

Baby Tám Talking To You

Volume 1

Lương Sĩ Hằng

Vô Vi Friendship Association
San Jose, California

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contributions of Vô Vi practitioners.

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Foreword

The questions and answers in this journal contain the words of utmost wisdom, written through the great compassion of Mr. Hang S. Luong, an enlightened meditation master who prefers to simply call himself Baby Tám to remind us of our origin of serenity.

Although I have read this journal many times over, it never ceases to be a source of spiritual revelation. I always find something new that touches the very bottom of my heart and lifts the innermost of my mind.

This journal of Baby Tám is truly a precious gift to mankind. I wholeheartedly recommend it to everyone as a guide for the development of wisdom, inner peace, and self-realization.

Son T. Vuong, Ph. D.
Professor at University of British Columbia

Preface

The spiritual life has already begun at the moment of birth. However, external worldly matters have influenced every soul in such a way that it loses its spiritual origin.

Baby Tám has already found his spiritual origin. Thus, he lives happily in the serenity of an infant and contributes the answers needed for the problems everyone must face as a human living in this temporary world.

Read to understand him as well as yourself better.

All my love,
Baby Tám

Baby Tám Talking To You

August 2, 1991

Q: How is Baby Tám feeling? Are you well enough to start a series of talks with Vô Vi friends worldwide?

A: I live with the love of my companions on earth who are following the same spiritual path as I do. That's why I want to communicate with you in the quiet morning hours, around 3 o'clock in the morning.

Q: At 3 o'clock people are still sleeping! Why would Baby Tám be awake?

A: That's when I finish my meditation session and my mind is pure and light. That's when I look around and see the world in agitation.

Q: We sleep well and eat well, why should we be agitated?

A: Agitation is a perpetual storm in everyone's life. One faces a multitude of unresolved problems, always entangled in suffering, suffering, and suffering; both in life and spirituality in order to continuously learn and perfect oneself. This is nature's law.

Q: If this is nature's law, why would people be agitated?

A: Because of their unresolved karma, they cannot reach the state of perfect harmony. They cannot fully comprehend the principle of serenity and freedom of the universe, hence they imprison themselves in agitation. They worry about their own problems, but they also worry about those of others. Such as Baby Tám's! I see that they possess a treasure of serenity, but don't know how to use it. Instead, they cause agitation to themselves. It is pitiful and therefore, with the consciousness of harmony, I would like to talk to them during these leisure hours.

Q: What is the principle of serenity?

A: All beings have energy coming from the Great Serenity of the universe which radiates love everywhere. All human beings in this universe know how to love and suffer. If we want to return to the Great Serenity, we need to understand the foundation of love in each family. Only then will we be able to understand what a true heart is. We have to practice love and forgiveness to be able to return to serenity within ourselves. When we reach that stage, we will be able to understand and further explore the Great Serenity of the universe and its infinite capacities.

Q: What is the energy of the universe?

A: The energy of the universe consists of energy in constant motion. It follows the law of eternal mutation and reproduction. Its main thrust is compassion and love.

Q: Where is it located?

A: It's located at the center of energy of the universe. It's related to the pure energy of all sacred spirits.

Q: Who are all these "sacred spirits" ?

A: They are the pure energy coming from the vibration of the universal light. Although humans have different abilities, they all have the same consciousness. In life, we have to experience both agitation and serenity before reaching a state of equilibrium. This is also nature's law.

Q: What should we do to understand what Baby Tám is saying?

A: You have to meditate a lot to free yourself from your karma. Then, you will instinctively return to nature and understand the supernatural. This cannot be achieved from reading books alone. One should be careful not to lose oneself in literature and thus ruin one's own spiritual life.

August 5, 1991

Q: What is life?

A: Life is living with all its contentions and demands.

Q: What do you mean by “contentions and demands”?

A: It means: You want to be better than others and have a position. You want to have it all for yourself, and yet you do not understand who you are or why you are present on this earth. You forget your true position. The consequence is rivalry and intransigence.

Q: What does “rivalry and intransigence” mean?

A: Rivalry means that you want to be the winner in every act and every word. Intransigence means that you either criticize or praise in order to preserve your position, which in fact you cannot keep. By looking at a person’s face and listening to his words, a serene person can determine clearly where his opponent’s true heart is. A serene person says that an ordinary man has the tendency to slander the words of others.

Q: What does slandering mean?

A: Slandering means that we unconsciously utter false words with a wicked mind. That’s why I often advise everyone to better understand themselves rather than to mind other people’s affairs. This is very dangerous: They could easily deviate from the spiritual path and unknowingly become mentally ill themselves.

Q: What is Tao?

A: Tao is natural and spontaneous. It is the compassionate light emanating from the true heart of all spiritual beings. On this earth, there are thousands of dharma, but they all converge to One in terms of compassionate light. Everything comes and goes and is subject to the law of karmic

retribution. When we understand this principle, we will be able to lead a simple life according to the law of nature and spontaneity. Our body and mind will always enjoy health, happiness, and harmony.

Q: What is illness?

A: Illness occurs when your mind is worrying about unrighteous matters and when you are doing unnecessary things. Your soul is always tied to the external world, such as lust, money, and other carnal desires.

Q: What are carnal desires?

A: Carnal desires are desires that you want to fulfill, but cannot. You start generating wrong thoughts, but still believe that you are right.

August 6, 1991

Q: What if meditation practitioners always think that others are wrong?

A: Meditation practitioners should always think that they are wrong in order to awaken their consciousness. You should not think wrong of others.

Q: What happens if a meditation practitioner thinks wrong of others?

A: As a meditation practitioner thinks wrong of others, the energy in his body will stagnate and become darker everyday. If you practice meditation correctly and always think that you are wrong, you will have the opportunity to elevate to a higher level sooner. Your consciousness of harmony will develop more easily and quickly, because the origin of your soul is birthless. You must strive for self-

awakening. Once achieved, you will understand clearly that compassionate energy is real power.

Q: What if a meditation practitioner is still angry or sad?

A: A meditation practitioner who is still angry or sad is forgetting his true origin which is birthless.

Q: All humans are born from parents. Why does Baby Tám say that they are of birthless origin?

A: They are of birthless origin because the consciousness of humans can never be born from parents of flesh and blood. That's why every person has different abilities, which develop naturally and spontaneously. One can only understand these things when one is serene. If you direct your thoughts towards goodness, your mind will always be peaceful. If, on the contrary, you direct your thoughts towards carnal desires, your mind will be selfish, suspicious, and wicked.

Q: How can Baby Tám know so many things?

A: I have gone through many reincarnations. Therefore, I must fully comprehend the obstacles of spirituality. In short, the most important thing is to lead a spiritual life.

August 7, 1991

Q: Why do we have to lead a spiritual life?

A: Having gone through many reincarnations oriented towards external matters, we have completely forgotten the inner development of our microcosm which is similar to the development of the universe. This is why we are often depressed. The spiritual adepts, on the other hand, turn within to develop their spirituality. We call it esoteric

science. They understand themselves deeper and better. They don't want to conflict with others; they see their true position as well as the position of other sacred spirits who are developing and evolving according to their karma. No one is better than anyone and in the end, we must all return to our true nature. By leading a spiritual life we awaken our consciousness, reduce our mistakes, and find the origin of our spirituality.

Q: What is spirituality?

A: Spirituality is infinite capacity. It knows many things that it cannot express. It always goes faster than the vibration of our mouth and lips. On this earth, people have acknowledged that there exists an invisible world. There are many scenes and spheres that cannot be described or explained to those whose consciousness is not developed yet. Hence, the Buddhas and Immortals must watch with patience and resignation the evolution of mankind from material to spirituality in accordance with their own level.

Q: What is level?

A: Level is the current position of a soul on its journey to return to its true evolution level. This world is governed by God's laws within the provision of the four sense organs: The eyes, nose, ears, and mouth. With these sense organs, one is able to uncover the external world to awaken one's true heart. This world is only temporary, and there is nothing worth conflicting over.

Q: Why does what Baby Tám says always evolves around the same theme, which is return to nothingness?

A: All things in this world are of nothingness. All things are born from nothingness. Essentially, from nothing something is born and hence must return to nothingness. One can only resolve all agitation in this world by

understanding this principle.

Q: So who is Baby Tám?

A: I am nothingness.

Q: Where is nothingness?

A: You must enter the domain of consciousness to understand what nothingness is.

Q: What can we do to be as light?

A: You must eat little and meditate a lot in order to obtain these results.

August 8, 1991

Q: What does the law of cause and effect and reincarnation mean?

A: It means the spiritual development in which one returns to a position according to one's level of consciousness. This follows the order of heaven and earth, and the order of the universe. Therefore, the spiritual adepts often advise the profane man to direct his thoughts towards virtue instead of willfully performing wicked acts. A serene person is someone who has adopted the spiritual path to free himself from the karma of heart.

Q: What is karma of heart?

A: Karma of heart is holding on to any matter in one's heart. The spiritual adept should detach himself from anything that he can possibly hold in his heart. Only then will his heart become free and serene. This is the foundation from which a meditation practitioner develops himself.

Q: If Baby Tám says that we should detach ourselves, then

why should we invoke the Buddhist mantra “Nam Mô A Di Đà Phật”?

A: The silent invocation of Nam Mô A Di Đà Phật is a step towards re-establishing one’s equilibrium. With time, one will be able to remember the principle of the six sacred words and develop one’s consciousness of harmony accordingly. Only then will one be able to live in a truly natural and spontaneous way. The mind will be lucid and able to make sound judgments. A spiritual adept must overcome each stage on his own to have the opportunity to return to nothingness. He who reaches the level of understanding that in the nothingness, there is something, and in something there is nothingness, will no longer be subjected to sin and blessing. He will come to the realization of the principle of birthlessness. If there is still nothing within the nothingness, then life would be void of impurities. Commit no sins and one would have no sins. Neither expect merits nor blessings and one would return to serenity and happiness. One’s words will fully convey the principle of birthlessness and no longer be tied to the law of reincarnation. However, all this is easier said than done. Keep meditating and you will eventually achieve wisdom! Using empty words to discuss these matters will only delay progress and lead you to nowhere.

August 9, 1991

Q: What causes the mood of a human on this earth to oscillate?

A: The oscillation is caused by changes in the energy level of each human according to his life circumstances. With the confusion of sadness and joy, he can neither differentiate between all that is received and emitted from his consciousness, nor can he differentiate between actions and reactions of the environment. Thus, he is totally subjected to the karmas that come and go unpredictably. A serene person fully empathizes with his opponent. He knows his opponent's problems, but he will never say it in order to let him develop his own spiritual ability.

Q: What is spiritual ability?

A: Every human being on this earth has a spiritual ability inherent in his consciousness, which will develop in a lively manner depending on whether his senses would direct upward or downward. For many reincarnations, he has been his own spiritual therapist. If he is aware of his own spirituality and his position in the evolutionary path, he will no longer keep feelings of sadness or joy in his consciousness, but will only commit himself fully to his work as he desires.

August 10, 1991

Q: Where do joy and happiness come from?

A: Joy and happiness come from the equilibrium that the spiritual adept achieves in his consciousness after periods of purification and trials. How much the spiritual adept can experience depends on his level of compassionate energy. Therefore, as humans, we constantly have opportunities to develop according to our predestined karmas. The more serene a meditation practitioner is, the happier he feels.

Q: On this earth, happiness means to have money and a social status. Why does Baby Tám describe happiness in a completely different way, that goes against the worldly aspirations?

A: Where does this world come from? Isn't it the result of the contributions of mankind with their innate abilities? They have created laws so that humans can live in peace together. Do human abilities exist before the establishment of laws or do they come after? The profane man always sees that there must be laws first before human abilities to cooperate and establish order. However, the meditation practitioners realize more each day that from birth humans already possess sophisticated and serene abilities. Thus, they highly respect the serene ability of mankind.

