



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

Spiritual Commitment

Committed to guide humanity, both our mind and body attain spiritual
awakening,
Developing our energy to return to our true nature, we naturally regain our
compassion,
A greedy heart only harms us without a way to escape,
With a serene heart, we restore inner peace and regain the spiritual
opportunity.
Vi Kien

Baby Tam Talking To You

from 16 February 2002 to 22 February 2002

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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. *What should we do in order to eradicate a bad character and bad habits fully?*
2. *Why is our nervous system restless?*
3. *What is a serious matter?*
4. *Is there any benefit for the spiritual adept to practice with faith and perseverance?*
5. *What will happen when a meditation practitioner betrays his spiritual faith?*
6. *What is mutual harmony?*
7. *Why is there always war in the world?*



<p>Atlantic City, 16 February 2002, 9:00 AM Q: <i>What should we do in order to eradicate a bad character and bad habits fully?</i></p> <p>A: In order to fully eradicate a bad character and bad habits, we must be determined to improve ourselves step by step in order to restore the good habits.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Practicing the righteous dharma, we correct ourselves every day, In order to advance with determination and achieve detachment, we must avoid repeating our mistakes, Building good habits without falling into bad ones, We save ourselves and help others avoiding past mistakes.</i></p>
<p>Atlantic City, 17 February 2002, 5:00 AM Q: <i>Why is our nervous system restless?</i></p> <p>A: Our nervous system is restless because of excessive greediness and lustful desires.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Taking in a lot of impure energy and releasing only little, we disturb our center of energy, Causing suffering to ourselves through ignorance, we are filled with worries, Attached to worldly emotions, we are unable to progress, Those who serve with a sincere heart will naturally communicate with divine energy.</i></p>
<p>Atlantic City, 18 February 2002, 6:20 AM Q: <i>What is a serious matter?</i></p> <p>A: Illness is a serious matter.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>The development of karmic forces brings illness and agitation, Burdening our heart and mind, we run in circles, Engaged in constant plots, we start developing wicked thoughts, Harming our mind and body, we remain entangled.</i></p>
<p>Atlantic City, 19 February 2002, 2:20 AM Q: <i>Is there any benefit for the spiritual adept to practice with faith and perseverance?</i></p> <p>A: A spiritual adept who practices with faith and perseverance will gain great benefits for his mind and body.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>With faith and perseverance, we practice the dharma to harmonize our heart and mind, Judging all spheres clearly, we practice with true dedication, Understanding that our true soul returns to the unique origin, We practice with diligence and sincerity to reach harmony and self-knowledge.</i></p>

<p>Atlantic City, 20 February 2002, 5:40 AM Q: <i>What will happen when a meditation practitioner betrays his spiritual faith?</i></p> <p>A: A meditation practitioner who betrays his spiritual faith will be demoted to a lower spiritual level. He will turn toward debauchery which will harm his mind and body.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Those who betray their spiritual faith are unable to progress, Without practice, there is only sorrow and no progress, Agitation and desires cause constant suffering, Filled with anger, they know no compassion.</i></p>
<p>Monaco, 21 February 2002, 2:50 AM Q: <i>What is mutual harmony?</i></p> <p>A: Mutual harmony means that we meet each other and naturally rejoice and smile to each other.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Mutual harmony means we meet each other peacefully, With a generous heart, our affection grows and deepens, Mutual love transforms us in our spiritual awakening, Loving and forgiving, we are filled with peace and harmony.</i></p>
<p>Monaco, 22 February 2002, 9:55 AM Q: <i>Why is there always war in the world?</i></p> <p>A: War always exists because of people's greediness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>A greedy heart causes fights and rivalries, Not understanding their suffering and hardship, they thought to succeed, Subject to extreme humiliation, they can't progress spiritually, Unable to attain pureness, they cause impurities with their fights and rivalries.</i></p>



Translated by Xuan Mai

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.