



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

Original Pure Energy

With spiritual practice, we obtain pure energy and feel tranquil,
Analyzing social and spiritual matters clearly, we will be less annoyed,
Liberating ourselves from anger and passions, our heart is less agitated,
Practicing the true dharma, our character becomes really pure.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

From 26 January to 1 February 1997

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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) *What should we do in order to find serenity within agitation?*
- 2) *What should we do in order to be able to rejoice within serenity?*
- 3) *What should we do in order to be a loyal adept of the Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha?*
- 4) *Why do we feel anxiety in our inner consciousness?*
- 5) *Why do people always send wishes to each other every year?*
- 6) *What does it mean to be courageous and fearless?*
- 7) *How can we detach ourselves from earthly affairs?*



<p>Sydney, 26 January 1997, 5:45 AM Q: <i>What should we do in order to find serenity within agitation?</i></p> <p>A: In order to find serenity within agitation, we should engage ourselves in all situations. Only then will we open up our intuitive knowledge, and develop our consciousness of harmony. On the other hand, if we take advantage of the circumstances, and hang on to our intransigence, we will not develop ourselves wherever we go, and we will only isolate ourselves.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>It is difficult to abandon and detach ourselves from earthly desires and pleasures, Those who are ignorant of their committed errors build their own vileness, While stealing, they believe to have righteous thoughts, Lacking an ascetic spiritual practice, they still want to obtain a throne.</i></p>
<p>Sydney, 27 January 1997, 6:45 AM Q: <i>What should we do in order to be able to rejoice within serenity?</i></p> <p>A: In order to rejoice within serenity, the flow of energy in our inner consciousness must reach equilibrium, i.e., we have no more worries and fears. Only then, will we be able to detach ourselves from the unthankfulness of earthly relations.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Developing the energy in our spiritual heart, we advance in silence, Releasing our sorrow and worries, we silently make progress on our own, Understanding ourselves clearly, we have no disturbance, Loving and respecting all creatures, we silently cultivate our serenity.</i></p>
<p>Sydney, 28 January 1997 6:15 AM Q: <i>What should we do in order to be a loyal adept of the Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha?</i></p> <p>A: In order to be loyal and build a strong faith for ourselves, we must practice in a righteous and correct manner at each stage, i.e., we must create a good habit with a constructive spirit to build the path of our spiritual development.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Building constructively on our own, we see the spiritual journey clearly, Vo-Vi practitioners devote themselves to spiritual cultivation together to attain wisdom on their own, Practicing equally on the social and spiritual paths, we awaken our spiritual consciousness, We will understand the depth of our spiritual consciousness with our own efforts.</i></p>
<p>Sydney, 29 January 1997 3:05 AM</p> <p>Q: <i>Why do we feel anxiety in our inner consciousness?</i></p> <p>A: Anxiety in our inner consciousness results from our greed and lustful desires.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Unable to fulfill our romantic love, we commit errors, Anxious and restless, we cannot awaken our consciousness, Forgetting about spirituality, we want to realize our earthly desires within agitation, It is difficult to devote ourselves to spiritual cultivation and spiritual progress, and our heart lacks sincerity.</i></p>

<p>Sydney, 30 January 1997 4:00 AM <i>Q: Why do people always send wishes to each other every year?</i></p> <p>A: Every year, people send hopeful wishes to each other because of their greedy heart which wants a long life and fears death. A meditation practitioner who has attained self-awakening is untouched by life and death. He turns to eternity and birthlessness in his spiritual practice. With his existing faith, he advances with courage and strength in his spiritual evolution.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>We clearly understand the original principle of development of Heaven and Earth, Awakening our consciousness and devoting ourselves to spiritual cultivation, we are free of worries, Developing our sincere heart, we are no longer ignorant, Realizing our spiritual practice with equanimity, we live in peace and harmony.</i></p>
<p>Sydney, 31 January 1997 3:00 AM <i>Q: What does it mean to be courageous and fearless?</i></p> <p>A: To be courageous and fearless means that the spiritual adept has liberated himself from all earthly affairs and sorrows of life. He advances with courage and strength within serenity in his spiritual evolution, and attains knowledge in all domains.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Practicing with sincerity, we do not fight or compete with others, Unifying our soul, we practice with our own efforts, Analyzing social and spiritual matters clearly, our consciousness transforms itself accordingly, We practice our heart and mind by using a clear and wise judgment.</i></p>
<p>Sydney, 1 February 1997, 4:35 AM <i>Q: How can we detach ourselves from earthly affairs?</i></p> <p>A: In order to detach ourselves from earthly affairs, we must resolutely abandon our attachment to the earthly world and practice the Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha. We should purify ourselves from mind to body with determination and resolve, without ever changing our mind. After a certain time, we will perceive the value of the soul, and we will devote ourselves to spiritual cultivation and progress with courage and strength.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>With spiritual practice, we will dissipate sorrow in our heart and mind, Developing our soul, we will create a good karmic opportunity, Freed of sorrow and worries, our heart is resolute, Perfecting ourselves spiritually within serenity, we will achieve tranquility on our own.</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.