



The Life Energy Development Weekly

15 April 2007

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Published in concurrence with The Viet LED Weekly 614

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 Awakening

To reach spiritual awakening and to cultivate oneself spiritually with one's own efforts is the right dharma,
Slandering others and spreading rumors will only bring sorrow,
On our own, we liberate ourselves and are no longer agitated,
Evolving spiritually, we rejoice together and dissipate our sorrow with our own efforts.

Vi Kien

Baby Tam Talking To You

From 29 June to 5 July 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 can we return to our pure origin?*
- 2) *When will the cruelty of humans appear?*
- 3) *What does it mean to be wise and clear-sighted?*
- 4) *Does "loving and respecting the mind and body" mean "loving and respecting God and Buddha"?*
- 5) *What should we do in order to achieve peace?*
- 6) *Why are people greedy and lustful?*
- 7) *How can the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat help the nervous system to attain serenity?*



Atlantic City, 29 June 1997 2:40 AM

Q: How can we return to our pure origin?

A: In order to return to our pure origin, we must practice the Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha through the cyclical breathing without retention: We start breathing in an agitated state to return to a serene state, and we mentally give order to our breath to fill up the navel, the chest, up to the head. After practicing for many days and many hours in that manner, the flux of energy in our inner consciousness will achieve equilibrium, our mind will be enlightened and our heart wise, and when we close our eyes, we will see light and space. When we silently invoke the mantra Nam-Mo-A-Di-Da-Phat with regularity, we will develop the spiritual subtleties in our inner consciousness, and we will comprehend the infinite nature of spirituality in our serenity.

Psalm

*The more we perfect ourselves spiritually and achieve progress, the more wise and clear-sighted we will become,
Developing our soul, we will see the spiritual journey clearly,
Thanks to a constant practice, we will awaken our consciousness,
The earthly world is temporary, so we turn toward spirituality.*

Atlantic City, 30 June 1997 4:20 AM

Q: When will the cruelty of humans appear?

A: The cruelty of humans will appear when they are defeated and suffer losses. Since their mind wants to conquer their opponents, they will use any illegal scheme to destroy their opponents. In the contrary, the meditation practitioner must apply love and forgiveness to win and bring constructiveness to both parties.

Psalm

*With love and respect, we will advance constantly with our own efforts,
Learning and training ourselves with equanimity, we do not commit errors,
Returning to our pure origin, our heart achieves the Tao,
Learning and training ourselves without stopping, we turn within to correct our mistakes.*

Atlantic City, 1 July 1997 7:15 AM

Q: What does it mean to be wise and clear-sighted?

A: To be wise and clear-sighted means to practice the Cyclical Breathing Without Retention to harmonize our energy with the energy of Heaven and Earth. We will develop the original principle, our mind is clear and our heart is wise, we understand ourselves and others, and we thoroughly eradicate our anger and resentment.

Psalm

*Analyzing the sphere of energy with clarity, we will advance in stages,
Our wise mind understands that the physical body belongs to a temporary sphere,
Learning and training ourselves continuously, we are neither passionate nor agitated,
Developing our wisdom, our mind is resolute.*

Atlantic City, 2 July 1997 2:15 AM

Q: Does "loving and respecting the mind and body" mean "loving and respecting God and Buddha"?

A: When we love and respect our mind and body, we will accept to perfect ourselves spiritually and correct our mistakes. The more serene we become each day, the more we will clearly see the original principle of Heaven and Earth. We will devote ourselves to spiritual perfection and practice the spiritual method more easily. When we know our mind and body, we will also understand the value of harmonization of energy with Heaven and Earth. We will engage ourselves into spiritual perfection fearlessly, we will understand ourselves and others clearly as well as our soul, and we will accept to evolve toward infinity.

Psalm

*Developing ourselves in a deep manner, we will attain
awakening in all aspects,
We will practice the meditation exercises without being
discouraged and blaming others,
With a clear mind and a wise heart, we will practice
resolutely,
Feeling strong and healthy, we are neither sorrowful
nor blame others.*

Atlantic City, 3 July 1997 4:20 AM

Q: What should we do in order to achieve peace?

A: In order to achieve true peace, we must work constructively for ourselves from mind to body, and we should spend efforts in the practice of the meditation method to release the impure and retain the pure, and develop our inner psychology. We should practice regularly, and silently invoke the mantra Nam-Mo-A-Di-Da-Phat to develop the spiritual subtleties in our inner consciousness. Only then will we comprehend on our own that serenity is essential.

Psalm

*Developing ourselves spiritually, we will dissipate our
sorrow,
With possessions or without possessions, we always
feel peace and tranquility,
Knowing ourselves without end, we practice the
spiritual method with sincerity,
With clarity of mind and a clear judgment, our mind will
make progress and surmount obstacles.*

Atlantic City, 4 July 1997 3:20 AM

Q: Why are people greedy and lustful?

A: People are fundamentally greedy and lustful because their consciousness is always active and busy, and they want to possess what they do not already have. Therefore, they must be greedy and lustful, and they would create a different karma depending on their individual circumstances with different causes and effects, which revolve through many lifetimes and are very difficult to resolve. If they do not accept to cultivate themselves spiritually and correct their mistakes, they will continue to live with either their bad or good habits. The silent invocation of the mantra Nam-Mo-A-Di-Da-Phat is a good habit in order to develop ourselves spiritually with our own efforts and release the karmic debts in our inner consciousness.

Psalm

*Developing our wisdom, we will purify ourselves
gradually,
Releasing our profane heart, we turn within to analyze
ourselves,
Awakening our true soul, we no longer have worldly
attachments,
With a calm heart and serenity, we advance and
analyze carefully.*

Atlantic City, 5 July 1997 5:50 AM

Q: How can the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat help the nervous system to attain serenity?

A: We mentally practice the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat, i.e., we curl the tongue to touch the line between the upper gum and front teeth and mentally invoke Nam-Mo-A-Di-Da-Phat, so that the flux of energy in our inner consciousness can be unified. Our saliva will flow regularly, which proves that the vibrations of these words have circulated a full circle in our inner consciousness. After many days, our saliva will become sweet, our heart and mind will feel light, and we will prefer to meditate instead of dealing with agitated activities. Our nervous system will become stable, we will understand that life is temporary, and we will devote ourselves to spiritual practice so that it becomes a good habit. Our whole body will comprehend that the original principle of Heaven and Earth is oneness, and we will understand that the original energy of Heaven and Earth is always lively and constantly helps us in our spiritual practice.

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Psalm

*Attaining self-awakening, we return to emptiness,
The original principle of Nam-Mo-A-Di-Da-Phat
circulates a full circle,
Whether it is being or non-being, we equally resolve
the matter,
With a clear and wise heart and mind, we neither pray
for favors nor harbor expectations.*



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 Vô-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.
