



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

Reaching High With Practice

Reaching high with spiritual practice, we succeed on our own and follow the
path of progress,
Dissipating our profane heart, we awaken our consciousness and acquire
compassion,
Unifying with our true soul, our pure energy develops well,
Practicing the true dharma, we understand the true divine love.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 1 June 2003 to 7 June 2003

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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 the meditation practitioner need to follow a healthy eating style?*
2. *How does one advance?*
3. *What should one do in order to improve one's character and restore order in one's family?*
4. *What are stringent rules?*
5. *How do our heart and mind develop?*
6. *How can we be on the right path?*
7. *How can we be fresh and beautiful?*



Psalm

*With a healthy eating style, one is light and pure, and
advances continually,
Accepting austerity and a true spiritual practice, one
does not make errors,
Through self-awakening, we return to our true
consciousness,
Attaining lightness and purity, we advance continually.*

San Jose, 1 June 2003 4:15 AM
Q: Does the meditation practitioner need to follow a healthy eating style?

A: It is essential for the meditation practitioner to follow a healthy eating style.

Psalm

*Advancing with a strong faith, we continue to practice
with sincerity,
Releasing our impurities wisely, our mind remains
quiet,
Invoking constantly the mantra Nam-Mo, we practice
the true dharma and have the opportunity for infinite
guidance,
Practicing thoroughly, our wisdom grows, and our
heart and mind are quiet.*

San Diego, 2 June 2003, 5:35 AM
Q: How does one advance?

A: One advances with a strong and infallible faith.

Psalm

*Practicing the dharma with stringent rules, we advance
on our own,
Judging social and spiritual duties clearly, we release
our impurities gradually,
Returning to our sincere nature, we practice the true
dharma,
Liberating our true soul, we advance with wisdom and
flexibility.*

San Diego, 3 June 2003, 7:14 AM
Q: What should one do in order to improve one's character and restore order in one's family?

A: In order to improve one's character and restore order in one's family, one must observe the stringent rules.

Psalm

*Practicing with punctuality and righteousness, we
clarify our mind on our own,
With harmony, we cultivate our spiritual mind to
achieve spiritual progress,
With an abundant spiritual will, our mind is sown with
good thoughts,
Practicing with sincerity and diligence, we work for our
spiritual evolution.*

San Diego, 4 June 2003, 7:07 AM
Q: What are stringent rules?

A: Stringent rules mean to practice with regularity and punctuality.

<p>San Diego, 5 June 2003, 4:54 AM Q: <i>How do our heart and mind develop?</i></p> <p>A: Our heart and mind develop by becoming wiser.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Developing our heart and mind, we see our consciousness clearly, Through spiritual awakening, our heart remains serene and we search with harmony, Self-contented and balanced, we return to the unique origin, Practicing thoroughly, we awaken ourselves and comprehend the mystical sound.</i></p>
<p>San Diego, 6 June 2003, 12:00 AM Q: <i>How can we be on the right path?</i></p> <p>A: We must practice the spiritual method with correctness in order to make progress.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Practicing with diligence, we attain knowledge and save ourselves, To release the impure energies, we need to adapt and achieve harmony, Saving ourselves, we return to the origin, With a sincere heart, we achieve success with the practice of the true dharma.</i></p>
<p>San Diego, 7 June 2003, 9:05 AM Q: <i>How can we be fresh and beautiful?</i></p> <p>A: To be fresh and beautiful, we must achieve equilibrium.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Achieving equilibrium, we awaken our consciousness and perfect ourselves spiritually, Dissolving our anger and blocked energies, our mind is no longer blinded, With serenity and a clear heart, we correct our mistakes for spiritual self-perfection, Returning to purity through meditative knowledge, our mind is rested and peaceful.</i></p>



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.

Letter from the Editor

Voyages On Earth

“Voyages on Earth” is translated from the Vietnamese translation of the original Chinese spiritual document for readers to open their minds and try to understand many facets of truth. This book is a companion to the already published book “Voyages to Hell”. It serves to awaken many other human beings who don't know the law of cause and effect.

The Taiwanese use of mediums described in this book should not be confused with VoVi. For further information about the original version of this book, please write to:

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Notes:

The attached translation is a rough draft of the book “Voyages on Earth”. A final edited version will be formally published at a later date.