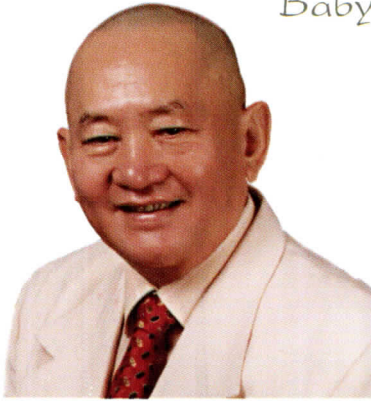


Baby Tám Talking To You

Vol. II

by Luong Sĩ Hằng



"Baby Tám Talking To You" is a series of informal questions and answers on all aspects of life, from daily activities to Vô-Vi practice and meditation, translated from Mr. Luong's journal that he has started since August, 1990.

"I feel the spiritual need of my fellow practitioners who are following the same path as I do. Reading this journal will give them an opportunity to relax in a healthier way and open up their consciousness. They will understand themselves better without speaking, and dedicate themselves to spiritual practice; thus, they will worry less about others' affairs as well as needless activities."

Question: *Life is a perpetual storm. How can we open our consciousness to turn toward spirituality?*

Answer: *Man is created from pure energy. Pure energy is shining down on him as his heart beats every hour, minute, and second. Why doesn't he realize this blessing in order to advance? Only God is capable of guiding and saving us; if we don't orient ourselves toward God, how can we have the opportunity to lead a life of spiritual perfection? Our Vô-Vi community provides numerous books full of wisdom and spiritual guidance. Only spiritual practice will awaken your consciousness in a timely manner.*

About the Author:

Mr. Luong-Si-Hang was born in 1923 in the province of Qui-Nhon, Viet-Nam. He has practiced the Vô-Vi method of meditation since 1957 when he met his Master, Mr. Do-Thuan-Hau (1887-1966). Today, Mr. Luong resides in Canada, and he is constantly traveling around the world to give lectures and spiritual guidance to Vô-Vi practitioners.

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