



# 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

## Spiritual Virtue and Merit

Cultivating spiritual virtue and merit, we will obtain results on our own,  
Learning and training ourselves, we will attain thorough knowledge on our own,  
God always provides us with good spiritual opportunities and guidance,  
Cultivating ourselves spiritually and learning with sincerity, we will develop our  
spiritual consciousness on our own.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*From 29 Junđo 5 July 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 is our mind restless?*
- 2) *What should we do if we do not practice correctly?*
- 3) *Can we devote ourselves to spiritual perfection with determination?*
- 4) *What should we do in order to obtain results in the practice of the dharma?*
- 5) *Which matters should we take care and which ones are not necessary?*
- 6) *What should we do in order to restore order?*
- 7) *What are "good karmic opportunities"?*



**Psalm**

*Practicing the righteous dharma with a sincere heart,  
we will liberate ourselves,  
Loving and respecting God and Buddha, we  
understand the spiritual path clearly,  
Developing ourselves, we awaken our consciousness  
and devote ourselves to spiritual perfection,  
Practicing the dharma with equanimity, we will return  
to our unique origin.*

**EI Cajon, 29 June 2006**

*Q: Why is our mind restless?*

A: Because we have not yet understood the value of the path of spiritual cultivation.

**Psalm**

*It is essential to awaken our consciousness and to  
perfect ourselves spiritually,  
Releasing our sorrow and worries, we will dissipate  
our sadness,  
We take refuge in the Dharma of Buddha without ever  
changing our mind,  
Practicing the dharma with diligence, we will awaken  
our consciousness on our own.*

**EI Cajon, 30 June 2006**

*Q: What should we do if we do not practice correctly?*

A: If we do not practice correctly, we must spend great efforts to correct ourselves.

**Psalm**

*Resolute to devote ourselves to spiritual perfection, we  
will rectify ourselves,  
Understanding social and spiritual matters clearly, we  
take refuge in Buddha,  
Loving and respecting the noble Heaven, our heart is  
void of worries,  
Cultivating ourselves spiritually with diligence and  
sincerity, we silently invoke the mantra Nam-Mo-A-Di-  
Da-Phat.*

**EI Cajon, 1 July 2006**

*Q: Can we devote ourselves to spiritual perfection with determination?*

A: It is good to have the will to devote ourselves to spiritual perfection with determination.

**Psalm**

*If we practice with diligence, we will certainly obtain  
results in the practice of the dharma,  
Resolving our passions and blindness, we will awaken  
our consciousness,  
Cultivating ourselves spiritually with sincerity and  
diligence, we will avoid errors,  
Practicing the righteous dharma, we are united in  
harmony.*

**EI Cajon, 2 July 2006**

*Q: What should we do in order to obtain results in the practice of the dharma?*

A: We must practice in a righteous and correct manner in order to obtain results in the practice of the dharma

<p><b>EI Cajon, 3 July 2006</b>  Q: Which matters should we take care and which ones are not necessary?</p> <p>A: We must handle necessary matters immediately. On the other hand, we do not need to worry about unnecessary matters.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>It is very important to perform tasks in an orderly manner,  By contributing with a sincere heart, we will avoid worries and sadness,  It is essential to practice the righteous dharma with diligence,  With equanimity, we learn about the teachings of the true dharma.</i></p>
<p><b>EI Cajon, 4 July 2006</b>  Q: What should we do in order to restore order?</p> <p>A: In order to restore order, we must practice correctly.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Serving others with a sincere heart, we will have the opportunity for divine guidance,  Developing ourselves, we silently invoke the mantra Nam-Mo-A-Di-Da-Phat,  Developing our lucid mind, we understand spiritual virtue clearly,  Thanks to the existing spiritual opportunities, we should devote ourselves to spiritual training.</i></p>
<p><b>EI Cajon, 5 July 2006</b>  Q: What are “good karmic opportunities”?</p> <p>A: Good karmic opportunities come from a benevolent heart.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>With a sincere heart, we work constructively for public service,  Developing ourselves spiritually, we live with a loyal heart,  Opening our spiritual consciousness and spiritual mind, we understand the spiritual path clearly,  Practicing the righteous dharma, we open our wise heart.</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.*