



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

Perseverance

With perseverance, we practice to improve ourselves and advance with
sincerity,
Surmounting the sphere of darkness, we release our own worries,
Freed of blindness and agitation, we unify our energies to advance,
With pure energy, we awaken our consciousness and resolve matters
instantly.
Vi Kien

Baby Tam Talking To You

from 30 June 2002 to 6 July 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. *Does patience and humbleness benefit our mind and body?*
2. *What should we do in order to open up our heart and mind to reach enlightenment?*
3. *How do we show true dedication?*
4. *What should we do in order to attain serenity?*
5. *What should we do in order to know the spiritual progress of our soul?*
6. *How are human relations created?*
7. *What should we do in order to focus our spiritual energy?*



Montreal, 30 June 2002, 9:25 AM

Q: Does patience and humbleness benefit our mind and body?

A: By practicing patience and humbleness, we'll enlighten our mind and our heart will be wise.

Psalm

*With a clear mind and a wise heart, we are determined to
abandon all passions,
Practicing with sincerity, we naturally regain our wisdom,
Reaching equilibrium on the social and spiritual planes,
we unify our energies,
Evolving continuously, we advance spiritually by our own
efforts.*

Montreal, 1 July 2002, 8:10 AM

Q: What should we do in order to open up our heart and mind to reach enlightenment?

A: In order to open up our heart and mind to reach enlightenment, we must encounter numerous adversities. Only then will we open up our mind and awaken our consciousness.

Psalm

*When we open our heart and awaken our consciousness,
our mind will become enlightened,
With the spiritual evolution and awakening, we understand
our path clearly,
Guiding both our mind and body, we return to unity,
With sincerity, we practice to advance and purify
ourselves gradually.*

Montreal, 2 July 2002, 3:25 AM

Q: How do we show true dedication?

A: To show true dedication, we must engage ourselves and contribute with sincerity.

Psalm

*With dedication, we contribute by practicing on both
physical and mental planes,
Resolving our impurities, we reach equilibrium and regain
purity,
Selflessly, we contribute our share – cheating others will
only bring damnation,
Serving others with a sincere heart, we practice on both
physical and mental planes.*

Montreal, 3 July 2002, 7:55 AM

Q: What should we do in order to attain serenity?

A: In order to attain serenity, we must practice with our own efforts and release our impure energy. We must apply the principle of the mantra "Nam Mo A Di Da Phat" in our spiritual practice. Only then will we be able to develop our great spiritual mind.

Psalm

*Through spiritual practice, we advance and purify our
mind,
Abandoning our profane heart, we liberate ourselves from
the earthly chains,
Turning our mind upward, we return to our original nature
through the cyclical breathing,
Serving others with sincerity, we free ourselves from pain
and suffering.*

<p>Montreal, 4 July 2002, 10:20 AM <i>Q: What should we do in order to know the spiritual progress of our soul?</i></p> <p>A: In order to know the spiritual progress of our soul, we must attain the state of serene meditative contemplation. Only then will we clearly see the activities of our soul.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Our soul evolves in the sphere of energy, With true spiritual progress, we turn within for self-analysis, Freed of desires and expectations about social and spiritual matters, We reach equilibrium and advance faithfully.</i></p>
<p>Montreal, 5 July 2002, 9:45 AM <i>Q: How are human relations created?</i></p> <p>A: Human relations are created as the occasion arises.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Through good fortune, loving relations are formed, All spheres evolve clearly and branch into other domains, With perseverance, we improve ourselves to develop all domains, United within divine love, we practice to let our energy flow freely.</i></p>
<p>Toronto, 6 July 2002, 1:44 AM <i>Q: What should we do in order to focus our spiritual energy?</i></p> <p>A: In order to focus our spiritual energy, we must practice the exercise of concentration of energy in a correct manner.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Focusing our energy at the middle point between the eyebrows, we feel serene, With enlightenment, the true spiritual mind shines naturally, Developing our Pearl of Silence, we practice the dharma diligently, Through purification of our energy, we awaken our consciousness and appreciate divine love truly.</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.