

Baby Tám Talking To You

Volume 2
(from 9/10/91 to 10/25/91)

by Lương Sĩ Hằng

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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 Tâm 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 Tâm 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

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September 10, 1991

Q: What does “true love and respect” mean?

A: The more we seek to understand ourselves, the more we will respect our Master and friends. And the closer our consciousness is to its equilibrium, the more we will love and respect humanity. This will in turn deepen our heart's communion with Heaven and enable us to better understand the spiritual teachings. Only through constant practice will we have the opportunity to awaken our consciousness.

Q: How should we practice?

A: Our level will be elevated if we cultivate ourselves both in social and spiritual life. With conflicts there is awakening; karma is lessened with spiritual advancement. Serenity is achieved through self-analysis.

Q: What do you mean by self-analysis?

A: We should analyze and thoroughly understand the pure and impure energies in our consciousness. Day by day we will become more awakened with a better understanding of our position. We will serve others without hesitation and worry. A person with pure energy can harmonize with any situation. A person with impure energy is always entangled in rivalry and calculations. Only if a spiritual adept maintains his consciousness in harmony between social life and spiritual life will he be able to see his own path clearly.

Q: What is the work of God and the Buddhas?

A: God and the Buddhas' work is the realization of things from emptiness. Ordinary people can neither understand nor discuss this concept. On the other hand, spiritual adepts lead a happy life by liberating themselves from their karmas,

and by fostering love in their hearts and respect toward God and the Buddhas.

Q: Is heavenly love also the lightness and purity radiated from anywhere and everywhere?

A: Yes, God and the Buddhas grant to all beings the capacity for compassion and love, which is available at any time, depending on the individual's thoughts and awareness.

Q: Why is the human mind sophisticated enough to understand both worldly and spiritual matters?

A: The human mind is structured from supernature. It is constantly purified by the compassionate energy of the universe according to the energy vibrations and spiritual progression of the individual. Energy is projected and absorbed automatically, depending on the person's feelings and consciousness. Thus, the human mind prefers to deal with new and pure matters rather than old and impure ones.

September 11, 1991

Q: What is impurity?

A: When referring to the sense of taste and smell, all that is dirty and foul smelling is impure. When referring to energy, fatigue, headaches, and chest pains are all signs of impure energy which results from consuming rich and enticing foods as well as harboring unrighteous thoughts about others. We should mind our affairs rather than meddling into others;

otherwise, we would be attracted by the external world which would bind us without our knowing. The consequence is mental illness.

Q: What is exceptional about the Land of the Immortals and Buddhas?

A: The Land of the Immortals and Buddhas is characterized by the spirit of mutual support and cooperation expressed through the consciousness of harmony. It follows the principle of lightness and purity. Everyone in this land knows how to practice and brighten his halo of energy. The scenery is fresh and vivid, with sweet fruits and scented flowers. Once a spiritual adept who practices correctly arrives at this place by soul projection, he will be enraptured and will no longer want to return to the earthly world. The land is beautiful and poetic; everything expresses a lively and profound philosophy. Therefore, as a Vô-Vi adept learns and meditates with full dedication, his spiritual energy will progress and reach a state of equilibrium. He will be inspired to express the Truth in simple and concise poems that ordinary people will enjoy reading, but not fully understand. Hence, they will claim these poems to be of a higher level.

Q: Why do all spiritual adepts want to reach the Land of the Buddhas and Immortals?

A: The ultimate goal of the spiritual adept is to liberate himself from his karma in order to return to his spiritual origin, i.e., to return to the light and pure soul's homeland; this is an eternal land where the souls live in a natural and spontaneous way and commune happily with God and the Buddhas. We all enjoy listening to spiritual vows, but during practice, we must resolutely abandon all emotions and desires such as joy, anger, sorrow, fear, blind love, hatred, and craving, and detach ourselves from all karmas, so that we may have the opportunity to appreciate heavenly love more clearly each day.

September 12, 1991

Q: What is Nirvana?

A: Nirvana is a place free from all attachments, where form is the soul, and soul is the form. One lives in peace and contentment, immersed in a constant state of meditative contemplation. Pure energy is radiated and received continuously and spontaneously. One no longer harbors blames and illusions. Serenity, eternal life, and everlasting happiness prevail everywhere. Only at this level will the spiritual adept's consciousness be truly awakened, and only then will he truly understand purity and lightness.

Q: People claim that there are many living Buddhas on this earth. Is this true?

A: According to the Truth described earlier, one can determine on one's own who is Buddha, and who is an ordinary person. Knowing this should help one's consciousness to advance rather than profit by beseeching help from Buddha. Buddha is not a protector but a guide. However, greed pushes people to venerate Buddha to seek His blessings. They refuse to lead a spiritual life to advance and achieve serenity like Buddha, so how can they have the opportunity to reach the pure and light Nirvana? Nirvana is reserved for enlightened and serene spirits, not for those who desire to know, but refuse to practice. Hence, all those who become a Buddha never call themselves a living Buddha. Only evil spirits who want to be known by people call themselves a living Buddha. In reality, when one achieves the level of Buddhahood which is the state of equilibrium, purity, and lightness, there is no need for announcement: Compassion will grow infinitely, and meditative contemplation will resolve everything.

Q: There are people who complain that they can't catch up with Baby Tãm. Why?

A: If they don't practice correctly, their virtue of resignation will not develop, and their compassionate power cannot grow. If they practice correctly, we will all be equal; there is no need to catch up and no reason to complain.

September 14, 1991

Q: You said that a human body is structured from pure energy. Then why does a person still fall ill?

A: The body must bear the consequences of the mind's misdeeds. For example, harboring unrighteous thoughts about others, or spreading rumors to harm others is a major wrongdoing which will slow down one's spiritual progression. Blaming others instead of turning within will only bring sorrow even if one falsely believes to be happy by hurting others. One's consciousness will be imprisoned in darkness without one's knowledge.

Q: What should we do to improve ourselves?

A: You must enlighten your consciousness and perfect your nature; you must practice the spiritual method correctly. Only then will you understand who you are. Speak little and meditate a lot in order to achieve results. Agitation and blind passions will be replaced by peace of mind and wisdom. Your merit will be expressed through your deeds and your bright smile. You will return to your original nature of joy and spontaneity.

Q: In summary, we must practice with great sincerity in order to achieve results?

A: True spiritual practice is invaluable, while false practice means making use of the Truth to criticize others. Such a behavior only shows agitation and pettiness. These people's consciousness will not open up and their mind will stay shut. They speak of God but will never be able to commune with God. Instead they will become evil spirits with destructive intents. This is illness.

Q: Why don't the Enlightened and Immortals suppress these impure spirits?

A: The more enlightened they are, the more they must guide and save these impure spirits according to their own level. For example, sudden hardship will give them the opportunity to open up their consciousness slowly and realize how cruelty has darkened their mind. They will then become awakened and repent on their own. Divine love is always shining upon cruel people. There is a popular saying: "*Victory without war!*". Kindhearted and cruel people are both guided by the loving hands of the Lord.

Q: Can one distinguish between cruel and kindhearted people?

A: Whether in open or restricted meetings, one can see clearly that kindhearted and cruel people always have completely opposite viewpoints. Only through self-awakening will one develop one's consciousness of tolerance and harmony. One will then learn continuously in order to advance further and discard one's feelings of superiority.

Q: What does it mean to feel superior?

A: Feeling superior means that the spiritual adept misconceives that everyone needs him, and doesn't realize that he must learn in order to progress. One who is willing

to learn will see an opportunity for self-improvement in every aspect of life.

Q: Are you sad when seeing Vô-Vi friends acting like superior beings?

A: I am never sad. I simply wait for the day when they will become awakened in order to guide them further.

September 15, 1991

Q: Today is Saturday. Will you take a break?

A: Saturday is a relaxed day, and one can forget worldly matters. This is when I have the opportunity to communicate with the consciousness of my fellow practitioners.

Q: How about Sunday?

A: Sunday is a day of rejoicing among my fellow practitioners. Together we analyze questions about social life and spiritual life, directing our thoughts more toward spirituality.

Q: Would you like to say anything else today?

A: The natural flow of my writings serves to guide and awaken the human consciousness. After my meditation session, I feel that life is only temporary and full of illusions. However, humans still fall into blindness and intransigence without a way to escape. They struggle from one issue to the next; eventually, everything returns to calmness.

I used to say: "*In this world, no one is better than the other.*" I only know that each soul represents a capable entity

in the universe. Spiritual practice is the only way for everyone to develop uniformly.

Q: How can one develop uniformly?

A: One must develop both body and mind according to the principle of harmony between social life and spiritual life. The mind must advance toward integration with purity and lightness, while the body must follow the order of pure energy from the universe. Only then will one achieve peace and happiness.

Q: How can one achieve these results?

A: The Practical Method of Vô-Vi Esoteric Science and Buddhist Dharma has always been available and is ready to serve anyone who needs it.

Q: How can one become orderly and harmonious?

A: There is only one way: Correct oneself by practicing meditation to reach serenity and achieve soul deliverance. Only through spiritual practice will one be able to develop the pure energy and release the impure energy in one's body. One's true nature will be regenerated with strength. One will be willing to correct one's mistakes in order to progress; one will no longer delude oneself and will advance silently. That's why I say that spiritual practice is invaluable.

Q: What should one do if one has too many debts?

A: Robbing others will never settle the debts; it will only worsen the situation. On the other hand, if one repents with sincerity, worries in one's heart will slowly disappear. The debts will be paid according to the principle of sincerity; one will accept and repay the debts with honesty. To lead a spiritual life means to resolve the debts and karmas accumulated in the many preceding lives. For example, neither husband nor wife in this present life knows who was

indebted to whom previously. They are tied to each other until death without settling their debts fully. No one can help us except ourselves, i.e., we must mend our ways and cultivate ourselves spiritually.

Q: Can't we use money to hide our wrongdoings?

A: Never, sin is sin and blessing is blessing. If one dedicates oneself fully to spiritual practice, there will no longer be any sin, blessing, or karma. Only with body and mind at peace can one settle all the debts of this life. Thus, during the meditative contemplation, one has to pay homage to Buddha with utmost sincerity to deserve salvation.

Q: How can we recover gambling losses?

A: The only way to recover losses is to lead a life of spiritual perfection and cease gambling. Discarding the habit will result in constant gains. This world is like a marshland: The more one struggles, the deeper one sinks in. On the other hand, the more serene one is, the easier one finds a way to escape. That's why I advise common people not to start fights and conflicts. Instead they should turn within to analyze and criticize themselves in order to advance.

September 16, 1991

Q: Where are you going today?

A: I am preparing for an oral surgery to implant new teeth more solidly so that they can help my digestive system. Chewing well will make the bowels work better. Life will be easier afterwards.

Q: What happens when people don't chew and just swallow the food?

A: If you don't chew and just swallow the food, the salivary glands will become inactive; the small intestine will have to work harder and gradually become overburdened; the digestive system will not function properly. Energy cannot be supplied in adequate amount to the brain, which will result in memory loss and a weakened state of health. People at all ages should pay attention to chewing and swallowing in a rhythmic manner to prevent future illnesses.

Q: What should people do if they have the habit of chewing quickly?

A: They must love themselves and monitor their eating habits, which are potentially beneficial or harmful.

Q: What is beneficial?

A: Chewing well will make you healthy. If you correctly follow the law of evolution and the principle of eternal life of all spirits, then all the energy from the food will be absorbed into your body.

Q: What is harmful?

A: It is harmful to overburden the organs which will consequently fail to supply energy in time. The lower and upper parts of the body will not coordinate properly, and the teeth will overlook their duties of helping the intestines. The consequences are unfocused thoughts and criticism of everything without realizing that the self-inflicted damages are caused by bad eating habits. Hence, I advise everyone to reduce his careless activities – both internal and external; his face will look healthier and more peaceful. It is better to listen more and speak less rather than the reverse, which will harm both body and mind. We need to practice more meditation in order to advance faster and control our

temperament.

Q: Should young people take care of their teeth?

A: The teeth are essential to one's life; they are an important instrument which supplies food to the body. Chewing and eating well will yield good results. A spiritual adept should try to understand thoroughly both divine and human love; eating can then better help his body and mind. Eating is a lively philosophy: All spirits are progressing according to their inherent ability. One understands clearly one's own duty.

Q: Why do you explain so many things with eating alone?

A: Eating is a true way to educate humans on the path of progression. We must be fully aware of what we eat and drink. Thus, it is better to speak less during meals. We should concentrate on the eating, and direct our thoughts toward God and the Buddhas. We are fortunate to receive a complete meal by the Grace of God, and we should thank Him with a sincere heart for the gifts granted. With this awareness, our spiritual mind will advance continuously. On the other hand, if we just gather to party, eat and talk in a careless way, harm will come to our mind, and our family will lose peace.

September 17, 1991

Q: Today, you have just undergone the operation to extract the old teeth and implant new ones. Your mouth and lips are all swollen. Why don't you take a break from writing?

