



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

Enlightenment

With an enlightened consciousness, we correct ourselves to perfect ourselves
spiritually and make progress in our spiritual evolution,
With equanimity, we learn and train ourselves and lead an honest life,
The noble Heaven is serene and bestows upon us the Divine Love,
Let's practice within serenity to receive God's love.

Vi Kien

Baby Tam Talking To You

From 11 April to 17 April 1998

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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 in order to allow the soul to make good progress?*
- 2) *Why does a meditation practitioner still have worldly ambitions?*
- 3) *What should one do if one sincerely wishes to serve others?*
- 4) *What should one do to achieve security and good health in one's life?*
- 5) *What does it mean, that our consciousness communicates with each other within serenity?*
- 6) *What should we do in order to reunite our spiritual consciousness?*
- 7) *When is the true time for God and the Buddhas?*



Sydney, 11 April 1998 6:20 AM

Q: What should we do in order to allow the soul to make good progress?

A: In order to allow the soul to make good progress, we should choose a direct method of spiritual perfection, and develop the energy of our inner consciousness. There is no need to mortify our body and cause suffering to ourselves in order to awaken our consciousness. When we release the impure energy and preserve the pure energy, then all things will occur in a harmonious and happy way. We will make progress and evolve easily, and develop our direct knowledge accordingly.

Psalm

*Let's develop our pure heart and turn within to analyze
by ourselves,
As we unblock ourselves and enter the sphere of
spiritual energy, we feel tranquility naturally,
With an enlightened mind, we no longer sow evil
thoughts,
Let's practice with diligence and sincerity to achieve
glory.*

Sydney, 12 April 1998 5:53 AM

Q: Why does a meditation practitioner still have worldly ambitions?

A: Those who have worldly ambitions claim to be spiritual adepts, but they lack spiritual practice. Their mind and heart are not resolute, and they still have a greedy character. They want to have a high position, and can easily fall into the trap of money, sentimental love, and lust. They will only destroy their virtuous conduct. They want to be a leader, but they lack compassion. A true spiritual adept must practice patience and resignation, and provides a good service to others without seeking self-interest. Only then will his soul become enlightened, and he will easily abandon his prejudices with resolution. He will gain the respect of everyone. Otherwise, he will only harm his soul, and remain unhappy during his lifetime.

Psalm

*Let's resolutely abandon jealousy and rivalry in our
present life,
Let's achieve a spiritual heart void of anger and
infatuation,
Evolving equally on the earthly and spiritual paths,
Let's practice with diligence and sincerity to advance
toward purity accordingly.*

Sydney, 13 April 1998 6:10 AM

Q: What should one do if one sincerely wishes to serve others?

A: If one sincerely wishes to serve others, one must be honest and work for the common good with a constructive spirit. Each person should be aware of their position, then working for the common cause will develop in a very harmonious way. We will work without feeling great efforts, and everyone will rejoice within peace and constructiveness. There will never be obstacles.

Psalm

*Achieving order and discipline comes spontaneously
from the heart,
Each of us contributing their share, we all advance
together silently,
Our heart becomes young and happy when seeing the
accomplishments,
Developing for the common cause, we all rejoice
silently.*

Sydney, 14 April 1998 3:25 AM

Q: *What should one do to achieve security and good health in one's life?*

A: In order to have a healthy and secure life, one must devote oneself to spiritual perfection and correct one's mistakes. When the energy of the inner consciousness has attained equilibrium, impure energy will no longer attack the body. One must follow a spiritual training to reach serenity and fully understand the principle of Nam-Mo-A-Di-Da-Phat. Then the heart will be at peace, and the mind enlightened.

Psalm

*Let's build the spiritual consciousness and turn within to discuss with ourselves,
We will open a new era when our heart becomes wise and our mind enlightened,
Thanks to the spiritual opportunity, we will meet each other again, and our consciousness awakens accordingly,
Learning and training ourselves continuously, we will attain tranquility on our own.*

Sydney, 15 April 1998 2:00 AM

Q: *What does it mean, that our consciousness communicates with each other within serenity?*

A: Our consciousness communicates with each other within serenity, because we practice the same spiritual method, and develop ourselves and make progress similarly. When we look at each other's face, we can understand each other immediately. When the two compassionate energies vibrate at the same rhythm, people call it "telepathy". We could then help each other within serenity.

Psalm

*We remember each other with affection, and appreciate the mutual spirit of equality,
Resolving our worries, our hearts are free of pain and sorrow,
Our noble heart glows with the virtue of patience and resignation,
Serving others with equanimity, we feel no tiredness.*

Sydney, 16 April 1998 6:45 AM

Q: *What should we do in order to reunite our spiritual consciousness?*

A: We must be true, and practice the dharma that we have chosen with honesty in order to reunite our spiritual consciousness.

Psalm

*Let's return to our honest nature and practice with a sincere heart,
Entering the sphere of energy, we advance rapidly with our own efforts,
Practicing equally in earthly and spiritual life, we awaken our consciousness,
Thanks to the spiritual opportunity, we achieve spiritual awakening and turn toward purity.*

Sydney, 17 April 1998 5:30 AM

Q: *When is the true time for God and the Buddhas?*

A: The time dedicated to spiritual practice is the true time devoted to God and the Buddhas. We should abandon all worldly concerns while we practice the meditation exercises and perfect ourselves spiritually.

