



# 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

## Understanding

Understanding today's world, we practice to achieve equilibrium,  
Purifying ourselves and progressing spiritually, we return to our unique origin,  
Accepting austerity and practicing spiritual virtue, with a serene heart, we  
transform ourselves and advance gradually,  
Thoroughly understanding social and spiritual matters, we achieve our true  
position naturally.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 14 September 2003 to 20 September 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 should we do to determine if we have lost our equilibrium?*
2. *Do blinded passions and agitation bring any benefit?*
3. *Why do sweet memories and regrets cause suffering?*
4. *Do compassionate love and spiritual virtue bring any benefit?*
5. *Is there any harm when one follows the path of continuous excitement?*
6. *What causes restlessness?*
7. *Why is there disorder?*



**Toronto, 14 September 2003 3:20 AM**

Q: *What should we do to determine if we have lost our equilibrium?*

A: To determine if we have lost our equilibrium, we should turn within and examine our own actions.

**Psalm**

*Sincerely, we repent our errors and mistakes,  
Awakening our consciousness and devoting ourselves  
to spiritual cultivation, we appreciate the deep spiritual  
philosophy,  
United with our true soul, we no longer repeat the  
errors,  
With a serene heart, we apply patience and tolerance,  
and avoid committing errors.*

**Toronto, 15 September 2003, 6:45 AM**

Q: *Do blinded passions and agitation bring any benefit?*

A: Blinded passions and agitation bring no benefit and will only harm oneself.

**Psalm**

*Blinded passions and agitation only harm one's mind  
and body,  
It is essential that we sincerely work for the common  
good,  
It will even be better if we cultivate our spiritual heart  
additionally,  
Loving and respecting the noble Heaven, we will help  
our own bodies.*

**Montreal, 16 September 2003, 9:27 AM**

Q: *Why do sweet memories and regrets cause suffering?*

A: Excessive desires and lust will both cause suffering.

**Psalm**

*With a restless mind and heart, they keep thinking of  
each other,  
Blinded passions and agitation cause disturbance and  
it is difficult to overcome difficulties on one's own,  
With blocked energies, everywhere, one brings  
disturbances,  
Lacking the good spiritual opportunities, one will hardly  
reach quietude.*

**Montreal, 17 September 2003, 7:15 AM**

Q: *Do compassionate love and spiritual virtue bring any benefit?*

A: We develop our true soul with compassionate love and spiritual virtue.

**Psalm**

*Awakening our true soul, we acquire knowledge and  
wisdom on our own,  
With a clear mind, we comprehend the opportunities  
given by the Lord and Buddha,  
With determination, we develop ourselves spiritually  
and change the direction of our heart,  
Cultivating ourselves spiritually, we acquire knowledge  
and wisdom on our own.*

**Montreal, 18 September 2003, 7:15 AM**

*Q: Is there any harm when one follows the path of continuous excitement?*

A: Following the path of continuous excitement will harm the mind greatly and bring restlessness.

**Psalm**

*Those with a restless mind and body are very irresolute,  
This proves that their true heart and mind lack quietude,  
Unable to awaken their true soul, they will return to agitation,  
Unable to practice and advance spiritually, they will remain very irresolute.*

**Montreal, 19 September 2003, 4:55 AM**

*Q: What causes restlessness?*

A: People become restless because their heart and mind are confused.

**Psalm**

*Losing their equilibrium, they cannot think clearly and wisely,  
Without clear wisdom and guidance, we only harm ourselves,  
Accepting the Lord's infinite guidance, we will no longer cause disturbances,  
Without a sincere heart, we won't have the opportunity to succeed.*

**Montreal, 20 September 2003, 3:50 AM**

*Q: Why is there disorder?*

A: There is disorder because their heart and mind lack equilibrium.

