



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

Serenity

With serenity, the true soul will attain true knowledge,
The pure mind brings spiritual awakening and elevates the soul,
Understanding social and spiritual life clearly, there is neither sorrow nor
regret,
Developing our wise mind, we see our soul clearly.

Vi Kien

Baby Tam Talking To You

from 11 August 2002 to 17 August 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. *Is there any benefit in harboring greedy and lustful intentions?*
2. *Is there any benefit in holding to vengeance and hatred?*
3. *Is there any harm to ignore the mind and the body?*
4. *What should we do when our body is hurt by an accident?*
5. *How can we restore our spiritual consciousness?*
6. *What should we do when we devote ourselves to spiritual perfection without making any progress?*
7. *Where does the flow of energy of the meditation practitioner concentrate and transform itself?*



<p>Ottawa, 11 August 2002, 9:15 AM <i>Q: Is there any benefit in harboring greedy and lustful intentions?</i></p> <p>A: Those who harbor greedy and lustful intentions will lower their level of pure energy and will lack clarity of mind.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Greedy and lustful thinking remove clarity of mind, As the mind and body transform, one goes on the agitated path, Trouble will accumulate and the heart is restless, Lacking true spiritual practice, one does not have any peace.</i></p>
<p>Montreal, 12 August 2002, 7:00 AM <i>Q: Is there any benefit in holding to vengeance and hatred?</i></p> <p>A: Vengeance and hatred will do a lot of harm to the mind and body.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Vengeance and hatred will harm the mind, body, and spirit, Unable to make progress, we lack wisdom and cannot realize our good intentions, Without a clear and wise mind, we lack spiritual awareness, Let us practice frugality and austerity to advance in accordance with our level.</i></p>
<p>Saint Hilaire, 13 August 2002, 8:53 AM <i>Q: Is there any harm to ignore the mind and the body?</i></p> <p>A: Those who ignore the mind and the body will live like ghosts.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Those who ignore their mind and body live in disharmony, In spite of their plots, they cannot overcome the difficulties, Unable to harmonize with the universe, They lack compassion and cannot find true harmony.</i></p>
<p>Saint Hilaire, 14 August, 7:20 AM <i>Q: What should we do when our body is hurt by an accident?</i></p> <p>A: When our body is hurt by an accident, we must accept and endure the suffering.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Accidents and suffering are part of life, Practicing the silent invocation of the mantra NAM-MO with serenity, we don't worry needlessly, Accepting the facts, we overcome the tortuous path, From the bottom to the top, the body will slowly recover.</i></p>
<p>Saint Hilaire, 15 August 2002, 3:50 AM <i>Q: How can we restore our spiritual consciousness?</i></p> <p>A: To restore our spiritual consciousness, we must practice the spiritual method correctly.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>To restore our spiritual consciousness, we must practice a spiritual method, Developing our spiritual mind, we naturally regain our kindness, Through spiritual practice, we awaken ourselves and appreciate a pure heart, To release our impurities and keep a clear mind, we must practice.</i></p>

<p>Saint Hilaire, 16 August 2002, 10:20 AM <i>Q: What should we do when we devote ourselves to spiritual perfection without making any progress?</i></p> <p>A: Those who devote themselves to spiritual perfection without making progress should keep practicing with efforts and perseverance.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Practice with perseverance and efforts to obtain results, It is essential to awaken our consciousness and gain self-knowledge, Releasing our worries and sorrow, we turn within for self-analysis, Practicing with diligence and sincerity, we will clearly understand our mind and body.</i></p>
<p>Saint Hilaire, 17 August 2002, 9:45 AM <i>Q: Where does the flow of energy of the meditation practitioner concentrate and transform itself?</i></p> <p>A: For a meditation practitioner, the flow of energy concentrates and transforms itself at the cranial psychic center.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>The flow of energy concentrates and projects from the cranial psychic center, Turning ourselves toward purity, we release our impure energy and analyze ourselves, Regaining benevolence and spiritual awakening, we advance on the spiritual path, Understanding the truth of the noble heaven, we regain our inner peace.</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.