A: My mouth is swollen, but not my mind and my hands.

My work only requires my mind and hands, hence I must work. There is no reason for me not to. God is constantly inspiring me when I write down what I have understood after the meditation hours.

Q: What do you feel during the operation?

A: I am not afraid at all. My consciousness tenderly embraced the doctor as though I performed the operation myself. I saw clearly each gesture of the doctor as he proceeded to operate. Thus, I felt very secure. I sensed that the doctor was very conscientious and fully concentrated on his work. A Vô-Vi practitioner has the advantage of being able to integrate with anything at anytime, since he can easily control the flow of his energy. If you can leave your body by soul projection during meditation every night, your benevolent thoughts can also be projected just as easily. The doctor worried about my state of health as each minute and second elapsed.

Q: Are you tired after the operation?

A: I feel fine. I am taking antibiotics and painkillers.

Q: What about your high blood pressure?

A: Today, it has returned to normal, although I have to bother Miss Bê to feed me for four consecutive days.

Q: Do you feel any energy loss?

A: No, my mouth is swollen, but my mind is very clear. I am sending my benevolent energy to all places as usual.

Q: Can you sleep well?

A: I sleep more than usual. Due to the painkillers, I feel very comfortable. I feel happy as usual thanks to my will for spiritual cultivation.

Q: Your face is all blue and swollen. Don't you feel any pain?

A: Everything is fine. I believe that it will return to normal within the next few days. It's no different than an internal revolution in the area of the mouth and lips. Order will be restored, and they will work better than before. Similarly, the spiritual adept will regain the glorious value of his consciousness after practicing meditation.

Q: What do your friends think when they see your swollen face?

A: My dear friends feel very sorry for me, but everything has been pre-arranged. There is nothing to worry about.

Q: Do you like working very much?

A: There is no change in my consciousness. I feel that everyone loves me, and the more I feel it, the more I want to work. Unfortunately, my correspondence is piling up because I can't speak and Miss Bê can't do any typing. I am very sorry and apologize to all my remote friends who are awaiting my response.

September 18, 1991

Q: Are you really feeling better today?

A: My face is less swollen and I feel much better. I feel that everything is back to normal, and I can meditate as usual without any problem. All things are ruled by the consciousness. If the consciousness is agitated, everything will also be agitated. If the consciousness is serene,

everything eventually will be resolved in a harmonious way. Impatience only creates sorrow and is completely unnecessary. All dharmas are divine. One should keep that in mind and continue the spiritual practice rather than pursue the external world. When one develops the spiritual heart, one will be able to reach the goal of Great Enlightenment.

Although the human body has numerous demands, when returning to the Principle of Oneness, only pure energy matters. When one understands this principle, one will suffer less by seeing the law of cause and effect more clearly. If one does not remain silent and practice the spiritual method assiduously, one will only waste a whole human existence! One can differentiate between good and bad, yet one still makes various demands without any spiritual practice. How would one arrive at the opportunity to liberate oneself?

If you meet Buddha only to seek favors, if you meet God only to blame and burden Him, you will only create your own playground which is Hell. By looking at a person's face, an enlightened spiritual adept can see what karma that person has brought with him from his previous life. From the moment of birth, we all seek to be perfect, but what we end up with is vanity and greed; we lose sight of our path like blind wanderers in the desert. Thanks to the meditation practice, I have achieved a constant state of tranquility and happiness today. My thoughts are always directed toward God and the Buddhas. I never think about personal interest. I only know that I need to cultivate love and forgiveness, and develop my spiritual mind.

September 19, 1991

Q: In the current issue of the Vô-Vi Newsletter, there is an article on the teachings of "God's Divine Manifestation". What do you think? Are these teachings right or wrong?

A: Whether they are right or wrong depends on the consciousness of the spiritual adept who must understand the Truth on his own. In short, only exhortation to spiritual cultivation is important. The Vô-Vi practitioner's will to advance on the spiritual path is no different than God's will. Who wants all beings to progress and develop spiritually. The Vô-Vi adept becomes awakened through practice. Without practice, one will just limit oneself to pure theory. Only through practice will one have the opportunity to weigh each step and progress both spiritually and physically.

Today, I remind you again that our consciousness is birthless; we can advance toward infinity, and we should not be led astray by others' thoughts. We just know that we must cultivate ourselves spiritually and progress at our own pace according to our own level.

From the day I practice the Vô-Vi method until now, I know of only one spiritual path which is soul deliverance and self-awakening. It is a clear middle path leading to spiritual progress and harmony. No external force can take control of our consciousness. Everyone has to advance on both the social and spiritual path. No one will stumble unless he depends on external forces and creates his own doctrine. If so, he will stumble and fall into agitation. Even now, after having read the teachings of God's Divine Manifestation, there are people who disagree and even blame their Master (Mr. Tâm). It's wrong to harbor this resentment. A person who calls himself God only knows how to love and foster union. He would never insult anyone. You have to read these teachings several times in order to understand the true

meaning of the words aimed at spiritual guidance and salvation. Also, do you react the same way after practicing meditation? That's why I often advise everyone to listen to the Truth to cultivate himself spiritually, instead of relying on words without practice. Whether you cultivate yourself spiritually or not depends on your own spiritual evolution. Your consciousness will develop according to the law of divine justice.

September 20 , 1991

Q: Is God different from humans?

A: God and humans are always close to one another in every way. What a pity that agitation causes humans to profit from their divine nature and waste it unknowingly. Where does love come from? If there is no God, the Creator, how can one build a lively and subtle structure with complex laws such as the human mind, and the human body which follows the law of eternal mutation and reproduction. It's a miracle on earth. Humans are capable of building and achieving anything they want within their true abilities. Thus, mankind has been blessed with the opportunity to understand numerous matters on this earth and beyond, which has been his desires since the beginning of time.

The more one understands science, the more one feels the intimate relationship between God and humans. That's why I say: *"Each individual represents a capable entity in the universe."* Benevolent thoughts never leave a consciousness directed toward God. When one understands the principle of eternal mutation and reproduction, love will always fill one's consciousness, and one will never want to

inflict pain on anyone or harbor harmful thoughts. This capacity for love will develop according to the compassion level achieved by the spiritual adept.

Thus, the Vô-Vi meditation method is essential for humans in order to return to their true nature. One will no longer depend on others and cling to external matters; instead, one will cultivate one's spiritual mind with perseverance, and constantly direct one's thoughts toward God. One will understand the principle of birthlessness and foster one's virtue of patience and resignation. One's consciousness of tolerance and harmony will grow and allow one's spiritual mind to progress steadily while understanding that each breath represents a lively principle in this universe of light. The more one practices the Cyclical Breathing of Non-Retention, the more one builds up spiritual strength.

When one's thoughts are directed toward Buddha and soul deliverance, one will understand better the principle of birthlessness, and one's consciousness will advance with a growing confidence on the spiritual path. When one's thoughts are directed toward God, one will feel deeper the guidance and presence of a loving Father, who is always accompanying His children and sharing their joy and sorrow. One's compassionate light will radiate in a lively manner. It will cure mental insecurity and reduce agitation in daily life. One will lead a quiet life in meditative contemplation and serenity and no longer think about unrighteous and external matters. One will gladly mend one's ways in order to advance according to the evolution cycle.

September 23 , 1991

Q: How many people truly understand what you say?

A: Life circumstances are helping them to slowly understand as their spiritual mind awakens with each adversity in life. Tao is natural and spontaneous; thus life's challenges also happen naturally. A meditation practitioner will awaken faster, while an ordinary person will open his spiritual consciousness according to his fortunate encounters.

Q: What is a fortunate encounter?

A: It means that when the individual meets the challenge, he fully understands its spiritual significance. He will then advance on the spiritual path with greater confidence.

That's why I often remind ordinary people that "*God's presence is everywhere, and He is constantly educating and guiding all living beings.*" One should direct one's thoughts toward God and keep purifying oneself. Then it will be very easy to harmonize with the precious Divine Love. Benevolent thoughts are fundamental for one's spiritual progress. Love and Forgiveness are the instruments to foster one's compassion and cultivate one's land of meritorious happiness. One will be able to share the blessings of the Buddhas and Immortals according to one's degree of compassion. One's eyes will shine brighter, one's heart will become lighter, and one's reasonings will be very solid when discussing the Truth.

Q: What is the Truth?

A: The Truth is what the spiritual adept has truly understood in his spiritual heart. It's also the sweet dew that dissipates all worries in one's inner consciousness.

Q: What is the inner consciousness?

A: It means that one fully understands everything in a natural way. One can only achieve this state by practicing meditation relentlessly. Without meditation, one would become forgetful; sometimes, one would forge dreams that one doesn't fully master. As a result, one lives in indecision and lack of confidence. One doesn't understand one's own position and become unstable.

Q: What is stability?

A: It means that one knows exactly what one should do with one's life. Meditation practice and meditative contemplation are the most reasonable tasks in life in order to feel less lonely and to awaken one's consciousness.

Q: Can one follow a different spiritual method?

A: All spiritual methods are valuable because they all come from the same principle, i.e., the principle of formation and disintegration by Heaven and Earth. Because of ignorance, people tend to distinguish different dharmas. In reality, there is only one: The dharma of Heaven. When one understands this, one will lead a simple life and will progress easily on the spiritual path. People who don't understand will need to rely on all kinds of formalities such as rituals and talismans, so that they may gradually advance and eventually understand the esoteric principle.

Q: What is the esoteric principle?

A: The esoteric principle encompasses the purest energy of the universe which has always existed. The more a meditation adept dedicates himself to spiritual practice, the more he will discover the subtleties and wonders of spirituality. One needs to stay calm and meditate in order to experience the natural wisdom in one's consciousness.

September 24 , 1991

Q: What happens to spiritual adepts who don't adhere to any rules?

A: Spiritual adepts who don't adhere to any rules will certainly fail on their spiritual path toward self-improvement.

Q: What are these rules?

A: One must always cultivate the energy in one's inner consciousness from eating to every single action of one's body. If one is attracted by the external world and leaves the sphere of pure energy, one will break the rules and lose one's innate compassionate energy. One will return to one's old nature of treachery and delusion. One will abandon the will for spiritual cultivation. One will become self-infatuated and authoritarian. One likes to dispute matters without understanding them, and wrongly believes that one has already achieved enlightenment. One will become insane and agitated because of one's insufficient knowledge. Instead of holding one's tongue and dedicating oneself to spiritual practice, one wants to call oneself an important person. Consequently, it will be even harder to realize spiritual salvation.

Q: Why is it hard to realize spiritual salvation when calling oneself an important person if one really holds a high position?

A: The compassionate light is nameless and everlasting. There is no need to claim for a high position, which means to make use of spirituality for worldly purposes. One will lose the supernatural ability to regenerate and awaken, which one's true nature can only accomplish in a natural and spontaneous way. Adhering to rules means that one must meditate correctly and keep cultivating and expanding

one's compassionate energy tirelessly. If you follow this path, you'll never make mistakes. The Buddhas and Immortals also have to do the same. Only through meditative contemplation and soul projection can one have the opportunity to guide and save others. Telling lies and making all sorts of promises without spiritual practice only means holding to one's false self.

Q: Are mediums who transmit scriptures helpful to mankind?

A: Yes, mediums are transmitting enlightened words to direct mankind toward compassion and benevolence, so that they can slowly awaken according to their belief and superstition. Only when all sentient beings in one's body are progressing uniformly will one understand God's power of salvation on this earth. All rivers must eventually flow to the ocean. The Divine Ocean of Love is always ready to embrace all living beings. We just need to practice with perseverance to achieve spiritual enlightenment.

Q: Why do all your writings encourage people to turn toward spirituality?

A: Only spiritual practice can resolve all the unanswered problems that each human being must face on this earth.

Q: What should we do to form an association to improve physical health and increase spiritual awareness?

A: One must act according to the harmonious circumstances among Heaven, Earth, and Mankind. Then everything will be accomplished successfully. One should plan and organize according to the needs of modern civilization. One will see that the mind of a spiritual adept is always keeping pace with progress. Compassionate love is the true strength of a spiritual adept. In order to bring peace and happiness to mankind, each member must be ready to serve others

selflessly and advance together with a strong faith in God and the Buddhas while developing his own innate skills and abilities.

September 24, 1991

Q: Do you want to leave us again?

A: Yes, I want to go home to rest and avoid the cold weather. I will come back by the end of November for a renewed medical check-up. There, my health will improve faster with the ocean air. I will have to temporarily say good-bye to my dear friends.

My heart is deeply touched when I look back at the obstacles and lessons that I have learned from all aspects of life, i.e., love, money, and other worldly karmas, during these past 69 years in order to understand the principle of birth, growth, decay, death, and rebirth. We will understand our spiritual progression more clearly when we look at our face. Like trees in the forest, we must overcome the trials of the human body and participate endlessly in the evolution cycle.