**Psalm**

*With a restless mind and heart, we lose our equilibrium,  
Unable to practice and progress spiritually, we harm ourselves,  
We cannot achieve human compassion nor find the spiritual opportunity,  
Unable to understand social and spiritual matters, we are unable to understand our own selves.*



**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.*

**ANNOUNCEMENT ABOUT THE VO-VI CONGRESS "DIVINE LOVE AND INFINITE GUIDANCE"**

All quadruple cabins in all categories (A-INSIDE, B-INSIDE, C-INSIDE and OCEANVIEW) are now SOLD OUT.

**Documentation Requirements:** U.S. and Canadian Citizens must provide PROOF OF CITIZENSHIP and PROOF OF IDENTITY for boarding the vessel.

**Proof of CITIZENSHIP consists of the following:**

- Passport valid 6 months beyond sailing date (i.e. till 6 March 2005)

**Proof of IDENTITY consists of the following (applicable to everyone 16 years of age and older):**

- Valid driver's license that includes a photograph OR
- Government identification card including photograph and physical description

A permanent resident of the United States is required to carry their Alien Registration Card for boarding.

## Registration Form

**Congress "Divine Love and Infinite Guidance"**  
**Cruise ship PRIDE OF AMERICA , Honolulu, Hawaii**  
**Sailing from 29 August 2004 to 5 September 2004**

(Please fill out a registration form for each person)

**QUADRUPLE ROOMS ARE NO LONGER AVAILABLE.**

Full Name (same as in Passport): \_\_\_\_\_

Address : \_\_\_\_\_

City/ State: \_\_\_\_\_ Zip code: \_\_\_\_\_ Country: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Male [ ] Female [ ]

Birthdate (Day/Month/Year) : \_\_\_\_\_

Nationality : \_\_\_\_\_

Passport Number (Passport#) : \_\_\_\_\_

(Or Alien Registration card # for US residents)

Affiliated with Vo-Vi group : \_\_\_\_\_

Cabin Category	Single	Double	Triple	Quad	Fees in USD
<b>A INSIDE</b>	1860	1095	925	Sold out	
<b>B INSIDE</b>	1940	1135	950	Sold out	
<b>C INSIDE</b>	2020	1180	975	Sold out	
<b>OCEANVIEW</b>		1260	1030	Sold out	
<b>BALCONY</b>		1520	1210		
<b>ALA MOANA Hotel stay before and after the Congress</b>					
<b>Night 26 Aug 04</b>	120	65	45	35	
<b>Night 27 Aug 04</b>	120	65	45	35	
<b>Night 28 Aug 04</b>	130	75	55	45	
<b>Night 5 Sept 04</b>	130	75	55	45	
<b>Night 6 Sept 04</b>	120	65	45	35	
<b>Total Registration Fees (USD)</b>					
<b>Payment of deposit 1 before 1 February 2004 (see payment schedule)</b>					
<b>Payment of deposit 2 before 1 June 2004</b>					
<b>Total payment before 1 June 2004</b>					

I want to share with the following roommates:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

## 1) Registration for Vo-Vi Congress

Every person (including children) must specify their birthdate, passport number and nationality (citizenship) because of the regulations of the cruise company.

**REGISTRATION DEADLINE: 01 February 2004 or sooner if fully booked**

### Cabin Category

You may choose among 5 categories:

**INSIDE A:** Maximum occupancy 4 people. Deck 4.

**INSIDE B, C :** Maximum occupancy 4 people. From Deck 7 and above.

**Oceanview:** Maximum occupancy 4 people. Deck 4.

**Balcony:** Maximum occupancy 3 people. From Deck 8 and above.

### ***Registration fees include***

- ❑ *7 day Vo-Vi Congress (Hawaii-Cruise)*
- ❑ *Port taxes and government taxes (160\$)*
- ❑ *4.16% Hawaii Tax and transport to Hotel on 26 August, 27 August, and 28 August*
- ❑ *71 USD gratuities to be paid to the cruise ship for the cruise personnel.*

***Since the number of triple and quadruple cabins are limited, we will offer priority booking to all Vo-Vi friends who register and pay their deposit early on a first come first served basis.***

### **Hotel stay before and after the Congress :**

ALA MOANA Hotel located next to Ala Moana Beach Park and Ala Moana Shopping Center.

