



The Life Energy Development Weekly

27 April, 2003

Email: maioro@yahoo.com
www.vovi.org

Published in concurrence with The Viet LED Weekly 407

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

A Serene Heart

With a serene heart, we practice with diligence to achieve peace in our heart
and mind,
Releasing our impurities, we become wiser and understand the value of
compassion,
Each person has their own spiritual level, but Heaven gives everyone the
opportunity to succeed with their own efforts,
With a thorough practice, we purify ourselves and feel peace and harmony.
Respectfully,
Vi Kien

Baby Tam Talking To You

from 16 February 2003 to 22 February 2003

Copyright © 2001-2003 by Luong Si Hang & VoVi Association of Canada. All rights reserved.

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 matters undergo constant transformations?*
2. *How can we resolve our problems when we create new debts and our mind feels more agitated?*
3. *To turn our mind toward the Lord and Buddha means to turn toward the Great Compassion, so we need to forgive instead of being intolerant and competing with others? How can we do it?*
4. *What should we do in order to win over people's hearts?*
5. *What should we do in order to achieve peace?*
6. *What is love and spiritual virtue?*
7. *What should we do in order to truly love and respect the Lord and Buddha?*



Sydney, 16 February 2003, 7:00 AM

Q: *What matters undergo constant transformations?*

A: Worldly matters are subject to constant transformations.

Psalm

*Worldly matters are fleeting, ungrateful, and cause agitation,
Profane matters and human emotions change constantly before reaching harmony,
Those who create debts only unsettle their mind further,
Wandering on earth without spiritual cultivation, one only harms oneself inward and outward.*

Sydney, 17 February 2003, 2:00 AM

Q: *How can we resolve our problems when we create new debts and our mind feels more agitated?*

A: When we create new debts and our mind feels more agitated, we must often practice the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat and direct our mind toward the Lord and Buddha. Then, all difficulties will be resolved in a satisfactory manner.

Psalm

*Returning to our pure origin through meditative knowledge, our heart becomes wiser,
Do not complaint about hardships and sufferings, and keep cultivating your spiritual heart diligently,
Pulled by karmic forces, we'll encounter more sufferings,
Practicing the righteous dharma, we no longer harbor rivalries.*

Sydney, 18 February 2003, 1:55 AM

Q: *To turn our mind toward the Lord and Buddha means to turn toward the Great Compassion, so we need to forgive instead of being intolerant and competing with others? How can we do it?*

A: Those who practice the Great Compassion will gain benefits in all aspects.

Psalm

*Forgiveness and compassion are constructive,
Resolving social and spiritual matters wisely, we advance gradually,
Abandoning blinded passions and intransigence, we are naturally appreciated by others,
Everywhere, anger is replaced by feelings of happiness.*

Sydney, 19 February 2003, 3:55 AM

Q: *What should we do in order to win over people's hearts?*

A: In order to win over people's hearts, we must serve others with a sincere heart.

Psalm

*Those who serve others with sincerity will conquer their hearts,
Advancing profoundly on the spiritual path, we progress in silence,
We release our sorrow and worries in a judicial manner,
Practicing the righteous dharma, we turn within for self-analysis and self-improvement.*

Psalm

*Returning to our pure origin through meditative knowledge, we naturally feel peace,
Abandoning our greediness and sensuous desires resolutely, we release our worries,
Through spiritual self-awakening, we surmount obstacles on our own,
Working together constructively, we analyze the dharma's subtleties.*

Sydney, 20 February 2003, 4:47 AM

Q: What should we do in order to achieve peace?

A: In order to achieve peace, we must practice correctly the original principle of Heaven and Earth.

Psalm

*As a natural wish in our heart, we serve others with full dedication,
To help others diligently and with sincerity is our savior,
In spite of the constant transformations, we maintain our faith
To save others like saving ourselves, so we naturally feel inner peace.*

Sydney, 21 February 2003, 3:55 AM

Q: What is love and spiritual virtue?

A: Love and spiritual virtue mean to serve others with full dedication.

Psalm

*To love and respect the Lord and Buddha, we must practice with righteousness,
Understanding the divine principle clearly, we turn toward serenity,
Determined to advance spiritually, we practice with our own efforts,
Developing our wisdom, we save ourselves with sincerity and self-improvement.*

Sydney, 22 February 2003, 5:10 AM

Q: What should we do in order to truly love and respect the Lord and Buddha?

A: In order to truly love and respect the Lord and Buddha, we must understand their spiritual virtue thoroughly.



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.