Q: Why do you prefer to be Baby Tám instead of Master Tám?

A: Baby Tám is a life of spirituality. Knowing that we are everyone's beloved child, we will want to serve others with full dedication and selflessly. When we are pure and light, to be a child is more appropriate than a Master. The word "Master" is created by people, but in truth, it is the consciousness of harmony that resolves everything.

Q: Why is it the more we talk to Baby Tám the happier we feel?

A: When talking with Baby Tám, you no longer feel the distance. That's why the spiritual adept feels happy and affectionate.

August 11, 1991

Q: Can Baby Tám solve family problems?

A: What is family? Isn't family a concept of mind? We long for someone to cooperate with us, so we call it a family. It has the common principle of love, hence people can live together peacefully without mistrusting one another. They also live within order while entrusting different responsibilities onto one another. Everyone is responsible for a task, and the responsibility stems from the heart.

Q: Why are there happy families and sad families where mistrust prevails?

A: At the beginning, when a man and a woman build a family, they are both happy because of their lively and divine nature. They have the best intentions. When the husband speaks, the wife listens; when the wife speaks, the husband listens. They live in ecstasy, because their heart is always warmed by the noble love. However, with time, their living together degenerates into rivalry and intransigence, jealousy and distrust. They forget the original value of family. Thus, the noble love feeling gradually deteriorates, and they unknowingly allow their bad nature to prevail. Then, they constantly find reasons to justify their behavior regardless of the advice or help from outside. Their consciousness changes and causes mental problems. When husband and wife argue out of jealousy to the point of divorce, it's not unlike a beautiful flower which has withered and taken on a different form. There is no more peaceful coexistence. When they face each other, they only feel anger and hatred; they only know how to reprove instead of tenderly loving each other.

Q: What should we do at this stage?

A: You should turn within to examine your initial relationship that was full of noble sentiments before judging your present behavior. You should return to the pure and

serene order. Only then will the value of the family be restored. In recognizing that you are wrong, happiness and virtue will fill your life once again.

Q: Why do spiritual adepts encounter family problems?

A: Spiritual adepts encounter family problems because they lack mutual understanding. When the husband meditates, the wife sleeps; when the husband sleeps, the wife meditates. Their minds are not in accord. In a family, husband and wife have to discuss clearly every matter from small to big; they have to be sincere and honest. Then there won't be any distrust which could disturb them.

Q: Why must they divorce?

A: Divorce is like when two openings of a pipe are stuck and cannot flow freely. Their minds are not clear and they forget the law of karmic retribution. Hence, they have to defer their karma momentarily. Therefore, humans have the opportunity to reincarnate to continue creating debts and returning payments. They keep being entangled in the karma of heart from one existence to the next, and it's very difficult to liberate themselves. Thus, a spiritual adept must eradicate the seven passions, joy, anger, sorrow, fear, blind love, hatred, and lust from his heart; only then can he progress. Otherwise, he will constantly be bound by his desires and passions, and will keep repeating those same actions. Karmas cause sorrow, but he keeps looking for them; if he neither understands himself nor others, how can he then understand God and Buddhas in order to lead a spiritual life? He keeps running after money and fame, while living in ignorance. He is always busy while deluding himself in believing that he is very happy.

Q: How can one be happy?

A: One must no longer be subjected to the law of

reincarnation in order to be truly happy. The best way of liberation is to practice the spiritual Tao for soul deliverance. The soul will enjoy a feeling of lightness and fully commune with the compassionate light that is hidden in one's subconsciousness for many existences.

Q: What is the subconsciousness?

A: The subconsciousness is knowledge that is buried deeply within yourself, because you are imprisoned by the karma of heart. Since your mind is full of ephemeral hopes and desires, your Pearl of Silence or Mò-Ni-Châu cannot come into being. You need to meditate a lot more to heal your heart and mind. They will stabilize by themselves in a natural and spontaneous way. After the hours of meditative contemplation, you will reach a state of natural calmness which helps you to easily integrate with serenity.

August 12, 1991

Q: How to know whether a family is good or bad? How to know about their happiness and virtue?

A: The proof is obvious: Looking at each child, you can determine how much tenderness his parents have shown each other before giving birth to the child. For example: If the child is kindhearted and loving, we know that his parents have loved each other in a deep and noble way. If, on the other hand, the child is stubborn and disobedient, his parents did not intend to give to this world a new being with a bright future. Consequently, a rebellious soul has appeared on earth. For that reason, I often say that each person represents an invaluable book with innumerable memories

deeply ingrained into each ray of energy of the practitioner. On this earth, people eagerly buy books to read and understand their own stories. Only those who practice on their own can enjoy the true living gospel without words. They don't have to be literate, but they can understand and liberate themselves. Therefore, I already said that a non-educated person who dedicates himself to spiritual practice can easily attain spiritual perfection.

Q: What does it mean "to attain spiritual perfection"?

A: To attain spiritual perfection means that the practitioner realizes the complete Truth, a state of perfection where nothing is superfluous and nothing is deficient. His body and mind are in constant peace and fulfilment.

Q: What is "peace"?

A: Peace means that the energy in your body is always in equilibrium. You don't have the desire to compete for anything, whether the matter is small or big. You always feel that you are living in a serene and happy world.

Q: What is "spiritual fulfilment"?

A: Spiritual fulfilment is completeness and contentment: The true Vô Vi practitioner directs his thoughts towards God and understands that his evolution is infinite. He sees clearly that he is constantly making progress from one domain to the other. He feels immensely happy in his union with the universe, when developing from his body to his brain with its subtle mechanism granted by God. By turning within, he understands himself as well as the others. He no longer harbors rivalry, intransigence, or sinful desires in his heart. He has only one goal: To dedicate himself to spiritual practice to disperse any impurity that could tarnish his mind at any moment and never stop in his progression. Only then can we speak of spiritual fulfilment.

August 13, 1991

Q: Why do I miss my mother when she is far away, but when she is close, we would disagree with each other?

A: Because the two characters are impatient and full of pride. They lack the virtue of resignation. Hence, when they are far from each other, they miss each other, but when they are close, they annoy each other.

Q: What should they do in this situation?

A: They should learn patience and resignation. They have to re-educate their character by constantly invoking Nam Mô A Di Đà Phật. They should avoid arguing for a period of six months. Their internal organs will change due to the spiritual vibration and develop with the principle Nam Mô A Di Đà Phật. Their nervous system and brain will regain equilibrium. The principle Nam Mô A Di Đà Phật is a magic medicine to cure all mental illnesses on this earth.

Q: What is the principle Nam Mô A Di Đà Phật?

A: I already explained it in detail in the audio cassettes Nam Mô A Di Đà Phật. Please listen to them again, you will then understand clearly.

Q: How is Baby Tám feeling lately?

A: I feel very well. That's why I am a baby, otherwise I would be an old man.

Q: Do you want to be a baby or an old man?

A: This depends on the level of spiritual development.

Q: When would you call yourself an old man?

A: When the sexual organ functions again, Baby Tám would naturally become an old man.

Q: Does it mean that those who have a good health and an active sexual life are all old people?

A: Yes, sexual activity will waste the energy that exists

within you. Your body and mind will age and become sluggish, your nervous system will no longer be alert. You like to eat, to sleep, and to make love. It is very difficult to follow the spiritual practice, and the energy for your evolution can no longer attain spiritual fulfilment.

Q: The doctors say that man must have a sexual life in order to be normal.

A: The doctors can tell whether the body has problems or not. But they cannot give advice on the spiritual level.

Q: Does Baby Tám mean the psychological branch of medicine?

A: I do not have the money and the opportunity to study medicine like a doctor. I only know that I need to practice in silence, to learn and to advance on my own according to God's Providence which helps me develop my inherent spirituality. After each meditation session, I have completed a full course of study. I have to do it incessantly and without laziness. I must practice and develop myself according to my true nature.

Q: Why does Baby Tám still go to the casino?

A: I go to the casino to verify whether I have conquered the attraction of money and fame. Each visit to the casino gives me the occasion to return to nothingness more clearly. Even though money has no legs, it still circulates with regularity to serve mankind. I deeply respect the virtue of money, but I do not cherish money. Therefore, I can never fall into blind passions and give way to rivalry and carnal desires. I only know that the true form of energy is the lively order that reigns in this universe. I must keep learning and facing any problem that I could encounter on this earth. For that reason, I wrote the saying: "Let's complete this existence with joy and advance further." In this world, if you lose

conscience, you will gain money. If you lose money, you will gain conscience. Thus, mankind constantly comes up with new ideas and inventions due to the hardships that push them to become ingenious and to make progress. We are living on this earth, and we must certainly experience losses.

Q: How to prove that we will experience losses?

A: The proof is obvious: Before leaving this world, we must return our body to this earth, even though we have nourished it with care during all these years. The doctor has studied all kinds of books, but finally, he can only look at the patient's face one last time and give a sigh! We leave behind us regrets in people's hearts, and they also want to search for a path of liberation. This explains the birth of modern science which knows many things but which cannot create the benevolent energy of mankind and the universe. Eventually, even a scholar has to turn toward spirituality.

Q: Why does Baby Tám always conclude that one must follow the spiritual path?

A: Spiritual practice will make you lighter and less sorrowful.

August 14, 1991

Q: Why are there so many families who are against spiritual practice and claim that it will lead to insanity?

A: A person only accepts to follow the spiritual path after having gone through periods of insanity themselves. Being insane means that you have been polluted by money, love, and all kinds of sinful desires. A spiritual adept who enters

the domain of serenity, must give up his bad habits. This is why ordinary people often find the spiritual adepts inapt and insane. For example: Instead of eating meat, they decide to follow strictly the vegetarian diet, because their compassion is developing, and they no longer want to keep killing animals. This is a sudden change that generates a lot of criticisms from people.

Q: What are the advantages of a vegetarian diet?

A: A vegetarian diet supplies to your body lighter food than a meat diet. When our nutrition is pure and healthy, the energy flow in our body can circulate freely; it is easier to bring pure energy to our brain; we think less about worldly matters and meaningless conflicts. This is also an occasion to lessen the karma in our heart. We understand that this life is temporary and does not last forever as the meat-eaters would think. They want to kill animals to fortify their bodies in the hope of eternal life. With time, they unknowingly harbor evil thoughts, rivalry, and intransigence which harm their own minds.

Q: Did Baby Tám eat meat before?

A: Yes, I was also a meat eater, and I came out of that. This is why I want to contribute my own experiences to everyone who wants to read this journal by Baby Tám.

Q: All these “sacred spirits” want to progress too. Why don’t you give them the opportunity to do so?

A: It’s easy to speak about “progress”, but very hard to understand its meaning. One helps the spirits according to their karmas. Only God has the Great Compassion to guide and save the thousands of spirits. Humans being have to study nature’s behavior and the order of the universe so that they can understand the law of evolution of these thousands of spirits. At that time, one no longer calls it

“eating animals”, but only “guiding and saving them”. Ordinary people only know to eat, to be strong and healthy, and to enjoy worldly pleasures. When they become sick or encounter suffering, they would pray to God or Buddha to help them. Therefore, on this earth, there are many people who go to church or the buddhist temple every week, but they still fall back to their bad character and bad habits. At home, they still argue and quarrel as usual since they don’t understand the religious dogma. A meditation practitioner truly develops his mind according to the religious dogma. Thus, after 6 months of practice, he will experience distinct changes within himself. I used to advise our fellow practitioners to go to church or the buddhist temple to listen to the religious dogma to assess how the spiritual practice helps them understand the teachings better and deeper. Only then will we be able to truly value and respect the work of the priests and buddhist monks. Our prejudices will disappear, and our consciousness will begin to harmonize with everyone.

