



The Life Energy Development Weekly

7 August 2005

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Published in concurrence with *The Viet LED Weekly 526*

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

Taking Refuge In The Dharma

Taking refuge in the righteous dharma, we are no longer irresolute,
Awakening our own consciousness and acquiring wisdom on our own, we have a
clear mind,

Remaining constantly flexible, we receive the divine guidance,
Cultivating ourselves spiritually and advancing on our own, we no longer have
worries.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 25 June to 1 July 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) *Who is a supernatural person?*
- 2) *What should we do in order to have a strong and healthy body?*
- 3) *Why do profane people like joy and peace?*
- 4) *What does the cycle of births and rebirths mean?*
- 5) *What does it mean: birth, maturity, decay, and destruction?*
- 6) *Why does a spiritual adept vow to devote himself to spiritual perfection for his whole life?*
- 7) *Is there any benefit in practicing the spiritual method with sincerity and diligence?*



Atlantic City, 25 June 2005 1:10 AM

Q: Who is a supernatural person?

A: A supernatural person is a person without word.

Psalm

*The fortunate opportunity is pre-arranged by God Who provides His divine Grace,
Learning continuously, our heart and mind are enlightened,
Exploiting our own nature, we follow the good original principle,
Learning spiritual lessons with a sincere heart, we turn to emptiness.*

Atlantic City, 26 June 2005 7:48 AM

Q: What should we do in order to have a strong and healthy body?

A: In order to have a strong and healthy body, we must exercise steadily.

Psalm

*To have a tranquil heart and body means joy and progress,
Through our deep spiritual evolution, we will naturally acquire kindness,
We need to learn and strive for progress to have the opportunity for achieving the dharma,
To have a quiet heart and mind is more precious than gold.*

Montreal, 27 June 2005 1:15 AM

Q: Why do profane people like joy and peace?

A: Profane people like joy and peace because they lack spiritual cultivation.

Psalm

*To have joy and peace, we should attain equilibrium and tranquility,
When our spiritual mind develops and becomes wiser, we will appreciate the value of spirituality,
Living in flexibility, joy and peace, we enjoy both social and spiritual life,
Understanding the immutable divine law thoroughly, we live in equilibrium.*

Montreal, 28 June 2005 2:30 PM

Q: What does the cycle of births and rebirths mean?

A: The cycle of births and rebirths is an immutable law of Heaven and Earth.

Psalm

*It is a fortunate opportunity to go through births and rebirths to advance continuously,
Developing ourselves incessantly, we will form our spiritual position,
To take refuge in the dharma of Buddha is a spiritual opportunity provided by Heaven and Buddha,
Learning with a sincere heart, we constantly remember heaven.*

Montreal, 29 June 2005 2:35 AM

Q: What does it mean: birth, maturity, decay, and destruction?

A: Birth, maturity, decay, and destruction means to go from being to non-being (emptiness).

Psalm

*Evolving spiritually with a sincere heart, we live in true emptiness,
Developing ourselves spiritually, we clearly distinguish the principle of the material and the spiritual,
As we advance deeply through spiritual transformations, we will dissipate our own sorrow,
Understanding social and spiritual life thoroughly, we clearly see the sublime celestial mechanism.*

San Diego, 30 June 2005 8:45 AM

Q: *Why does a spiritual adept vow to devote himself to spiritual perfection for his whole life?*

A: A spiritual adept vows to devote himself to spiritual perfection for his whole life so that he can evolve spiritually in a good way.

Psalm

*Returning to our pure origin through meditative knowledge, we will live in peace and joy,
By our own will, we will develop our mind and body,
Our pre-arranged opportunity is to unify with human compassion,
As we advance on the spiritual path through life's ups and downs, we will understand the principle of peace and tranquility.*

San Diego, 1 July 2005 9:00 AM

Q: *Is there any benefit in practicing the spiritual method with sincerity and diligence?*

A: Practicing the spiritual method with sincerity and diligence will bring great benefits to both the mind and body.

Psalm

*Living in joy and peace, we are loved by everybody,
We have the opportunity to attain the dharma by unifying with human compassion,
Developing ourselves continuously, we go through highs and lows,
Practicing with diligence and sincerity, we will enter the spiritual sphere with 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.
