



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

Return to Unification

Once we unify with human compassion, we will transform ourselves and advance
spiritually,
With a thorough understanding, we will awaken our consciousness and understand
all domains clearly,
The original principle granted by God is void of agitation,
Practicing the true dharma, we will unblock ourselves with our own efforts.
Respectfully,
Vi Kien

Baby Tam Talking To You

from 4 February to 10 February 2006

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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) *How can we make good progress on the thorny spiritual path?*
- 2) *Does a low blood sugar have any effect?*
- 3) *Is there any effect when the level of blood sugar sometimes increases or decreases?*
- 4) *Which matter is grave?*
- 5) *How can we perfect ourselves spiritually so that we can achieve a faster evolution?*
- 6) *What should we do in order to reach a higher level?*
- 7) *What should we do when Heaven and Earth are in chaos?*



<p>San Diego, 4 February 2006 1:50 AM Q: <i>How can we make good progress on the thorny spiritual path?</i></p> <p>A: We should persevere and spend great efforts to make progress on the thorny path.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>With perseverance and efforts, we will surmount all obstacles, Undergoing deep spiritual transformations, we will understand the subtle wonders clearly, We should practice the true dharma with our own efforts to advance on the spiritual path, Transforming and purifying our mind and body, we will understand the subtle wonders clearly.</i></p>
<p>San Diego, 5 February 2006 4:05 PM</p> <p>Q: <i>Does a low blood sugar have any effect?</i></p> <p>A: It is good to have a low and reasonable level of blood sugar.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Being and non-being alternate to transform our soul, Awakening our consciousness, we save ourselves with equanimity, Maintaining an infinite flexibility, we will reach equilibrium in our consciousness, Developing ourselves infinitely, we will enlighten ourselves with our own efforts.</i></p>
<p>San Diego, 6 February 2006, 6:15 AM Q: <i>Is there any effect when the level of blood sugar sometimes increases or decreases?</i></p> <p>A: The level of blood sugar sometimes increases or decreases due to the amount of sugar absorbed through alimantation.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Practicing the righteous dharma, we have no anxiety, We train, learn, and advance with each karmic relation and opportunity, We need to train and learn in order to deepen our spiritual karmic relations, Awakening our consciousness, we practice with our own efforts and do not compete with others.</i></p>
<p>San Diego, 7 February 2006 12:00 AM Q: <i>Which matter is grave?</i></p> <p>A: Causing a person's death is a grave matter.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Lacking spiritual consciousness and thorough understanding, we will harm others with our own hands, Lacking belief, we have difficulty to think of a useful path, When we awaken our own consciousness and practice with diligence, we will be able to save others, It is better that we direct our mind toward positive work instead of destructive work.</i></p>

San Diego, 8 February 2006 1:30 AM

Q: How can we perfect ourselves spiritually so that we can achieve a faster evolution?

A: We should perfect ourselves spiritually with perseverance and efforts in order to achieve a faster evolution.

Psalm

*With a sincere heart, we direct our mind toward the
World Above and focus our energy to practice and
achieve spiritual progress,
Cultivating ourselves silently, we attain serenity and
develop our intuitive knowledge,
We love and respect the noble Heaven and its
immensity,
Taking refuge in the Dharma of Buddha, we practice
and advance with sincerity.*

San Diego, 9 February 2006 0:45 AM

Q: What should we do in order to reach a higher level?

A: In order to reach a higher level, we should practice the dharma with perseverance and efforts.

Psalm

*When we advance spiritually, we will develop
ourselves and keep progressing steadily on our own,
Our spiritual merit abounds and we will have the
opportunity to achieve our own salvation,
Practicing with sincerity, we will advance and enter the
sphere of energy on our own,
We will discover a multitude of spiritual opportunities
with God and Buddha.*

San Diego, 10 February 2006 0:55 AM

Q: What should we do when Heaven and Earth are in chaos?

A: When Heaven and Earth are in chaos, we should practice extreme patience and resignation to examine and understand the situation with our clarity of mind.

Psalm

*The celestial mechanism causes transformations to
educate the earthly world,
Awakening our own consciousness, we will attain
detachment on our own,
With strength and courage, we practice with our own
efforts to surmount the difficulties,
Danger no longer exists once we reach serenity.*



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.