Q: If Vô Vi is the “Void of Void”, why do we have a Vô Vi Association?

A: A Vô Vi Association exists to prove the true heart and will for spiritual perfection of everybody. A person’s contribution will return to him as energy so that he can develop himself according to the divine mechanism and the evolution of mankind. The Vô Vi Friendship Association has an elected president, and the executive committee will be formed in a natural and spontaneous way. The presidents of the Vô Vi Association always believe in the divine Providence: Every accomplishment results from the wholehearted contribution of each practitioner on this earth. There are many groups who want to destroy Vô Vi,

including malefic forces, but they cannot, because the virtue of sacrifice of the Vồ Vi practitioners is a powerful force of compassion, that is capable of expelling all impure and foreign spirits, and they will eventually have to repent on their own.

Q: Why are there many people whose sole occupation is to slander Vồ Vi?

A: We see clearly their position: They are nourished by God, but they only speak slanderous words. They willfully commit the gravest sin – that is to pollute the subtle minds granted by God that should all live peacefully together. A human being lacking compassionate love unknowingly inflicts upon himself a mental illness for his whole life. On this earth, it is common knowledge that there exist hell and heaven. A benevolent heart will travel the heavenly landscapes. An evil heart with self-inflicted agitation must go to hell and suffer all kinds of tortures to cure his mental illness.

Q: What does it mean when Baby Tám says that Vồ Vi can cure mental illness?

A: A Vồ Vi adept must understand clearly why he practices the Vồ Vi dharma method. Practicing the Vồ Vi method of meditation is an opportunity to purify both body and mind. Thus, I have said that Vồ Vi is a path to cure forever mental illness. If a person wants to adopt the Vồ Vi spiritual practice, he has to read and judge carefully all past and present accomplishments of Vồ Vi.

August 15, 1991

Q: What accomplishments?

A: The accomplishments are demonstrated by the evolution of the mind of the spiritual adept in periods of trials and lightness. Thus, many Vô Vi adepts, who have been practicing day and night, see that the more they practice, the more adversities they encounter; the more serene they are, the more wicked people they notice around them. They want to retreat in a corner to dedicate themselves fully to spiritual practice. This is a proof of the development of their energy. They are more and more liberated from worldly entanglements. This is the right middle path of liberation. The energy of their brain must certainly expand; what they suspect always turns out to be true. However, on the path of returning to the land of the buddhas, one has to be humble and practice resignation, so that the true mind can become illuminated, and the energy aura can be pure. The true mind is aimed directly at Buddhahood; one no longer dreams about illusory romantic loves like before. One lives in this world, but one knows perfectly that one does not belong to this earth. One can leave this body at any time, and one no longer bothers about worldly matters.

Q: At the last Vô Vi Conference, why did Baby Tâm cry when fellow practitioners were going to say good bye to one another?

A: I cried to elevate the energy level of the minds of the conference attendees, to communicate directly to their hearts the pure aura of energy through the emotional vibration, and to encourage them to practice and progress in silence. At the same time, the impure energy was dissolved by the tears of everyone. When you have time, you should watch

the videotape again carefully. This work was not done by me alone, but it came from the loving Assembly of the Buddhas and the Immortals, who guided and salvaged the spirits in that sacred moment. Every Vô Vi Conference has a different characteristic that cannot be predicted. This belongs to the domain of the Buddhas and God; profane people and evil spirits cannot make any change. Thus, it is called the esoteric dharma. Just keep practicing with diligence; at the Vô Vi Conference, you will have the opportunity to verify your level of development. Whether you have the means to attend or not, if your mind is directed toward God, you will have the opportunity to verify your own energy level at that time. The meditation adepts will be first to receive the resonance of energy during the hours of meditative contemplation.

Q: What is the theme of the next Vô Vi Conference in HongKong?

A: It will be called "Journey to Self-Awakening". Start saving now, you will have the opportunity to understand many things at that time.

Q: Why doesn't Baby Tám speak about the divine mechanism lately?

A: The divine mechanism lies in the vibrations caused by the development of a human body. It takes the form of death scenes, earthquakes, and floods. A spiritual adept who has reached the level of lightness and purity will realize that the movements of the macrocosm are related to the movements of the microcosm, and their analysis is called the divine mechanism. Thus, a meditation practitioner who is making progress at the beginning likes to speak about the divine mechanism. However, when one advances toward infinity, one sees clearly that the divine mechanism is nothing

else but the law of the universe. There is nothing to worry about; the most important thing is to practice the spiritual dharma to cultivate oneself toward spiritual perfection!

August 16, 1991

Q: What is precious in this world?

A: In this world, everything is precious. Everything contributes to the spiritual development and progress.

Q: Why are goods being sold at low and high prices on the market?

A: Low or high prices are determined by the desires of people according to their karma.

Q: Why do young people like all sorts of things?

A: When they first enter adulthood, they find that everything is new and exciting, but with time, they will mature and be less seduced by the external world. Thus, young men like to get married. For them, having a wife means realizing happiness; no rule can stop them. It has become a natural law: Young men want to have a wife, young women want to have a husband.

Q: Being married means happiness, but why are there family problems?

A: At the beginning, husband and wife don't know each other well, and they love and respect each other. But after living together, they know each other more and more, and want to be apart. This is just a natural law. That is why a spiritual adept usually says: "The husband who practices will attain spiritual perfection; the wife who practices will also attain spiritual perfection." Eventually, each person must

practice and correct their own mistakes, and improve themselves physically and spiritually. The soul comes down to this earth to learn the way of living through eating, drinking, working, and enjoying worldly pleasures. Only through spiritual practice will we come to self-realization and be able to leave this world in peace. The final goal is soul liberation and enlightenment. At the beginning, the consciousness is entangled in worldly passions, then it slowly evolves to reach lightness. It will realize then that this world is temporary – a school for learning and making progress. In this modern society, books abound; every human being is free to express their innate abilities through words they have learned. However, words are still limited to the individual's own level, and derive from the compassionate and serene energy attained through his practice.

Q: Why are there people who can compose poems on the fly while others cannot even write a good sentence?

A: Those who write poems very easily are people who have exercised their mental skills a lot. Their brains have endured long and assiduous training before achieving this level. Those people who cannot even write a good sentence are more oriented towards carnal desires, and they are more drawn to the external world. Hence their nervous system is in turmoil. They can argue very well about winners and losers, but they are not good writers. Whatever their strengths are, each person is making progress in a fair and equitable way, according to their own level.

Q: How about professional singers?

A: Professional singers are people who like the unknown and surrealism. Some like romance, others like peace and harmony. These souls have undergone hard training through the school of life from birth to adulthood. They have

specially developed minds, able to remember words after a quick reading, and to recite them clearly and orderly, following their innate sense of rhythm.

Q: Can these people follow the spiritual practice too?

A: They are cultivating themselves spiritually through their singing. These people like to perfect themselves according to their own will; they don't like to follow the discipline of a spiritual method. They only want to freely develop their true hidden nature.

Q: Why does Baby Tâm like to be asked rather than asking questions?

A: I like to learn, thus I want to be asked. If I have questions, I would use my true heart to commune with God and the Buddhas, and I would immediately get an answer. Thus, I no longer need to bother people. I am constantly learning from God and my fellow human beings. I always feel happy and peaceful, my energy is no longer blocked by anger and passions. In short, my accomplishment of today results from an extraordinary amount of work.

Q: If young people follow the same path as you do with a constant will, will they get good results?

A: Certainly, they will achieve even better results. They will form a strong and healthy will, and be able to harmonize with everyone in accordance with the evolution of the celestial mechanism.

August 17, 1991

Q: Many people have kneeled down and begged you to let them follow the Vô Vi method of spiritual practice, then

after some time, they retracted, and started slandering and betraying you. Why?

A: The minds of these people are seeking only self-interest and favors. In a moment of inspiration, they kneel down to pay respect to the Truth, not to pay respect to me. This is just a normal thing: If we are truly touched, we will have the opportunity to elevate ourselves, but if we forget that moment of inspiration, we will slip back into our bad habits and character. We will no longer be loyal and sincere to ourselves, and we will have to suffer losses in the future.

Q: Other people even call themselves Masters of Baby Tám. Is it true?

A: Yes, everyone is my Master. I am grateful to have the opportunity for learning patience and resignation through their temperamental character. I used to say: "Even a father has to learn from his child. He has to handle his child tactfully to guide and help him resolve all sorts of issues on his way to adulthood." Hence, I cannot be angry with anyone. On the contrary, I truly appreciate everyone. Some people write to me asking me to scold them, so that they can mend their ways. I don't dare being such an authoritarian teacher, and imposing upon other people's minds, since they should develop themselves freely. This is a just law of the Energy of the Universe. I only know that I must practice with diligence and share my own spiritual experiences with others.

Q: Does Baby Tám love the Vô Vi practitioners?

A: I love and respect even those who are not spiritual adepts. How can I not love my companions? I sincerely admire them for making sacrifices for the people who will be following them.

Q: Why does Baby Tám acknowledge the existence of Celestial Evils?

A: A Celestial Evil is a soul who has been freed from worldly entanglements, but who came back to this earth in order to establish power for themselves. They cannot perform miracles like Jesus Christ who is all love and benevolence.

Q: Many people followed and admired Jesus Christ, then retracted themselves. Why?

A: Because their faith is not steady. They don't know themselves, so how can they know Jesus Christ? Since their body and mind are restless, they are losing faith and go astray. Whatever we do, we all finally end up being buried under the earth; even if our corpse is being incinerated, the ashes will be buried into the earth. The true spiritual adept only knows that he must turn within to look for his true heart; then he will know how to respect and appreciate the enlightened teachers and the truths found in their words.

Q: Sometimes we see that Baby Tám is lonely and sad. Is it true?

A: I never feel lonely and sad. However, a spiritual adept who is lonely and sad would falsely think that I am also lonely and sad. Lonely means that you feel alone and cannot accomplish many tasks satisfactorily because your thoughts are oriented towards the external world. Sad means that your consciousness is still dimmed and cannot analyze clearly any matter, whether big or small. You are still governed by feelings of fear and anger.

Q: How can we get rid of the state of agitation as described above?

A: You must have confidence in yourself and practice the dharma correctly. You must be less blinded by the external world. Remember that you are nourished by God, so you must be grateful for His Blessings and cultivate yourself spiritually with diligence. You should not on one hand

receive God's food, and criticize and slander other people on the other hand. You risk deviating into the wrong path without even noticing it. Hence, on this earth, many people complain about suffering and not being able to bear it anymore, but they don't know that they are responsible for destroying both their body and mind. Agitation is just an aspect of this self-destruction.

Q: Are the compassionate Jesus Christ and Buddha different?

A: On this earth, people have instituted different titles, but in reality, they all originate from the same principle, which is the light and serene Energy of Compassion. There are different Divinities to guide and help people according to their circumstances and their needs.

Q: Why are there many Christian followers, but not so many Buddhist followers?

A: Buddha and Christ are both Divinities created by one's mind. If you want to feel light, just follow the Truth to practice spirituality. If you want to feel heavy, just let yourself be drawn by worldly attractions. Eventually, your mind would still be awakened through the law of reincarnation and evolution. Everything resides in the Law of Nature and Supra-Nature, this is the Principle of Birthlessness.

August 18, 1991

Q: What is consciousness?

A: Consciousness is a natural evolution according to one's current level and the existing circumstances. The person progresses and adapts naturally to his environment. For

example, if you send a mountaineer who lives in Vietnam to America for study, within 10 years, that person will be able to speak English as good as an American. What helps them understand? Isn't it the true consciousness that helps them harmonize and assimilate in accordance with a natural exchange mechanism? Spiritual adepts, who cannot hear the words and teachings of the Buddhas and the Immortals, are only turned toward the external world and form the habit of criticizing others. They forget their true consciousness and cannot hear the supernatural sounds.

