



The Life Energy Development Weekly

7 July, 2002

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Published in concurrence with The Viet LED Weekly 366

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

Lustful Inclination

A lustful inclination only brings agitation and obscures the mind,
The greed for lust is dangerous and increases adversities,
We must practice a spiritual method to purify ourselves and change our
direction,
When we understand both social and spiritual life thoroughly, we also
understand our body.
Vi Kien

Baby Tam Talking To You

from 4 May 2002 to 10 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 should we do when lacking loyalty?*
2. *What is the goal a meditation practitioner wants to reach?*
3. *What is equilibrium?*
4. *What should we do when blood circulation is blocked at the "Seal Center" (the point behind your head, which is opposite to the frontal psychic center)?*
5. *How can a person lacking wisdom harm the great cause?*
6. *Why are anger and resentment locked in the liver?*
7. *Is there any benefit in devising plots for personal gains?*



Montreal, 4 May 2002, 7:40 AM

Q: *What should we do when lacking loyalty?*

A: A person who lacks loyalty must meditate with diligence and sincerely repents his sins and past mistakes.

Psalm

*Assailed by pain and suffering, we turned within for
spiritual perfection,
Humans suffer because they are imprisoned in the earthly
body,
The body must endure all kinds of illnesses,
With sincerity, we turn within to perfect ourselves
spiritually and dissipate our blindness.*

Montreal, 5 May 2002, 7:35 AM

Q: *What is the goal a meditation practitioner wants to reach?*

A: A meditation practitioner wants to achieve the goal of returning to the heavenly sphere.

Psalm

*Reaching the pure heavenly sphere, we see our progress
clearly,
Distinguishing social and spiritual matters clearly, we
judge ourselves,
Serenity is essential on the path of spiritual perfection,
Practicing meditation with diligence, we understand our
progress.*

Montreal, 6 May 2002, 6:35 AM

Q: *What is equilibrium?*

A: Equilibrium means neither deficiency nor excess.

Psalm

*The truth is neither excessive nor deficient,
Those who practice with righteousness do not weaken
themselves,
Loving and respecting all creatures, our compassion
develops,
Practicing true love, we achieve clarity of mind.*

Montreal, 7 May 2002, 7:25 AM

Q: *What should we do when blood circulation is blocked at the "Seal Center" (the point behind your head, which is opposite to the frontal psychic center)?*

A: When blood circulation is blocked at the "Seal Center", we must use our hand to massage behind our neck 36 times after the practice of meditation. This will slowly ease the circulation.

Psalm

*When the cyclical breathing without retention is weak,
blood does not circulate freely,
Practice the cyclical breathing without retention in one full
circle,
Let's develop our heart and mind by connecting our
meridians,
When we advance spiritually with a sincere heart, we'll
regain our inner peace.*

Montreal, 8 May 2002, 7:30 AM

Q: *How can a person lacking wisdom harm the great cause?*

A: An unwise person can easily become angry and harm his opponents.

Psalm

*Without wisdom, the heart and mind are restless,
On the spiritual path, lacking courage, the mind cannot
attain wisdom,
As human emotions flare up, we turn to actions,
Causing suffering and agitation, we torture ourselves.*

<p>Monaco, 9 May 2002, 9:40 AM Q: <i>Why are anger and resentment locked in the liver?</i></p> <p>A: Anger and resentment are locked in the liver because of a bad circulation.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>We are responsible for blocking our energy and harboring anger and resentment, If we cannot unblock our energy, we won't succeed, Unable to understand the original principle, we cannot discuss it, Practice the cyclical breathing to purify yourselves - Return to practice to progress, Freeing ourselves of our entanglements, we'll naturally return to calmness.</i></p>
<p>Montreal, 10 May 2002, 9:00 AM Q: <i>Is there any benefit in devising plots for personal gains?</i></p> <p>A: Those who devise plots for personal gains will block their energy as a consequence.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Those who devise plots to kill and harm others cannot practice and unblock their energy, Turned within, we purify our consciousness and judge ourselves with clarity, The Truth is eternal – we must return to our unique origin, With a sincere heart, we guide others infinitely to attain self-wisdom.</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.*