Psalm

*Let's save ourselves to return to the sphere of the Great Void,
Abandoning our earthly heart, we will advance in the next cycle,
Overcoming time and space, we progress with our own efforts,
Freed of intransigence and infatuation, our energy will flow even more freely.*



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.

Vo-Vi Seminar "Return To True Spiritual Knowledge "
At the Hai-Khong Meditation Center
Oroville, California, USA
18 May 2005 to 22 May 2005

On the occasion of the Vo-Vi Summer Camp "Affection" at the Nhan-Hoa Meditation Center in July 2007, all Vo-Vi participants were very happy to be reunited to exchange spiritual experiences and learn among themselves in the spirit of equality, harmony, and love. Even though Master Tam was not physically present, everyone was able to feel His compassionate energy, which was always shining upon us. Therefore, brothers and sisters decided to encourage each other to organize Vo-Vi Seminars alternatively at the meditation centers: Vi-Kien, Nhan-Hoa, or Hai-Khong. After the common meeting, Vo-Vi participants decided to select the Hai-Khong center for the Vo-Vi seminar in 2008. All agreed to the spirit of service to create opportunities for Vo-Vi practitioners to learn among themselves at a convenient date, which does not conflict with the timing of the annual Vo-Vi congress.

After consulting Master Tam, Master Tam very happily agreed that the Vo-Vi Friendship Association of Northern California should organize the Vo-Vi Seminar at the Hai-Khong center in May 2008, which corresponds to the full moon of the fourth month of the Lunar Calendar (Buddha's birthday), and He named the seminar "Return To True Spiritual Knowledge".

Thanks to the contributions of Vo-Vi friends from allover with their volunteer work and constructive thoughts, Vo-Vi practitioners in San Jose have been making progress in the preparations for welcoming Vo-Vi friends at the Seminar. During the month of May, when spring weather is warming up, you will be able to enjoy the natural settings in a separate mountain area, with singing water streams and pure air; in particular, you can watch the cabin of Master Tam to think of His virtuous conduct and endless sacrifices, and remind us of His fearless example. May Master Do Thuan Hau, Master Tam, and the Vo-Vi community bestow their blessings, so that the Seminar may succeed within peace and harmony.

Due to our limited means, we kindly remind you to register early so that the organization committee has enough time to plan for your welcome.

Sincerely Yours,
Vo-Vi Friendship Association of Northern California

Registration Form

Vo-Vi Seminar “Return to True Spiritual Knowledge”

At Hai-Khong Meditation Center, Oroville, California, USA

17.05.2008 – 22.05.2008

(Please use a separate form for each person)

Last Name / First Name: _____

Street Address : _____

City/ State: _____ Zip code: _____ Country: _____

Home Phone: _____ Cell Phone: _____ E-mail: _____

Male [] Female [] Age: _____

Affiliated with Vo-Vi Association or Vo-Vi Center: _____

1) **Register to stay at the Hai-Khong Center**

Registration fees for meals and lodging at the Center: Contribution is voluntary.

Please bring a sleeping bag. If you will bring your own tent, please notify the organization committee in advance.

2) **Register to stay at the Hotel**

In case you wish to stay at the Gold Country Casino Hotel, which is about 20 minutes drive from the Center, please register and pay the hotel room fees as follows (The Organization Committee will provide transportation to those of you who don't have a car. Transportation fees will be notified later)

Gold Country Casino Hotel: 5 hotel nights from 17 May 2005 to 22 May 2005				
	SINGLE	DOUBLE	TRIPLE	QUAD
STANDARD Room	420 USD	210 USD	140 USD	105 USD
DELUXE* Room	480 USD	240 USD	160 USD	120 USD
TOTAL (USD)				

Notes: Children under 12 years old can stay with 2 adults free of charge, but the 2 adults have to pay the Double room rate. Each room can have at most 4 people.

Check-in 3 PM on 17 May 2008 and check-out on 22 May 2008 before 11 AM.

**In case no STANDARD room is available, we will register you for the DELUXE Room (which has a jacuzzi). All rooms are NON-SMOKING and have 2 QUEEN beds.*

Please notify the registration team in case you need to stay additional nights at the Hotel.

Registration and Payment Deadline For Hotel Stay: 15 April 2008

Registration Deadline for the Vo-Vi Seminar : 20 April 2008 or sooner in case no more space is available.

Please contact for registration:

Huệ Mai : email : huemai00@gmail.com

Tel : (530) 589.6972

Or Tôn Thu : email : ksc_haikhong@yahoo.com

Cell phone: (408) 518.2402

Hotel Payment : Please write check or money order payable to :

VOVI Friendship Association of Northern California and mail to:

Mai Nguyen
PO BOX 5234
OROVILLE, CA 95966

TRANSPORTATION

In case you travel by air, please select the SACRAMENTO International Airport (Airport code : SMF). There is about 2 hours drive from the Sacramento airport to Hai-Khong center. Since our transportation team is limited, please try to travel in groups and select the SMF airport, as the Organization Committee will not be able to pick you up at other airports.

Please arrive at the SMF airport **no later than 17 May 2008**, so that you may attend the inauguration ceremony of the seminar on 18 May 2008.

Please specify where you are departing from and any connection airport to help the transportation team in locating your flight:

Arrival or Departure from AIRPORT	DATE	TIME	AIRLINE	FLIGHT NO
Arrival				
DEPARTURE				

TRANSPORTATION by CAR

Please follow the directions in the seminar guide about how to get to the Hai-Khong center, departing from the city of Oroville.