



The Life Energy Development Weekly

5 October, 2003

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

Published in concurrence with *The Viet LED Weekly 430*

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 Balance

With a balanced spiritual mind, we examine the philosophy of true practice,
With flexibility and clarity of mind, we release our blindness,
With a wise mind and clear judgment, we have the opportunity for success,
Perfecting ourselves with a serene heart, our mind remains peaceful.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 27 July 2003 to 2 August 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 happens when we encounter misfortune due to our greediness?*
2. *Why do we feel a constant and affectionate love?*
3. *What is the best way to develop ourselves spiritually?*
4. *Does spiritual evolution need to be classified into various levels?*
5. *Why are people worried?*
6. *Since our birth, we naturally turn to the external world with our senses (sight, hearing, smell, taste). So why does it cause suffering?*
7. *How will we develop ourselves with tolerance and harmony?*



Montreal, 27 July 2003 3:22 AM

Q: *What should we do when encountering misfortune due to our greediness?*

A: When encountering misfortune due to our greediness, we must maintain our determination.

Psalm

*With a determined mind, we keep advancing infinitely,
Changes in the universe always occur rightly,
By our own efforts, we develop ourselves and evolve
further without interruption,
Truly saving ourselves, we keep advancing infinitely.*

Montreal, 28 July 2003, 8:30 AM

Q: *Why do we feel a constant and affectionate love?*

A: We feel a constant and affectionate love because we keep thinking of that person.

Psalm

*Thinking about our Master for many days, we cherish
his love and affection,
Practicing with diligence and sincerity, we pursuit the
dream of following his fine example,
Thankful for the opportunity for infinite guidance, we
cherish his divine love,
Evolving through deep and profound transformations,
we are now reunited.*

Montreal, 29 July 2003, 7:12 AM

Q: *What is the best way to develop ourselves spiritually?*

A: The best way to develop ourselves spiritually is to advance in a balanced manner.

Psalm

*As we develop ourselves spiritually, we advance in a
balanced manner,
Preserving our three jewels, we communicate with the
Lord easily,
Learning with a sincere heart, we have a good spiritual
opportunity,
Through deep spiritual transformations, we awaken
our consciousness and regain our compassion.*

Montreal, 30 July 2003, 7:45 AM

Q: *Does spiritual evolution need to be classified into various levels ?*

A: Spiritual evolution can be classified into various levels in accordance with the law of karmic retribution.

Psalm

*Separated into various levels, through spiritual
practice, we still advance together,
Developing ourselves together, we practice in
common,
With a sincere heart, we practice to purify ourselves,
With a constant flexibility, we advance continuously.*

<p>Montreal, 31 July 2003, 9:05 AM Q: <i>Why are people worried?</i></p> <p>A: People are worried because they have the habit of turning outward.</p>	<p style="text-align: center;">Psalm</p> <p style="text-align: center;"><i>Turned to the external world, they become polluted with profane matters, Living in a restless manner, they only harm themselves, Accumulating impure energy from the external world, they sow seeds of bad karma, Lamenting and blaming Heaven, they transform their spiritual path.</i></p>
<p>Montreal, 1 August 2003, 9:45 AM Q: <i>Since our birth, we naturally turn to the external world with our senses (sight, hearing, smell, taste). So why does it cause suffering?</i></p> <p>A: Since our birth, with our senses, we are naturally inclined to form a habit of agitation from turning to the external world, thus causing blind passions and anger.</p>	<p style="text-align: center;">Psalm</p> <p style="text-align: center;"><i>In our human existence, we must learn from blinded passions and anger, Releasing our impurities and acquiring a wise mind, we transform ourselves positively, Advancing equally on the social and spiritual paths, we work constructively, Accepting to learn life's lessons with a sincere heart, we live peacefully.</i></p>
<p>Atlantic City, 2 August 2003, 7:45 AM Q: <i>How will we develop ourselves with tolerance and harmony?</i></p> <p>A: With tolerance and harmony, we will develop ourselves toward infinity.</p>	<p style="text-align: center;">Psalm</p> <p style="text-align: center;"><i>Practicing with sincerity and diligence, our mind is generous, Through spiritual self-awakening, our whole body advances, Balancing both social and spiritual duties, we advance together, Achieving peace and serenity, we live a leisurely life.</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.