Q: What are supernatural sounds?

A: Supernatural sounds are unspoken sounds. They can be understood without fleeting sounds and words; they are the supernatural sounds perceived through inner reflections in one's own consciousness. Thus, many people who practice meditation in a correct way feel peace and joy in their heart after each session. This is an act of progress and an opportunity to commune with God and the Buddhas.

Q: God and the Buddhas don't need to commune with humans?

A: Humans want to progress to the state of Buddha and open the gate of Heaven. Hence, they must first be able to commune with God and the Buddhas.

Q: What is special about Heaven? Why does everyone want to be there?

A: If you are light, you will be at the level of God and the Buddhas. If you are heavy, you will only be concerned with competing with others and worried about winning or losing. How pitiful to waste a whole human existence! Thus, when ordinary people die and end up in Hell, they all cry. Why? Because when alive, they knew about the spiritual path of progress but they didn't follow it. Now that they are dead,

they regret dearly and mourn about it.

Q: On this earth, do people who betray others do well?

A: Those who betray others falsely assume that they are successful, but in fact, they continue to betray others and themselves without knowing it.

Q: When they betray others, they get money to buy cars and houses; their wives and children are rich and prosperous. Why does Baby Tâm say that they betray themselves?

A: They betray themselves by forming bad habits. They become dependent on money without knowing it; they falsely believe that they are rich and successful. After death, they realized how dumb they were not to help their soul progress further. All these years, they only turned to the external world and finally ended up being tortured and imprisoned. Therefore, I strongly advise our fellow practitioners to judge carefully every one of their actions, from eating to sleeping, to determine whether they are wasting anything and hurting themselves that way.

Q: What is the proper way of eating? How much sleep is enough?

A: Eat digestible food such as rice and vegetables, eat just enough to satisfy your appetite, after four hours, all food should be digested. If you eat rice, vegetables, fish, meat, mixed with all kinds of other enticing foods, and chew them quickly, the result will be that the food will accumulate and rot, causing indigestion problems and other diseases. During the day, keep benevolent thoughts or invoke Nam Mô A Di Đà Phật. Then, at night, you will have a peaceful sleep without any nightmare. This is order and discipline in daily life. A person who lives an orderly life can advance more easily on the spiritual path. Their mind can more easily reach the state of lightness. Otherwise, chaos and

agitation will disturb their nervous system and their mind. It will be very difficult to make progress on the spiritual path.

Q: Tonight, it seems that Baby Tám hasn't slept yet. It's just 1:40am, but you already start writing your journal. Are you worried about something?

A: No, I am not worried about anything. I see that our fellow practitioners lack order in their way of eating and thinking. That's why I get up early to write down my heartfelt thoughts to remind all of us. When these thoughts are communicated to you, I will have a deep and sound sleep.

Q: There are people who are born with the desire to do politics: They want to establish equality and justice, they love their homeland and their people. What do you think about them?

A: Those people have a righteous heart. During their whole life, they don't know the meaning of greed. They are always ready to dedicate their life to serve their homeland. They lead a frugal life – a much more miserable one than the life of a spiritual adept. On the contrary, there are also a certain number of people who always take advantage of politics. They speak about politics, but they never want to make any sacrifice. They plot all sorts of schemes to destroy other people's lives; they want to live forever and are afraid of death. They only use superficial words but don't want to fulfill their speeches. After death, they can only become an evil spirit but never a Saint. On this earth, people describe liars as follows: "The mouth utters saintly words, but the mind is as dumb as an ox!". There are people who speak about patriotic love, but they only think about counting money and seeking self-interest. They are pleased when

they earn a high social position. As a result, they look for bribery. As soon as they gain some power, they immediately think about making money, and don't pay any heed to consequences. Hence, on this earth, there are many people who mistreat their fellow citizens in order to achieve their self-interest. In their old age, they are constantly plagued by illnesses; they become bedridden and paralyzed to pay back some of their crimes before leaving this earth. Thus, I advise profane people to follow the spiritual path with a sincere heart. Do not make material profit out of spiritual matters! You should often read the book "Voyages to Hell". The more you read, the more you will understand your mind and how far it has progressed. You will regret your earlier wrongdoings and no longer repeat them. You will live a lighthearted life when your mind is awakened and you practice meditation more often. You are no longer a parasite that destroys this society, but you will become a kindhearted person always ready to help others and to contribute your true value. Your true value is your innate abilities as granted by God; it cannot be faked.

Q: What do you think about the people who like military activities such as fighting, subduing fierce animals, and punishing cruel people?

A: These people have a heroic character. They want to kill certain people to save other ones; they belong to the military type of Buddha. On the contrary, there are also a certain number of people who hide under the umbrella of these heroic figures to fulfill motives of self-interest. On this earth, when there is a right side, there must be a wrong side in order to reach balance. Hence, when there is a king, there must be flatterers. Flattering will eventually kill the king without his knowledge if he does not keep a lucid mind and

a clear conscience. In short, only the will to progress on the spiritual path by one's own means is the most secure path. I have also participated in many worldly matters, but eventually, I have to remember the soul's homeland and dedicate myself fully to spirituality.

Q: What is the soul's homeland?

A: The soul's homeland is the Land of Buddha, an infinitely light and serene place. Spiritual adepts call it Nirvana, where the karma of heart no longer exists.

Q: What is karma of heart?

A: Karma of heart is when you keep being entangled in worldly matters and can neither eat nor sleep in peace. A spiritual adept liberates himself from these entanglements. He no longer thinks about worldly issues; the desire of competing and rivalry disappear; he always feels lighthearted.

Q: What do you think about someone who wants to become the "Enlightened Ruler" or the "King of the World"?

A: I find that if one cannot be the enlightened king of one's own microcosm, i.e., of one's own body, then how can one be the king of many different people? It's wiser to cultivate the spirit to serve everyone. One should think about God's great spirit of service, and fully dedicate oneself to help others. This is the most sublime path on this earth.

Q: What are the services provided by God?

A: God has instituted the law in daily life through the nervous system of each human being, that follows a just system of retribution and reward. The internal food sublimation process is also one of his admirable blessings to serve humanity. God's presence is everywhere, but on this earth, people are greedy. They want to find God to make business. They don't realize the happiness in the

spiritual Tao and refuse to practice. On the contrary, they want to bury their consciousness into worldly entanglements and will only harvest sufferings in the future! Hence, the Great Lord of Serenity has said these precious words: "Blindness caused by worldly attractions is most damaging; profane people should awaken and progress on the spiritual path instead of harboring unnecessary illusions that will lead them nowhere."

Q: Which tasks are necessary, and which ones are not?

A: Re-establishing order in one's body and mind to progress in a constructive way are necessary tasks. Competing with others and running after worldly possessions are unnecessary tasks.

Q: Why are men more jealous than women?

A: Men carry the body of a great gentleman. But if they turn toward excessive sex, they will lose their valiant character, and will unknowingly limit themselves into a narrow domain. They cherish money, they cherish sentimental love, their jealous character starts appearing. They lose their self-control and their independence. They can speak wonderful words but can't do what they say: This is the character of a person loaded with prejudices, jealousy, and envy. They cannot escape the circle of intransigence and rivalry. They will never be able to advance. They will waste their human existence and their opportunity to be born with the body of a great gentleman.

Q: What is a great gentleman?

A: A great gentleman is a person with a generous heart, who can forgive with love and benevolence. A person who listens a lot but doesn't speak much, who accepts to learn through resignation and patience in order to advance, so that they have the opportunity to save humanity in the future.

This is the character of a great gentleman. Whether a man or a woman, everyone can practice to achieve these virtues.

August 21, 1991

Q: Whom do people love? Whom do people hate?

A: From the worldly point of view, everyone loves a kind and thoughtful person, while people hate someone who is always agitated and who constantly criticizes others. From the spiritual point of view, there is neither love nor hate, so that the spiritual adepts can fully guide and save others, and spread a benevolent influence among ordinary people.

Q: Love is love, hate is hate. How can there be neither love nor hate?

A: If you reach a high degree of resignation, you will no longer feel love or hate. In addition, you will be loved by everyone.

Q: Why does a person feel sometimes happy and sometimes sad?

A: A person feels sometimes happy and sometimes sad because they don't yet know how to fully utilize their capacity of compassionate love. Since they are governed by the external events, they feel unhappy when they encounter critics and adversities, and they feel happy when things are smooth and harmonious.

Q: What are the differences between knowledge acquired through words and consciousness attained through self-awakening?

A: Words serve to capture the history of nature; hence they contain a very deep and lively meaning. However, ordinary

people only look at words superficially. Thus, they don't fully understand the deep meaning of each word and the original meaning contained in the spiritual energy of the writings, which leads them to misinterpretation. The writings mean one thing, but each person interprets them in a different way, leading to further deviation from the truth and resulting into unrighteous thoughts and plans. Therefore, I have warned common people from the danger of being misled into the jungle of literature without even noticing it. Once lost in that jungle, it is very hard to leave that vicious circle. Those people become loaded with prejudices and intransigence.

Q: How to avoid being misguided?

A: One must understand the primary nature of literature. Then, one can fully enjoy their benefit and not be easily misguided anymore.

Q: What is the primary nature of literature?

A: Spiritual energy generates writings; writings cannot generate spiritual energy. When you understand spiritual energy, you will grasp the true meaning of the author, and you will be able to avoid infatuation and misinterpretation.

Q: How can we have spiritual energy?

A: You have to meditate a lot, then you will have spiritual energy.

I used to say:

*"The Pearl of Silence springs up from waveless ocean,
Enlightenment streams out from serene contemplation."*

When meditating in a correct way, the flow of energy in your body will be regulated; you will feel peace and calmness. At that time, you will gain insight. Your consciousness will return to serenity, and your mind will be able to judge all actions and reactions. The life and evolution

of each individual follows a very clear path.

Q: What is compassionate energy?

A: Everyone possesses compassionate energy. The ability to love and suffer proves the existence of compassionate energy. However, if you know how to regulate and concentrate that energy, it will become stronger and more plentiful. With our meditation method, we get rid of impure energy and accumulate compassionate energy. We become purer and lighter every day. If you practice the method correctly, your consciousness will open up, you will understand everything in a natural way. An awakened consciousness is natural and spontaneous, and that is Tao.

August 22, 1991

Q: Why do people like to make plans for the future?

A: Through their eyesight, taste, hearing, and smelling, people are falsely led to believe that this worldly life will last forever. Hence, they wish for a better future and forget their true consciousness. They introduce different plans and theories, but eventually, they have to abandon everything and leave this earth. On the other hand, true consciousness arises from self-awakening. It cannot be discussed with words; it can only be discovered and experienced in a state of serenity. People often fall prey to wrong hopes. They turn to one religion, then to another, but finally, they have to realize that the only path is to cultivate themselves by their own efforts.

Q: How can we master all the agitation and adversities that are challenging us?

A: You have to return resolutely to your true consciousness which is serenity. Then, everything will become smooth. For example, the fact of organizing a Vô Vi Conference gives to the members of the organizing committee the opportunity to analyze and determine how they can return to a serene state more clearly after fighting through all sorts of problems and adversities. Performing good deeds will give you the opportunity to return to your divine nature sooner.

Q: Why are there many people who complain about being tired and suffering from headaches when they organize the Vô Vi Conference?

A: Because they still think that the external world is real. Consequently, both their mind and body become agitated. However, they will slowly return to a calm state of mind after practicing meditation. Then they will no longer be discouraged when having to organize any future events, since they have seen clearly that mental power and supranatural power is one. Strengthened by the energy of compassion, they will no longer be afraid of sacrificing themselves to serve others. This is the true spirit of courage and fearlessness, defying all adversities.

