



The Life Energy Development Weekly

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Email: xuanmai00@hotmail.com
www.vovi.org

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Weekly Newsletter to develop the energy and purify the mind solely dedicated to the service of the practitioners of the Vo-Vi method of Meditation

Practice with Courage

Practice with courage to attain the deep spiritual philosophy,
We will understand the miraculous divine destiny,
Practicing the true dharma, we advance together,
With a bright spiritual heart, we know that we belong together.

Luong Vi Kien

Baby Tam Talking To You

from 13 February, 2000 to 19 February, 2000

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Dear Friends,

The Be Tam's Self-Dialogue is written with an **EMPTY** heart, and is closely connected to the benevolent energy of the Great Compassion. It is also a remedy for mental disorders, capable of releasing impure energy from the heart, the liver, and the kidneys. One should not shorten or edit any section; those sincerely devoted to spiritual perfection will understand the deep philosophy of Be Tam's writings.

I hope that you will practice in a righteous manner to truly understand the evolution path of the spiritual consciousness.

Respectfully Yours,

Baby Tam

Questions

1. *Is there any benefit in traveling and practicing meditation?*
2. *Is there any benefit for humans to engulf themselves in the sea of suffering?*
3. *What does it mean to have a clear mind, free of worries?*
4. *Is it better to be loyal and trustworthy, or to cheat others?*
5. *What will happen to those who do not have loyal intentions?*
6. *Does a good sleep follow the heavenly will?*
7. *How does the morning aura develop?*



<p>Motorua, 13 February 2000, 8:20 AM Q: <i>Is there any benefit in traveling and practicing meditation?</i></p> <p>A: Travel will open the mind, and is very beneficial. Those who practice meditation a lot will gain many benefits.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Returning to the true origin, we abide with the divine destiny, With a growing knowledge, we turn within for serenity, Our desires diminish as we learn incessantly, Developing inward and outward, we know our social and spiritual duties clearly.</i></p>
<p>New Zealand, 14 February 2000, 2:37 AM Q: <i>Is there any benefit for humans to engulf themselves in the sea of suffering?</i></p> <p>A: If humans are plunged into the sea of suffering, and are willing to perfect themselves spiritually, they will gain great benefits. They will have the opportunity to long for the purity and lightness of the Buddhas and Immortals, and they will turn within to repent their mistakes and develop their spiritual heart.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>The agitated mind and body long for rest and quietude, The wise heart seeks changes in social and spiritual life, Suffering and adversities are a good training school, Practicing the true dharma, we return to quietude.</i></p>
<p>New Zealand, 15 February 2000, 4:22 AM Q: <i>What does it mean to have a clear mind, free of worries?</i></p> <p>A: A mind that is clear and free of worries comes from a heart that remains sincere in all circumstances.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>The wise mind understands the root of pureness and benevolence, Learning from social and spiritual duties, we know the spiritual path clearly, Pureness and benevolence come from the heart , With self-awakening, we strive for lightness and purity.</i></p>
<p>New Zealand, 16 February 2000, 12:40 AM Q: <i>Is it better to be loyal and trustworthy, or to cheat others?</i></p> <p>A: A meditation practitioner needs to be sincere, loyal, and trustworthy.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>It is essential to be sincere, loyal, and trustworthy, Building our faith, we diligently perfect ourselves, Those who do the opposite only harm themselves, Thinking that they have attained perfection, they fall into greater obscurity.</i></p>
<p>New Zealand, 17 February 2000, 3:45 AM Q: <i>What will happen to those who do not have loyal intentions?</i></p> <p>A: Those with dishonest intentions will fail to achieve their plans, and they will have to bear the bad consequences in their inner consciousness.</p>	<p style="text-align: center;"><u>Psalm,</u></p> <p style="text-align: center;"><i>Those with a dishonest heart will not find calmness, Obscuring their mind, they only create sadness, Destroying the true love, they cause dissidence, Still attached to worldly affairs, they remain in turbulence.</i></p>
<p>Auckland, 18 February 2000, 4:20 AM Q: <i>Does a good sleep follow the heavenly will?</i></p> <p>A: A good sleep means a harmonious relation between the heart and the kidneys. It fully follows the harmony of Heaven and Earth.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>The regular pace is harmonious with Heaven, Conscious of the pure energy, we advance in a timely manner, Our heart is serene and void of dreams, We evolve with serenity and have no expectations.</i></p>

Melbourne, 19 February 2000, 7:15 AM

Q: How does the morning aura develop?

A: The serene consciousness produces spiritual energy that gradually develops into an aura. The pure and light energy of compassion emanates from the cranial psychic center, and harmonizes with the whole universe.

Psalm

*The aura develops in constant harmony with the universe,
Peace prevails when we deeply understand the divine
blessings,
With our efforts, we build a good spiritual foundation,
Advancing together, we learn and increase our
understanding.*



Translated by Xuan Mai

Please contact xuanmai00@hotmail.com if you wish to receive the English LEDs via email, or if you want to join the English translation team, or contribute an article about your own spiritual experience. Your comments and contributions are welcome. Thank you.

Notes:

The attached translation is a rough draft of Muc Be Tam from the current Vietnamese LED Weekly version, that is prepared especially for English-speaking Vô-Vi fellow practitioners by the English Translation Team.

The Editorial Staff strongly suggests that the document is not to circulate outside the Sunday discussion group, to maintain the accuracy of Master's teaching. A final edited version will be formally published at a later date.
