



The Life Energy Development Weekly

25 June, 2000

Email: xnmai@netscape.net
www.vovi.org

Published in concurrence with The Viet LED Weekly 260

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

Spiritual Development

Guided by the Lord, we thoroughly develop our three jewels,
Understanding the universal law, we live in self-harmony,
Mastering the lessons of life and the spiritual opportunity,
With compassion and spiritual virtue, we bring insight and harmony.

Luong Vi Kien

Baby Tam Talking To You

from 23 April, 2000 to 29 April, 2000

Copyright © 2000 by Lương Sĩ Hằng & VoVi Association of Canada. All rights reserved.

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 if one does not practice with sincerity and spends too much time thinking?*
2. *Is there any benefit in abandoning the practice of the meditation method which one has learned from one's Master?*
3. *Is there any benefit when the meditation practitioner remains resentful?*
4. *What forms righteousness and honesty?*
5. *Is there any benefit in facing turbulence and agitation?*
6. *Is it harmful to disturb the psychological balance?*
7. *Where does love originate?*



<p>Newcastle, 23 April 2000, 3:20 AM <i>Q: Is there any benefit if one does not practice with sincerity and spends too much time thinking?</i></p> <p>A: Those who do not practice the spiritual method, and spend a lot of time thinking without reciting the mantra Nam Mo A Di Da Phat regularly only harm themselves.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Without practice we only procrastinate and regress, Diligently, we practice to overcome our difficulties, Sincerely, we practice to progress together, Learning incessantly, we naturally commune with the divine energy.</i></p>
<p>Sydney, 24 April 2000, 4:20 AM <i>Q: Is there any benefit in abandoning the practice of the meditation method which one has learned from one's Master?</i></p> <p>A: If one decides to abandon the method, one will build the good habit of laziness, and one's consciousness will never attain tranquility.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Abandoning the spiritual practice, one will not reach serenity, Creating new karma, the mind and body are restless, The soul goes from ignorance to agitation, Unable to distinguish the good and evil, one will never succeed.</i></p>
<p>Sydney, 25 April 2000, 4:00 AM <i>Q: Is there any benefit when the meditation practitioner remains resentful?</i></p> <p>A: A meditation practitioner who remains resentful does not obtain any benefit. He will disperse the innate energy in his organism. He likes to theorize in the wrong direction, and will augment his resentment. His face will darken and he will lack insight. He will only reinforce his intention of harming others.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>As resentment increases, they augment their obscurity, Aimless, they keep repeating the same theory, With a restless heart, they miss happy opportunities, Burdening their mind, they tremble and can't think clearly.</i></p>
<p>Sydney, 26 April 2000, 2:36 AM <i>Q: What forms righteousness and honesty?</i></p> <p>A: Righteousness and honesty come from a thorough understanding of the original principle of Heaven and Earth, as well as the law of karmic retribution.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>The spiritual mind understands the deep and noble principle, With frugality and spiritual virtue, we practice to see the divine wonder, Returning to our true soul, we awaken our consciousness, With perseverance and wisdom, we all learn together.</i></p>
<p>Sydney, 27 April 2000, 9:20 AM <i>Q: Is there any benefit in facing turbulence and agitation?</i></p> <p>A: A spiritual adept who accepts to use compassion instead of vengeance will advance with courage and achieve good results.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>The true soul awakens and turns within for self-analysis, Understanding clearly social and spiritual life, the mind is light, Accepting the Truth, we are content and do not need changes, The true soul awakens and turns within for self-analysis.</i></p>

Psalm

*Understanding the temporary world, we gain self-knowledge,
Without spiritual awakening and practice, we only harm ourselves,
The divine love gives us an opportunity for advancement,
True love appears and beautifies the true image.*

Sydney, 28 April 2000, 6:25 AM

Q: Is it harmful to disturb the psychological balance?

A: To disturb the psychological balance will hinder the development of serenity in the soul.

Psalm

*With the unification of energies, the mind chases all blindness,
The serene mind and heart always remain content,
Our minds communicate easily to analyze ourselves,
Releasing our impurities, we advance by ourselves.*

Sydney, 29 April 2000, 5:30 AM

Q: Where does love originate?

A: Love originates from the serenity of fellow practitioners who are advancing on the same spiritual path.



Translated by Xuan Mai

Please contact xnmai@netscape.net 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*