Q: Who initiates the Vô Vi conference?

A: The Vô Vi conference comes to life by the will of all meditation practitioners who want to create a harmonious setting for everyone.

Q: Do you feel tired and worried when giving speeches at the Vô Vi Conference?

A: I feel very happy and live with the vibrations coming from the progress of the true consciousness of my fellow practitioners. Thus, I do not prepare my speeches like ordinary people. I read the living bibles without words

presented to me by my fellow practitioners, and I express them in my speeches. It is a very easy task for me. However, my fellow practitioners love and care about me. So they are afraid that I may get tired, but in reality, I feel very happy.

August 23, 1991

Q: What do you think about the life of the Vietnamese in the homeland and overseas? How can it develop in a strong and happy manner as everyone is longing for?

A: The people staying home and those going abroad all have a mind that is a precious gift for humanity and the universe. The people living abroad must realize on their own what their duties and responsibilities are. As human beings, when we know that we have a mind, we must realize that we have gone through many states before forming a spark of light on this earth. We can advance or regress according to our mind. We learn incessantly both within ourselves and on the social level. Our nervous system works day and night and adapts itself to all circumstances. All this characterizes a capable individual in the universe. His most sincere aspiration is to offer to humanity the good news of his awakening. Thus, the young people who leave Vietnam aspire to go abroad to learn and study everything that exists in the foreign countries in the hope of developing their mind and making it richer and stronger each day. A certain number of people have succeeded through study such as doctors, engineers, and technicians. They have acquired the same level of expertise as the foreigners. They enjoy the same compensations and benefits in the new society. They

have succeeded thanks to their hard work, and from the social point of view, they have indeed achieved a respectable status. However, from the spiritual point of view, they are completely engulfed into the busy life circumstances, and they no longer have time to analyze their own consciousness to know where their soul comes from and where it will go. They are entangled in rivalry and intransigence, and it is very difficult for them to become united. They only know how to live within their family, but they are not used to living with the society as a whole. Many people have told me that they are very afraid of living with other Vietnamese people, but they still sponsor their family members from Vietnam to be reunited. Shortly after the reunion, they soon criticize each other and become divided. The scenes of harmony and accord that they painted in their mind will then slowly disappear.

Q: What should be done under these circumstances?

A: The above circumstances are just a reflection of a natural law. Even though people are in disagreement, they can never be separated. Since we are Vietnamese people, we will always remain Vietnamese. We are of the same race and culture; we treat each other in a similar way depending on each person's consciousness. Even if we carry prejudices and criticize, we'll have to eventually harmonize with each other. A meditation practitioner, who cultivates himself by directing his thoughts towards God, will be able to harmonize more easily and in a natural way. When we understand the principle of nature and spontaneity, we will become less attracted to the external world. Only then will we be able to sit together in a spirit of profound love toward the universe and God and the Buddhas. We will naturally forget all enmities. Our true consciousness will be rejuvenated with

the principle of birthlessness. All intransigence and rivalry will disappear. Harmony will reign in an ocean of love. We will realize that we all live with the rhythm of the universal light, and our compassionate heart will develop toward infinity in a spontaneous way. There will no longer be any agitation or adversity surrounding us.

Q: How about the people who currently live in Vietnam?

A: The people in Vietnam are lacking material comfort, but their consciousness becomes livelier each day. The more they suffer materially, the clearer they see themselves. The government is responsible for the lack of material means because they don't know how to build trust in the people for love and freedom. Only with freedom will we be able to produce goods rapidly to match the needs of society and people. If they constantly dictate new regulations that go against the principle of survival and progress, they will be bound to fail and will never succeed. However, the evolution of humanity is progressing surely on its path, and people will awaken in accordance with their karma. Hence the popular saying: "Victory without war!". As spiritual adepts, we have the opportunity to awaken early; we should not let ourselves be blinded by the external world. We realize that the law of evolution is everywhere. Even if we breed hens, we must allow them to fully enjoy the pure air of the universe and the pure energy vibrations so that they can multiply themselves rapidly.

August 24, 1991

Q: What is the source of economy?

A: The source of economy comes from people's hearts. If people want it, all difficulties can be overcome easily. On the contrary, if people are oppressed, that country will only encounter serious problems. The spirit of cooperation is part of the divine nature, i.e., the will to serve others forms the foundation of compassionate love. Therefore, when Vô Vi practitioners come regularly to the meditation centers, they follow their will to serve others. The more they visit the centers, the more they will open up their compassionate heart. They realize that they are helping their true consciousness. They feel happy, light, and proud of themselves. They acquire a number of new friends as close as their relatives. They exchange greetings and help each other when in need. After a meditation session, they receive the purifying collective energy from God. Thus, they always feel light and happy within.

Q: What contributes to the development of the Vô Vi dharma?

A: The hearts of the Vô Vi practitioners.

Q: Why are there a number of people who abandoned the Vô Vi dharma, and since then have become very hateful of Vô Vi?

A: They have the right to stop progressing and create agitation for themselves. However, the Vô Vi community always respects and loves them. This is an opportunity to understand the spiritual law of karmic retribution. The body must suffer the consequences of the mind's misdeeds. Whether happiness or misfortune, they are all caused by ourselves.

Q: When will the meditation centers cease all their activities?

A: The meditation centers were built from the hearts of the spiritual adepts. Whether open or closed, they just reflect

the hearts of the practitioners. They are a place to cultivate one's heart towards benevolence, and not a place to create agitation or to foster intransigence and rivalry. They are a place to exchange news and learn what is beneficial to the mind and body. In short, they restore health and spiritual energy and are helpful to any individual at any level on this earth.

Q: Where does the money come from for the printing of the Vô Vi books that have been distributed free all these years?

A: This has been possible thanks to the donations of all Vô Vi friends.

Q: Why don't they keep the money to spend on good meals and entertainment to stay strong and healthy, instead of spending all this money to print books and having to encourage people to read them?

A: Books record the accomplishments of the spiritual adepts on their path of progression. These people always want to encourage the newer adepts to progress further. This desire comes from the vitality of their compassionate heart. Therefore, there are always people willing to donate for the benefit of others. This also gives the readers an opportunity for spiritual advancement.

Q: What is love?

A: Love is the sincere will to serve the people following us. Therefore, in the Vô Vi community, from the pioneers to the newer disciples, all contribute their fair share to serve others and create a vivid atmosphere with hundreds of blooming flowers. These flowers of virtue that are offered to God and the Buddhas will never fade.

Q: Does Baby Tâm present any offerings on the occasion of the traditional ancestor commemoration day?

A: I only know that I must meditate a lot to influence all spirits and give them the opportunity to progress. Whether dead or alive, everyone has the same opportunity for advancement. As proof, let's look at the human population that keeps growing everyday, but each person lives in accordance with their own law of karmic retribution, and each person has a different affinity with the vibrations of the universal energy.

Q: What motivates people to practice charity?

A: People are motivated by their compassionate heart that is built from their benevolent energy vibrations.

Q: What if one doesn't have a compassionate heart?

A: One would only know how to seek self-interest and step on others. The mind will grow weaker and more dependent each day, beseeching help when encountering misfortune, trying to recover losses physically and mentally. Blinded by passions, one can neither see the truth nor the development of the spiritual mind.

Q: You said that each human is a spark of light on this earth, so why can't he see it?

A: If a person doesn't want to see his inherent serenity, the light of compassion cannot appear in his heart. He is misguided by the external world. He must encounter sufferings both physically and mentally so that he can be awakened and discover the light of compassion hidden in his soul. At that time, he will no longer hesitate to help others, and he will practice charitable deeds tirelessly. He prefers to cultivate himself spiritually instead of conflicting with others.

August 25, 1991

Q: What is so special on this earth that makes people want to live forever and to fear death?

A: Let's analyze with serenity. Each human is made from the principle of the four elements: Earth, water, wind, and fire. The human body is a delicate machine that can function automatically, such as walking, standing, sitting, and lying. In addition, its subtle mind can send and receive freely any thought. In short, all this represents the microcosm with the soul as the master. The four sense organs: Eyes, nose, ears, and mouth are tied to the external world and build a continuous relationship. Habits formed in daily life are not real. Nevertheless, people are afraid of losing the artificial light and natural light. On the contrary, the Vô Vi practitioner discovers through meditation the real nature of the compassionate light. His consciousness opens up naturally during the meditative contemplation. With the eyes closed, he can see clearly and understand widely. His consciousness will become more lucid each day. This is the truth of the spiritual mind. When the practitioner discovers this point, he wants to abandon everything and just holds on to his consciousness in order to advance. He doesn't want to be involved with any worldly matter, whether big or small. However, this world is in great need of those advanced minds to help liberate the impure masses. If those practitioners dedicate themselves to help humanity and participate with great courage, their good karma will grow abundantly.

Q: How about people who have reached this level, but who want to live alone in peace?

A: They have understood the profound truth that all things return to nothingness, hence they don't need to hold on to any matter in this world. They always want to leave instead of staying on this earth, but they are grateful for God's blessings and want to serve others in return. Therefore, they have to participate instead of retreating, and the more they participate, the more lucid they become. This is also an opportunity for them to test both their mind and body. They become more and more aware of their consciousness. They live happily within serenity; they harmonize with their enlightened consciousness marvellously.

Q: How can we tell that we have succeeded on the spiritual path?

A: Understanding everything means success on the spiritual path. One knows which path to take in order to advance instead of being trapped in one place. This is when one fully understands "astrology" and masters "geomancy".

Q: What does it mean to understand "astrology"?

A: One can hear the celestial mutations, that means one can communicate with one's true consciousness.

Q: What does it mean to master "geomancy"?

A: One understands the principle of materialization and disintegration of the physical body, and will always live in peace and contentment.

Q: How can we catch up with Baby Tám?

A: If you read Baby Tám's journal and practice correctly, you will be able to follow him more clearly.

Q: What responsibilities do we have as humans?

A: Purifying and opening our consciousness is responsibility towards the soul, while holding on to possessions is only responsibility towards money.

Q: Why purify and open our consciousness?

A: We purify and open our consciousness so that we can advance faster and in a practical way.

Q: What if we hold on to possessions?

A: Holding on to possessions means to preserve your social status in the present materialistic society; but then you still have to abandon it one day and return all possessions back to earth. A spiritual adept only knows that he should work and never seek profit. Those people are not socially competitive; they rather are devoted to spirituality. Gold and jewelry appear in the golden spiritual light that emanates from their true consciousness. They leave this world peacefully and without regret, free from all worldly attachments.

August 26, 1991

Q: The books used to be given free. Why do you sell them now?

A: People living in this civilized and materialistic society tend to belittle things that are free, but they are willing to pay a reasonable price for them according to the cost of living. In this way, the dharma can be spread evenly. All the work and money contribute to the common progress. The sales proceeds are used to develop a community living in peace together and not for personal interests. The work done is always free, i.e., the benevolent thoughts can neither be bought nor sold. The will to serve others comes from a sincere heart; the spiritual adepts share what they have achieved with everyone. Money and other material goods serve only to foster justice and universal love.

Q: What is universal love?

A: Universal love is harmony and the desire to make everyone progress without any race discrimination.

Q: What is the human race?

A: Each human on earth represents a capable entity in the universe of energy. He is also a spark of sacred light, and is constantly reborn with a supernatural and everlasting mind. Pure energy emanates from his cranial psychic center and brightens his inner consciousness. He possesses a clear path of advancement. His true nature is birthlessness.

Q: Should people organize events to help each other?

A: The sincere will to serve others is the most important. From no ideology, one just arrives naturally to an ideology.

Q: What is ideology?

