



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

Enlightened Mind

With an enlightened mind, we will clearly discover the celestial mechanism,
Seeing our character, we will deeply understand the transformation mechanism,
We love and respect the noble Heaven which is full of wonders,
Cultivating ourselves spiritually with diligence and a sincere heart, we will return to
our origin.
Respectfully,
Vi Kien

Baby Tam Talking To You

from 11 September to 17 September 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) *What should we do in order to unify with human compassion?*
- 2) *Why are our body and mind restless?*
- 3) *What does it mean that earthly relations are ungrateful?*
- 4) *Is the path of spiritual cultivation long or short?*
- 5) *Is it good or bad when the glucose level in the urine decreases?*
- 6) *What should we eat and drink to have the right nutrition?*
- 7) *What should we do in order to be cured?*



Dallas, 11 September 2005 2:00 PM

Q: *What should we do in order to unify with human compassion?*

A: In order to unify with human compassion, we must truly practice patience and resignation.

Psalm

*Unifying with human compassion, we will advance
spiritually on our own,
We should release our blinded passions and
intransigence with great diligence,
To understand ourselves through spiritual practice is
more precious than gold,
Returning to our pure origin through meditative
knowledge, we dissipate our blinded passions and
errors.*

Dallas, 12 September 2005 4:45 AM

Q: *Why are our body and mind restless?*

A: Our body and mind are restless because of many different factors.

Psalm

*Our body and mind are restless because of grief and
worries,
In a troubled situation, it is difficult to ponder,
Developing ourselves spiritually, we will see the
tortuousness clearly,
Unifying with human compassion, there will be no
disturbance.*

Dallas, 13 September 2005 3:10 AM

Q: *What does it mean that earthly relations are ungrateful?*

A: Earthly relations are ungrateful, i.e., one does not keep one's promise.

Psalm

*Those who are disloyal do not keep their promises,
Sufferings accumulate because one lacks wisdom and
is unfaithful,
Through deep transformations, we will understand our
own selves,
Practicing with sincerity and diligence, we will dissipate
sorrow in our heart.*

Dallas, 14 September 2005, 2:55 AM

Q: *Is the path of spiritual cultivation long or short?*

A: The path of spiritual cultivation should be long so that we could have the opportunity for a good spiritual evolution.

Psalm

*The path of spiritual cultivation should be long-lasting,
With perseverance, we perfect our spiritual heart and
rectify our character to become better,
We should learn infinitely in order to advance
spiritually,
Practicing thoroughly, we will awaken our own
consciousness and contribute our own share.*

Montreal, 15 September 2005 1:15 PM

Q: *Is it good or bad when the glucose level in the urine decreases?*

A: When the glucose level decreases in the urine, it is a very good sign.

Psalm

*The fluctuation of glucose in the urine is a common
thing,
We will harm ourselves when eating carelessly,
To be careful means to achieve tranquility and reduce
suffering,
Practicing with diligence and a sincere heart, we will
achieve tranquility on our own.*

Psalm

Montreal, 16 September 2005 3:04 AM

Q: *What should we eat and drink to have the right nutrition?*

A: We should know how to abstain ourselves when eating and drinking.

*Diabetes is caused by a weak and diseased spleen,
We should eat and drink carefully and use abstinence,
We should not eat rice which has sugar,
It is necessary to eat sparingly and do fasting.*

Psalm

Montreal, 17 September 2005

Q: *What should we do in order to be cured?*

A: The whole world does not have any way to cure it yet.

*Disease comes from the mouth which does not know
abstinence,
The consequence will be many troubles and
agitations,
Suffering all kinds of indescribable pains and
tiredness,
Practicing with diligence and a calm heart, we will
achieve peace and joy.*



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.