



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

Peace and Joy

Peace and joy lessen our sufferings and help us to develop our spiritual heart,
Rejoicing together within liveliness, our hearts harmonize happily,
Attaining equilibrium, we learn on our own and return to our unique nature,
Practicing with sincerity and diligence, we guard our soul.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 24 March to 30 March 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) *Why do we not yet understand fully?*
- 2) *Why do we have to surrender?*
- 3) *What should we do "to accept"?*
- 4) *What does agreement mean?*
- 5) *Why do we need acceptance?*
- 6) *How should we practice?*
- 7) *Why do we need to attain spiritual awakening and knowledge?*



Atlantic City, 24 March 2006 10:35 AM

Q: *Why do we not yet understand fully?*

A: Not to understand fully yet means that we only understand one side, and not both.

Psalm

*Those who are impatient want to succeed quickly and will have difficulty to achieve their goal completely and harmoniously,
Those with equanimity and serenity will understand both sides,
We have difficulty to understand because we do not accept the facts,
Rectifying ourselves to evolve spiritually, we will surrender on our own.*

Atlantic City, 25 March 2006 10:45 PM

Q: *Why do we have to surrender?*

A: To surrender means to accept.

Psalm

*Loving ourselves, we will awaken our consciousness and attain a compassionate heart,
Unifying with human compassion, we will have the opportunity for divine guidance,
Thinking of the noble Heaven, we will enter the state of self-awakening,
Practicing with sincerity and diligence, we mentally invoke the mantra Nam-Mo.*

Atlantic City, 26 March 2006, 11:00 PM

Q: *What should we do "to accept"?*

A: To accept means to agree.

Psalm

*Practicing with sincerity, we will succeed on our own,
We clearly see that the noble Heaven nourishes humanity,
With a sincere heart, we will truly make constant progress with our own efforts,
Practicing the true dharma, we train ourselves without committing errors.*

Atlantic City, 27 March 2006, 1:15 AM

Q: *What does agreement mean?*

A: Agreement means acceptance.

Psalm

*Practicing with sincerity, we will analyze by ourselves,
Nurturing our soul, we will understand deeply,
Attaining serenity and equilibrium, our heart is righteous,
Only by developing our mind and wisdom, will we be truly sincere.*

Atlantic City, 28 March 2006 23:34 PM

Q: *Why do we need acceptance?*

A: We need acceptance in order to practice.

Psalm

*Rejoicing together, we will evolve spiritually without end,
Releasing our sorrow and worries, we will save ourselves,
Void of anger and blocked energy, we rejoice without agitation,
Developing ourselves spiritually, we work constructively to advance.*

<p>Atlantic City, 29 March 2006 23:42 PM</p> <p>Q: <i>How should we practice?</i></p> <p>A: We should practice with our own efforts.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Practicing the true dharma, we diligently step forward, Unifying with the universe, we release our sorrow, Awakening our mind and body, we work constructively to advance, With spiritual practice, we perfect ourselves to advance and relieve our sorrowful heart.</i></p>
<p>Atlantic City, 30 March 2006 23:54 PM</p> <p>Q: <i>Why do we need to attain spiritual awakening and knowledge?</i></p> <p>A: We must attain spiritual awakening and knowledge to save ourselves.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>We practice to unblock our energy, reach self- awakening, and perform self-analysis, Practicing like Buddha, we are void of agitation, Awakening our consciousness, we practice with our own efforts and take refuge in Buddha, Practicing with sincerity and diligence, we analyze the subtleties of the dharma.</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.