



The Life Energy Development Weekly

26 December, 2004

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

Published in concurrence with *The Viet LED Weekly 494*

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

Fortunate Opportunity

God gives the fortunate opportunity for spiritual guidance to those with a sincere heart,
Practicing the meditation exercises, we will achieve peace through the dharma and beyond,
Through deep spiritual transformations, we will become enlightened and compassionate on our own,
Understanding God and Buddha, our mind and heart strive for goodness.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 27 October 2004 to 3 November 2004

Copyright © 2004 by Luong Si Hang & VoVi Multimedia Communication. 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 does it mean when we are pulled by karmic forces?*
- 2) *Why are people subject to greediness and lust?*
- 3) *Why do we have to suffer when we have a consciousness and a physical body?*
- 4) *What do we achieve when we are happy?*
- 5) *Why are we suffering from fatigue?*
- 6) *Is it necessary to develop our heart and mind?*
- 7) *Does the meditation practitioner need to be diligent?*



<p>Montreal, 27 October 2004 3:15 AM Q: <i>What does it mean when we are pulled by karmic forces?</i></p> <p>A: When we are pulled by karmic forces, it is as if we were induced to act.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>We are pulled by karmic forces because of our heart and mind, Only to find suffering and misfortune, and commit new mistakes, Without spiritual practice, we will not advance and will have to suffer in silence, Unable to evolve spiritually, we will encounter new adversities.</i></p>
<p>Toronto, 28 October 2004 4:50 AM Q: <i>Why are people subject to greediness and lust?</i></p> <p>A: Greediness and lust are caused by the greedy desires of the physical body.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Losing equilibrium, we will increase our greediness and lust, When our wise mind is blocked, we will feel frustrated. Faced with agitation in all aspects, we are unable to develop ourselves, Practicing with diligence and sincerity, we will feel greater peace.</i></p>
<p>Montreal, 29 October 2004 0:45 AM Q: <i>Why do we have to suffer when we have a consciousness and a physical body?</i></p> <p>A: Those who have lost their equilibrium will never cease to suffer.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Losing our equilibrium, we will keep suffering and remain agitated, Those who stay calm and serene will feel leisure on their own, Through self-awakening, we will understand our imprisonment and will have the opportunity for divine guidance, With our serenity, we will save ourselves and we should practice the silent invocation of the mantra Nam-Mo.</i></p>
<p>Montreal, 30 October 2004 Q: <i>What do we achieve when we are happy?</i></p> <p>A: When we are happy, we will dissipate all our blocked energies.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>With happiness and smiles, we will develop ourselves and calm our heart and mind, Only through compassion will we be able to release ourselves of joy and sadness, Developing ourselves, we will awaken our own consciousness, Practicing thoroughly, we will achieve results and release our sorrow on our own.</i></p>

<p>Montreal, 1 November 2004 10:30 PM Q: <i>Why are we suffering from fatigue?</i></p> <p>A: We are suffering from fatigue because of excessive work.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>We are strained when we work beyond our capacities, With a serene and constructive mind, we will advance rapidly, Regaining our sincere nature, we will save ourselves, Developing our wisdom, we will return to our unique origin.</i></p>
<p>Montreal, 2 November 2004 11:15 PM Q: <i>Is it necessary to develop our heart and mind?</i></p> <p>A: It is essential for the meditation practitioner to develop his heart and mind.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>To develop our heart and mind is most precious, With thorough knowledge, we will understand and develop ourselves on our own, Gradually we will analyze human relations and spiritual opportunities on our own, Loving and respecting the noble Heaven, we vow to contribute our share.</i></p>
<p>Montreal, 3 November 2004 1:40 AM Q: <i>Does the meditation practitioner need to be diligent?</i></p> <p>A: It is essential for the meditation practitioner to practice the meditation method with diligence.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>It is essential to be diligent when practicing meditation, When we attain compassion, we will accomplish the spiritual opportunity, Developing ourselves, we will unite and progress, Achieving equilibrium and spiritual virtue, we will naturally regain our compassion.</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.