



The Life Energy Development Weekly

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Email: maioro@yahoo.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

Achievement

Through spiritual achievement, we return to the pure origin,
To perfect ourselves, we practice with sincerity and release our impurities,
Honest towards ourselves, we practice with diligence to achieve,
Understanding the deep spiritual love, we no longer devise trickeries.

Vi Kien

Baby Tam Talking To You

from 19 February 2001 to 25 February 2001

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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. *Why don't humans know how to love and respect themselves?*
2. *What should we do in order to commit ourselves to help and guide humanity?*
3. *Is there any benefit in traveling across oceans and mountains?*
4. *The soul descends from the World Above into a human's body, then where will it go?*
5. *Why do humans rejoice when being reunited?*
6. *How does a meditation practitioner succeed in realizing his vow for spiritual perfection?*
7. *How can one control one's sexual desires?*



<p>Atlantic City, 19 February 2001, 3:40 AM Q: <i>Why don't humans know how to love and respect themselves?</i></p> <p>A: Humans don't know how to love and respect themselves because of their habits of greediness and lust. They always want to have many possessions, but do not keep them. They waste their energy and turn outward to compete with others. They live within suffering, but are unable to awaken themselves.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Unable to develop their spiritual consciousness, their body and mind are agitated, Lacking spiritual practice, they stagnate and entangle themselves, Refusing to develop spiritual opportunities and compassion, They live in suffering and harm themselves without any hope.</i></p>
<p>Atlantic City, 20 February 2001, 8:55 AM Q: <i>What should we do in order to commit ourselves to help and guide humanity?</i></p> <p>A: In order to commit ourselves to help and guide humanity, we must make sacrifices and practice patience and resignation to obtain good results.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>For love of humanity, we commit ourselves to provide infinite guidance, In the spirit of love and service, we correct our own mistakes, Advancing equally on both social and spiritual paths, We keep a serene mind and body without any worries.</i></p>
<p>New York, 21 February 2001, 10:00 AM Q: <i>Is there any benefit in traveling across oceans and mountains?</i></p> <p>A: Thanks to our good fortune, we have the opportunity to travel across oceans and mountains in order to understand the magnificence of Heaven and Earth with their infinite transformations.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>The higher spheres and human beings develop equally, When our minds attain clarity, we'll understand our inner nature, When our body is serene, we'll reach spirituality, Practice with sincerity and diligence to attain self-knowledge.</i></p>
<p>Monaco, 22 February 2001, 2:05 AM Q: <i>The soul descends from the World Above into a human's body, then where will it go?</i></p> <p>A: The soul comes from the sphere of emptiness and will depart empty-handed. However, human's greedy and lustful nature always causes agitation.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Focusing on greediness and lust only causes worries, Those who fight for possessions are restless and wrongly believe to be successful, Losing their purity, they accumulate impurities and new sufferings, Those who learn continuously will advance rapidly.</i></p>
<p>Monaco, 23 February 2001, 1:45 AM Q: <i>Why do humans rejoice when being reunited?</i></p> <p>A: Divine love provides for the creation of human beings. Therefore, they all possess the lively original principle, and feel great happiness when being reunited.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Here is the lively opportunity to be reunited with our inner souls, Love flows abundantly in our sincere hearts, With a constant love, we communicate with the Lord, Serenely, we await the events of this world.</i></p>

Monaco, 24 February 2001, 3:20 AM

Q: How does a meditation practitioner succeed in realizing his vow for spiritual perfection?

A: Success in realizing one's vow for spiritual perfection comes from perseverance and diligence. Those who become discouraged will only waste their human existence.

Psalm

*To develop our sincere nature, we must practice with perseverance,
With a frugal life and a sincere heart, our consciousness will awaken,
Understanding our social and spiritual duties, we work with a clear balance,
On this earth, we are determined to practice with confidence.*

Monaco, 25 February 2001, 3:10 AM

Q: How can one control one's sexual desires?

A: One can successfully control one's sexual desires by directing one's mind towards the Lord, or lose control by directing one's mind downward. Those who direct their mind towards the Lord will have the opportunity to liberate themselves from sexuality, while those who turn downward will be tempted and unable to escape. Therefore, a human being repeats the same mistakes, and calls it sexual instinct.

Psalm

*Greediness and lust imprison the soul permanently,
With a blocked mind, they easily fall into insanity,
With a restless nervous system, their thoughts become wicked,
Those who practice and advance spiritually, have a generous heart.*



Translated by Xuan Mai

Please contact maioro@yahoo.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