A: Ideology comes naturally from love, virtue, and spirituality. People will have the opportunity to advance easily on the spiritual path. They will live in happiness and accord, and they will make very clear progress. That ideology aims at progress for everyone: There is no oppression, all work is volunteered, morality and virtue abound. The atmosphere is pleasant like myriads of blooming flowers. Everyone lives in harmony and helps the other. The community is strongly united.

Q: What are benevolent thoughts?

A: Benevolent thoughts are the will of Heaven. These thoughts aim at guiding and saving humanity. They develop continuously from the compassionate light innate within each soul on this earth.

August 27, 1991

Q: What is the universe?

A: The universe is the place where the female principle (yin) and the male principle (yang) are formed – from energy to physical matter. Let's look at the human body which is itself a micro-universe : It stands with a straight spine like the universe standing boldly between Heaven and Earth. The human body constitutes a delicate machine able to send and receive energy. It follows the orderly law of birthlessness. It has a consciousness capable of awakening to harmonize with the vibrations of Heaven and Earth.

Q: What are Heaven and Earth?

A: Heaven and Earth are a place where compassionate energy is sent and received endlessly. They are related with the human mind. They represent the most subtle machinery of the universe. If we enter the state of meditative contemplation, we will be able to commune with their compassionate light. We will realize that things come from nothingness. If we direct our thoughts towards heaven, we will progress. On the other hand, if we direct our thoughts downward, we will only create rivalry and enmity. Eventually, we'll learn to appreciate constructive love. A spiritual adept who practices correctly only knows how to behave in a constructive way instead of generating conflicts and criticizing others. He will speak wisely and his words will carry the truth coming from his true self.

Q: Are human beings needed in this universe?

A: Yes, they are needed very much for the development of the soul. This follows the principle of eternal mutation and reproduction. Humans plant good and bad seeds that grow

and change constantly, creating thus a balance between good and evil, a reflection between reality and falsehood, making this earth a lively place with endless rebirths, and giving hope for advancement to all living beings. Eventually, everyone has to return to serenity and the principle of birthlessness.

Q: Where does it lead us if we understand the principle of birthlessness?

A: If you understand the principle of birthlessness, you will be ready to serve others with full dedication and without hesitation, regardless of the circumstances. Everywhere, you will be able to realize harmony, sharpen your mind and commune with your true consciousness. Your spirit will advance to the ultimate consciousness, serenity, and wisdom.

August 28, 1991

Q: What does serenity mean?

A: Serenity means your consciousness has reached awakening because you now fully understand the principle of life eternity. You can only understand it when you experience a constant flow of spiritual energy at your cranial psychic center. Then, whether standing or sitting, you will always be in a serene state.

Q: What is wisdom?

A: Wisdom means returning to the lucidity of the spiritual mind. We see clearly that all matter returns to nothingness, and even nothingness is void and empty. Only then have we reached true spiritual fulfilment. We deeply understand and harmonize with the state of Buddha. The sweet saliva

or parotid liquid in our body helps us learn and evolve toward infinity. All worries disappear by themselves with the development of our innate virtue of compassion.

Q: What is the parotid liquid?

A: The parotid liquid in the human body or microcosm represents the energy that results from the union between the bodily fluids and spiritual energy. That energy communicates with the whole universe. It helps us analyze all sorts of things such as what is true and what is false and illusory in this microcosm. Consequently, a human who is deficient will become sad, while an excessive amount of parotid liquid will give him strength. A person who has the right amount lives in harmony and can easily develop his power of compassion. As his compassion grows, anger and misunderstanding will disappear in a natural way. Thus, it is very hard for a true spiritual adept to become angry. When the Vô Vi practitioner curls his tongue, closes his mouth with incisors against incisors, and invokes Nam Mô A Di Đà Phật, his saliva will flow and circulate according to the orderly law of concentration of energy. With time, the saliva will slowly turn into a sweet dew or parotid liquid, and will help purify all the organs which relate to the universe. Hence, the Vô Vi practitioner does not need to study through words but still understands the principle of life eternity that encourages him to achieve self-progress and self-awakening.

August 29, 1991

Q: What does “THỦ LĂNG NGHIÊM” mean?

A: THỦ is the head where spiritual energy is concentrated. LÃNG is constant evolution. NGHIÊM is the law within the sacred words that helps a person progress and gain their balance depending on how much spiritual energy they have attained after a meditation session. The concentrated energy helps restore the equilibrium of the nervous system and the mind. Prayers can then be understood very easily. Therefore, many spiritual adepts feel very light and comfortable after reciting the prayer "THỦ LÃNG NGHIÊM". However, if one just recites this prayer several times without practicing meditation, there won't be any effect. For this reason, I have often reminded ordinary people that without practicing meditation, it is very hard to fully understand the prayers that come from the spiritual heart.

Q: What are sacred words?

A: Sacred words help the advancement of the soul. The Vô Vi practitioner possesses a sacred means for advancement which is the practice of the Exercise of Concentration of Energy. This exercise concentrates the pure energy inherent within each of us, so that, during a human existence, that energy could light up and form a ball of fire called MÔ NI CHÂU or Pearl of Silence. That pearl of silence will then project out and harmonize with all the lively spirits in the whole universe. At that time, we will be learning incessantly. For that reason, I have said that understanding can be gained without words; one can only reach achievement through assiduous and diligent practice.

Q: What is achievement?

A: Achievement is self-awakening; one understands oneself fully and is no longer agitated.

Q: What is agitation?

A: It means one understands only one side of the matter but

not the other, which causes worries and agitation.

Q: What is the gospel of spiritual heart?

A: The gospel of spiritual heart is the expression of pure thoughts that are formed naturally and spontaneously. They are full of compassion and wisdom. The person who has attained the gospel of spiritual heart has clear and bright eyes that reflect order and discipline, and radiates a vibrant compassion. When looking at a place, he also sends his compassionate vibrations to that place. This is true guidance and salvation, where harmony prevails and dissidence doesn't exist.

Q: How does one develop the gospel of spiritual heart?

A: The gospel of spiritual heart develops from the law of constant evolution. Thus, I often said: "If the spiritual heart is present, the spirit of courage, free of doubts and worries, is also present. On the contrary, when the spiritual heart is missing, one is constantly assailed by doubts and worries." The spiritual heart also serves as an open book to record a human's immeasurable abilities. A person with a spiritual heart never thinks of self-interest, but always cares about serving humanity. His compassionate light would then vibrate strongly. He would master both space and time, and would undergo innumerable rebirths in order to guide and save other living beings.

Q: What do you think about the people who have worked with you now and in the past?

A: I always appreciate and deeply respect all those who have helped me now and in the past. They all are my benefactors.

Q: Do you think about compensating them?

A: When you receive services from someone, you have to

compensate them in return. But what is a just compensation? I only see that I must cultivate myself with full sincerity on the spiritual path in order to truly thank all the people who wish for my achievement. When I am able to free myself from sufferings through my spiritual practice, all the people who think about me will also feel lighter in their heart. Thus, I am doing a task that serves all. I only know that I must practice conscientiously during the long and silent nights.

August 30, 1991

Q: There are so many things to take care of in our daily life. How can we have peace of mind to practice meditation during the whole night?

A: This is just a question of habit. If we think this is a good habit, we will strive to cultivate ourselves on the spiritual path both day and night. Our future will certainly look brighter and become more secure. If we aim our thoughts towards nothingness, we will benefit more. Everyday, we will make more progress on the spiritual level. We will become aware that blindness and intransigence are hurting the soul and prevent a balanced flow of energy inside the body, which is the cause of many illnesses. We will understand that we are born empty-handed, but we have a sincere and intelligent mind. We should not hold on to worldly matters and pollute our mind this way. Otherwise, when leaving this earth, we will no longer know which way to go with our mind blinded by passions and our brains blocked by impure energy. Whose fault is it? Isn't it because

we have nurtured unnecessary things which then turn into harmful habits?

Q: What can we do to overcome these bad habits?

A: We know how to cook meals to feed ourselves, so we must know how to create favorable circumstances to help our soul progress. This just follows the orderly law of eternal mutation and reproduction. We must work to achieve success, we must practice to become enlightened. It is very difficult to have a human body, and even more difficult to find the right spiritual method. Today we have both. What are we waiting for instead of cultivating ourselves on the spiritual path to reach the ultimate goal? The universal love of countless spirits is guiding our consciousness and helping our progression. If we analyze the situation with clarity, peace is everywhere. Only desires and passions cause agitation. Therefore, we should follow the spiritual path to improve both our mind and body. Even long nights can become short with practice. The vibrations of our mind will become faster and lighter. We will experience the supernatural civilization. Serenity is our salvation. If we advance towards serenity, we will eventually reach enlightenment. There will no longer be good or bad karma.

Q: What is bad karma?

A: You build bad karma when you abandon your true "self".

Q: What is good karma?

A: Good karma means to cultivate oneself diligently on the spiritual path without a conscious plan. One will acquire happiness in the future. For example, today, we enjoy plenty of food and clothing thanks to the good karma from our charitable deeds in our previous lives. Therefore, we should not create agitation for risk of damaging our good karma. Instead we should mend our ways with diligence to keep

growing the seeds of benevolence in our heart. We will then always enjoy a glorious future regardless of where we would land in our next reincarnations.

August 31, 1991

Q: What motivates you to write all these questions and answers?

A: My thoughts are constantly directed toward all humans as well as God and the Buddhas. This gives me the opportunity to guide and save all living beings and harmonize everyday more clearly from one energy mechanism to another according to the evolution cycle. The Buddhas and Immortals project their compassionate light while the humans express wishes, which build a lively spiritual community. Blessed be the person who reads or hears the heartfelt thoughts and energetic words in the Journal by Baby Tám.

Q: What is divine love?

A: Divine love always shines in spite of the circumstances whether in danger, sorrow, or happiness. All spirits in this universe can experience and expand this love in their consciousness.

Q: How about human love?

A: Human love develops according to each individual's level and karma. Thus, the minds who lack intelligence and who are prone to anger and intransigence, can never love uniformly and guide and save others like God does. Human love is subject to changes and is two-sided: In life there is death, in death there is life.

Q: How can we know that in death there is life?

A: We can experience it clearly within our body: When we eat, all the spirits are subject to death through the chewing process, but that death brings health to the body and abundant energy to the mind. With compassion, all the spirits have sacrificed themselves according to the law of eternal mutation and reproduction, and they are constantly reborn in the sphere of energy. From the simple act of eating, we become aware of the infinite and noble love of God. In death there is life. If we know the orderly law of heaven and earth, we will never be afraid of death.

Q: What does it mean that in life there is death?

A: In life there is death means that everyone born in this world has experienced sentimental love, the desire to earn a lot of money, dreams of glory, and other ambitions. However, after periods of trials, these desires and passions will slowly subside depending on the individual's level and karma. Even the physical body must return to the earth. We see life now, but death is lurking behind it. A new life form will be taken depending on our karma. When we understand this principle, we will see both sides and we will understand the principle of birthlessness. Our consciousness will then accept to live in peace and full dedication in order to guide and save others, so that we may free ourselves from the circle of constant reincarnations.

September 1, 1991

Q: Why do people often fall into hatred and sorrow, which forces them to seek revenge?

A: People who have gone through many reincarnations, but

whose consciousness is still not awakened, will remain entangled in darkness and agitation. Their understanding is limited and they are still governed by hatred and sorrow because their mind has not been able to come to peace with themselves. They just cling to hatred as a means for survival. Consequently, they enter a world full of wickedness, their soul becomes an evil spirit, their consciousness is loaded with impure energy. As humans, they want to call themselves masters or leaders; as evil spirits, they want to be glorified and worshipped. They can never be independent and return to the true nothingness. This world is divided into two fractions: Both the pure and impure ones claim that they are enforcing justice. However, only a true spiritual adept has the opportunity to awaken and understand the principle of birthlessness by practicing Tao.

Q: Why are there many elderly who can't live in peace despite their old age?