Even though life is temporary, it is a very useful test ground for mankind. Everyone has to participate and leave this earth according to the karmic direction that he has chosen. Eventually, one has to awaken one's consciousness, and understand that both heavenly law and common law are One. Only then will one achieve peace of mind, and neither be passionately attached to matters nor ignore them because of intransigence. Only when one's words and intellectual knowledge are truly impregnated by the principle of non-being, will one realize that all matters take root from the Void, and one will be able to eradicate all nonsensical

thoughts of competition and fighting.

It's very fortunate for me as well as for my dear friends that my hands are not trembling at this age, so that I can write down my thoughts and communicate with your spiritual consciousness in a lively manner, while in deep union with the Lord and the Buddhas.

What a happy moment! How unexpected that we can gather again in an atmosphere filled with love and affection that no word can describe. We are united by our compassion; we direct our thoughts toward the sublime love of the Lord and the Buddhas. We understand clearly the principle of the Divine Ocean of Love that the Lord is granting us in order to live in peace and harmony. We live happily together without caring about fame and personal gains. Everyone has his own profession or special training; we all learn and progress together within the deep compassionate love of the Lord and the Buddhas. Every minute and second, we are touched by that Divine Love and progress according to the law of cause and effect. Our evolution path never stops, our heart keeps beating, and our consciousness is constantly filled with love and affection. As a group of people dedicated to the Vô-Vi practice, it's essential that we care for each other, protect each other, and help each other to become better.

I lost all my teeth, then I got new teeth. This is a miracle of the Lord, and I am infinitely grateful for His Blessings. Thus, during this lifetime, I vow to practice and progress on the spiritual path with constant effort to pay back my deep gratitude toward all people, whether they are spiritually inclined or not, before I leave this precious body which has taught me numerous lessons.

I do not dare to be lazy; I accept to learn all lessons that a human has to learn during his temporary lifetime on this earth, so that I can gain some insight into the Truth of the Lord and the Buddhas. I learn from the agitated state to the freed and eternal state. I am very happy to write down these short and concise questions and answers, which

capture the vibrations of the universe and the soul, so that my loved friends have an opportunity to relax in a sound way after the stressful moments of life. I will leave late Friday night. However, my mind is near you, even if my body is far away. I have written a short song for this occasion.

A short farewell

*Our bodies are far away, but our minds are not far,
The Lord's noble Love never brings us apart.
Whether old or young, we all feel grateful,
Our love is lively, harmonious, and peaceful.
Young and old,*

we'll all be reborn in the Happy Land of the Buddhas.

Let's build a good example together:

Let's lead a happy and noble life, loving all living beings.

Let's lead a happy and noble life, loving all living beings.

Let's lead a happy and noble life, loving all living beings.

September 25, 1991

Q: What should we do to build harmony within our family?

A: You should constantly try to foster the seed of compassion in the heart of each family member. Then, your family will be full of harmony; mutual love will increase every day according to the Lord's will. You will stay united in good and hard times, and you will always remain faithful to each other.

Q: Where does the seed of compassion come from?

A: You can grow that seed of compassion from any good side of a person. This compassion is dormant in everyone. It's also a means to cure all mental disorders. If everyone in a family knows each other's good sides, happiness will abound from everyone's virtuous conduct. The family will become a sacred temple of the universe, spreading more and more benevolence and happiness to the neighbors and friends every day. You are working on one task to ensure success in all your future tasks. On the other hand, if one criticizes others' wrong sides, one only creates unnecessary hatred, and reinforces the person's ego. The result will be lies and vicious conduct; the family atmosphere will be full of grief, and evil spirits can take advantage of this situation at any time! If one loses one's virtuous conduct, one will only harvest sorrow.

Q: Why do people become cruel?

A: Their ego is too big. They isolate themselves, both physically and spiritually. Pure energy is no longer flowing freely within their mental system. Thus, they will start harboring wicked thoughts, either to destroy themselves or to destroy others. They have no way to escape, and must go through the incessant cycle of reincarnations in the sorrowful earthly world or in hell. They will fall into even deeper darkness, and their mind and heart won't be able to develop further.

Q: What should we do to definitely get rid of our ego?

A: In order to get rid of your ego, you have to remain silent and turn within to discover the innate serenity in your inner consciousness. You have to drop all the shallow reasonings which come from the external world, and keep pure and serene thoughts by practicing the silent invocation of Nam Mô A Di Đà Phật. After 6 months, things will settle down, and your ego will slowly disappear completely. Your words and actions will change also according to the development

of your pure thoughts. That's why I often say: *"The human mind is invaluable. It is a jewel of this modern world, and it can help others according to its level of practice and its karmic disposition."*

Q: What do you mean by "helping others according to its level of practice"?

A: It means that each of your steps is made in serenity and wisdom.

Q: Whenever you leave us, all of us miss you a lot. What should we do?

A: Everyone who misses me should practice the spiritual method with diligence and perseverance like I do, so that we can meet each other within our consciousness, and not only through the physical body.

Q: Do you have a sacred mission? Why is everyone so happy and excited when you come to visit us?

A: When I come to visit you in person, all of you have the opportunity to see me and verify whether the evil rumors that circulate around me are true or not. You also have the opportunity to listen to pure and serene words filled with harmony, and every person feels reborn and happy, as if he is celebrating the New Year's festival. I have the most sacred mission, which is to improve myself both physically and spiritually, to progress in accordance with the evolution cycle, and to influence everyone, so that he will turn toward pureness and serenity, and his awakened consciousness will understand the principle of birthlessness.

Q: What brings the most lasting happiness to a human being?

A: As a human being, accepting to perfect oneself on the spiritual path, and to progress both physically and spiritually brings the most lasting happiness!

September 26, 1991

Q: Ordinary people always wish that their predecessors endow them with the most precious heritage, but why does no one want to practice spirituality?

A: Everyone possesses innate abilities. However, people just want to understand spirituality to relax their minds. Thus, the Buddhas have left a rich treasure of wise scriptures on earth, but people just learn them by heart. It's rare that they try to understand the deep meaning of the teachings in order to improve themselves. On the other hand, people often slander others, or worry about others' affairs, such as family affairs among brothers and sisters. They worry excessively about each other, but this is leading nowhere. They forget that their partners have an intelligent mind, and are able to take care of themselves according to the natural and spontaneous principle.

Thus, religious scriptures always remind people to awaken themselves and to practice spiritual self-improvement. If we refuse to understand ourselves, no one will understand us. People are entangled into sentimental love, money, and other karmas, so that they have a chance to awaken their consciousness. However, they don't realize this opportunity for self-awakening; instead, they falsely believe that others must take care of them, and they become increasingly dependent. For this reason, when the Immortals manifest themselves through mediums to transmit enlightened words, they often blame people for their sluggishness and their low desire for spiritual perfection.

Q: Why have you changed your departure time so suddenly?

A: I am living within the protective arms of Divine Love; thus, I must follow the most opportune karmic direction. Ordinary people cannot comprehend the Lord's plans. The decision

to stay or to go depends on the lively vibrations of compassionate love. Since I follow the principle of birthlessness, I no longer need to think about life or death. I go to help others; I go to bring peace and wisdom to all beings at all levels. The Divine Love results from the subtle harmonization of the whole universe.

Q: What does “subtle harmonization” mean?

A: It means that things are realized without discussion. It is what the soul has to achieve in its evolution; this harmonization is always very animated and constantly generates lively vibrations. It is the Light of Compassionate Love, which follows the principle of birthlessness. Thus, I always advise ordinary people to meditate many hours during the day, so that they can fully commune with the Compassionate Energy and the principle of birthlessness that the Buddhas are conveying to them for self-awakening.

Q: Can you explain what “the Buddhas convey to them for self-awakening”?

A: The Compassionate Energy of the Buddhas is shining directly into the true heart of the spiritual adept. One understands without the need to learn; one accomplishes things without the need to worry. One will keep advancing toward infinity and constantly helping others.

Q: What does it mean to “help others”?

A: One is always pure and wise; one’s compassionate energy is radiating in all directions and helping everywhere. On this earth, light comes from light bulbs; in Heaven, there is only one light, i.e., the Light of Compassionate Love.

Q: Do the Lord, the Buddhas, and the Immortals help you?

A: If these Venerable Beings don’t help me, I won’t have the opportunity to communicate with you face-to-face today.

Q: How are they helping you?

A: They always send their Compassionate Energy to me, whenever I think about them. It means that my spiritual mind must always be enlightened in order to receive their subtle vibrations.

September 27 , 1991

Q: When did you safely arrive?

A: I arrived safely at 11pm, in the night of the 26th of September, 1991. Everything went perfectly. I sincerely thank the Venerable Invisible Beings for their help.

Q: You often mention the sword of wisdom. What is it?

A: Through many months and years of spiritual practice, the spiritual adept has forged a sword of wisdom, which is shining brightly in his mind. This sword cuts all impure relationships, and there are no more wicked thoughts in his mind. Thus, a wicked person changes into a benevolent person. Only if the human being can commune with the Lord and the Buddhas and cooperate with them, will he be able to build that sword of wisdom, which can cut his head without punishment. In other words, the adept's mind changes completely, and is now equipped with the new weapon of compassionate love and virtue. This description sounds brutal, but, in reality, the individual achieves true compassion and wisdom. Only the sword of wisdom can cure mistakes at the root, and one will no longer repeat them.

Q: Why do ordinary people break the law so easily?

A: When the mind is not yet awakened, one falsely thinks that one's thoughts and actions are right. Consequently, people on this earth like to fight, to discriminate against others, and to harbor anger and hatred against each other. Finally, they fall into isolation and sorrow, and only generate trouble in society. These people all lack wisdom; hence, they would have to practice meditation for a very long time before being capable of forging and sharpening a sword of wisdom. Only through regular and diligent meditation can one build a solid judgement and obtain a quiet mind, and one will abandon forever all agitation.

Q: What does it mean to "abandon forever"?

A: It means that one has achieved serenity on both the physical and spiritual planes. Thus, agitation will no longer have any effect.

Q: Why don't you want to see Vô-Vi friends gambling?

A: When you come here, it's better that you compete with me to learn about the Truth instead of gambling. When you learn gambling, you will become attached to it, and it will be difficult to abandon the habit. It's like being polluted by the "red dust" of this earthly world. You will sink deeper every day instead of liberating yourself.

Q: Why is it called the "red dust"?

A: This is a figurative way to describe a person who acts according to the greedy desires of his blood. His pure energy and wisdom will be diminished; his face will look tired and sorrowful.

Q: Why do you have a roulette table in your bedroom?

A: It is used to investigate a method for healing the instability of a patient's inner mental order. I like to face the Vô-Vi friends who play with me, so that I can release the impure

energy of my partners, when they become angry while competing with me. That's why I always have a roulette table wherever I go. It's a wheel with multiple transformations. Each game is different: We see clearly that each human being is a number, and he only knows about that number, regardless of where he is landing. The whole world is a huge roulette game; everyone has the ability to survive in his position. Thus, on this earth, every man is of a different race and color, but he has to follow his pre-destined position in order to achieve serenity and awakening.

Q: What do you mean by "achieving serenity and awakening"?

A: It means that you possess an innate consciousness to make decisions, to plan, and to understand the tasks that you will be doing.

September 28, 1991

Q: Are charitable deeds beneficial to one's life?

A: Any charitable deed is beneficial to one's body and mind as well as to one's family and ancestors. This is an important task, not a trivial one. It is not like the money which can be counted, but only causes bad karma and mishap. A person who constantly holds on to his money and refuses to do charitable deeds will always feel restless and prisoner of his own intolerance and blindness. It will be very difficult for him to return to his birthless origin. That's why I often say: "*Spiritual practice without real practice.*"

A true spiritual adept must practice, i.e., he must release all worries and profane desires from his heart. He

should not cling to earthly possessions, fame, and social ambitions, which only bring unhappiness! We came to this earth empty-handed, and we'll leave this earth empty-handed. Nothing can be kept and guarded with one's calculations.

Q: How about the people who only think to accumulate more riches up to the smallest penny?

A: They only live within the restricted world of earthly calculations. Without a compassionate heart, they won't be able to do important tasks, and they will never turn toward spirituality. Thus, their mind can never harmonize with everyone.

Q: What does it mean "to harmonize with everyone"?

A: To harmonize with everyone means to understand them and to help them. When one speaks, everyone will agree with one's words and applaud them innerly, without any doubt and questioning. One should constantly develop one's consciousness of harmony and tolerance without stepping back and feeling discouraged. One will see clearly that this world is temporary like the saying: *"It comes, then goes; nothing lasts."* Any task which benefits all three spheres, and brings harmony to Heaven, Earth, and Mankind, is a very important task for one's current life and one's future. A golden heart is better than golden chains which only burden one's neck and need to be protected from thieves.

Q: What kind of money do you have?

A: My money is compassion: I work for the benefit of all without pay. However, I always enjoy The Lord's blessings, and I constantly live in harmony with all spheres. Cultivating one's spiritual heart is the most worthy activity. Thus, I often say: *"Having a spiritual heart means having a home and enough money to live during one lifetime."* When we

understand this principle, we will no longer be greedy and try to cheat others. We will no longer hold to possessions and burden our mind; we will always feel serene and relaxed, as if we have just accomplished a good deed to help others.

