



The Life Energy Development Weekly

26 March 2006

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

Published in concurrence with The Viet LED Weekly 559

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

Deep Understanding

Unifying our heart and mind, we form the vow to help us and others,
As the Truth shines brilliantly, we clearly understand our spiritual heart and will,
Perfecting ourselves spiritually with our own efforts, we will advance and return to
Heaven on our own,
When we practice the original principle thoroughly, we will attain the true dharma.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 11 February to 17 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 far does it take to go on a long spiritual journey?*
- 2) *Is there any benefit to shorten our spiritual cultivation?*
- 3) *Is there any benefit when we practice diligently?*
- 4) *Is it beneficial to regulate our breathing?*
- 5) *How do we practice the righteous dharma?*
- 6) *Which way is the right way?*
- 7) *Do we need to lie when we are sincere?*



Psalm

*Practicing with diligence, we do not fear a long journey,
Progressing spiritually by forging our virtue within suffering, we advance with our constructive work,
Releasing our blinded passions and intransigence, we will surmount obstacles on our own,
The opportunities granted by Heaven for our spiritual guidance are immeasurable and infinite.*

San Diego, 11 February 2006 1:05AM

Q: How far does it take to go on a long spiritual journey?

A: A long spiritual journey is infinite.

Psalm

*Shortening our spiritual cultivation, we will obtain results within a short time,
Turning our mind toward serenity, we will live in tranquility,
Cultivating ourselves equally on the social and spiritual paths, we will advance even more,
Practicing with sincerity and diligence, we will avoid sorrow and worries.*

San Diego, 12 February 2006 1:20 AM

Q: Is there any benefit to shorten our spiritual cultivation?

A: It is very beneficial to shorten our spiritual cultivation.

Psalm

*Understanding social and spiritual matters thoroughly, we will awaken our consciousness and dispel our blindness,
We will soon return to our origin by following the profound and immutable laws,
Achieving unity in our microcosm, we are neither discouraged nor have dislikes,
Practicing the righteous dharma, we will achieve results in all aspects.*

San Diego, 13 February 2006, 7:00 AM

Q: Is there any benefit when we practice diligently ?

A: It is very beneficial when we practice diligently.

Psalm

*With meditative contemplation, our heart is enlightened and our mind is not obscured,
Practicing with honesty, we will release our own blindness,
Practicing the meditation exercises continuously, we will return to our spiritual consciousness,
Attaining serenity, our heart is enlightened and our mind is not obscured.*

San Diego, 14 February 2006 7:05 AM

Q: Is it beneficial to regulate our breathing?

A: It is very beneficial to regulate our breathing.

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| <p>San Diego, 15 February 2006 1:57 AM Q: <i>How do we practice the righteous dharma?</i></p> <p>A: We should practice the righteous dharma with a sincere heart.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Through deep spiritual transformations, we will open all domains, Achieving equanimity and serenity, we turn to purity on our own, Guiding our soul on our own, our heart is in equilibrium, Practicing with diligence and perseverance, we will attain wisdom on our own.</i></p> |
| <p>San Diego, 16 February 2006 1:10 AM</p> <p>Q: <i>Which way is the right way?</i></p> <p>A: The right way is the way of spiritual cultivation with a sincere heart.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Entering the sphere of energy, we harmonize with the energy of the universe, and bring about our spiritual advancement, Practicing with diligence and sincerity, we will attain greater wisdom, Having a serene heart and mind is the way of true knowledge, Training ourselves and learning continuously, we will attain knowledge and wisdom on our own.</i></p> |
| <p>San Diego, 17 February 2006 11:25 PM</p> <p>Q: <i>Do we need to lie when we are sincere?</i></p> <p>A: When we are sincere, we do not need to lie.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Cultivating ourselves spiritually with sincerity, we will advance and attain results soon, Practicing with honesty, we will succeed rapidly, The spiritual opportunity and infinite guidance provided by God never end, In the pure and benevolent atmosphere, births and rebirths alternate.</i></p> |



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.