



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

Knowledge and Wisdom

When our mind has knowledge and wisdom, our body is peaceful and we cultivate ourselves spiritually to acquire inner stability,

Analyzing social and spiritual matters wisely, we will survive on our own,
Liberating our soul, we will succeed on our own and keep developing ourselves spiritually,

Learning infinitely, we understand on our own and devote ourselves to spiritual cultivation.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 21 April to 27 April 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) *Do greediness and desires bring any benefit?*
- 2) *Is there any benefit in pondering upon many matters?*
- 3) *Which matter is essential?*
- 4) *Who is true?*
- 5) *What does it mean "to speak true words"?*
- 6) *What is beneficial?*
- 7) *What is sin?*



Psalm

*Unsatisfied desires will cause additional agitation,
As we evolve deeply on the spiritual plane, we will free
ourselves from entanglements in our heart,
Being and non-being are lessons on the spiritual path,
Analyzing social and spiritual matters wisely, we see
our spiritual journey clearly.*

San Diego, 21 April 2005 10:45 AM

Q: Do greediness and desires bring any benefit?

A: Excessive greediness and desires do not bring any benefit.

Psalm

*Thanks to the divine opportunity, we awaken our
consciousness and transform our spiritual mind,
Evolving deeply, we will save ourselves,
Learning infinitely, we have the opportunity for infinite
guidance from the Lord,
Opening our heart and spiritual mind, we will enter the
spiritual sphere with our own efforts.*

San Diego, 22 April 2005 7:15 AM

Q: Is there any benefit in pondering upon many matters?

A: To ponder upon many matters could bring disorder to the nervous system.

Psalm

*It is essential to develop the mind and body,
To develop the sphere of dharma is our duty,
To explore the spiritual path is most useful,
To release our intransigence and blinded passions is a
necessary task.*

San Diego, 23 April 2005 9:31 AM

Q: Which matter is essential?

A: Matters related to the mind and body are essential.

Psalm

*With spiritual practice, we will advance spiritually and
awaken our spiritual consciousness,
Releasing our sorrow and worries, we will dissipate
our sadness on our own,
Unifying with human compassion, we will return to our
unique origin,
With a serene heart, we work constructively and reach
harmony by practicing the dharma.*

San Diego, 24 April 2005 3:04 AM

Q: Who is true?

A: A true person is a person willing to correct his mistakes and to cultivate himself spiritually.

Psalm

*Neither adding nor removing shows that one is not
greedy,
We must work on our own to awaken our
consciousness and enlighten our mind,
Ignoring the bustle in the external world,
We devote ourselves to correcting our mistakes and
perfecting ourselves spiritually with a sincere heart.*

San Diego, 25 April 2005 11:11 AM

Q: What does it mean "to speak true words"?

A: To speak true words means not to add or remove from the truth.

San Diego, 26 April 2005 7:20 AM

Q: *What is beneficial?*

A: All that bring positive results to the mind and body are beneficial.

Psalm

*All that improve the mind and body are good,
To purify the mind and body to advance spiritually is
beneficial,
Helping everybody to achieve harmony and unity,
We work constructively with a serene heart to achieve
harmony in our mind and body.*

San Diego, 27 April 2005 8:06 AM

Q: *What is sin?*

A: All that harm the mind and body are sins.

Psalm

*Sin means to harm oneself and be unable to advance,
Being angry and blocking our energy, we will only
harm ourselves,
We encounter hardship and sufferings because of the
demands of a blinded and agitated heart,
Unknowingly, we commit sins with our blinded
passions and errors.*



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.