Q: If we follow your advice, does it mean that we don't have to care for our spouse and children?

A: When your thoughts are turned toward compassion, you will accomplish things without worry and calculation. On the other hand, if you worry a lot without doing anything, you will just tie your body and mind; you will become irritable, and easily lose your temper. You will like to argue with others. Instead of making progress, you will just step back. How can the family be happy then? When we direct our thoughts toward compassion, joy will always fill our family. Pure energy will generate love and harmony. All evil thoughts will disappear by themselves. Your life will have a new meaning which is purity and lightness. Gold is worthless compared to the value of your spiritual heart whose sincerity is being attested by the Lord and Buddha.

Q: What makes Tao so noble and precious that gold isn't worth exchanging?

A: Tao means a state of equilibrium, a state of harmony with all three spheres: Heaven, Earth, and Mankind. One constantly advances toward purity and lightness. There are no more wars and crimes as we see everywhere in the world. People fight for every inch of earth, but they forget their spiritual heart. They only cause sufferings to each other, then organize meetings for remediation. Isn't it better to turn inward and cultivate one's spiritual heart to progress on the spiritual path instead of making money and being restless? Thus, we should rather perfect our spiritual heart than hoard gold.

Q: Many wealthy people lead a luxurious life with plenty of

servants. Why do you see that they are unhappy?

A: I see that they only run after money and lose their spiritual heart. There are people who only worry about personal gains and how to increase their wealth. In reality, they will never be able to spend all their money. Even if they die and are reborn ten times, they won't spend all their money. However, they never want to stop earning more profits. They are fully controlled by their greedy character and forget their innate spiritual heart. Thus, I see that they fall into deeper sorrow every day. Sometimes, they pray to the Lord and Buddhas, and make many promises such as: *"Please help me win this last deal. Then, I will give up my business, and dedicate my whole life to spirituality."* Unfortunately, they keep falling back into their bad habits. They do not fulfill their promises to correct their body and mind. They remain worried and restless, and will never be able to liberate themselves. They imprison themselves without knowing it!

Q: Who dares going against the will of these wealthy and highly regarded people? Why do you say that they are imprisoned?

A: They are imprisoned by money, love, and other worldly matters which tie them like chain saws. Their mind is always restless. They are ready to fight and compete against any event that may endanger their personal interests and their social position. On the other hand, a spiritual adept understands that all things are born from emptiness and return to emptiness. Thus, he is not controlled by the external circumstances. His inner mental order is always at peace. He likes to live in peace and harmony instead of fighting and competing with others, which leads nowhere.

September 29, 1991

Q: Why do people like to say: “*I love you*”?

A: When they say: “*I love you*”, they express the warmth of their profane heart, which is motivated by their personal desires. After a certain time, they would want to say: “*I hate you*”, but they dare not. They are afraid that their partner will commit suicide when losing the moral support and dependence promised originally.

The Lord has established the law of karmic debts, so that humans have the opportunity to repent their mistakes and turn toward spiritual self-improvement. The more one advances on the spiritual path, the more one sees one's mistakes and sluggishness. One says one thing, but just does the opposite. One possesses a human body which is a subtle machinery of Heaven and Earth, but one doesn't know how to value it. Instead, one expresses the vow to love someone else, which creates all kinds of worries, jealousy, and suspicions. One only hurts oneself without knowing it. As one grows older, one sees even more clearly that several decades of entanglements in sentimental love don't lead anywhere. Both the soul and astral body are aimless, and fully governed by the attraction of love and money. Sometimes one is awakened, sometimes one is blinded; when leaving this earth, one doesn't know which way to go.

On the other hand, a meditation practitioner resolutely abandons all the temporary love matters, which don't go beyond words, to return to his true serene and compassionate nature. Only then will he be able to discover the noble and loving nature of Tao, which never changes and is never lost. If one has a complete faith in Tao, everything will succeed, and everything will be accomplished within serenity.

Q: Why are there spiritual adepts who still complain about

hardship?

A: The spiritual adepts who still complain about hardship lack spiritual practice. We need hardship in order to awaken our consciousness and advance on the spiritual path. We don't need easy situations which engender laziness and lure us into passivity and restlessness.

Q: Are you unhappy when you sleep very little at night?

A: When I meditate more, I must sleep less. When I work with full energy to open my spiritual heart, I am truly loving myself and influencing others through my spiritual practice. If we keep advancing in this manner, we will form a vast ocean of Divine Love. We will no longer say: "*I love you*", and we will no longer think about personal love affairs. We will always think about helping humanity instead; our consciousness will always feel light, pure, and full of joy. We will live in harmony with our karmic debts, and we will always be ready to help others through our spiritual practice.

Q: What does it mean to "help others through one's spiritual practice"?

A: It means that one is always ready to cultivate the principle of birthlessness, so that everyone opens up his consciousness and realizes self-awakening.

Q: Are your hands tired from writing a lot?

A: I am very glad that I can still write at the age of almost seventy years old. I remembered my Master, Mr. Do-Thuan-Hau, who wanted to write many things about the Truth to help profane people, but he couldn't because his hands were trembling. I am very fortunate to be able to write simple words for my friends to read and enjoy during their leisure and quiet time. A person who has lived until he has no teeth has accumulated many lessons from life. As your spiritual heart opens up, you will see that the more you read Baby

Tâm's Journal, the more your consciousness will harmonize with him. You will discover many truths. You will feel lighter and happier, and you will advance within order and serenity toward a greater compassion. You will feel lighter during your meditation; you will become more energetic and able to see your mistakes more easily. We must do it for our own benefit, i.e., we must cultivate ourselves spiritually and elevate ourselves toward lighter spheres.

Q: What is hardship?

A: Hardship cannot be predicted. Even a spiritual adept must endure hardship, whether big or small, before his death.

Q: Do millionaires or those people with plenty of money also suffer from misfortune?

A: The more money one has, the more numerous misfortunes one will encounter. They come constantly like waves.

Q: What is the need for spiritual cultivation if that doesn't prevent us from enduring hardship?

A: A true spiritual adept always harmonizes with hardship and misfortune. He has the opportunity to cultivate a greater virtue of patience and resignation. When one understands the Law of Heaven, one no longer holds on to the human body. Therefore, a true spiritual adept leaves this earth in a very detached way and with full knowledge. If one can leave one's body by the soul while alive, one won't be burdened by anything at the time of death.

Q: You said that Mr. Tu never called himself a Master, but why do you call him your Master?

A: Mr. Tu is always humble, but in my mind, I will always venerate him, and consider him as my dearly loved Master. He is also a companion who never accepts superstition.

Q: What is superstition?

A: Superstition means that one only talks about what one can see, and forgets the invisible Truth. All things are born from emptiness and return to emptiness. We will live in joy and peace if we keep practicing assiduously and correctly, and our consciousness will understand that all things in this world are temporary.

October 1, 1991

Q: Should the body or mind follow spiritual practice?

A: Spiritual practice starts with the mind, then the body will follow. One cultivates one's mind spiritually to help the body, and not the reverse. Hence, there is a saying: "*The body has to carry the consequences of the mind's deeds.*"

Therefore, a true spiritual adept often advises profane people to follow a vegetarian regimen, to do good instead of evil, and to dedicate themselves to spiritual cultivation for self-improvement. Only then will they develop their compassionate heart. When one practices meditative contemplation, one will slowly reach full serenity and wisdom. Once one understands this principle, one should keep practicing with diligence to obtain positive results.

Q: Why don't you describe the beautiful scenery of Heaven?

A: The book "Voyages to Heaven" has already described everything, but people just read it for pleasure, then forget. My viewpoint is different. I would like everyone to practice like me, so that they can release all karmic worries from their spiritual heart.

One should know how to truly love oneself in order to

progress on the spiritual path, i.e., one will truly love and respect the Lord and Buddhas. When one truly understands the principle of birthlessness, one will never be upset by any circumstances, whether it's like Hell or Heaven. When one has insight into the Truth, one will comprehend that Buddha, Heaven, and Man are just one. One will neither run after enlightened people nor blindly follow evil spirits. One only knows that one should practice assiduously to completely renew one's brain. One's energy will become purer and lighter every day. One's knowledge and wisdom will increase steadily. Passions and intolerance will disappear in a natural way. One's consciousness is in a constant state of tranquility and felicity. This is better than seeing a beautiful scenery without understanding the principle of birthlessness. One would only praise its beauty, then forget it completely. Without spiritual practice, one will just keep suffering and suffering. A spiritual adept must have a strong will for spiritual cultivation. Only then will he gain the strength of the Dharma.

Q: What does it mean to "gain the strength of the Dharma"?

A: It means that one realizes the principle of birthlessness and is capable of awakening benevolent people through one's spiritual strength.

Q: Who is a true spiritual adept?

A: A true spiritual adept is a person who is always patient, humble, and ready to learn, and who has reached a new development stage.

Q: What does it mean to "reach a new development stage"?

A: It means that one is in a constant state of meditation – whether walking, standing, sitting or sleeping. There is no more idle time. One's spiritual heart will open up, and one's mind will understand many things. One has truly gained

insight into the Truth.

Q: What does it mean to “gain insight into the Truth”?

A: It means that one’s mind has become enlightened, and one truly understands oneself. Thus, an enlightened person always wishes to help the novices, but these people also need to practice with dedication in order to reach full knowledge and wisdom. There will no longer be superstition, and everyone will progress steadily within joy and serenity.

October 2, 1991

Q: Why do we see wars everywhere?

A: It’s obvious: Since his birth, man is constantly pursuing external matters, and forgets his inner consciousness. With time, he creates karma in his heart. He wants to protect what is dear to him; he competes against others, and demands rights for leading a life that best suits his ideals. Different groups are then formed; they are constantly opposed to each other and need to institute laws to co-exist. They all have valid opinions, which center around money, love, and fame. But they forget their true nature. They only discriminate against themselves, and their fights are meaningless. In reality, man is a capable entity in the universe, but he refuses to awaken his consciousness in order to develop his infinite abilities.

The soul is the master of the body. It lives in harmony with the Constitution of Heaven and Earth, and the Laws of the human organism. However, if one doesn’t want to work

for one's own good, and forgets the constructive love of Heaven and Earth, if one wastes one's energy by being drawn to the external world, one's inner mental order will lose its balance, and the consequences will be killing and fighting. One will live in constant fear and worry, and one will hold narrow-mindedly to the principle of nationalism without understanding its true meaning.

Nationalism means to live in harmony with the natural environment and the customs of one's country of birth. But people don't understand that as a human being, we are given the last opportunity on this earth to learn and advance spiritually, and we are responsible for our own spiritual progression. Thus, we must know where we come from and where we shall go. Only then will we be willing to protect our soul's homeland through compassion and serenity. Our inner mental order will be at peace. Our patience and virtue of resignation will grow steadily. We will abandon all attractions from the external world. With an awakened consciousness, we will dedicate ourselves to improve our mind and body. This is done in four stages: To perfect oneself, to regulate the family, to govern the State, and to bring peace to the whole Empire.

Q: What do you mean by "perfecting oneself"?

A: To perfect oneself means to improve both body and mind, and to correct one's mistakes to help one's spiritual progression. To regulate the family means to regulate the human organism, so that it lives in harmony with the pure energy of Heaven and Earth. To govern the State means to pacify the soul's homeland. When the consciousness is enlightened, bad habits will disappear naturally. Agitation caused by craving for money and love no longer exists. Peace reigns upon the country and its people. Our character will open up, and our tolerance comes naturally from the harmonization among Heaven, Earth, and Mankind. It will be very easy to achieve a thousand years of peace. To bring peace to the whole Empire means that our consciousness of

tolerance and harmony has become well developed: The others are like us, and we treat each other like one family.

Q: What you say is very easy in theory but very hard in practice. Why?

A: It's hard because you refuse to do it. If you want to do it, you will create a good habit for your own development instead of fighting meaninglessly. Fights only harm body and mind.

Q: What should we do to achieve Baby Tám's tranquility?

A: You must work hard to reach self-accomplishment. The Dharma of Heaven is readily available. It's up to you to exploit it for spiritual advancement. Spiritual progress also depends on each person's karma and his will for self-improvement.

Q: What is that readily available Dharma?

A: It's the Practical Method of Vô-Vi Esoteric Science and Buddhist Dharma. You must read the detailed instructions carefully and practice correctly every day to perfect both body and mind.

Q: The more we talk with Baby Tám, the more affection we feel. Why?

A: The more you talk with me, the more you appreciate my accomplishments and my continuous contributions. Thus, I often say that doing meritorious work is never wasteful.

Q: What is meritorious work?

A: It is work for the common good without calculation to win love or money. Everything is done in a lively manner in accordance with the natural and spontaneous principle.

October 3, 1991

Q: What is a Christian?

A: A Christian is a person who receives the clear teachings of the Christ with an altruist heart. Thus, a Christian must always think about the benefit of all with a sincere and altruist heart.

