



The Life Energy Development Weekly

9 July 2006

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Published in concurrence with *The Viet LED Weekly 574*

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

Questions

- 1) *Why is our heart lacking lucidity?*
- 2) *Why are we not serene?*
- 3) *Why are we agitated by the disturbances?*
- 4) *Why are we agitated?*
- 5) *Why do we not make any spiritual progress?*
- 6) *Why do we sink deeper the more we act in a reckless manner?*
- 7) *Who is serene and who is agitated?*

Baby Tam Talking To You

from 18 May to 24 May 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



San Diego, 25 May 2006 22:19 PM
Q: *Why is our heart lacking lucidity?*

A: When our heart is disturbed, our mind lacks lucidity.

Psalm

*When our heart is not awakened yet, our lucid mind is obscured,
We do not understand the causes in our social and spiritual life,
When our heart is not serene, our lucid mind is not clear,
We have difficulty to advance and to distinguish among social and spiritual matters.*

San Diego, 26 May 2006, 22:27 PM
Q: *Why are we not serene?*

A: We are not serene because our heart is agitated.

Psalm

*We lack serenity because our heart is agitated,
We have difficulty to cultivate ourselves spiritually and to understand the depth of spirituality,
We comprehend that the earthly world is enchainment,
Causing agitation to ourselves, we do not clearly understand social and spiritual matters.*

San Diego, 27 May 2006 22:39 PM
Q: *Why are we agitated by the disturbances?*

A: Because we do not clearly understand social and spiritual matters.

Psalm

*Lacking serenity, we have difficulty to enter the spiritual path,
Practicing the silent invocation of Nam-Mo with our own efforts, we will enter on our own,
Having difficulty to understand social and spiritual matters, we have difficulty to advance,
When our lucid mind is obscured, we have difficulty to transform ourselves.*

San Diego, 28 May 2006, 1:43 AM

Q: *Why are we agitated?*

A: Because we have not yet achieved the correct spiritual training.

Psalm

*When we still direct our mind outward, we will necessarily cause agitation,
Going in circles, we cannot escape from the profane world,
Causing blinded passions and agitation, we become angry and infatuated,
It is very difficult for our lucid mind to become clear, and we have difficulty to advance spiritually.*

San Diego, 29 May 2006 6:34 AM
Q: *Why do we not make any spiritual progress?*

A: Because we are not focusing our thoughts on making progress.

Psalm

*When our spiritual heart and mind do not transform themselves, we will never achieve success,
Lacking spiritual practice, we do not advance, but we still look forward to arriving at the goal,
When our lucid mind is obscured, we feel agitated everywhere,
Practicing with great efforts and perseverance to advance spiritually, we will avoid anxiety.*

<p>San Diego, 30 May 2006 6:45 AM</p> <p>Q: <i>Why do we sink deeper the more we act in a reckless manner?</i></p> <p>A: The more we act in a reckless manner, the more intensively we will feel the consequences.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Learning continuously, we will advance with our own efforts, Our mind and body will be less agitated, and our heart is enlightened, Practicing the righteous dharma, we will understand the principle more clearly, Developing our spiritual journey, our spiritual consciousness will awaken.</i></p>
<p>San Diego, 31 May 2006 6:56 AM</p> <p>Q: <i>Who is serene and who is agitated?</i></p> <p>A: Agitated people always want to compete with others.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>We receive regularly the divine light through our lively karmic relations with God, Our mind becomes illuminated, brilliant, and clear, and we undergo sublime transformations, It is neither valuable to be a loser or a winner, When we escape from the boundaries in a clear manner, we will attain the sublime principle.</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.