



The Life Energy Development Weekly

2 October 2005

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

Published in concurrence with *The Viet LED Weekly 534*

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

Return to Emptiness

Let's return to emptiness, the righteous dharma, to have the spiritual opportunity for guidance from Heaven,

Subjecting our body to austerities and enlightening our mind, we will enter the sphere of energy on our own,

Uniting with human compassion, we will guide others with a sincere heart,

Turning to purity, we steadily build our spiritual foundation.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 16 August to 22 August 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) *Is there any benefit in practicing the righteous dharma?*
- 2) *Is there any benefit in practicing meditation with assiduity?*
- 3) *Can we help the earthly world when we understand spirituality?*
- 4) *How do we develop ourselves and make progress with social and spiritual cultivation?*
- 5) *Where will we go with our spiritual transformation?*
- 6) *When will we stop to cultivate ourselves spiritually?*
- 7) *When will we stop to practice the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat?*



<p>San Diego, 16 August 2005 Q: <i>Is there any benefit in practicing the righteous dharma?</i></p> <p>A: Practicing the righteous dharma is very beneficial for our mind and body.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>When our heart and body are calm and well-balanced, our mind can analyze with harmony, Releasing sorrow and worries, we will project our energy on our own, Through spiritual opportunities and social relations, we will open the energy of our mind, Returning to our pure origin through meditative knowledge, we will resolve our own worries.</i></p>
<p>San Diego, 17 August 2005 7:45 AM Q: <i>Is there any benefit in practicing meditation with assiduity?</i></p> <p>A: Practicing meditation with assiduity is very beneficial.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Spiritual practice will give us the good opportunity to love and respect others and provide them infinite guidance, Heaven will give us pure energy and transforms our heart to be kinder, Returning to our origin, purity and lightness, we will receive the divine blessings, Learning infinitely, we will advance and surmount obstacles on our own.</i></p>
<p>San Diego, 18 August 2005 7:57 AM Q: <i>Can we help the earthly world when we understand spirituality?</i></p> <p>A: When we understand spirituality, we will be able to help the earthly world in a more practical manner.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>With social and spiritual cultivation, we will develop ourselves and progress constantly, Undergoing deep spiritual transformations, we love and respect Heaven, Developing ourselves infinitely, we will attain serenity, Returning to our origin through meditative knowledge, we will see our path clearly.</i></p>
<p>San Diego, 19 August 2005 8:06 AM Q: <i>How do we develop ourselves and make progress with social and spiritual cultivation?</i></p> <p>A: With social and spiritual cultivation, we will advance and develop ourselves uniformly.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Developing ourselves infinitely, we will advance and surmount obstacles on our own, Practicing with diligence and sincerity, we follow the guidance of Heaven and Buddha, The dharma clearly explains the path of progress and projection of energy, Learning with a sincere heart, we will transform ourselves to arrive at the destination.</i></p>
<p>San Diego, 20 August 2005 8:30 AM Q: <i>Where will we go with our spiritual transformation?</i></p> <p>A: With our spiritual transformation, we will go toward our goal.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>We will go toward joy and peace, and purify ourselves with our sincere heart, With our kind heart, we will gravitate to good spiritual opportunities, Good opportunities will come through the encounters, Developing ourselves thoroughly on the social and spiritual planes, we will advance hourly.</i></p>

San Diego, 21 August 2005 5:41 AM

Q: *When will we stop to cultivate ourselves spiritually?*

A: We should devote ourselves to spiritual cultivation continuously until eternity.

Psalm

*Thanks to the good opportunities, we clearly analyze
social and spiritual matters,
Understanding the divine blessings, we will save
ourselves,
Releasing our karma, we practice with our body in
daily life,
With a sincere heart, we practice diligently to search
for our true self.*

San Diego, 22 August 2005 3:56 AM

Q: *When will we stop to practice the silent invocation of the
mantra Nam-Mo-A-Di-Da-Phat?*

A: We should silently invoke the mantra Nam-Mo-A-Di-Da-Phat continuously when we are at leisure.

Psalm

*Practicing the silent invocation of the mantra Nam-Mo,
we will live in peace and tranquility,
We will release our blocked energies when agitated,
Through deep spiritual transformations, we will reach
the path of the middle,
With perseverance, we cultivate ourselves spiritually
and advance to dissipate worries 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.