Q: What is a Buddhist?

A: A Buddhist is a person whose mind is directed toward benevolence. Thus, his body and mind are light. He receives the compassionate teachings of Buddha through the sacred scriptures. He analyzes the teachings and purifies his mind. He repents his past mistakes. He no longer discriminates against good and evil, forms and colors. He only holds on to his consciousness to improve himself through spiritual practice.

Q: What about the other religions?

A: All religions follow the principle of Compassionate Love. Only if people's consciousness can be opened up through the spiritual method, will they adopt the method for further spiritual cultivation. In general, all dharmas come from Heaven. Every person has a karmic affinity with a particular dharma. No one can force the other. Awakening depends on the individual's consciousness. Spiritual practice depends on his karmic situation. The law of divine justice is always lively and in action. One who holds prejudices against a religion is committing a major sin. He will only alienate himself. Divine love will be dissipated; he will fall into loneliness and no longer enjoy God's blessings.

Q: Is a big religion stronger than a small one?

A: Big or small are alike. What counts is a consciousness directed toward spiritual cultivation, not the number of people. There is progress even when only one person is willing to practice spiritual self-improvement. This follows the just law of Heaven and Earth. One should not criticize one group and defend the other. On the contrary, one should hold on to the principle of birthlessness for further spiritual progression. One will only enter spiritual practice when one's consciousness realizes tolerance and harmony.

Q: What about someone who leaves behind wife and children to dedicate himself fully to spiritual perfection?

A: The person's consciousness has awakened, and he wants to free himself from his karma with a resolute action. He will in turn save others and help them release karmic worries from their hearts. He must practice with perseverance and constantly develop the principle of birthlessness in his consciousness. He must practice the dharma with patience and resignation. He will liberate himself by a true accomplishment, i.e., he will practice within serenity. He will develop and purify his mind to reach wisdom and knowledge. Then, at his death, he will no longer be lost in the sphere of darkness and loneliness.

Q: What is agitation? What is tranquility?

A: Agitation and tranquility alternate unpredictably when a person does not meditate. It's difficult for him to keep a clear mind. He likes to pray for favors and to profit from others. On the other hand, a person who meditates correctly resolves everything himself. There is neither agitation nor tranquility. He returns to the birthless origin of a truly awakened soul. His energy of compassion will shine forever. His heart is free from worries, infatuation, and intransigence. One must practice the meditation method with diligence day and night to obtain results. If one speaks little and practices a lot, one will fully comprehend the principle of birthlessness without

difficulty. One's true consciousness will harmonize with everyone and be as pure and serene as Buddha's.

Q: Do you work for the nine or ten directions of Heaven?

A: I carry a human body which is structured after the nine directions of Heaven. So it's natural that I must develop my abilities according to the heavenly principle.

Q: What are the nine directions of Heaven?

A: They are: South-East, South-West, North-East, and North-West. In addition, the center of the universe or the psychic center on the top of the head is the ninth direction.

Q: What are the ten directions?

A: When one is no longer controlled by the nine directions of Heaven, and returns to one's true and lively nature, which is birthlessness and serenity, the nine directions and the direction of soul deliverance make a total of ten. The soul will no longer be subject to the law of reincarnation.

Q: What is birth? What is death?

A: When one understands the principle of birthlessness, there will neither be birth and death, nor reincarnation.

October 4, 1991

Q: What is the celestial mechanism?

A: The celestial mechanism encompasses movements of the earth such as earthquakes, volcanoes, floods, and wars.

These events cannot be predicted. They are natural catastrophes and result from general waste. Man wrongly believes that all things on earth are real. He competes against his fellow men to accumulate more riches, and thus creates unknowingly a lot of waste. As a consequence, he can be afflicted by diseases at any time.

To avoid these human calamities, one must lead a life of spiritual perfection to reach soul deliverance. In other words, one must take care of the soul instead of earthly possessions. When one is truly detached from the glittering scenes of this earthly world, one will no longer worry about the collapse of the world. As one practices meditation, one's consciousness will slowly detach from the profane mind and the profane body. One will no longer be lured by the external world since, wherever one goes, one cannot escape the heavenly net.

To awaken one's consciousness and to gain knowledge and wisdom through the practice of meditation is the most important task. I often say: "*No one can take a dime with him when leaving this earth.*" Heavenly goods must be returned to earth, even this human body. There is no need to worry about a place to live. Instead, one should cultivate one's own land of meritorious happiness, direct one's thoughts toward benevolence, open up one's consciousness, and develop one's mind. Compassionate Love is essential for the soul's future transcendental life. One will choose a peaceful place to live, and no longer be selfish and dependent. One will ignore gossip and keep a serene heart to perfect oneself spiritually.

October 5, 1991

Q: Today is Sunday, a day of rest for everyone. Why are you still writing?

A: A day of rest and common meditation for my fellow practitioners means a day of spiritual work for me. During the meditative contemplation, I cultivate in everyone's heart the desire to live peacefully with each other. We are glad to lead a new way of life. Pure energy harmonizes with all levels. We purify both body and mind. It's a joyful day blessed by the Lord.

The more serene we are, the clearer is our mind. Our consciousness fully communes with the principle of birthlessness. No one hates the other. We all rejoice together and practice to advance on the spiritual path. We discover our compassionate heart and open it up more widely each day. Our consciousness becomes a palace to host the purity and lightness from the Lord and the Buddhas. It's also the home and meditation center of all living beings. We are always ready to serve and guide the others spiritually, and to help all who want to enter the spiritual path in order to build compassionate love and work for the benefit of all.

The human nature already possesses all these qualities. Man only needs to turn toward spirituality to re-establish his equilibrium.

Q: We know how to enjoy food and drink, and how to entertain ourselves. What's the need to re-establish our equilibrium?

A: To restore serenity and wisdom in our consciousness is the most important task in our life in order to live in harmony with all three spheres: Heaven, Earth, and Mankind. Our consciousness will enjoy a lasting happiness and a great peace. This is the pure and symbolic meaning of a Sunday.

The word Sunday means a day devoted to purity and lightness, a day where the light of wisdom shines in every place. This wisdom is inherent in the subtle human organism created by Heaven and Earth. It originates from the principle of birthlessness. When we practice the right dharma, we practice a dharma which encompasses all dharmas. The right dharma teaches how to release impure energy and preserve pure energy. We practice to reach harmony and to allow our body and mind to progress in a peaceful way. When we achieve serenity, we will acquire a complete knowledge of ourselves as well as others.

Q: What do you mean by “a complete knowledge of others”?

A: We understand that the others are living like us. We have the opportunity to increase our tolerance and cultivate our consciousness of harmony. Our heart is filled with compassionate love and the spirit of service. We want to meet each other every week, and our consciousness harmonizes with the others. Only through the practice of meditation will one have the opportunity to explore the deep meaning of the Truth captured in a moment of serenity.

Q: What do people feel when husband and wife, brothers and sisters, parents and children are reunited after a long period of separation?

A: Their joy is indescribable. This is the most memorable and happiest moment in their lives when the son meets his father, the wife meets her husband, brothers and sisters are reunited. The deep ties are expressed by an immense love and affection. This is a moment of true love and forgiveness. There is nothing else to say. One just appreciates the feelings of inner peace.

Q: What happens when a spiritual adept truly meets the Divine Father?

A: When a meditation adept truly meets the Divine Father,

his consciousness will immediately be showered with a great compassion. During the audience, he will silently listen to the divine words, and The Lord's Love and Wisdom will deeply penetrate his soul. Therefore, I often remind everyone that *"only spiritual practice will bring worthy results in the future."*

October 6, 1991

Q: You have gone to many places. Which one is the best?

A: Anywhere I go, there is agitation. The true consciousness is the only best place.

Q: Where is the true consciousness located?

A: The true consciousness is brilliant light. It's located 3 inches above the cranial psychic center. This is the safest place where worries and fears are superfluous. Only a true spiritual adept is willing to come to this place and stay there after having toiled hard on the spiritual path to perfect his body and mind. One must practice with diligence in order to reach this place. It is as pure and light as the bright full moon with a supernatural and magnificent scenery. Thus, I wrote the saying: *"Let's live a joyful existence and advance further."*

To live a joyful existence means to practice meditation during a lifetime, then one will eventually arrive at one's destination. For a Vô-Vi meditation adept, to live a joyful existence means to meditate and to live according to the pure and light principle of eternal life. Therefore, anywhere in the world, a Vô-Vi adept will automatically take the meditation posture when the practice time is close. He

constantly cultivates his heritage of pure and light energy instead of clinging to money which only causes agitation and worries! He reduces his worldly activities and concentrates on perfecting his body and mind. His mind opens up and becomes wiser; anger and infatuation disappear naturally. Each meditation session is an opportunity to cure one's mental illness. Such a beneficial cure only comes from the understanding of Heaven and Earth, and the ability to draw pure energy from supernature. "Vien-Hong-Hoa-Hai-Tam", ¹ or the circle of pure energy is a medicine for eternal life. It also helps the soul reach higher spheres.

Q: What is "Vien-Hong-Hoa-Hai-Tam"?

A: Vien-Hong is a constant circle of pure energy. A spiritual adept who reaches this level no longer differentiates between social life and spiritual life. He is in a state of perfect wisdom and infinite light. His true compassion is fully developed. His words are full of compassionate love. He explains the

1. Vien-Hong-Hoa-Hai-Tam (VIÊN = circle, HỒNG = quicksilver or, symbolically speaking, light, HÒA = harmony, HAI = two, TÂM = eight): After the Vô Vi adept has practiced the concentration of spiritual energy for a period of time, he will see a circle of light at his frontal psychic center. After more years of practice, this circle of light will harmonize with the eight directions in the microcosm or the human organism, and the eight directions in the macrocosm or the universe. The eight directions in the microcosm are the eight main nerves in the human brains which are activated during the exercise of concentration of spiritual energy. The eight directions of the macrocosm are south-west, south-east, north-west, and north-east. (Explanation derived from the book "Middle Path Between Social Life and Spiritual Life" written by Mr. Do-Thuan-Hau, the Master of Mr. Luong-Si-Hang in 1961).

rights and wrongs, and provides spiritual guidance to all living beings. He lives in peace and harmony. He gladly accepts any hardship which may occur to him on his spiritual journey. He resolves all problems and worries with the energy of compassion. He faithfully advances on the spiritual path with a pure and light mind.

October 7, 1991

Q: How is the love between mother and child?

A: The love between mother and child is always tender and very intimate: The child has lived with his mother before his birth, and has slowly developed inside his mother's womb. The pure energy of Heaven and Earth accompanies each heart beat of mother and child. The mother is filled with deepest joy, and prays for her child's well-being. After delivery, she wishes a bright future for her child. The loving ties between mother and child are very strong, and nothing can break this noble love which follows the Divine Law. Blessed be the child whose mother is still alive on earth. For that reason, I advise people to fulfill their duties of filial piety instead of saddening their dearly loved mother, who is truly unique on earth.

Q: How can we fulfill our duties of filial piety?

A: In order to truly fulfill your duties, you must purify your mind and mend your ways. You need to improve yourself in small steps. You must release your karma in order to reach higher spiritual levels. You must learn true love and harmonize with the divine ocean of love. You

must appreciate your body and mind as a subtle machinery created by God, and carefully preserve them. You must cultivate your energy of compassion. Then, your elderly mother will not regret the pains of childbirth, and the hard work of raising a child with patience and resignation. When you show gratitude toward your mother, you also respect the noble love among Heaven, Earth, and Mankind, and live in harmony with all three spheres. Your progress will be assured. Only if you understand the love of your mother, will you be able to love and help your meditation friends and other people. A kind mother never wants to burden her beloved child. She rejoices when seeing that her child has a compassionate heart. To cultivate oneself spiritually to perfect one's body and mind is the only way to return the love and immeasurable gratitude toward one's mother.

Q: Is being a good student a way to pay back this immeasurable gratitude?

A: A spiritual adept must study in order to increase his virtue of patience and resignation. He must harmonize with the lively vibrations of a loving consciousness. A child who is a good student receives God's blessings for his mother's good deeds. The more kindhearted and exemplary a mother is, the more blessings the child will receive.

If a person thinks about his mother every day while invoking silently *Nam Mô A Di Đà Phật*, his consciousness will develop easily. Otherwise, he will certainly fail. A person who is opposed to his mother will only increase his ego and imprison himself unknowingly. He will be tied into unrighteous and foreign thoughts which all come from outward. He will harm both his body and mind. His inner mental order will be disrupted. He will feel miserable during his whole life, because he always misses true compassionate love and true knowledge. For that reason, an advanced student must learn about the philosophical principle of eternal life before graduating, because life circumstances

can test him at any time. When one understands the right Middle Path between social life and spiritual life, one can learn any craft or profession without difficulty. Then, one will work hard to perfect oneself, to regulate the family, to govern the State, and to bring peace to the whole Empire.

October 10, 1991

Q: When you meditate, do you receive the pure energy of the Lord and the thoughts of your fellow practitioners?

