



The Life Energy Development Weekly

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

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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

Work

With our work we achieve unity and touch human love,
With a wise and clear mind, we see human characters clearly,
Understanding matters thoroughly, we return to true enlightenment,
Undergoing deep spiritual transformations, we turn within to analyze the
words of truth.
Respectfully,
Vi Kien

Baby Tam Talking To You

from 11 July 2004 to 17 July 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 keep our thoughts directed toward the noble heaven?*
2. *Is there any benefit in showing politeness and respect?*
3. *What does it mean to practice politeness first?*
4. *What does it mean to return to our origin through meditative awakening?*
5. *What is the fundamental nature?*
6. *What is self-pride?*
7. *Does our body have anything special?*



Montreal, 11 July 2004 11:40 PM

Q: *What should we do in order to keep our thoughts directed toward the noble heaven?*

A: In order to keep our thoughts directed toward the noble heaven, we should regularly turn our mind toward the world above.

Psalm

*The noble heaven is serene and bestows the divine
grace harmoniously,
Practicing with sincerity, we will achieve harmony,
Directing our heart toward purity and lightness, we will
advance uniformly,
Through infinite transformations, we will advance and
surmount obstacles on our own.*

Montreal, 12 July 2004 1:25 AM

Q: *Is there any benefit in showing politeness and respect?*

A: We should first learn about politeness and respect before learning about literature.

Psalm

*First learn about politeness then you will quickly learn
about literature,
Returning to our origin through meditative awakening,
we will dissipate our sorrow and passions,
The path of spiritual evolution is love and spiritual
virtue,
With deep understanding, we clearly see the spiritual
wonders.*

Montreal, 13 July 2004 3:10 AM

Q: *What does it mean to practice politeness first?*

A: We should show politeness and respect first.

Psalm

*As humans, we should show politeness and respect
when leaving and returning,
Through deep spiritual transformations, we will
advance and enter on our own,
Learning continuously, we have the opportunity for
infinite guidance,
Practicing the true dharma, we silently invoke the
Nam-Mo mantra.*

Montreal, 14 July 2004 1:45 AM

Q: *What does it mean to return to our origin through meditative awakening?*

A: To return to our origin through meditative awakening means to return to our fundamental nature.

Psalm

*To return to our source means to achieve equilibrium,
Through deep spiritual evolution, we will understand
ourselves,
With true knowledge and a wise heart, we will
comprehend the path of progress,
With love and forgiveness, we will save our bodies.*

Montreal, 15 July 2004 5:17 AM

Q: *What is the fundamental nature?*

A: The fundamental nature is the root of spiritual evolution.

Psalm

*With an enlightened mind and seeing our character
clearly, we will understand and achieve harmony on
our own,
We keep practicing the dharma with a sincere heart as
we achieve awakening,
Our soul progresses infinitely and we keep advancing
deeply,
Dissipating our sorrow and worries, we progress and
achieve harmony on our own.*

Montreal, 16 July 2004 4:35 AM

Q: *What is self-pride?*

A: Self-pride means to know only about oneself.

Psalm

*With a clear mind, we will advance on our own and
understand immediately,
Through deep spiritual transformations, we will lead a
quiet life,
Returning to a united compassion, we will create good
spiritual opportunities,
With peace and calmness, we will awaken ourselves
and achieve tranquility on our own.*

Montreal, 17 July 2004 6:32 AM

Q: *Does our body have anything special?*

A: Our body has five internal organs like the heart, the liver, the spleen, the lungs, and the kidneys equivalent to the five elements (metal, wood, water, fire, earth) and resembles a micro-universe.

Psalm

*Practicing on earth, we will evolve infinitely,
As karmic forces cause births and rebirths, we keep
practicing the dharma,
The divine grace keeps shining, bringing progress and
harmony,
With a just and enlightened mind, we will bring a good
influence close and afar.*



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.
