



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

Sincere Heart

Learning with a sincere heart, we will not be abandoned,
Whether social or spiritual opportunities, we will return to the heavenly sphere,
Through deep spiritual transformations, we will understand the principle of Heaven,
Returning to our origin through meditative knowledge, we will understand the worldly
heart.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 24 March to 30 March 2005

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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) *Is there sadness when we remember each other?*
- 2) *Is there any benefit in rejoicing within agitation?*
- 3) *Does serenity bring happiness?*
- 4) *What does it mean to live in glory?*
- 5) *What does it mean to live in happiness?*
- 6) *What does it mean to live in peace?*
- 7) *What do people worry about?*



Psalm

*Remembering each other, it is very difficult to achieve
calmness and maintain a serene heart,
Disturbances in the heart make it anxious and
agitated,
Having difficulty to fall asleep and having no appetite,
we will become more agitated,
As love develops, we continuously remember each
other.*

San Diego, 24 March 2005 4:15 AM

Q: *Is there sadness when we remember each other?*

A: When we remember each other, we have great difficulty to fall asleep.

Psalm

*Those who rejoice within agitation do not have a clear
and wise mind,
Ending it resolutely, we will devote ourselves to true
spiritual cultivation, and we will advance silently on our
own,
Releasing sorrow and worries is equally beneficial,
The more we practice with diligence and sincerity, the
greater wisdom we will acquire.*

San Diego, 25 March 2005 5:14 AM

Q: *Is there any benefit in rejoicing within agitation?*

A: There is no benefit in rejoicing within agitation.

Psalm

*Having serenity, we will live in peace with ourselves,
Practicing with a calm heart, we will return to the
heavenly sphere,
Living without agitation, we will love and respect
others,
Awakening our own consciousness, we will return to
the unique origin.*

San Diego, 26 March 2005 9:03 AM

Q: *Does serenity bring happiness?*

A: Serenity brings a lot of happiness and tranquility.

Psalm

*Understanding the principle of heaven and earth,
We will undergo deep spiritual transformations through
worldly and spiritual emotions,
Taking refuge in the dharma of Buddha, we will
develop ourselves spiritually to advance,
Going on both social and spiritual paths, we will
change on our own to clear all obstacles.*

San Diego, 27 March 2005 11:55PM

Q: *What does it mean to live in glory?*

A: To live in glory means to have understood the original principle of heaven and earth.

Psalm

*To live in happiness means that everything is peaceful,
Having no more blocked energies, we no longer have
worries,
With a content heart, there is no disturbance,
Returning to our origin through meditative knowledge,
we will attain peace and harmony on our own.*

San Diego, 28 March 2005 8:50 AM

Q: *What does it mean to live in happiness?*

A: To live in happiness means that we are fully satisfied.

San Diego, 29 March 2005 10:41 AM

Q: *What does it mean to live in peace?*

A: To live in peace means to have enough.

Psalm

*Returning to our origin through meditative knowledge,
we live in peace and harmony,
We awaken our own consciousness on both social and
spiritual paths,
Having no more blocked energies, our heart is serene,
Practicing with sincerity and diligence, we will return to
the heavenly sphere.*

Atlantic City, 30 March 2005 0:30 AM

Q: *What do people worry about?*

A: When we have desires, we must be worried. We will be agitated, and will burden ourselves with discussions about battle plans. After learning the lessons, we will open up our spiritual mind on our own.

Psalm

*It is useless to worry about how to advance,
Practicing the Vo-Vi method with a serene heart, we
will follow the rules on our own,
Undergoing deep spiritual transformations within the
spiritual philosophy,
With determination, we will practice diligently to enter
the sphere of energy with our own efforts.*



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.