Check-in: 3PM Check-out: Noon

### **Notes :**

Hotel fees for 28 August 2004: include hotel room charges and transport to Aloha Pier on Sunday 29 Aug 04

Hotel fees for 5 September 2004: include hotel room charges and transport from the Pier to Hotel on Sunday 5 September 04

Vo-Vi friends who need to stay additional days should contact the Organization Committee as soon as possible.

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*Please make a deposit of 50USD for your room reservation before 01 February 2004. Full balance is due before 01 June 2004.*

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## 2) PAYMENT SCHEDULE

**Final Payment Deadline : 01 June 2004**

Payment schedule :

All fees should be payable in **DOLLARS Myi(\$US)**

International Money Order [ ] Postal money order [ ] or Cashier's check

**Category INSIDE-A (K)**

Cabin Type	Fees	Payment 1	Payment 2
Quadruple	Sold out	Sold out	Sold out
Triple	925	450	475
Double	1095	500	595
Single	1860	900	960

**Category INSIDE- B (J or JJ)**

Cabin Type	Fees	Payment 1	Payment 2
Quadruple	Sold out	Sold out	Sold out
Triple	950	450	500
Double	1135	500	635
Single	1940	900	1040

**Category INSIDE-C (I or II)**

Cabin Type	Fees	Payment 1	Payment 2
Quadruple	Sold out	Sold out	Sold out
Triple	975	450	525
Double	1180	500	680
Single	2020	900	1120

**Category OCEANVIEW**

Cabin Type	Fees	Payment 1	Payment 2
Quadruple	Sold out	Sold out	Sold out
Triple	1030	450	580
Double	1260	500	760

**Category BALCONY**

Cabin Type	Fees	Payment 1	Payment 2
Triple	1210	450	760
Double	1520	500	1020

*Payment 1 is due before 01 February 2004*

*Payment 2 is due before 01 June 2004*

*Registration fees cannot be refunded in case of cancellation.*

### **3) TRANSPORTATION**

The Organization Committee can only provide transport from the airport to the hotel on 26 August 04, 27 August 04 and 28 August 04, because everyone will be transported from the Hotel to the Pier on Sunday 29 August 2004. Please use the Hotel shuttle bus (fee: 8\$ per person) when departing on 5 September 04, 6 September 04, and 7 September 04, or take a taxi to go to the airport on 5 September 04.

*FLIGHT SCHEDULE Honolulu International Airport (HNL) (please arrive in groups to facilitate pick-up service)*

Arrival date \_\_\_\_\_ Arrival time \_\_\_\_\_ Airline \_\_\_\_\_ Flight Number \_\_\_\_\_  
Departure date \_\_\_\_\_ Departure time \_\_\_\_\_ Airline \_\_\_\_\_ Flight Number \_\_\_\_\_

### **4) Contact Information for Registration**

#### **United States, Asia, and Australia:**

Money Order or cashier's check payable to: **VoVi Friendship Association of Northern California**

Send to address: Mai Nguyen  
P.O. Box 5234  
Oroville, CA 95966, USA  
Tel: (530) 589-6972 Email: [maioro@yahoo.com](mailto:maioro@yahoo.com)

#### **Canada:**

Money Order or cashier's check payable to: **VoVi Association of Canada**

Send to address: Phan Cao Thang  
7021 Louis Hebert Apt 1C,  
Ville Lasalle, Quebec H8N 3E9, Canada  
Tel: (514) 367-3961 Email: [aphancao@videotron.ca](mailto:aphancao@videotron.ca)

#### **Europe:**

Please send payment to Dominique at the following address:

Dominique Santelli  
Centre Quy Thoi  
220 Le Senaillet, 74500 Publier, France  
Tel: (0)(4) 50 70 83 55 Email: [santelli.dominique@wanadoo.fr](mailto:santelli.dominique@wanadoo.fr)