



The Life Energy Development Weekly

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

Infinite Guidance

Guiding the benevolent people, we enter the sphere of energy,
Detached of all profane matters, we invoke the Nam-Mo mantra silently,
Returning to the true origin, we enjoy the divine blessings,
Our head shines brilliantly, as we develop our spiritual energy.

Luong Vi Kien

Baby Tam Talking To You

from 19 March, 2000 to 25 March, 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 fighting for a piece of land?*
2. *Why is the human body always subject to greediness and lust according to the individual's level?*
3. *What will happen if one truly understands the dharma and spiritual teachings?*
4. *Will things develop peacefully when you arrive there and face the agitation?*
5. *Why does the meditation practitioner resolutely abandon his greediness?*
6. *Does the cycle of cyclical breathing of Heaven and Earth undergo changes?*
7. *What will happen to treacherous people who keep cheating each other, refuse to recognize their errors, and still argue with their lenders?*



<p>Cairns, 19 March 2000, 4:29 AM <i>Q: Is there any benefit in fighting for a piece of land?</i></p> <p>A: There is no disadvantage if we are eagerly competing with each other in order to progress on the spiritual path. On the other hand, if we devise plots to gain self-interest and become rich, we will only harm our body and mind because of our greediness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Those with a greedy heart only harm themselves, Burdened by worries, their mind is obscured, Fighting keeps their mind busy and imprisoned, Lacking true compassion, they enclose themselves in silence .</i></p>
<p>Cairns, 20 March 2000, 4:41 AM <i>Q: Why is the human body always subject to greediness and lust according to the individual's level?</i></p> <p>A: A person who does not practice a method of meditation cannot develop his heart and spiritual mind within serenity.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Without the spiritual opportunity, we cannot purify our energy, Thanks to the blessings of the Lord, we lead a true and worthy life, Harmonizing with the universal vibrations, we enjoy the infinite guidance, With diligence and sincerity, we practice to see our path clearly.</i></p>
<p>Cairns, 21 March 2000, 2:31 AM <i>Q: What will happen if one truly understands the dharma and spiritual teachings?</i></p> <p>A: Those who truly understand the dharma and spiritual teachings will develop their energy and experience joy and peace.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>The intelligent mind understands the path of spiritual evolution, Practicing with sincerity, we strive to understand our own self, Appreciating the Lord and the Buddha, our heart is light and pure, Harmonizing with the sphere of energy, we truly know the divine love.</i></p>
<p>Cairns, 22 March 2000, 5:10 AM <i>Q: Will things develop peacefully when you arrive there and face the agitation?</i></p> <p>A: When I arrive there and face the agitation, peace will return and the VoVi practitioners will have the opportunity to learn and open up their spiritual minds.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>The pure and light energy brings peace and harmony, Each person develops his inner light after releasing his impurities, Understanding the Dharma, we resolve social matters calmly, Detached of profane emotions, we develop the divine compassion abundantly.</i></p>
<p>Cairns, 23 March 2000, 5:10 AM <i>Q: Why does the meditation practitioner resolutely abandon his greediness?</i></p> <p>A: The meditation practitioner resolutely abandons his greediness after attaining serenity in his inner consciousness. With the practice of meditation, he is able to release his worries, and lives in harmony with Heaven and Earth.</p>	<p style="text-align: center;"><u>Psalm,</u></p> <p style="text-align: center;"><i>We diligently correct our mistakes instead of causing agitation, We turn within to appreciate the divine compassion and understand the spiritual evolution, We listen to the golden words of truth and work for the common good, Instead of blocking our pure energy and causing agitation.</i></p>