A: Cause and effect always go together. When they enjoyed wealth and power, they didn't care about practicing charity. When entering the old age, they have to harvest the consequences of their previous deeds. Their power is gone; sorrow is afflicting their heart and mind, leaving them no peace. Therefore, experienced people often remind others to be kindhearted and mend their ways.

Q: How can an evil spirit enter someone's body?

A: The person's nervous system is completely weakened; his blood is totally polluted without his knowledge. Hence, it is very easy for an evil spirit to enter his body and take control in order to dispose of it according to their related karmas.

Q: Is there a way to help these people?

A: They have to purify both their body and mind with their

own will. They must repent their wrongdoings and cultivate themselves assiduously on the spiritual path in order to progress. This is the only way to help themselves.

Q: Why do they need to cleanse their body?

A: Evil spirits like to hide in the impure energy coming from the food putrefaction and build up their defense line there. Thus, we must cleanse the body through colon irrigations in order to discard the impure energy. When the intestinal system is rejuvenated, the energy of the mind will also become stronger. The compassionate heart will open up, wicked thoughts and hatred will disappear. In addition, if we invoke regularly Nam Mô A Di Đà Phật, our mental order will be restored and become well balanced. Restoring the equilibrium in our body will give us an opportunity for rejuvenation. In addition, if we return to our true selves, we will be able to progress further on the spiritual path. We will rectify our wrongdoings and consecrate ourselves to help and guide others. All this hard and meritorious work will help us recover our true origin. Our origin as human beings is birthlessness; we must purify ourselves in order to understand this principle more clearly.

Q: Today is Sunday, but you still get up early to write your journal. Don't you take any rest?

A: I have much work to do today. I will meet my dear Vô Vi companions again at the meditation center. At the same time, our collective energy will spread a benevolent influence to all places that need me during their group meditation sessions.

*Poem for the inauguration of
the THIÊN THỨC Meditation Center*

*Awakened through meditation,
I harmonize and rejoice with all spiritual methods:
Let us build up a generous mind,
And step gladly on the spiritual Path.
No more blindness,
The Truth is spreading to every corner.
Every corner realizes the Middle Path,
Open up the mind, work to serve all,
God's brilliant love transforms everything,
Mind and Body peaceful,
happily immersed in divine Tao,
Everywhere meditative contemplation and serenity.
Sorrow is receding for God's noble love,
I discover the subtle truth,
No more border,
East and West united under a common roof.
Pure energy leads to mind enlightenment,
Happy homes where love and virtue reign,
Awakened, I practice assiduously
To return to serenity of the Buddhist dharma,
recover spiritual energy,
and understand Tao.
The more I practice, the deeper my comprehension.
Searching for progress, avoiding errors on the path,
I travel through this fleeting earthly world.
In the void there is form,
I correct myself constantly.
Knowing my blindness and my mistakes,
Repenting my wrongdoings, I advance endlessly.
Let all progress without halting,
Correct our mistakes, and advance every minute.*

*From all ages until now,
Meditative Contemplation has indeed affected
worldly affairs.*

LuongSi Hang
September 1, 1991

September 2, 1991

Q: What do you think about the many people who believe that they are intelligent and can bring peace to this world?

A: When we know that this present life is temporary, we must turn within to find the true nature of serenity and advance instead of formulating more illusory dreams that never end. These plans will not succeed; they are just brought up but they don't have any real substance. Therefore, I often said that people's minds have gone astray many times without their knowledge. People keep thinking that they will achieve perfection.

Buddha has left the saying: "I have reached the level of Buddha, and others will reach the level of Buddha." I also said: "Suffering! Suffering! Suffering! Only through suffering will we have the opportunity to reach the boundary of the buddhist dharma." But people just listen with one ear and forget that both their body and mind must make progress. Thus, they have to live in constant delusion from one reincarnation to the other. They pretend to master all worldly affairs and like to preach Buddha's teachings without any understanding. So how can they ever become a buddha?

Q: What do you mean by not understanding the Buddha's

teachings?

A: If one refuses to face adversities in order to practice the virtue of a buddha, return to serenity, and make progress, how can one understand Buddha's teachings? If one avoids difficulties and only seeks easy tasks, how can one reach equilibrium? If one betrays people for profit, true love will disappear. One will lose one's true self and have no land to return to upon leaving this physical body.

Q: Where does that land come from?

A: A person with an awakened consciousness will return to his own land of meritorious happiness after his death. During his whole life, he only knows about helping others; he practices altruism in order to progress, and his land of meritorious happiness will grow accordingly.

September 3, 1991

Q: When people don't see you for some time, they will miss you and often talk about you. Why?

A: It comes from the seed of love and serenity. Everyone has practiced meditation and increased their spiritual awareness. We understand that we all follow the same path. We communicate deeply with each other which produces vivid memories when we are apart. We encourage each other on the spiritual path toward self-perfection. I often said that if we meditate a lot, we will have the opportunity to meet each other more easily. When Vô Vi practitioners meet each other and feel happiness and harmony, this is the result of an assiduous spiritual practice. All things take root in the consciousness of the spiritual adept who must become

awakened by his own efforts.

Q: The Truth is round and perfect. How do we know where to stop?

A: The Truth is always round indeed, but destiny is the place to stop in order to learn and continue our progression. A spiritual adept with benevolent thoughts will have the opportunity to develop his compassionate energy toward infinity. Wisdom and serenity are the place to stop for a spiritual adept. His mind will be free from worries; he will always be immersed in the serene waters of the Bay of Emptiness in the universe. He will be able to harmonize with all places, and fully commune with the noble love of God.

Q: Why are humans always agitated, with their mind constantly torn by worries and disturbed by calculations?

A: I often said: "Life is a test". Life is very useful to help the soul progress. If there are no actions and reactions, how can humans know the value of spirituality in order to progress?

Q: What are actions and reactions?

A: Actions and reactions are caused by the law of cause and effect in the course of earning one's living. All spirits are participating and have an opportunity for advancement. This is the most subtle school of the universe. All kinds of desires such as sentimental love, money, and glory come from this principle of cause and effect. Eventually, everything must return to nothingness, so that a harmonious human community can be built, where people would communicate and understand each other deeper everyday.

Q: Your consciousness is surrounded by illusory desires and passions such as sentimental love, money, and glory, but how can you stay completely untouched?

A: I only know that I must return to serenity. Pursuing illusory wishes and desires only hurts one's consciousness. Even the brilliant shine of the diamond comes from patience and serenity. Patience and resignation are the fundamental means to dissipate any agitation. I only know that meditation is the ultimate means for salvation; meditation will restore equilibrium to the body and mind.

September 4, 1991

Q: What causes misunderstanding, criticism, and blame?

A: People want to earn a good reputation for themselves and forget that they must now carry the consequences of their misdeeds in previous lives. Instead, they keep blaming others. The body must bear the consequences of the mind's actions. A meditation practitioner must accept all adversities that occur to him in his current existence, so that he can advance further. History has left the proof that all those who succeeded on the spiritual path had to encounter suffering.

Q: Why does one have to suffer on the spiritual path?

A: When you cultivate yourself on the spiritual path, you must practice patience and resignation. Thus, you are deemed less fortunate than ordinary people. You must sacrifice all kinds of desires, so that you may reach serenity and lightness in your spiritual heart. Ordinary people think that religious people are losers. On the contrary, religious people feel compassionate with the sufferings of ordinary people. Both are progressing in their way towards self-awakening and the abandonment of worldly passions. Ordinary people have

more possessions and thus suffer more. True religious people who lead a frugal life can release their karma of heart more easily. However, a spiritual adept should neither praise the religious people nor criticize the ordinary people. Instead, he should dedicate himself to mend his ways and cultivate his consciousness to become purer and lighter.

Q: Why are there still spiritual adepts who like to criticize others with venomous words?

A: A spiritual adept who still criticizes others with venomous words has not yet been able to release his karma of heart. He is still thinking about losing and winning.

Q: What should we do in order to follow the spiritual path correctly?

A: To follow the spiritual path correctly, one should hold one's tongue and practice patience and resignation. Only then will the soul be sublimated.

Q: What does it mean by the soul being sublimated?

A: When the soul is sublimated, one is free from worries and no karma is tarnishing one's mind. Only then will the soul be able to leave the body in order to learn about the spiritual Tao established by God and the Buddhas. Therefore, the spiritual adept must abolish all his earthly desires and greediness with a firm will and keep advancing towards nothingness as his ultimate goal. He has to progress with calmness and serenity in order to spread a benevolent influence upon all living beings.

Q: Who are all the living beings?

A: They are all the spirits who live together on this planet. There is no discrimination even though they wrongly believe that the buddhas discriminate them by calling them "all living beings". There is no difference if one is willing to

cultivate oneself on the spiritual path in order to harmonize with the principle of Oneness. Therefore, spiritual places are built for the benefit of all. They are built for everyone to worship and not dedicated to any group in particular. A spiritual adept searches for the Truth in order to share it with the common man, while the common man provides the material means to foster the Truth. Both contribute to the learning of Tao. From all ages until now, kindhearted people have never stopped contributing to this meritorious work.

September 5, 1991

Q: What should we do to form an association?

A: You have to first understand the goal of the association now and in the future before its foundation, regardless of the size of your spiritual group. For example, in case of the Vô Vi Friendship Association, we must choose a president who respects God and the Buddhas and who can harmonize with everyone. Only then will the association have an opportunity for growth, and everyone will be able to participate in the non-profit work for the benefit of all. We must look directly at the person's will to serve others. God, man, and work must all be in accord in order to bring peace and happiness to everyone.

Q: Certain people don't fully understand the work as well as the mission to serve all, and they are criticizing us. What should we do?

A: You must listen patiently and provide ways for people

to work together in accordance with their will to serve others.

Q: There are people who criticize without any facts, thus blaming God and the Buddhas. What should we do in this situation?

A: The President of the Association must take into consideration the contributions of each person and use that as a measurement for the sincerity of the criticizing person. Then everything will be resolved in a harmonious manner. The noble love feelings toward God and humanity will help opening up people's minds. The Truth will develop steadily, and there will no longer be bottlenecks in the volunteer work performed by the meditation practitioners.

Q: Why are there always conflicts among people within an association, and why do these conflicts keep happening?

A: When justice and openmindedness do not develop uniformly, there will always be conflicts. Thus, I have suggested that before founding an association, one must know the goal of that association. Only then will we be able to make plans for the future, and we won't confuse heavenly love and human love. All discussions will be based on the principle of love and constructiveness in order to establish true love and understanding among God and humans. The most important thing is to open up one's mind and make progress.

Q: Is it true that you have suggested the formation of centers to improve physical health and increase spiritual awareness?

A: I have wished for this a long time already. I wish that everyone takes care of their own physical health as well as their spiritual awareness. Only then will we be able to contribute to a better society in the future. We will do less unnecessary tasks such as speaking without working. On the contrary, we will work without speaking. We will then

complete our work successfully, and achieve serenity; our virtue and merit will grow stronger and we will feel lighter and purer.

September 6, 1991

Q: Do benevolent thoughts fit with the divine mechanism?

A: Yes, all benevolent thoughts aimed at the common benefit are in harmony with the divine mechanism, and they can disperse all malefic forces that may cause agitation.

Q: If we respect benevolent thoughts aimed at the common benefit, is this the same as observing the divine law for spiritual cultivation?

A: If you respect the benevolent thoughts aimed at the benefit of all, you are applying the divine law of evolution on the path of spiritual cultivation. The divine law always promotes openmindedness and spiritual progress. You will not be slowed down and become agitated.

Q: What is agitation?

A: Agitation means restricting oneself and holding on to ways that prevent the common benefit. It means that the mouth utters words of peace, but the heart is not at peace. This will only cause mishap in the future.