A: When I meditate, I always receive the pure energy of the Lord as well as the benevolent thoughts of my Vô-Vi friends with their best wishes. The more I am aware of this love, the more I must practice to contribute my spiritual work to my fellow practitioners, and persevere on the spiritual path to express my filial piety toward the Divine Father.

Q: Why do you live near a casino?

A: We all live in a casino, and we constantly lose or win, but no one recognizes this fact. For my part, I live near a casino, but every day I use fake money to gamble with my fellow practitioners. In that way, I can discover the imbalance of their inner mental order, which can lead them to a state of blind passion and insanity. Life with its losing and winning circle is nothing else but a casino. As people are drawn into that circle, their character changes unpredictably from sadness to joy, and their inner mental order loses its equilibrium. Their brains become dull, and their minds cannot open up.

The human consciousness is the repository of all the states I described above. In contrast, my inner consciousness is no longer subject to the fear of losing or the will of winning. Thus, I can go anywhere without forgetting my true consciousness, and my thoughts never lose touch with spirituality. I often advise ordinary people to abandon their addiction to gambling because it only harms them. On the other hand, when they turn toward spirituality and practice with dedication, their consciousness will awaken, and they will escape from stagnation and endless suffering.

Only people whose soul has progressed can judge the dangers and benefits of each situation for their body and mind in the twinkling of an eye. When I study the game of roulette, I see clearly that principle. It happens in the twinkling of an eye. Wherever the little marble falls, it has to accept the chosen number. However, every number has its own karmic situation and its own dharma for deliverance. Every number has its losing and winning cycle, and follows the principle of birth, growth, decay, death, and rebirth. It is harmless when one plays or watches the gambling to understand the underlying principle. But it is wrong to dissipate all one's possessions for gambling purposes.

All that I have said comes from my personal experience and practice, and I want to share them with my fellow practitioners. In summary, only spiritual cultivation brings the greatest happiness on earth.

Q: What about people who only think about accumulating riches?

A: These people only seek their personal and selfish interest. They are engulfed in the sea of intransigence and infatuation. Eventually, they are more miserable than a spiritual adept, like a gambler who has lost everything.

I often say: "*Suffering! Suffering! Suffering! Only through suffering is one willing to turn to spirituality and enter the buddhist dharma.*" Through heavy losses, one will clearly understand one's greed and take a resolute action. If one

starts a new job while the current one brings enough income, it is similar to having a single engine and wanting to drive two boats at the same time. How can one ever reach the destination?

Q: What should we do to remedy this situation?

A: You must apply an iron will and turn to spirituality to release your karma of heart. You must extinguish the craving for wealth, and cultivate your inner consciousness to rebuild the eternal land of meritorious happiness for your soul. Patience and resignation will help you resolve all matters, and you will make constant progress on the spiritual path.

October 11, 1991

Q: What makes a meditation adept more special than an ordinary person?

A: A meditation adept can do one task for all tasks. He builds the foundation for Great Will and Great Courage, and he clearly develops his true energy.

Q: What is the proof?

A: Like every human being, a Vô-Vi practitioner also has the four senses: eyes, nose, ears, and mouth. However, when he practices the Vô-Vi method correctly, he no longer oppresses his four senses and his five internal organs with a dogma which only generates inner dissatisfaction. On the contrary, he develops himself on all planes. He breaks

intransigence and infatuation, and progresses toward infinity. He fully understands the true energy that the Lord has granted him. His Pearl of Silence (or Mô-Ni-Châu) shines brilliantly. His mind is clear, his judgement wise. He lives a simple life in purity and lightness. He influences people around him. He changes intransigence and infatuation into self-awakening and tolerance. He truly loves himself, and respects the Lord, the Buddhas, and mankind. He guides and saves others with his immense compassion. In short, to perfect oneself spiritually means to restore serenity to everything in the future. These are concrete results that every true Vô-Vi adept can experience in his consciousness.

Q: Does a Vô-Vi adept need to pray external forces to help him on the spiritual path?

A: There is no need to bother anyone. Just practice the Vô-Vi method correctly and diligently! The Light of Compassion always shines upon the practitioner and guides him according to his own level. If one practices with perseverance, one will certainly harvest good results. On the other hand, if one only prays for help without practicing, one's body and mind will stagnate and become agitated. If one doesn't know how to love oneself, one won't be able to help anyone in the future. It would be a real pity to waste a whole human existence in that way!

October 12, 1991

Q: You have many visitors today. What do you think about them?

A: When Vô-Vi friends meditate and learn together, they foster a brotherly love and strong memories about me. For that reason, it is normal that Vô-Vi friends in the proximity would like to visit me. I always welcome my dear friends. We all rejoice within the true Divine Love. Everyone will feel happiness during this reunion and be encouraged to practice further when they return home. They will see what they want to see, and know what they want to know. In addition, I have written these questions and answers for their reading pleasure. When they come here, happiness will abound. Both their body and mind will be renewed. They will inhale the pure ocean air to strengthen their body. They will no longer keep unresolved problems in their heart. They will truly learn with joy. Once back home, they will practice even harder to reach awakening sooner.

All my words come from true compassion. Everyone is eager to see my new home at least once. In reality, all homes are alike. What counts is the consciousness of love and compassion. To cultivate one's consciousness is the essence of the Vô-Vi method. Every night, the Vô-Vi adept meditates and directs his thoughts toward the true consciousness, the origin of dharma, for self-awakening. He will understand himself fully in a natural way. He will understand that all things take root from the void and return to the void. He will comprehend the principle of birthlessness, and he will no longer be attracted by this temporary world.

There are two different scenes here:

1. A natural scene with the majestic ocean view.
2. A man-made scene with the casinos which draw crowds into their vicious gambling circle.

A spiritual person turns to nature to commune with the Divine Love. An ordinary person only knows about enjoying life pleasures. A meditation adept sees clearly the distinction between social life and spiritual life in his consciousness. For him, all places are alike because his heart doesn't care about winning or losing. He watches the scenery

to understand the infinite abilities of mankind. The human brains are never defeated by obstacles. A barren place is transformed into a luxurious center to satisfy all kinds of human needs and desires.

Q: What should we do to win money in a casino?

A: Keeping your money and not gambling means winning! When you leave this place, your mind will be at peace and will not worry about gains or losses. You will instead concentrate further on the spiritual practice.

Q: How about playing roulette with you?

A: When you play with me, you will receive the pure and light energy of compassion, and you will feel at peace. You will understand the truth that spiritual progress is made stepwise, and you will keep going on the spiritual path for self-improvement.

October 13, 1991

Q: How can you earn a living without gambling and without working?

A: I work every day and night. At night, I meditate, and during the day, I write books to quiet people's minds when they read the Baby Tám's journals. I perfect myself spiritually and donate words of truth and wisdom. I have the chance to live on this earth thanks to God's love and the love of my fellow practitioners. True money lasts longer. That money is granted by God in form of unending blessings. Everyone is loving and respecting me. My spirit of service is always

shining dauntlessly like my brilliant inner diamond or the Mō-Ni-Châu of Vô-Vi.

Q: You are getting older every day. How can you still help others?

A: Even though my age is high, my heart is light, my mind is sharp, and my body is well-balanced. I have plenty of energy to help others. In fact, I never stop helping and guiding them according to their karma. My words help them achieve self-awakening, which is essential in this universe of light.

Q: Why do we always want to ask questions, and why do we feel so much affection for you?

A: I am very simple, and I do not discriminate against anyone. I do not have a complicated behavior to preserve a good appearance. I gladly live in harmony with everyone. Thus, I am loved by many people. I do not tolerate anyone to be treated in an unfair manner.

Q: Do you love yourself?

A: I do love myself. Therefore, I have chosen the spiritual path for the rest of my life. I am nourished by God, and I only speak about spiritual matters.

Q: Do you see your ignorance?

A: Yes, I see my ignorance more distinctly every day. I speak words of truth without asking for money, and I accept to learn being an ignorant in order to elevate myself. The principle of serenity comes from the greatest ignorant of this world. Thus, one sees that all the wooden Buddhas are truly ignorant. They agree to stay in whichever temple common people care about. They do not dare oppose the pilgrims who come to bring offerings and pray for favors. They only sit quietly without hearing and speaking. Success or failure depends on the sincere heart of the offerer. In fact, the owner

of the temple receives more monies and offerings than the wooden Buddha. However, this cult has perpetuated until today; greed has darkened people's consciousness. They only dream about easy gains and dependence instead of cultivating themselves spiritually and progressing on their own. Once the consciousness is awakened, one will silently laugh at these scenes. A Vô-Vi adept must correct himself from an evil mind to a buddha mind, and he will encounter much bitterness and hardship on his spiritual journey before escaping this world of intransigence and infatuation.

October 14, 1991

Q: Ordinary people do not believe things they cannot see. Why?

A: They believe what has a form, but after careful analysis, they will find that this form is also emptiness. So it's only a waste of time, and they will never reach their goal. They force themselves into believing something which does not exist, and thus encounter ill-luck during their whole life without knowing it! On the other hand, if one practices meditation with complete devotion, one will change unfavorable circumstances into favorable ones. One rejects with determination all temptations of this world. One will advance easily. One clearly understands the pure and impure, and no longer confuses black karma with good karma. One sees and understands one's character, and repents one's mistakes. Both body and mind will then be light and peaceful. At the time of death, one will leave this earth without regret and accept the law of evolution.

Q: Should we believe the numerous advertisings with their wonderful stories?

A: All things on earth return to emptiness. You should not believe too quickly and be caught by attractive promises. Your mind will become heavy, your heart will be burdened, and you won't make any progress on the spiritual path. You should turn to your true consciousness and concentrate on the spiritual practice. Then you will slowly dissipate your blindness and infatuation. When you want to believe someone, you must first determine whether the person has attained enlightenment. Only then will you be able to judge whether his sayings are right or wrong. A meditation adept must realize self-awakening by his own efforts to avoid being misled by the desire to compete with others and to vie for superiority.

Q: Why do people celebrate birthdays?

A: To celebrate a birthday is to remember a glorious day for being born as a human. People are attached to this temporary life. Therefore, they organize banquets with cakes and wines to have a good time. They hope to live a long life, but every life is temporary, and the life span is determined by Heaven and Earth. What belongs to Heaven must be returned to Earth. Without spiritual practice, one won't know the path to return to purity and lightness, and how to dispel sadness and worries in one's inner consciousness. The result will be endless suffering even beyond death because one doesn't know where to go. On the other hand, a person who meditates projects his soul to pay homage to Buddha every night, and constantly nurtures his will for soul deliverance. Eventually, he will see his true position and how to elevate himself further.

October 15, 1991

Q: Today our meditation friends from Montreal are going home. Do you have any parting words for them?

A: I have enjoyed meeting them. I wish that they continue on the spiritual path. They must fully understand the law of cause and effect, and keep cultivating themselves spiritually. They should not change their mind every time they hear something new, because they would lose the spiritual Tao and lose their own identity. When a person is not sincere and faithful with himself, nature's law will cause mishap in his family. I love and respect everybody, and I want every person to advance spiritually according to his inherent true nature.

Q: What is "true nature"?

A: True nature is the serenity innate in each person when he relinquished his bad character and bad habits. A pure consciousness helps restore the equilibrium of body and mind, and progress is made by one's own efforts. If a person relies on a foreign dogma, he won't be able to master himself, and he will lose his virtue of patience and resignation. He will create his own black karma, and he will feel miserable during his whole life. He will neither be able to laugh nor speak intelligibly. He will wander deeper and deeper into the realm of darkness, and imprison himself into narrow-mindedness. His consciousness will no longer be aware of the Divine Love. He lives like a human being, but his nature has turned into the nature of a ghost.

Q: Why a ghost?

A: He's like a ghost because his consciousness has been lured by money, fame, infatuation, and a multitude of other

desires. His light of compassion is almost extinct. He forgets the existence of God and the Buddhas. He only knows how to defend himself with the worldly reasoning of success and failure. He doesn't understand that the true consciousness is birthless. Money will eventually destroy his consciousness, but he keeps holding to his ego and his agitated life. On the other hand, if he agrees to follow the exercises of the Practical Method of Vô-Vi Esoteric Science and Buddhist Dharma, he will be able to slowly restore his original position of happiness and glory. But he must abandon all karmic relations, and resolutely devote himself to spiritual practice to achieve soul liberation. Then his life will return to joy and tranquility. When one meditates a lot, one's virtue of patience and resignation will grow steadily, and difficulties will melt away. One will lead a happy life in harmony with the virtue of compassion of the Lord and the Buddhas.

October 16, 1991

Q: Why do people always think that you are wrong instead of pondering upon their own wrongdoings?

A: They do not see their own wrongdoings. They like to meddle into others' affairs. They are hot-tempered and can hardly harmonize with anyone, but they want to dominate all. They have an evil mind, not a buddha mind. It's wrong to meddle into others' affairs when they are faced with their own endless karma without trying to alleviate it. It's wrong to discuss the Truth from the Buddhas and the Immortals when they are unaware of their own principle of birthlessness. Their five internal organs do not function

properly. They are helpless when afflicted with diseases. Their mind is filled with wicked thoughts. They do not have any compassion. They lie to their Master, and betray their friends. They can't help anyone, so what's the need for them to worry about others?

