



The Life Energy Development Weekly

15 May 2005

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

Published in concurrence with *The Viet LED Weekly 514*

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

Respectfully Thinking

Respectfully thinking of the noble heaven with its brilliant light,
We turn to the World Above with a sincere heart for achievement in all aspects,
Returning to the Dharma of Buddha, we understand the sublime nature on our own,
Thinking of Heaven and respecting Buddha, we will attain increased purity.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 17 March to 23 March 2005

Copyright © 2005 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 is sadness and what is happiness?*
- 2) *Why are we sad?*
- 3) *Why are we happy?*
- 4) *Why do we suffer?*
- 5) *Why are we worried?*
- 6) *What are remembrances of joy and sadness?*
- 7) *Is there any benefit in practicing the Vo-Vi method with a sincere heart?*



San Diego, 17 March 2005 7:15 AM

Q: *What is sadness and what is happiness?*

A: Sadness means to be worried, happiness means to have accomplished something with one's own efforts.

Psalm

*Happy or sad, we achieve it on our own, and cause
suffering in our own heart,
Developing the sphere of dharma, we will advance on
our own,
Worldly affections and spiritual opportunities are two
different motives,
Those who practice in a sincere and righteous manner
will be free of worries.*

San Diego, 18 March 2005, 9:00 AM

Q: *Why are we sad?*

A: We are sad because we are greedy and want to satisfy our desires.

Psalm

*One must suffer when one wants to satisfy one's
desires,
Disturbed by affectionate feelings, one has difficulty to
attain mutual harmony,
With a sorrowful heart and a worried mind, it is difficult
to have a clear understanding,
One needs to learn continuously from far destinations.*

San Diego, 19 March 2005, 5:31 AM

Q: *Why are we happy?*

A: We are happy when all things have succeeded in a peaceful and harmonious way.

Psalm

*We are fully happy when things are well and calm,
Accomplishing our task in a happy manner, we only
feel harmony,
Sowing good opportunities in all spheres,
We serve others with a sincere heart and will live long
and solidly.*

San Diego, 20 March 2005 3:08 AM

Q: *Why do we suffer?*

A: We suffer because we are worried about unnecessary things.

Psalm

*We worry about unnecessary things,
Causing suffering and sorrow, we live in anxiety,
We are responsible for creating all the disturbances,
Devoting ourselves to spiritual cultivation with a
sincere heart, we will achieve tranquility on our own.*

San Diego, 21 March 2005 2:30 AM

Q: *Why are we worried?*

A: We are worried because we focus our attention on an unnecessary matter.

Psalm

*Our heart is easily touched when our emotions are too abundant,
It is common to shed tears, and crying brings relief and joy,
Joy and sadness come from numerous loving remembrances,
With a wise mind, we will clearly see the spiritual opportunities of Heaven and Buddha.*

San Diego, 22 March 2005 7:40 AM

Q: *What are remembrances of joy and sadness?*

A: Joyful remembrance is when we meet each other. Sad remembrance is when we turn to lustful desires.

Psalm

*Meeting each other and feeling joy or sadness are all suffering,
It is wasteful to lament because agitation only increases,
Love and affection are the divine opportunity for infinite guidance,
It is easier to end the sorrow by analyzing oneself.*

San Diego, 23 March 2005 8:05 AM

Q: *Is there any benefit in practicing the Vo-Vi method with a sincere heart?*

A: It is very beneficial to practice the Vo-Vi method with a sincere heart.

Psalm

*Practicing with diligence, we will attain serenity and awaken our consciousness for spiritual cultivation,
Learning continuously, our mind is no longer ignorant,
Analyzing clearly social and spiritual life, we advance on the path of spiritual knowledge,
Taking refuge in the dharma of Buddha, we will dissipate sorrow in our heart.*



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.