Q: What are the benefits of foreseeing the future and understanding things widely?

A: Foreseeing the future and understanding things widely are beneficial only from the theoretical point of view, but work must advance in an orderly fashion, i.e., it must happen in stages, so that progress can be achieved steadily without causing discouragement. The wheels of progress and

evolution will be rolling forward steadily, and we will no longer be slowed down by blaming others.

Q: What do you gain with an assiduous spiritual practice?

A: I practice assiduously every night in order to tear down the wall of prejudices built by blaming others. My consciousness becomes awakened and helps further my spiritual practice.

Q: What is spiritual practice?

A: Spiritual practice means the development of mind and will, and the involvement in all aspects according to the principle of serenity. It means integrating and harmonizing with the evolution cycle, not being held back by any obstacles, and using the Great Compassion as the ultimate weapon.

Q: Why do many people like to complain to you about their difficulties on the spiritual path?

A: These complaints show that the spiritual adept does not practice correctly and does not follow the true will for spiritual progress. Instead, he is looking for external help. In Vô Vi, this is called a coward attitude! They have a path they don't want to follow; they have a consciousness they don't want to develop. Hence they retreat into a whining mood without any chance to escape. They lock themselves into a dangerous position, full of suspicions and agitation. They can never express calm words. Thus, a serene person can easily determine the current level of a person's consciousness by looking at his face.

Q: There are people who suffer this mental attitude without knowing it. What can they do?

A: In order to cure this mental attitude, they have to practice the Vô Vi method correctly as explained. They should concentrate on their own work and be less distracted by

external events. Slowly, their consciousness will become awakened, their mental illness will disappear, and their compassionate heart will develop naturally. Only if we speak little and work a lot, will we have the opportunity to discover our true selves in order to help humanity. We will be able to restore inner peace and harmony in our heart, and rejoice with all levels in serenity.

September 7, 1991

Q: What does it mean when something has been achieved and when something hasn't been achieved yet?

A: On the spiritual level, something that has been achieved means something that one's consciousness clearly experiences and understands. On the social level, it means something one can touch and count according to one's karma and limited technical abilities. As such, one continues to follow the constant cycle of reincarnations to learn the lessons of debts and returns, so that one can advance both physically and spiritually.

Q: Where does consciousness come from?

A: The consciousness is formed by actions and reactions at all levels that torture the heart and mind incessantly through many lives. Eventually we become aware of our consciousness and true consciousness. The principle of the true consciousness is nothingness which we realize in a natural and spontaneous way. Through the strong vibrations of our compassionate heart, we become aware of our consciousness, and then we want to search for our true consciousness through spiritual practice. The true

consciousness is the round and perfect Truth, where love and openmindedness are flowing abundantly.

Q: Where does the body come from?

A: The body is formed by the supernatural principle of life in the universe, which is very sophisticated and complex. The law is clearly built in the brain's nervous system which is related to the organs' nervous system and entire body. It is automatic as the soul enters and leaves the body, as we walk, sit, stand, or lie down. This sophisticated machine with its complex structure is teaching mankind how to find their inherent true selves and become more and more aware of the divine law.

Doing work in society helps our soul understand the principle of birthlessness, and see clearly that all spirits have compassionate light. When we understand this fact, we will lead a peaceful and content life. On the other hand, if people have too many ambitions, they will feel that they have not yet achieved enough. Consequently, they feel discouraged and want to commit suicide. They refuse to continue the spiritual journey to understand why every human has a body and mind. From the spiritual point of view, they will suffer great losses. From the physical point of view, they are defying the law of eternal mutation and reproduction. As a result, both their spirituality and common life will feel unfulfilled.

September 8, 1991

Q: What is peace and happiness?

A: Peace means that the compassionate light of the spiritual

adept harmonizes with the central source of energy of the universe. Happiness means that one clearly understands the truth of all matters in this world, whether big or small.

Q: Which matters are small and which are big?

A: Love romances, loving memories are small matters. Big matters are harmonizing with everyone and awakening one's consciousness; knowing how to control and improve oneself; understanding all prejudices and intransigence in life; comprehending the principle of life eternity of all sacred spirits; following the spiritual path to return to one's true consciousness; and enlightening one's mind in order to guide and save others.

Q: How can a meditation practitioner accomplish big matters?

A: A meditation practitioner must look after his own affairs, from big to small in order to understand the principle of self-awakening. He must practice assiduously in order to reach the final goal and influence those who will follow next in the cycle of soul deliverance. This is a big matter which has to do with the principle of life eternity in all spirits; as such, he will incessantly progress and bring peace and happiness to his heart and mind during his lifetime as well as when he dies.

Q: Where do we go after we die?

A: If you cultivate yourself diligently on the spiritual path, when you die, you will realize your wishes accordingly. For example, if during one's lifetime, a person likes to help others and cultivate his compassionate heart, after his death, he will take another life form which will enable him to progress more easily on the spiritual path in glory and wisdom.

Q: What is wisdom?

A: Wisdom means to understand one's own position and practice according to one's own merit and karma.

September 9, 1991

Q: Do people become awakened by themselves, or do they need to be tied into circumstances that force them into spiritual awakening?

A: Life circumstances are ties established by God to enable spiritual awakening. If one refuses to turn to spirituality, one becomes more entangled in life's circumstances. For that reason, we can see that many people have lost their mental inner order and have become insane.

Q: What does it mean to be insane?

A: An insane person acts against the will of mankind and the Divine Law. He always hurts himself and others, and goes against the evolution cycle. He falls into hatred and intransigence and has no way to escape. Only meditation can help us restore our spiritual heart, return to our true nature, and free us of all worries. Our mind will be light and peaceful. Our thoughts will be elevated towards infinity; both our mind and body will no longer be agitated. Only when we achieve peace and harmony in our spiritual mind and nervous system, will we realize that we are in fact our own spiritual therapist. Only practice will allow us to understand this.

Q: Does it mean that everyone is insane in this world?

A: The majority is being led astray by external circumstances. From birth, they have been misled by the artificial light that mankind has invented, and keep believing

that material matters are true. On the contrary, a meditation practitioner can see the pure and infinite light in his consciousness. He will then accept to return to the natural and spontaneous principle. He can express wise words to guide and save himself as well as others.

Q: What does it mean to guide and save others?

A: To guide and save others, we have to speak about the true nature in each person. Its origin lies in the spiritual heart. All things take root in the principle of equilibrium. Agitation is caused by the loss of that equilibrium. Spiritual cultivation means to re-establish order in body and mind, so that one can return to one's true consciousness. That is the only spiritual path.

Q: What is true consciousness?

A: It means returning to one's position and understanding oneself better, that is none other than the evolution of spirituality.

Q: What is spirituality?

A: Spirituality is what one's consciousness understands and feels in a natural and spontaneous way. If one keeps cultivating and improving that consciousness, that is called spirituality – in other words, the soul or the master of the body. The soul is responsible for opening up the spiritual mind and analyzing the internal psychology of the spiritual adept; from his words to his movements, everything is structured from supernature.

Q: What is supernature?

A: Supernature goes beyond forms and sounds; it is the harmonization with the true consciousness. Only if we practice and reach the proper level of spiritual energy located at the cranial psychic center, will we be able to understand the principle of life eternity.

Q: Do your above explanations represent the key to open one's spiritual heart that you wish to give to all Vô Vi practitioners?

A: Yes, all what I understand and analyze represent the key to open up the spiritual heart of the Vô Vi practitioner. They are also an antidote to mental illnesses of mankind.

About The Author

Lương Sĩ Hằng (Mr. Tám) was born in Qui Nhơn, Việt Nam, on November 13, 1923, the youngest of eight children. His father, Lương Thâm, was a freight owner. His mother, Lâm Thị, passed away when Mr. Tám was still a young child.

As a boy, Mr. Tám attended the French Gagelin school in Qui Nhơn. Regular attendance at school was interrupted by ill-health. He was a quiet, shy child who liked nature, churches and pagodas.

Mr. Tám's continuing ill-health during his youth eventually forced him to leave school. He began his business career working with his father, and after a time moved on to export pharmaceuticals between Saigon and Phnom Penh. He was a successful entrepreneur and also had business interests in a movie theatre and motor boats. At the age of 28, Mr. Tám married Trần Tân, his devoted wife to this day.

Endowed with the gift of astral travel from an early age, Mr. Tám's astral body visited many earthly places. At 33 years of age, Mr. Tám became highly motivated in his search for the inner self. During his quest to find a spiritual master, he met Mr. Đỗ Thuần Hậu (Master Tư) through a mutual acquaintance. Under the guidance of Master Tư, Mr. Tám began to practice the Vô Vi method in order to attain

enlightenment and soul liberation.

The spiritual path toward self-perfection was not an easy one. Master Tư occasionally tested his disciple's perseverance with his directness and reserved but meaningful guidance. Master Tư would reproach Mr. Tám for reacting adversely to the teaching methodology. "Your practice is for your own good, not mine." These words deeply affected Mr. Tám and strengthened his resolution to find the truth through self-practice, willpower and meditation. Mr. Tám's success in soul liberation and enlightenment enables him to travel the transcendental planes of higher consciousness.

He also administers to those souls he encounters in the world of darkness in order to awaken them.

Introducing the Dharma to the Public

For fourteen years during the Republic of Việt Nam, Mr. Tám was the assistant marketing manager for Getz Brothers Inc., a US trading company in Việt Nam. Despite heavy work responsibilities, he devoted his weekends to lecturing on spiritual matters. Friends and relatives noticed the change in Mr. Tám and spread the word of his wisdom and enlightenment. Many people visited his small home in the Chinese suburb of Saigon. Fortunately, friends offered the use of three other larger houses in order to accommodate the number of people wishing to attend the weekend spiritual meetings. In this way, many more people were able to enjoy listening to Mr. Tám's inspirational and calming words.

The communists took control of South Việt Nam on April 30, 1975. Mr. Tám was suspected of being a probable supporter of the old regime, so he was sent to a reformation camp in Vũng Tàu where he was imprisoned from November 21, 1975 to January 1, 1977 in the communist reformation center. Whilst in prison, Mr. Tám practiced acupuncture and was able to cure many fellow inmates in conditions which were unhygienic and lacking in medical supplies. After his release, people continued to come to him for acupuncture treatment and advice. The communist authorities, alarmed by the number of patients and visitors attracted to Mr. Tám, sent him to the New Economic Zone in Núi Sập, Long Xuyên.

Life in the New Economic Zone was harsh, but Mr. Tám was conscious of the creed – “Suffering is the border of Buddhist dharma”. Despite living in a desolate and uncultivated area, devoid of proper facilities, he remained a fine example of resignation and compassion to all those who came into contact with him.

Introducing the Dharma Around the World

Mr. Tám’s mission of spreading the knowledge of spiritual guidance, occasioned his departure from Việt Nam on November 3, 1978. He reached the Philippines on November 6. At the Fabella Refugee Camp in Manila, he continued his acupuncture treatments. Many fellow refugees were helped by influential people who had received acupuncture treatment from Mr. Tám.

In 1979, Mr. Tám left the Refugee Camp in Manila to

settle permanently in Canada. VÔ Vi practitioners living in Australia, Canada, France and the United States were elated to hear the good news. Mr. Tám has many invitations from devotees to visit them, as his presence provides peace and harmony. Each person feels blessed by his compassionate heart and serenity.

Many who have heard Mr. Tám's penetrating voice attest to a marked, positive increase in calmness, harmony, forgiveness, love and self-improvement. The profound vibration of his voice awakens the consciousness to our soul's origin and present destination.

Despite his age, Mr. Tám continues to travel the world visiting practitioners and imparting the VÔ Vi Esoteric Science of Buddhist Dharma. His message of peace and resignation clarifies and lights the path towards deliverance.

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