"If one can't help and guide oneself, one can't help and guide others." They don't know how to love themselves. They utter irresponsible words. Their liver is malfunctioning, their nervous system is unbalanced, and their inner mental order is disrupted. There is no real substance in their talks about the holy spirits; their heart is always haunted by fear. They condemn themselves unknowingly. They learn the teachings of God and the Buddhas, but they never experience the buddha mind. They are constantly assailed by hatred and dissatisfaction. They imprison themselves in all kinds of infatuation and intransigence. They never stop slandering others. Buddha said: *"Even though promises or slanderous words are not written anywhere, the mind has to carry them all the time."* Therefore, they can never be forgotten.

Q: What is slandering?

A: Slandering means to say criticizing words about others instead of taking care of one's own affairs. Hence I have said: *"People who are nourished by God but talk about others, only claim to be spiritual adepts. In reality, they lack spiritual practice."* When one listens to their talk, one can clearly determine their position.

Q: What about the words of God and the Buddhas?

A: The words of God and the Buddhas are filled with compassion. The compassionate energy regulates the mind of the spiritual adept and helps him realize self-awakening. The halo of God and the Buddhas shines even brighter every day to guide and save all living beings. There is neither discrimination nor intransigence and infatuation, which

leads nowhere. There is neither criticism nor praise. Self-awakening is essential. The light of compassion shines equally on the infatuated and the intransigent. A person who accepts to repent his mistakes and turn toward the compassionate energy of the Buddhas will receive spiritual guidance. His consciousness will become brighter; he will better see his character, and will work harder to perfect himself spiritually.

Q: What do you think about the people who acclaimed someone else to be their Master?

A: When your origin of compassion has awakened and is developing, you naturally want to love and respect someone and call him your Teacher or Master. For that reason, it is important to be faithful to this love and trust. You should elevate your thoughts toward God and keep cultivating yourself spiritually during your whole life. You should not compare whether a person is worthy or unworthy to be your Master. You will never feel lonely if your mind is always directed toward God, and if you persevere on the spiritual path. Feelings of love and respect foster the virtue of compassion. Otherwise, if you close the door of compassion, you will become lonely and restless. Your inner mental order will be disturbed, and you will cause suffering to yourself. As a result, no one will listen to you when you preach to them.

If you want to guide and save others, your mind must be as peaceful as a waveless ocean. Your halo of energy must shine brilliantly when you practice the meditative contemplation. Your consciousness of tolerance and harmony must develop fully. Only then will you have the strength of the Dharma to guide and save others on earth.

October 17, 1991

Q: Why are ordinary people so wicked? They always want success for themselves and failure for others!

A: Desires which remain unsatisfied for a long period of time turn into wicked thoughts. Everything takes root from a greedy heart. Therefore, we see many different political regimes on earth, but none of them are successful. All regimes carry the unfulfilled dream of their people to have more and be better off than the others.

People want to have an easy life without working. They do not hesitate to manifest for a cause if they are given the opportunity. They don't know who they are. They either wait to be engulfed into external circumstances, or use external circumstances to spread rebellion in others' minds. They keep staying in that vicious cycle, but wrongly believe that they are right. They refuse to see their mistakes and repent their wrongdoings, so that their awakened consciousness can progress in accordance with the principle of birthlessness. Illness is a form of contention in their inner consciousness, so that they can realize self-awakening. However, they ignore this fact, and blame the external circumstances. They refuse to judge themselves. Their nervous system is never at peace. Their inner mental order is upset and restless. They don't understand the Divine Law of spiritual progression. After numerous complaints, they eventually leave this earth with no money left and with an agitated mind. They only become a burden for their neighbors.

On the other hand, if people agree to follow the exercises of the Practical Method of the Vô-Vi Esoteric Science and Buddhist Dharma, they will improve their consciousness every night, so that it slowly regains its equilibrium. They will restore peace to their inner mental

order, and be less attracted by the external world. They will reach self-awakening more easily, and keep nurturing the will for soul liberation. Their thoughts will be directed toward their true origin of birthlessness. Their consciousness of tolerance and harmony will develop naturally; their virtue of patience and resignation will grow steadily. They will no longer be limited by space and time. They will be able to control the flow of their energy to enter a serene state for soul projection and further their spiritual progression. Their spiritual journey will always be lively, and there will be no more intransigence and infatuation. With an awakened consciousness, they will diligently practice the right dharma.

October 18, 1991

Q: Why do you think more intensively about your fellow practitioners lately?

A: I always love and respect the merit and spiritual work of my fellow practitioners. After the meditation session, I feel that I am living happily with everyone, and we are all advancing together on the spiritual path.

Q: Do you think about the people who betray or slander you?

A: I have a great respect for them. These critical personages are all my teachers. Thanks to them, I advance toward a greater serenity every day. From the bottom of my heart, I am always grateful for their education. One must be tested by many different teachers during one's lifetime. The virtue of patience and resignation can only blossom through difficult tests, so that the soul may elevate further. Many

people think that I am a man who says yes to everything, but in reality, these lessons promote a higher level of spiritual cultivation and accelerate the development of the consciousness of tolerance and harmony.

Q: According to you, there is no need for any competition. How can one live then?

A: Life is not made of competition. One will only truly live an eternal life with a well-developed consciousness of tolerance and harmony. This energy of compassion will successfully solve the hardest examination.

Q: Do you follow strict rules for your life?

A: My strict rules consist of constantly directing my thoughts toward God and the Buddhas. Whether I walk, stand, sit or lie down, I always apply the strict rules of elevating my thoughts toward the path of soul deliverance. Therefore, my head is different from the head of an ordinary person. The energy on my head is always round and full. I feel that my head is bright, big, and closely connected to the universe. Hence, I cannot harbor any unrighteous thoughts in my mind. I believe that everyone has the opportunity to advance like me. Your consciousness will be able to communicate like me if you practice the Vô-Vi method correctly.

Q: What do you think about the people who constantly change their mind as soon as they hear something more appealing?

A: These people have not completely cleaned the greed in their heart. They still have an impure character and like to depend on others. Therefore, they constantly change their mind to follow something more appealing. They will only betray themselves in the future. They can never develop their consciousness of tolerance and harmony. They alternate between joy and sorrow, and weep silently when they are alone.

Q: What do you think about someone who claims that he is a “reborn king”?

A: All things on earth return to emptiness. Whether one is reborn as a human or as a cow, it’s only to pay back one’s karmic debts; eventually, this leads nowhere. Spiritual self-perfection and self-progress are the only unique path of deliverance from this temporary life.

Q: Is it true that sowing desires and creating cravings only ruin a spiritual adept?

A: Yes, sowing desires and generating cravings have a truly destructive influence on a spiritual adept.

Q: What do you mean by “sowing desires”?

A: Sowing desires means to entice people to all sorts of desires.

Q: What do you mean by “creating cravings”?

A: One form of agitation is unending craving. Hence, a spiritual adept must first free his heart from all worries and karmic relations. A true spiritual adept detaches himself from all worldly matters. If he still holds on to worldly matters in his heart, he will want to support one party or another. Eventually, he will deviate into the meaningless field of politics without knowing it. How can he achieve self-knowledge when he has forgotten his true consciousness?

Q: How can one achieve self-knowledge?

A: One only achieves self-knowledge with an awakened consciousness. When the consciousness is pure, one will see one’s mistakes clearly, and accept to practice patience and resignation. One must use the true energy of Heaven and Earth to correct one’s body and mind and to perfect oneself. Only a Vô-Vi practitioner is able to fully

understand this point.

Q: What do you mean by “lying to one’s Master and betraying one’s friends”?

A: As long as the person likes his Master, he follows him closely to learn from his virtuous conduct. However, as he advances halfway on the spiritual path, he believes that he has already attained full enlightenment. He will only harvest mishap unknowingly.

Q: What kind of mishap?

A: Mishap is caused by breaking his original promise. He will condemn both his body and mind in the future. He wrongly believes to be self-sufficient after having borrowed the spiritual path. He forgets the love of his Master and the love of his friends. Thus, he loses the opportunity to advance in common. His mind will darken; his heart will fill with sorrow. Mishap can occur to him at any time.

Q: Are you doing anything special to commemorate the day Master Tu passed away?

A: When I practice the meditative contemplation, I pay homage to him with my sincere heart, and receive his loving spiritual guidance in return. During the meditative contemplation, I also think about my dearly loved and respected Divine Father and Mother, and become One with Heaven and Earth. An immeasurable love fills my heart, and the compassionate light shines brilliantly in my inner consciousness. I feel extremely light and pure like a sparkling Vô-Vi mirror. My thoughts are directed toward God, the Buddhas, and the whole Vô-Vi community.

*Joy! Joy! Joy! O extreme joy!
Have peace of mind to truly savor the wise dharma.
Realize soon the principle of birthlessness
To enjoy lasting peace and happiness.*

*Practice the true teachings with perseverance
And perfect thyself with the Buddhist dharma.
From all ages till today
We have advanced together –
With our Master, let's guide and save others.
Kind heart brings joy and harmony,
Cyclical breathing of non-retention brings love and
pure energy.*

October 19, 1991

Q: Today is a week-end and a joyful day. You will again receive the visit of your young and merry friends. What do you think of them?

A: I am as glad as they are when they visit me. Both sides are overjoyed. No love is comparable with the love of reunion. From all ages until today, compassionate love has always been a gigantic string of beaths for spiritual guidance on earth. It has accompanied us through the constant rebirths in accordance with the principle of birthlessness. Therefore, when we meet each other, our consciousness is awakened again by the mutual love and respect.

For a meditation adept, love is at the root of the buddha heart. From there, the innate compassion will develop naturally. We love the young and respect the old; we love and respect God and the Buddhas. This world will become smaller and smaller every day; we will be able to meet and face each other very easily with the available means of transportation. Tonight we stay in this country, tomorrow we'll stay in another one. We easily resolve all difficulties. In the future, I shall speak to my fellow practitioners weekly if

we can organize a conference call with the participation of all meditation centers. The electronic means of communication greatly help the spiritual communication, and they will become even more sophisticated in the future. When we understand this fact, we will also understand that the soul will be purer, lighter, and faster when it is free to elevate itself to higher spheres. The soul will be reborn as a baby named "Return to Consciousness".

Q: What is "Return to Consciousness"?

A: Return to Consciousness means to restore all the innate abilities, to awaken the consciousness, and to advance on the spiritual path. One clearly sees one's true heart and one's true character. All bad habits and bad character disappear by themselves. One resolutely abandons the profane heart and crosses the River of Defilement. One will be rejuvenated and start a whole new life.

Q: What do you mean by "crossing the River of Defilement"?

A: The River of Defilement separates profane life and spiritual life. If you want to study the spiritual Tao in depth, you must practice hard to leave your body by the soul and go beyond this scenery. Only then will you have the opportunity to learn the law of spiritual progression and the principle of birthlessness. If you speculate without practicing, you solely speak about birthlessness without understanding it. Spiritual practice is the only apparent way to prove the evolution cycle of the soul.

October 20, 1991

Q: Are you tired when Vô-Vi friends from everywhere direct their thoughts toward you?

A: I am happy to have many companions on the spiritual path. In the future, we will form a spiritual community where everyone truly directs his thoughts toward the Great Supreme Buddha, and everyone will progress toward purity, lightness, and wisdom. The only way to clean the mind of all impure thoughts is to lead a life of spiritual perfection for soul deliverance.

Q: Many fellow practitioners are deeply attached to you, and want to see you. What do you think of them?

A: They cherish my virtuous conduct and my spiritual work. Therefore, they want to be with me to truly savor the sacred moment of awakening and openmindedness.

Q: What about young people who practice the Vô-Vi method, but who are still yearning for love and money?

A: Young people who practice the Vô-Vi method, but who are still entangled in love and money, will become more and more worried each day. They can only meditate for a short while, and lack both dedication and perseverance. Therefore, I often advise the young people to remember that meditation is the moment of greatest freedom and serenity of their life. They will enter the state of meditative ecstasy more easily when their mind is no longer bound by any worldly attachment.

Q: What is meditative ecstasy?

A: The cognitive consciousness enters the unbound universe, also called the realm of Supreme Infinity of Heaven and

Earth. From now on, the spiritual adept will constantly cultivate the land of meritorious happiness in his inner consciousness. His soul will always want to do meritorious work.

Q: What is meritorious work?

A: When his consciousness advances into the sphere of infinity, the spiritual adept will fully devote himself to serve others with altruism. He will naturally develop his cognitive consciousness and work for the benefit of all, so that he may analyze the principle of birthlessness more thoroughly. He only thinks about donating instead of robbing others.

Q: What is robbery?

