



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

Facing Adversity

Facing our karmic relations, we practice with sincerity and advance
spiritually,
Awakening our own consciousness, we are not tainted by impurities,
Saving our mind and body, we will surmount adversities,
Returning to the teachings of Buddha, we will reach tranquility.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 28 March 2004 to 2 April 2004

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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. *What should we do in order to practice with determination and make spiritual progress?*
2. *Why am I thin and frail?*
3. *Where does the original principle of human beings reside?*
4. *What is the proper way of love and respect?*
5. *What causes fond remembrance?*
6. *What should we do in order to return to unity?*
7. *Why are we patient?*



<p>Cairns, 28 March 2004 Q: <i>What should we do in order to practice with determination and make spiritual progress?</i></p> <p>A: In order to practice with determination and make spiritual progress, we must practice the Vo-Vi method with diligence.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Practicing the dharma with diligence, we train our body with our own efforts, Dissolving all blocked energies, we naturally turn to purity, We return to the righteous dharma on both social and spiritual paths, Loving and respecting the noble heaven, we advance rapidly with our own efforts.</i></p>
<p>Cairns, 29 March 2004 Q: <i>Why am I thin and frail?</i></p> <p>A: I must accept the way God gives me at birth.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>With a poor digestion, they cannot gain weight, Having no appetite, they have difficulty in digestion, Lacking breath, they are tired, and sickness leaves them restless, Lamenting to themselves, they are unable to evolve spiritually.</i></p>
<p>Cairns, 30 March 2004 7:46AM Q: <i>Where does the original principle of human beings reside?</i></p> <p>A: The original principle of human beings resides in serenity.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Birthlessness is the original principle of human beings, Entering the world, our mind opens up and we smile wisely, Undergoing infinite transformations in both spheres of agitation and purity, Loving and respecting our physical body, we advance in a timely manner.</i></p>
<p>Cairns, 31 March 2004 1:27AM Q: <i>What is the proper way of love and respect?</i></p> <p>A: The proper way is true love and true respect.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>With a lively love and respect, we'll receive the spiritual opportunity from God and Buddha, Learning continuously, we will advance on our own, Dissipating our intransigence and releasing our blinded passions, we will unify with the higher spheres, With the benevolent and lively opportunity, we will feel peace and harmony.</i></p>

Psalm

*Fond remembrance comes from shortfall,
Those who practice fully will remain eternal,
Returning to our origin, we care for our body and soul,
Developing our sphere of energy, we will release all
cruelties.*

Sydney, 1 April 2004 1:13AM

Q: *What causes fond remembrance?*

A: Fond remembrance is caused by a shortfall.

Psalm

*Unifying with love and affection, we love and respect
ourselves,
With constructive love, we are a fine example for
others,
With a sincere heart, we never stop learning,
Unifying with human compassion, we change to a
better direction.*

Sydney, 2 April 2004 9:24 AM

Q: *What should we do in order to return to unity?*

A: To return to unity, we must possess good spiritual
virtue.

Psalm

*We are patient in order to achieve results,
Practicing with sincerity and diligence, we will reach
harmony naturally,
Understanding the original principle thoroughly, we
gain a deeper insight,
Sincere with ourselves, we will surmount obstacles
with our own efforts.*

Sydney, 3 April 2004 2:48 AM

Q: *Why are we patient?*

A: We are patient in order to achieve good results.



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.