



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

Attaining peace and joy, we understand by ourselves that we are currently agitated,
Correcting our character and perfecting our spiritual consciousness, we purify
ourselves within and outward,
Achieving serenity, we no longer have evil thoughts,
Cultivating ourselves spiritually and progressing with our own efforts, we help
ourselves within and outward.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

From 2 February to 8 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 does mutual understanding mean?*
- 2) *Where does resolution come from?*
- 3) *What should we do when our physical body has weakened?*
- 4) *Why are people worried?*
- 5) *Where does the flow of our spiritual energy come from?*
- 6) *What causes impurity in the whole body?*
- 7) *What are deeply affectionate matters?*



<p>Sydney, 2 February 1997, 4:15 AM Q: <i>What does mutual understanding mean?</i></p> <p>A: Mutual understanding means to live in the same circumstances with each other, like the trees in the forest accept to live with each other in spite of storms and dangers. We remain loyal to each other without changing our mind, we practice patience and resignation without being deterred by hardship and suffering. After a long time, we will be able to surmount the adversities.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Practicing with sincerity, we live in peace and harmony, We no longer spend time on reflections and worries, There is no need to worry and be agitated, whether calamity or blessings, When God calls, we just obey and do not feel sorrow or worries.</i></p>
<p>Sydney, 3 February 1997, 2:45 AM Q: <i>Where does resolution come from?</i></p> <p>A: Resolution is born from order and discipline. We will succeed when we practice continuously. A true spiritual adept never becomes discouraged.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Rectifying ourselves to evolve further, we cultivate ourselves spiritually without interruption, Building our purity and virtue, our mind is not blind, Progressing on our own, we practice together with an awakened consciousness, True spiritual cultivation means to achieve a pure and clean mind and body.</i></p>
<p>Sydney, 4 February 1997 3:15 AM Q: <i>What should we do when our physical body has weakened?</i></p> <p>A: Our physical body has weakened because it takes in too many foods that are not necessary for the body. So it needs to be cleansed at the maximum. When the bowels function well, the body will recover and regain its health. One should maintain a strict vegetarian diet, reduce white sugar and refined flour, and increase the amount of green vegetables. One should drink enough water, at least two liters per day. The meditation practitioner should reduce his food intake, avoid eating complex meals, and follow a simple diet.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>To rectify ourselves, we must reduce our food intake, To exchange with green vegetables is not a hardship, It is necessary to change in our eating and drinking, Reducing sugars and refined flours, our blood will purify gradually.</i></p>
<p>Sydney, 5 February 1997 5:55 AM</p> <p>Q: <i>Why are people worried?</i></p> <p>A: As human beings, we all want to live long and fear death. We become worried because we do not yet understand that our presence on earth serves for our spiritual learning and practice. It's not by being worried that we will be able to resolve the matter. In order to attain discipline, we must practice in a serious manner at any time and any place.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>We practice the spiritual method to advance from a low level to the high one, Those who procrastinate and do not cultivate themselves spiritually will feel sorrowful, Awakening our own consciousness, we devote ourselves to spiritual learning, Perfecting ourselves spiritually and progressing with our own efforts, we will communicate easily with the World Above.</i></p>

<p>Sydney, 6 February 1997 2:35 AM Q: <i>Where does the flow of our spiritual energy come from?</i></p> <p>A: The flow of our spiritual energy starts from our cranial psychic center upward, and goes directly to the center of energy of the universe. It will grow larger and wider every day. We will understand many things from social to spiritual life, and we will widen our spiritual path, and no longer be lacking experience.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Returning to our pure origin, we live in purity and harmony, Transforming ourselves on the spiritual path whether sunshine or rain, The more we gather the subtleties, the more we become awakened, Once our soul and astral body are unified, we will clearly comprehend the superior order.</i></p>
<p>Sydney, 7 February 1997 4:30 AM</p> <p>Q: <i>What causes impurity in the whole body?</i></p> <p>A: Impurity in the whole body is caused by the bowels which accumulate foul-smelling mucus and toxins. Our heavy and impure breath proves that it comes out of the bowels which bring toxins through our breathing every second and minute. Impurity attracts impurity, while purity harmonizes with purity.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Performing the exercise of continuous breathing in cycles, we turn within to analyze ourselves and practice, Releasing our sorrow and worries, we turn to purity on our own, Enduring bitter suffering, we have to purify ourselves with our own efforts, Unifying with the universe, we turn toward purity.</i></p>
<p>Sydney, 8 February 1997, 6:10 AM</p> <p>Q: <i>What are deeply affectionate matters?</i></p> <p>A: To meet each other by chance is a deeply affectionate matter. We remind each other of old stories, from one lifetime to another previous lifetime, with many promises in the future.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>With deep affection, we explain and resolve matters to awaken our soul, The past and future all depend on ourselves, Evolving infinitely, we are not agitated, Unifying with the universe, we will see our nature clearly.</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.