



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

Spiritual Development

Developing our true soul, we are not worried,
The love of all living creatures reflects upon our own soul,
With a thorough understanding of spiritual and social life, we preserve our
vital force,
With the infinite transformations, we practice to achieve spiritual success.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 20 July 2003 to 26 July 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. *Why do people have an agitated mind?*
2. *Why do we have a headache and feel heavy?*
3. *Why do people who have practiced for a long time still have worries?*
4. *What happens when a spiritual adept is lazy and procrastinating?*
5. *Why do we become weak and miserable?*
6. *Why do we lose our order and inner peace?*
7. *Why is the flow of energy of the center of energy obstructed?*



Montreal, 20 July 2003 2:20 AM

Q: *Why do people have an agitated mind?*

A: People have an agitated mind because they lack order.

Psalm

*Lacking equilibrium, our mind and body are restless,
Feeling anxiety, we remain in a circle,
Taking in agitated thoughts, our heart is impure,
Unable to achieve success with our spiritual practice,
we stagnate in lengthy argumentations.*

Montreal, 21 July 2003, 2:35 AM

Q: *Why do we have a headache and feel heavy?*

A: We have a headache and feel heavy because we are sorrowful.

Psalm

*When we lack spiritual progress, our mind is more sad,
Entangled in a dark circle, we create our own worries,
Having difficulty to release the impure energy and
become enlightened, we cannot advance,
With a calm heart and serenity, we reduce our worries.*

Montreal, 22 July 2003, 2:45 AM

Q: *Why do people who have practiced for a long time still have worries?*

A: When the inner consciousness loses its equilibrium, we become worried.

Psalm

*Turned to the external world, our mind is restless and
we have difficulty to meditate,
Involved in worldly affairs, we know neither balance
nor tranquility,
When the heart and mind are burdened with worries, it
is difficult to practice and surmount difficulties,
We should liberate ourselves from our profane heart in
every aspect.*

Montreal, 23 July 2003, 10:45 AM

Q: *What happens when a spiritual adept is lazy and procrastinating?*

A: When a spiritual adept is lazy and procrastinating, none of his actions will be correct.

Psalm

*Spiritual adepts who are lazy and procrastinating do
not do themselves good,
As their heart and mind change, they will encounter
more discontentment,
Their mind and body will be out of balance,
Practicing diligently and thoroughly, we will achieve
success and vitality.*

Psalm

*When our head loses its balance, we become agitated,
Unable to practice, we cannot advance and attain
inner peace,
When we are greedy and lustful, we do not care about
accumulating more agitation,
With the constant transformations, we are unable to
achieve inner peace.*

Montreal, 24 July 2003, 1:50 AM

Q: *Why do we become weak and miserable?*

A: We become weak and miserable because our head is not clear and lacks wisdom.

Psalm

*Lacking spiritual practice, our mind is restless,
Agitated thoughts constantly traverse our disturbed
mind,
Faced with unending misfortune, we cannot resolve
the difficulties,
The more we practice, the more agitated we become,
unable to achieve compassion and purity.*

Montreal, 25 July 2003, 3:23 AM

Q: *Why do we lose our order and inner peace?*

A: We lose our order and inner peace because we are turned to the external world and absorb too many impurities.

Psalm

*Energy is wasted too much because of greediness,
Refusing to turn to the Lord, one must be responsible
for one's actions,
As the heart and mind become restless, one becomes
afraid of greediness,
Knowing that one will only harm oneself and hinder
one's spiritual progress.*

Montreal, 26 July 2003, 8:35 AM

Q: *Why is the flow of energy of the center of energy obstructed?*

A: The flow of energy of the center of energy is obstructed because energy has been wasted too much.



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.*