



The Life Energy Development Weekly

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

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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

Stabilization

Returning to stability, we achieve tranquility and practice with our own efforts,
Thinking with love and respect about God, we are thankful for receiving happiness
and wealth,

Taking refuge in the dharma of Buddha, we sow good karmic relations,
With a clear heart, we awaken our own consciousness and practice with our own
efforts.

Respectfully,
Vi Kien

Baby Tam Talking To You

from 25 December to 31 December 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 does "infatuation and error" mean?
- 2) Is there any benefit in loving and respecting our Master?
- 3) Is there any benefit in opening the heart and mind?
- 4) How can we correct ourselves in a good way?
- 5) What does it mean to return to one unique origin?
- 6) What does it mean "to practice the same spiritual method and to advance together"?
- 7) Why do we practice the spiritual method with a sincere heart?



San Diego, 25 December 2005 2:03 AM

Q: What does "infatuation and error" mean?

A: "Infatuation and error" mean to think wrong.

Psalm

*Thinking of God and Buddha with infatuation and error,
we cause our own mistakes,
Cycling endlessly through reincarnations, we keep
going in circles,
Practicing the true dharma, we will liberate ourselves
from grief and suffering,
Cultivating ourselves spiritually in silence and making
progress, we will encounter the spiritual opportunity
provided by God and Buddha.*

San Diego, 26 December 2005 2:13 AM

Q: Is there any benefit in loving and respecting our Master?

A: We will all be helped when we love and respect our Master.

Psalm

*Practicing the spiritual method thoroughly, we will
evolve spiritually and release our infatuation with our
own efforts,
Developing ourselves in all aspects, we will awaken
our own consciousness,
Working constructively, we will cultivate ourselves
spiritually in the same direction,
Practicing with a sincere heart, we will achieve the
spiritual opportunity.*

San Diego, 27 December 2005

Q: Is there any benefit in opening the heart and mind?

A: It is very beneficial to open the heart and mind.

Psalm

*Receiving the endless pure energy granted by
Heaven,
We practice the true dharma to return to one unique
origin,
With an infinite flexibility, our mind and judgment are
clear,
Accepting the karmic opportunities for divine guidance,
we turn within to correct our mistakes.*

San Diego, 28 December 2005 2:26 AM

Q: How can we correct ourselves in a good way?

A: It is good to correct ourselves until we achieve satisfactory results.

Psalm

*Practicing thoroughly, we achieve results on our own,
and our true heart shines,
Unifying with human compassion, our consciousness
is illuminated,
Practicing the true dharma, it is easy for us to analyze
and discuss,
Our compassionate heart evolves in a lively manner.*

San Diego, 29 December 2005 2:39 AM
Q: *What does it mean to return to one unique origin?*

A: To return to one unique origin means that we achieve a common practice.

Psalm

*It is more precious than gold to have the good
opportunity for divine guidance,
With love and forgiveness, we are no longer
disoriented,
Practicing the same spiritual method and advancing
together, we feel tranquility,
Taking refuge in the dharma of Buddha, we turn within
to analyze and discuss by ourselves.*

San Diego, 30 December 2005 2:01 PM

Q: *What does it mean “to practice the same spiritual method and to advance together”?*

A: To practice the same spiritual method and to advance together means to truly understand all matters thoroughly.

Psalm

*Knowing ourselves and understanding ourselves, we
will transform our body,
Loving and respecting the noble Heaven, we will not
regress,
Going forward, we will achieve thorough
understanding without meandering,
Transforming our consciousness, we practice and
acquire thorough knowledge on our own.*

San Diego, 31 December 2005 3:33 PM
Q: *Why do we practice the spiritual method with a sincere heart?*

A: We practice the spiritual method with a sincere heart to achieve results soon.

Psalm

*To practice and advance with a sincere heart is the
rule,
Achieving results soon, our heart will acquire peace
and tranquility,
With serenity, we will surmount sufferings and
adversities,
Practicing with austerity, we will cultivate ourselves
spiritually with our own efforts and make good
progress.*



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 Vo-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.