



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

Deceit

By deceiving ourselves, we commit even a greater sin,
Lacking clarity of mind, our soul and astral body return to the old way,
Awakening our consciousness, our heart is calm and we develop ourselves
spiritually,
Practicing the spiritual method to attain serenity, we will dissipate our blindness.
*Respectfully,
Vi Kien*

Baby Tam Talking To You

From 2 March to 8 March 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) *How do we achieve the profound and subtle principle?*
- 2) *What should we do in order to rectify ourselves?*
- 3) *What does it mean to aspire to death and not life?*
- 4) *What does it mean to violate a rule?*
- 5) *Where is the sphere of wisdom?*
- 6) *Does money help to increase people's insight?*
- 7) *Why are there currently many people who worry that your work may be interrupted?*



<p>Sydney, 2 March 1997, 4:20 AM</p> <p><i>Q: How do we achieve the profound and subtle principle?</i></p> <p>A: The profound and subtle principle is achieved by a true spiritual adept, who has attained serenity with his own efforts. He will harmonize with the subtle sound, like the illumination of Divine Love.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Returning to serenity, we will project the supernatural light, Entering the state of meditative contemplation through our meditation practice, we will get results regularly, Our lucid mind will analyze the path of righteous knowledge clearly, Attaining serenity with our spiritual practice, we understand the truth clearly.</i></p>
<p>Sydney, 3 March 1997, 2:55 AM</p> <p><i>Q: What should we do in order to rectify ourselves?</i></p> <p>A: In order to rectify ourselves, we should practice the dharma in a correct and serious manner. We should first correct the flow of energy at the center of our brains. Afterwards, we will develop the consciousness of our impure body, and advance toward the sphere of purity. Only when we unify with the pure energy of the universe to manage our conduct, will we truly return to stability and tranquility.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>When our spiritual energy develops, we will see our path clearly, Developing our consciousness and enlightening our mind, we no longer cause entanglements, With a constant faith, we will sow good thoughts, Returning to emptiness, purity and lightness, we harbor no expectations.</i></p>
<p>Sydney, 4 March 1997 12:35 AM</p> <p><i>Q: What does it mean to aspire to death and not life?</i></p> <p>A: A true spiritual adept neither aspires to death nor life. His soul is determined to attain spiritual perfection on both social and spiritual planes. He has neither wishes nor aspirations, and does not expect anything beyond his own capabilities. Whether dead or alive, he will only concentrate on the spiritual practice to advance further.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>We do not ponder upon life and death, and the cycle of reincarnations, With equanimity, we practice diligently and persistently to advance accordingly, The earthly path is full of conflicts and obstacles, so that we may advance in accordance with our consciousness, Opening up our sphere of energy, we neither ponder nor reflect upon anything.</i></p>
<p>Sydney, 5 March 1997 4:00 AM</p> <p><i>Q: What does it mean to violate a rule?</i></p> <p>A: On this earth, doing anything excessively means to violate the rules. The human body is restricted in all aspects in its evolution cycle, from the bodily functions to other tasks. Within a period of 8 hours, we will start feeling tired. Eating three meals per day is already plenty, we cannot eat too much. If we eat excessively, we can easily become ill. Our digestive system is also limited. When we eat little and meditate a lot, our spiritual energy will develop in an unlimited way. A spiritual adept who practices the dharma with efforts and persistence will obtain good results for his soul in the future.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Developing our lucid mind, we will advance toward the tower of purity, Releasing our impurities and unblocking ourselves, we will dissipate our sadness, Our lucid mind will develop infinitely and our wisdom will increase, With perseverance, we cultivate our serenity and live in peace and tranquility.</i></p>

Sydney, 6 March 1997 4:30 AM

Q: *Where is the sphere of wisdom?*

A: We enter the sphere of wisdom when the energy vibrations of the human organism harmonize with the vibrations of pure energy of the universe. We will naturally see the root of all things with clarity. This is called wisdom. It results from a persistent spiritual practice in daily life. Eventually, the spiritual adept will reach a state where all five senses will sublimate to emptiness. The silent invocation of Nam A Di Da Phat will develop the mystical aspects of the inner consciousness. We will clearly see and understand all things, and will no longer have any fears or worries.

Psalm

*Let's achieve equilibrium to evolve spiritually and understand our self,
Let's release all worries to attain self-knowledge,
Light shines brilliantly in the land of Buddha,
Let's return to our original nature and form to advance spiritually.*

Sydney, 7 March 1997 2:20 AM

Q: *Does money help to increase people's insight?*

A: Money is a two-sided sword. It could bring temporary happiness, but could also develop people's greediness. If we do not know self-contentment, money could instill wickedness in our profane character and lead to the killing of thousands of beings. If we keep holding onto money, we will forget the divine source of the human nature and its sincerity. On this earth, wealthy people do not have a spiritual mind. Those with a spiritual mind do not have earthly possessions. Only a true spiritual adept who practices meditation diligently and with perseverance, will be able to eradicate his bad habits and bad character. A true spiritual adept should cultivate the will of self-deliverance within his consciousness, instead of nurturing a physical body to harm others and satisfy his greedy desires in a reckless way.

Psalm

*Those who ignore serenity are digging their own grave,
Losing their clarity of mind, they will become destitute by their own fault,
Becoming the victims of unexpected misfortune,
They burden their mind and body with their conspiracy.*

Sydney, 8 March 1997, 7:40 AM

Q: *Why are there currently many people who worry that your work may be interrupted?*

A: For profane people, I have been working a lot in the spirit of serving VoVi fellow practitioners around the world. People of my age (74 years old) usually think about leaving this earth. However, I am practicing a spiritual method and have gained a lot more health and energy than normal people. I want to serve my fellow practitioners even better, and I have an absolute faith in the guidance and blessings of the Buddhas and The Lord.

Psalm

*A task is completed each day with full harmony,
Resolving spiritual matters to cure infatuation and blindness,
We develop our sincere mind and are immersed in deep joy,
Saving all beings with compassionate love and spiritual virtue.*



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.