



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

True Heart

Returning to our true heart, we'll encounter good spiritual opportunities,
Developing ourselves spiritually, we'll achieve unification,
With continuous progress, our consciousness awakens,
Practicing with sincerity and diligence, we advance gradually.

Vi Kien

Baby Tam Talking To You

from 27 April 2002 to 3 May 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 does it mean to be half asleep and half awake?*
2. *Why is this a rare and fortunate opportunity?*
3. *What is the point of waste and fatigue?*
4. *How do we develop our true heart?*
5. *What should we do in order to liberate ourselves from our karma?*
6. *What should we do to go from social to spiritual life?*
7. *Why do the vibrations of the brain feel heavy?*



Frankfurt, 27 April 2002, 9:00 AM

Q: *What does it mean to be half asleep and half awake?*

A: A person who is half asleep and half awake has lost the equilibrium of his consciousness.

Psalm

With a restless body, we only cause suffering to ourselves,

*With an agitated soul, we cannot attain clarity,
Knowing that we lack balance, we should modify our path,
With a burdened heart and mind, we'll lack determination.*

Frankfurt, 28 April 2002, 6:05 AM

Q: *Why is this a rare and fortunate opportunity?*

A: This is a rare and fortunate opportunity because the flow of energy among heaven, earth, and human is rarely unified.

Psalm

When our energy is blocked, we do not see the rare opportunity,

*Lacking order and flexibility, we remain anxious,
Unable to meet the rare spiritual opportunity,
We should apply honesty without expectation.*

Monaco, 29 April 2002, 8:50 AM

Q: *What is the point of waste and fatigue?*

A: The point of waste and fatigue shows through a slow weakening.

Psalm

Waste and fatigue show through a slow weakening,

*With a tired mind and heart, we cause self-anger,
For lack of wisdom, the body must bear the consequences of the mind's deeds,
Without clarity of mind, we have difficulty to learn.*

Monaco, 30 April 2002, 4:40 AM

Q: *How do we develop our true heart?*

A: We develop our true heart by achieving balance of our inner consciousness.

Psalm

*Developing our true heart, we improve ourselves,
With wisdom and clarity of mind, the soul advances and relates itself to divine love,
Loving and respecting social and spiritual life, we practice on both planes,
Observing human emotions and worldly events, we turn within for self-knowledge.*

Monaco, 1 May 2002, 7:15 AM

Q: *What should we do in order to liberate ourselves from our karma?*

A: In order to liberate ourselves from our karma, we must practice a spiritual method for self-perfection with our own efforts.

Psalm

To liberate ourselves, we must practice for spiritual perfection,

*Developing our soul, we'll release our blindness,
When our energy shines brilliantly, we'll be free from the earthly prison,
With a sincere heart and serenity, we turn within to perfect ourselves spiritually.*

Monaco, 2 May 2002, 6:50 AM

Q: *What should we do to go from social to spiritual life?*

A: In order to go from social life to spiritual life, we must practice with determination to achieve spiritual progress.

Psalm

*To go from social to spiritual life, we must practice
spiritual perfection,
With resolution, we correct ourselves and develop our
spiritual heart to release our blindness,
Our mind and thoughts turn to practice without laziness,
Achieving equilibrium, we advance spiritually and release
our blindness.*

Montreal, 3 May 2002, 7:40 AM

Q: *Why do the vibrations of the brain feel heavy?*

A: The vibrations of the brain feel heavy because our habit of lust and greediness overwhelms our inner consciousness.

Psalm

*Our habit of lust overruns and harms the inner
consciousness,
Turned within, we see our greediness and agitation,
We are not yet able to release our greedy and lustful
desires,
Causing trouble to ourselves, we know no tranquility.*



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.
