene heart and mind?*
3. *What should we do in order to reach equilibrium?*
4. *How can we release our anger and frustration?*
5. *What should we do to avoid having an agitated mind?*
6. *Why is the greediness of human beings immeasurable?*
7. *What should we do in order to comprehend the truth?*



Cairns, 23 March 2003, 3:45 AM

Q: *What does it mean that "the spiritual opportunity has come"?*

A: The spiritual opportunity has come means that all matters will be resolved satisfactorily.

Psalm

*When the spiritual opportunity comes, all matters are resolved calmly,
By being tolerant and harmonious, we unblock our impure energy and our mind becomes kinder,
With a wise and harmonious mind, we avoid complications,
With a serene heart, we advance spiritually without fears and worries.*

Cairns, 24 March 2003, 2:00 AM

Q: *What should we do in order to have a serene heart and mind?*

A: In order to have a serene heart and mind, we must practice the Vo-Vi meditation with diligence.

Psalm

*Awakening our consciousness, we practice the spiritual method and work diligently,
As our soul advances continuously, we receive the Divine Grace,
Releasing our fears and worries, we advance diligently,
Practicing with diligence and sincerity, we turn within for self-analysis.*

Cairns, 25 March 2003, 5:21 AM

Q: *What should we do in order to reach equilibrium?*

A: In order to reach equilibrium, we must develop our consciousness of equality.

Psalm

*Reaching equilibrium through our own efforts, our heart and mind are peaceful,
Releasing our fears and sorrows, we are freed of worries,
Thanks to the divine principle, we turn within to improve and analyze ourselves,
Understanding heaven and earth, we naturally regain our inner peace.*

Cairns, 26 March 2003, 3:14 AM

Q: *How can we release our anger and frustration?*

A: In order to release our anger and frustration, we should silently invoke the mantra Nam-Mo-A-Di-Da-Phat with regularity in order to release anger and frustration in our inner consciousness.

Psalm

*With a constant discipline, we advance spiritually by our own efforts,
Returning to our pure origin, we avoid committing errors,
When our whole body is unified, we have the opportunity for divine guidance,
As our heart changes, we vow to contribute our share.*

Psalm

*With a serene heart, we save ourselves and resolve all matters smoothly,
Without anger and frustration, we will surmount obstacles on our own,
Balancing our social and spiritual duties, we release our delusion and blindness,
When our spiritual consciousness attains equilibrium, our soul is light and peaceful.*

Cairns, 27 March 2003, 4:39 AM

Q: What should we do to avoid having an agitated mind?

A: In order to avoid having an agitated mind, we should practice the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat with diligence. Then our mind and nervous system will attain equilibrium and serenity.

Psalm

*Believing in the unchangeable Truth,
Our soul advances infinitely and transforms itself by freeing itself of attachments,
Seeing the truth, we no longer change our location,
Advancing infinitely, we naturally abandon our greediness.*

Cairns, 28 March 2003, 7:05 AM

Q: Why is the greediness of human beings immeasurable?

A: Human beings have a greedy heart and only believe in what is real.

Psalm

*Practicing with a sincere heart, we naturally turn toward the sphere of purity,
Returning to our unique origin, we engage ourselves into spiritual practice,
Perfecting ourselves spiritually with a sincere heart, we gain insight with the practice of the dharma,
Purifying ourselves and advancing constantly, we awaken our consciousness to return to purity.*

Cairns, 29 March 2003, 7:45 AM

Q: What should we do in order to comprehend the truth?

A: In order to comprehend the truth, we must dedicate ourselves into spiritual practice.



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.*

IMPORTANT ANNOUNCEMENT FOR ENTERING THE UNITED STATES (VISA WAIVER PROGRAM)

Note: Please verify if you may be affected in case you will attend the Vo-Vi Convention in the United States. Please check the validity of your passport. You must have a machine readable passport. Please read the following for further information.

Visa Waiver Program (VWP)

Overview

The Visa Waiver Program (VWP) enables citizens of certain countries to travel to the United States for tourism or business for 90 days or less without obtaining a visa. Not all countries participate in the VWP. Some restrictions apply to this visa as explained below.

What Are the Visa Waiver Program (VWP) Countries?

Currently, 27 countries participate in the Visa Waiver Program, as shown below:

Visa Waiver Program - Participating Countries

Andorra	Iceland	Norway
Australia	Ireland	Portugal
Austria	Italy	San Marino
Belgium	Japan	Singapore
Brunei	Liechtenstein	Slovenia
Denmark	Luxembourg	Spain
Finland	Monaco	Sweden
France	the Netherlands	Switzerland
Germany	New Zealand	United Kingdom

What Do I Need to Enter the United States on the VWP?

To enter the U.S. on Visa Waiver program, travelers from participating countries must:

- Be seeking entry for 90 days or less, as a temporary visitor;
- Be a citizen (not merely a resident) of the Visa Waiver country;
- **Have a valid passport issued by the participating country. Additionally, starting October 1, 2003, the passport presented at the U.S. port of entry must be a machine readable passport;**
- If entering by air or sea, have a round-trip transportation ticket issued on a carrier that has signed an agreement with the U.S. government to participate in the VWP, and arrive in the United States aboard such a carrier.
- Hold a completed and signed Nonimmigrant Visa Waiver Arrival-Departure Record, Form I-94W, on which he/she has waived the right of review or appeal of an immigration officer's determination about admissibility, or deportation. These forms are available from participating carriers, from travel agents, and at land-border ports-of-entry. (Travelers should consult carriers to verify which ones are participating before making travel arrangements.)
- Entry at a land border crossing point from Canada or Mexico is permitted under the Visa Waiver Program. Travelers who apply for entry at a land border crossing point are not required to present round-trip transportation tickets or arrive at the border entry point aboard a carrier who has signed an agreement with the U.S. to participate in the Visa Waiver Program. All other Visa Waiver Program requirements apply to such travelers.

What Is a Machine Readable Passport?

A machine readable passport has biographical data entered on the data page according to international specifications. The size of the passport and photograph, and arrangement of data fields, especially the two lines of printed OCR-B machine readable data, meet the standards of the International Civil Aviation Organization, Doc 9303, Part 1 Machine Readable Passports. OCR-B means the type is Optical Character Reader size B. .