<p>Cairns, 24 March 2000, 6:25 AM <i>Q: Does the cycle of cyclical breathing of Heaven and Earth undergo changes?</i></p> <p>A: The cycle of cyclical breathing of Heaven and Earth never changes. It maintains the law of rebirths and karmic transformations to guide humans in their spiritual evolution.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>The souls progress through the law of rebirths and karmic transformations, Facing challenges and rivalries, we have the opportunity to release our sorrow, The divine love is alive and shines upon us brilliantly, We must practice to progress and reach inner peace naturally.</i></p>
<p>Sydney, 25 March 2000, 3:20 AM <i>Q: What will happen to treacherous people who keep cheating each other, refuse to recognize their errors, and still argue with their lenders?</i></p> <p>A: Spiritual adepts who refuse to admit their sins through their wiliness only cheat themselves. The Lord will not attest the sincerity of those who cheat themselves and others.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>We only cheat and dupe ourselves, This attitude prevents us from advancing spiritually, The Lord's compassion is widely open, but our mind is shut, Those who cheat themselves will not obtain any results.</i></p>



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

The Master Visits Hai Khong Meditation Center

*May 5th – 8th, 2000
Oroville, CA, USA*

On May 5th, 2000, I had the opportunity to go down to the Hai Khong Meditation Center in Oroville, CA to meet the master. He came there to rest following his trip from Australia. About 80 people, from Southern California to Washington state came down there to see the Master. It was a joyful occasion. Master Tam looked very strong and healthy. His face was so bright and youthful. He looked a bit tired, probably because he had just returned from Australia, but he did not show it much. Everyone was very happy to see him doing so good.

From the moment we got there, you could feel the pure and light energy that surrounded the center. Even though it rained nearly non-stop during the weekend, everyone there was always in a happy and festive mood. It was like a giant family reunion. Everyone was happy to see and meet each other after a long time. They cared so much for us. Everyone always had a smile of their face.

The Hai Khong meditation center was very well designed. It was like a camping ground; good enough to accommodate a large number of people. There were many things that I liked about the center layout. First of all, the master had a cabin separate from the main house. It was located about on a hill about 100 yards away from the main house. The view from his cabin was beautiful. You could see the entire mountain landscape from there. The location also allowed him to have privacy and quiet. Now, about the rest of the center. The bathrooms of the main house were built separate from the main house. This way, people could use the bathroom/shower without disturbing people inside the house. One thing that was especially great was the outdoor kitchen/dining area that they had just built. Everyone ate outside under a giant canopy. It allowed us to eat with fresh air and was large enough so that everyone could eat together. The thing that I liked the most about Hai Khong meditation center was the "Niem Hanh" Trail. This was a trail that went around the border of the Hai Khong medication center. It took about 20 minutes to walk through, but it was so peaceful and relaxing. You get a good workout by walking this trail. One would walk

along the border of the center which was surrounded by a newly built fence. I liked that fence. It made everyone feel secure from the surrounding area. A good idea. Staying down there was like staying at a camping ground. Everything was well designed and everyone was accommodated with everything they needed.

While the master was gone exercising or resting in his cabin, everyone just sat around the center. They talked, ate and meditated. During the evening, Master would come out and visit us. He lectured some and he also gave us the opportunity to ask him questions. I thank him so much for giving us the opportunity to learn. Master Tam lectured for the first two nights. During the last night (Sunday, May 6th), we wanted to give Master Tam the opportunity to rest one night. We decided to perform a musical show for him while he ate. It was definitely a fun time. Many people sang spiritual music for the Master Tam. He had a great time. At one point, he asked what our group was called. We didn't have a name so we asked him to give us a name. He gave our group the name "The Hai Khong Vo Vi Sea of Love". That night was very emotional. Master Tam spread out his love energy to everyone. We cried, we laughed and we all had a great time.

By the end of the weekend, everyone left to go home. Even though we had to leave the Master, we were not sad. In fact, everyone was very happy. We had the opportunity to spend three days with him. This weekend with Master Tam was unforgettable. Master Tam gave us a divine opportunity to be with him, to learn and to enjoy the time we have with each and every one of us. During that time, I learned the great unconditional love of the Master. No matter how badly people treat you, betray you or say things to you, we must keep loving them within serenity, resignation and diligence. We must continuously practice to develop our minds up towards infinity.

On behalf of the people who came down there, I would like to thank the hosts of Hai Khong Meditation Center for letting everyone visit Hai Khong and the Master. But most of all, I would like to thank Master Tam for coming to Hai Khong and giving us the opportunity to meet him again and to spend his precious time with us.

Sincerely,

Sony Nguyen
Portland, OR