A: Robbery is to take advantage of wise words to extort money from fellow practitioners. It means to instigate unrighteous plots which only disturb people's minds. These unenlightened people will have to undergo numerous reincarnations to make up for their wrongdoings and to learn further.

October 21, 1991

Q: Many people like very much to read the book "Truth By God". Why do you strongly advise them to practice the silent invocation of Nam Mô A Di Đà Phật in the beginning?

A: Intellectual people are very responsive to theoretical writings. This book expounds the Truth extensively, and answers many unresolved questions in their mind.

Unfortunately, profane people keep holding to their bad habits. They tend to become dependent and to expect favors. They refuse to change their nature. Hence, they rely on the writings, lose the will for spiritual perfection, and fall into intransigence and infatuation instead of making progress on the spiritual path. On the other hand, the silent invocation of Nam Mô A Di Đà Phật will regenerate the pure and light vibrations in the inner consciousness. One will truly leave the body by the soul to study the spiritual Way instead of praising a wonderful theory which can never be realized. The Divine Father has emphasized that one should listen to the Truth to lead a life of spiritual perfection, and not depend on it without practicing. One should not rely on the Divine Father or a Master, but one should fearlessly advance on the spiritual path and perfect oneself by one's own efforts.

Only self-perfection and self-progress will extinguish anger, infatuation, and ego in one's heart. The consciousness of tolerance and harmony will blossom; compassion will truly develop and constantly shine in one's inner consciousness. One will forget the profane body and fully commune with the sphere of pure and light energy. At that time, one will immediately be saved when thinking of God. In summary, the sole practice of the silent invocation results in full comprehension of the great Void. Remember that practice and advancement must happen in stages. Do not believe that all dharmas are alike. Otherwise, you can deviate easily into the wrong way. Then it will be very difficult to return to your true nature of birthlessness.

Only by leaving the body by soul projection will one understand the principle of constant spiritual perfection. In all my lectures, I keep explaining that Vô-Vi adepts should practice correctly the method they have received in order to enlighten their consciousness and perfect their nature. They should follow the Middle Path of spiritual progression. Otherwise, if they rely on external forces, celestial evils will be able to control their spiritual heart at any time. For that reason, many people don't make any progress even though

they have spent many years of spiritual practice. When you have time, you should read the "Discourse on Spiritual Practice and Spiritual Perfection" by Mr. Tu and follow his advice for spiritual practice. His simple and subtle words are all derived from true practice. You will see how he proves that Buddha is Buddha, that God is God, and that a soul is a soul. Everything must follow the orderly law of evolution. You will know how to discern an evil spirit and avoid it. You will no longer nurture feelings of fear. Lack of true practice only causes agitation. For example, you like to listen to things you have never seen without understanding the glory of God or the lowliness of evil spirits.

October 22, 1991

Q: Are there high and low levels among meditation practitioners?

A: Yes, there are high and low levels.

- A high level means serenity and order.
- A low level means agitation and unending desires.

Q: How can one distinguish them?

A: Serene people accomplish things without exerting themselves. Agitated people exert themselves, but accomplish nothing. One can only understand this point by devoting oneself to spiritual practice. Therefore, I have said: *"All agitation will eventually return to serenity. Keep practicing meditation with perseverance! This is the only right thing to do."*

Whether the celestial mechanism strikes or not, one

always finds time to practice and perfect oneself to advance on the spiritual path. From the spiritual point of view, one no longer blames external circumstances. The Practical Method of Vô-Vi Esoteric Science and Buddhist Dharma gives us a clear proof with its exercises.

With the exercise of concentration of spiritual energy, one will move from darkness to clarity of mind and inner balance after a certain period of practice. With the exercise of cyclical breathing of non-retention, one will slowly purify one's internal organs and enlighten one's consciousness to advance toward the state of meditative ecstasy. At that time, one will abandon all profane thoughts and turn to the Way of purity and lightness with an open mind. In that stage, there will only be advancement and no more regression. One no longer fears the threats of evil spirits, and gloriously advances toward the sublime universe of light. One no longer discriminates against good and evil; tranquility and equilibrium are achieved through one's own efforts. One's true consciousness is closely connected to nature and supernature, and one's mind attains perfect knowledge and wisdom.

Q: What is perfect knowledge?

A: You can only understand these words if you practice with diligence to reach this level. Perfect knowledge means thorough (THÔNG) understanding (TRI).

October 22, 1991

Q: What is "instant awakening"?

A: Instant awakening only means to arouse people's greed. In reality, one must practice to achieve results. Awakening means to "open up" and to "encounter". If one refuses to practice meditation to enlighten one's consciousness, one will only become dependent on one's profane body for a whole lifetime. How can one ever encounter the Truth?

Q: What is the Truth?

A: The Truth is unchanging. One must practice meditation with great perseverance and dedication in order to truly see one's halo of energy.

Q: What is a halo of energy?

A: It is a bright light which shines from the brains onward. This circle of light alternates from small to big. One is completely detached from the impure profane matters. One gains a natural understanding of all three spheres (Heaven, Earth, and Mankind). One understands the principle that Form is Emptiness, and that Emptiness is then the Form. One provides spiritual guidance to all living beings on earth accordingly. One always lives happily within the virtue of compassion, and automatically rejects all wicked matters. One's heart is pure, light, and peaceful.

Blessed be the meditation adept who attains this level! He will devote himself to enlighten his consciousness with the practice of meditation instead of competing with others about worldly matters. Don't listen to others' criticisms and load them into your mind! Then you won't be worried and cause agitation to your mind and body. Everyone possesses a true serenity inherent within his consciousness. Thus, he

should restore his inner balance and purify himself thoroughly in order to savor the infinite joy in the sphere of pure and serene energy.

October 23, 1991

Q: Why do dead people still return to earth by their soul to ask you for a service?

A: Their soul is still attached to the profane world, and they still want to sue or blame someone. In contrast, a truly dedicated spiritual adept will only continue on his spiritual path. To lead a life of spiritual perfection is to advance according to the Divine Law. Otherwise, one will lose control of oneself, and will keep wandering in the sorrowful world of reincarnation with its six paths of rebirth after death. Such people have a blocked mind, a restless heart, and they are unable to form wise judgements. Their determination to embrace a spiritual life is weak. They speak about spirituality with their mouth, but their heart is not devoted to spiritual practice.

Therefore, I often test Vô-Vi practitioners by giving them mutual lessons to determine their will for spiritual perfection. Recently, many fellow adepts have understood that they are wrong and not the others. The Practical Method of Vô-Vi Esoteric Science and Buddhist Dharma has also helped a number of people realize the spiritual path toward soul deliverance and the return to their birthless origin. They naturally abandon the desire for competition in their inner consciousness. They erase all hatred and return to their true compassionate nature. They spend more time on spiritual practice than on intransigence and rivalry. They live a frugal

and happy life. They know themselves and the others, and that they all advance in common.

Q: Are you happy?

A: Yes, I am very happy when people devote themselves to spiritual practice instead of blaming others. The greatest gift for Baby Tâm is to lead a life of spiritual perfection, to detach oneself from the profane world, and to restore equilibrium to both body and mind. Arguments are fruitless. You should direct your thoughts toward God and the Buddhas to develop your cognitive consciousness instead of conducting deceiving debates. To speak little and to meditate a lot will significantly purify your impure energy.

To lead a life of spiritual perfection means to know how to love oneself, so that one may subsequently help others progress on the spiritual path in accordance with the pace of evolution of Heaven and Earth. Modern science and technology has photographed the Earth and helped us see clearly the temporariness of this world. For a limited time, we all work for a living in accordance with our good karma, then we'll have to abandon everything to depart from this earth. If we understand this fact and still refuse to apply ourselves to the practice of meditation, we will only waste a whole temporary lifetime!

October 24, 1991

Q: What is transcendental love?

A: Transcendental love means that the consciousness harmonizes with the infinite serenity and Great Serenity. The mind is always directed toward serenity and truly

appreciates the quintessence of the universe. One understands that sexual love is momentary, and only causes karma and restlessness.

TINH (or sexual essence energy in the microcosm) is the quintessence of the universe.

KHÍ (or vital breath energy in the microcosm) is the pure energy inherent within all living beings. It also represents the divine ocean of love full of purity and liveliness.

THẦN (or spiritual energy in the microcosm) is the ability of the consciousness to open up and communicate with the vibrations of the universe at any time.

The three jewels described above will never be destroyed. On the other hand, sexual love wastes the body and only lasts for a limited number of years. Eventually, one has to abandon everything before leaving this earth. At the time of departure, one will regret for not leading a life of spiritual perfection to truly appreciate the quintessence of the universe and to progress further.

Q: Many people have reached a certain level of spiritual practice, then they become agitated and give way to their lowly desires. Finally, they abandon the spiritual path. What is happening?

A: These people do not have a strong belief and don't see the temporariness of this profane world. They keep holding to material matters without knowing it. They are engulfed in the defilement of the external world. They torture their true consciousness which is permanently imprisoned, and they lose their original will for spiritual perfection. Practicing the Vô-Vi method is very easy, but maintaining it with application is very difficult. You have adopted the Vô-Vi method by your own will; this method did not fall into your lap. Hence, you must have a strong belief before entering the spiritual path for soul deliverance.

Q: What will happen to a murderer?

A: Murder is a major crime which will obsess one's mind for a whole lifetime, if one does not resolutely turn to spiritual practice. If one cannot meet the soul of the murdered to resolve the past crime, one will constantly be entangled in money, love, and other karmic relations to pay back one's wrongdoing like a person sentenced to life imprisonment. A spiritual adept wears a pure and light golden necklace made of good karma. On the other hand, a profane person always carries karmic debts in his mind. He wrongly believes that he is happy, and suffers without knowing it. His desires are never-ending; he wants many things, but only gets very little satisfaction.

October 25, 1991

Q: What about the crime of self-deception?

A: To deceive oneself is to harm oneself. Indulging into excessive eating and instigating numerous plans only result in a restless mind. This is the crime of self-deception.

Q: How can we control all the impurities which penetrate the body and the brains?

A: Eating to one's heart's content and uncontrolled drinking and partying for many days and months build up impurities eventually. Excessive smoking pollutes the blood and excites the brain nerves. However, people tend to ignore these extremely harmful habits. If they keep going on, it will be very hard for them to leave their body by the soul because of the accumulation of impure energy. They have the good karma to be born as humans, but their future is uncertain.

They engage themselves in the vicious circle of illusory love and money matters, but eventually they have to return to emptiness. When people understand this truth, they should awaken their consciousness to cultivate themselves spiritually and advance on their own. They should perfect themselves little by little instead of falling into agitation and blindness with no escape. Praying to the Lord and the Buddhas for help would then be hopeless. The consciousness is man's fundamental nature. If he loses his consciousness, he won't be able to resolve anything – whether big or small.

Q: What should we do to achieve order as you have described?

A: You must institute laws for yourself. You must pay attention to the smallest task in your daily life. Everything must be orderly and disciplined. If you can accomplish a small task in an orderly way, you will be able to tackle bigger tasks. You must apply the strict rules for your own development. Similarly, a spiritual adept must apply the spiritual method in a correct and orderly manner in order to obtain results in the future. Every day, just apply yourself a little. With time you will achieve greater serenity. When you can do a small task, a big task will no longer be difficult. Be careful not to lose order at the beginning.



About The Author

Lương Sĩ Hằng (Mr. Tâm) 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. Tâm was still a young child.

As a boy, Mr. Tâm 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. Tâm'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. Tâm married Trần Tân, his devoted wife to this day.

Endowed with the gift of astral travel from an early age, Mr. Tâm's astral body visited many earthly places. At 33 years of age, Mr. Tâm 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 Tu) through a mutual acquaintance. Under the guidance of Master Tu, Mr. Tâm 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 Tu occasionally tested his disciple's perseverance with his directness and reserved but meaningful guidance. Master Tu would reproach Mr. Tâm for reacting adversely to the teaching methodology. "Your

practice is for your own good, not mine." These words deeply affected Mr. Tâm and strengthened his resolution to find the truth through self-practice, willpower and meditation.

Mr. Tâm'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. Tâm 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. Tâm 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. Tâm's inspirational and calming words.

The communists took control of South Việt Nam on April 30, 1975. Mr. Tâm 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. While in prison, Mr. Tâm 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. Tâm, sent him to the New Economic Zone in Núi Sập, Long Xuyên.

Life in the New Economic Zone was harsh, but Mr. Tâm 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. Tâm'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. Tâm.

In 1979, Mr. Tâm 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. Tâm 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. Tâm'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 toward deliverance.



Books from the same author:

Baby Tám Talking To You

Volume 1, 82 pp., ISBN 9633690-1-6

The Path

Illustrated, 320 pp., ISBN 9633690-0-8

Translation of selected lectures from Mr. Tám as he is traveling around the world to spread the Vô-Vi Dharma.

Practical Method of Vô-Vi Esoteric Science

Illustrated, 104 pp., ISBN 9633690-4-0

This book covers basic to advanced exercises, and explains the general philosophy that makes the Vô-Vi practice possible.

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