



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

Purification and Progress

Practicing with sincerity, our mind becomes clear and wise,
Balancing social and spiritual duties, we return to the unique origin and
transform ourselves,
Thankful of the abundant divine principle, we work constructively to advance,
As our spiritual heart rises like the sun, we turn within to understand the
divine subtleties.
Vi Kien

Baby Tam Talking To You

from 23 March 2002 to 29 March 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. *Where does the soul come from?*
2. *What should we do in order to practice and advance toward emptiness?*
3. *What should we do to reduce our agitation when our heart is agitated?*
4. *What produces a happy reunion?*
5. *How does the day of happy reunion get initiated?*
6. *What is the great common cause?*
7. *Is there any benefit in practicing the Vo-Vi method with perseverance and diligence?*



<p>Monaco, 23 March 2002, 1:25 AM Q: Where does the soul come from?</p>	<p><u>Psalm</u> <i>Our original homeland resides very far away, With determination, we ascend higher to return to our true selves, Understanding the sphere of energy, we practice to advance spiritually, Practicing with diligence and serenity, we turn within for self-knowledge.</i></p>
<p>Monaco, 24 March 2002, 10:005 AM Q: What should we do in order to practice and advance toward emptiness?</p> <p>A: In order to develop ourselves toward emptiness, our mind and body should be very light.</p>	<p><u>Psalm</u> <i>Returning to emptiness, we breathe with ease to advance toward purity, Understanding our true consciousness, we naturally return to kindness, Thinking of the noble Lord, we work constructively for the common progress, Practicing with sincerity, we naturally return to kindness.</i></p>
<p>Monaco, 25 March 2002, 4:25 AM Q: What should we do to reduce our agitation when our heart is agitated?</p> <p>A: When our heart is agitated, we should turn our mind toward the Lord and Buddha. We will then achieve peace and harmony, and we won't commit any cruelty.</p>	<p><u>Psalm</u> <i>Practicing with diligence, we attain greater wisdom, Releasing our sorrow and worries, we see our true selves, Our clear and wise mind clearly sees the spiritual path, Practicing the true dharma, we see our true nature clearly.</i></p>
<p>Monaco, 26 March 2002, 4:10 AM Q: What produces a happy reunion?</p> <p>A: The thoughts of Vo-Vi practitioners produce a happy reunion.</p>	<p><u>Psalm</u> <i>With a spiritual will and a wise mind, our thinking produces success, Serving others with sincerity, our spiritual mind develops quickly, Providing others the opportunity for infinite guidance, we perfect our mind and heart, Whether newcomers or veterans, we all awaken our consciousness quickly.</i></p>
<p>Frankfurt, 27 March 2002, 7:00 AM Q: How does the day of happy reunion get initiated?</p> <p>A: The day of happy reunion gets initiated through the hearts of Vo-Vi practitioners who send their thoughts to this reunion.</p>	<p><u>Psalm</u> <i>Reunited, we rejoice everywhere, Practicing the true dharma, our mind turns to the Lord, Realizing the Great Way, we practice with our sincere heart to progress, Attaining happiness together, our life is wonderful.</i></p>

<p>Frankfurt, 28 March 2002, 3:50 AM Q: What is the great common cause?</p> <p>A: To realize the great common cause means to work for the benefit and service of all with full dedication.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Serving others with sincerity, we all rejoice and progress together, Releasing our sorrow and worries, we naturally feel compassionate, As our wisdom develops infinitely, we make constant progress, Practicing with diligence and perseverance, our mind and heart are at peace.</i></p>
<p>Frankfurt, 29 March 2002, 3:15 AM Q: Is there any benefit in practicing the Vo-Vi method with perseverance and diligence?</p> <p>A: To practice the Vo-Vi method with perseverance and diligence will bring great benefits to the mind and body.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Practicing with sincerity, we improve ourselves spiritually, Awakening our consciousness, we develop our spiritual heart and release our blindness, With the silent invocation of the mantra Nam-Mo, we develop our spiritual heart to return to the unique origin, Practicing the righteous dharma, we are no longer ignorant.</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.