



The Life Energy Development Weekly

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Email: maioro@yahoo.com
www.vovi.org

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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

Clear Understanding

Understanding clearly that God bestows His Light upon all paths,
We awaken our consciousness and calmly accept our journey of spiritual progress,
Gradually, we will perfect ourselves spiritually and correct our mistakes,
So that everywhere, we would be equally lucid.

Vi Kien

Baby Tam Talking To You

From 13 September to 19 September 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 will happen when a practitioner who has spiritual energy becomes angry?*
- 2) *How can we give up our self-pride (ego)?*
- 3) *Where does the fortunate karmic opportunity come from in order to provide spiritual guidance and awaken our consciousness?*
- 4) *What generates joy and harmony?*
- 5) *What should we do in order to "return to the righteous path"?*
- 6) *What should we do in order to know whether the others are right or wrong?*
- 7) *Is there any benefit for the mind and body when we slander someone to whom we owe gratitude?*



Montreal, 13 September 1997 3:20 AM

Q: What will happen when a practitioner who has spiritual energy becomes angry?

A: When a practitioner who has spiritual energy becomes angry, his head will become illuminated. His ability for patience and resignation will increase, and his compassionate energy will develop in the direction of his silent invocation of the mantra Nam-Mo-A-Di-Da-Phat. He becomes more serene and prefers to remain silent. To listen is more beneficial than to talk. The energy of his mind will develop and shine to provide infinite guidance to everyone within serenity.

Psalm

*Through spiritual practice, we return hatred with
gratitude to release it,
With persistence, we transform this hatred and release
it by analyzing it ourselves clearly,
We no longer sow additional evil thoughts,
With equanimity and serenity, we do not judge matters
wrongly.*

Montreal, 14 September 1997 12:55 AM

Q: How can we give up our self-pride (ego)?

A: We should bow in front of the Vo-Vi mirror everyday at least 50 times, or we can turn toward the southern direction while practicing the bowing exercise. Our self-pride (ego) will then disappear slowly. When we regularly invoke in silence the mantra Nam-Mo-A-Di-Da-Phat, our great mind will develop. We will no longer think about narrow-minded matters, and we will see clearly that all things on earth will eventually return to emptiness. There is only one great task, which is to save ourselves, and to work constructively for the evolution of our soul so that we may influence the people after us.

Psalm

*With spiritual practice, our mind will develop and
become harmonious,
Learning and training ourselves with equanimity, we
will dissipate our sorrow on our own,
We realize that the original principle is full of life and
energy when our consciousness reaches awakening,
Searching for the Truth, we will surmount difficulties on
our own.*

Montreal, 15 September 1997 6:00 AM

Q: Where does the fortunate karmic opportunity come from in order to provide spiritual guidance and awaken our consciousness?

A: The fortunate karmic opportunity to provide spiritual guidance and awaken our consciousness comes naturally, when our compassionate heart is able to receive it. It results from the great efforts and diligent practice of a practitioner who has achieved success on his own.

Psalm

*Practicing the method with diligence and great efforts,
our heart and mind are tranquil,
Entering and developing the sphere of energy, we
turn within to discuss with ourselves,
As our lucid mind develops incessantly, we have the
fortunate opportunity to attain awakening,
Like a sunrise spreading its brilliant energy, we will
reach tranquility on our own.*

Psalm

Montreal, 16 September 1997 4:50 AM

Q: What generates joy and harmony?

A: Joy and harmony come from our minds being turned toward the same path, and after a period of time, we will harmonize and form our spiritual bond.

*Practicing together, we develop ourselves and our minds and hearts communicate closely,
We perceive the common joy in a miraculous way,
We rejoice to be reunited in this earthly world, while recognizing our past and future ,
Practicing together, we will advance together and achieve a rapid return (to our heavenly homeland).*

Psalm

Montreal, 17 September 1997 3:30 AM

Q: What should we do in order to “return to the righteous path”?

A: In order to “return to the righteous path”, we should return to the cranial psychic center (concentrate our energy at the cranial psychic center) so that we could attain lightness and purity and be able to evolve easily on the righteous path in accordance with the laws of heaven and earth.

*The cranial psychic center is the righteous path and will purify all aspects,
Understanding the principle of the universe, we turn within to analyze ourselves,
Practicing equally on the social and spiritual paths with an awakened consciousness,
We learn and train ourselves with equanimity, and turn within to examine ourselves gradually.*

Psalm

Montreal, 18 September 1997 6:00 AM

Q: What should we do in order to know whether the others are right or wrong?

A: In order to know whether the other party is right or wrong, we must practice with strict discipline the stringent laws of Heaven and Earth. We should keep our promise, i.e., one is one, two is two, and we should not change our mind, in order to be able to see clearly the success or failure of the other party. Heaven comes first, then the earth. We must first rectify our head, and our body will follow in an orderly manner and develop accordingly.

*Practicing with diligence and a sincere heart, we will be able to judge matters easily and clearly,
Judging social and spiritual matters clearly, we will make dissertations on our own,
Whether we are inept or successful depends on our ability to utilize the spiritual opportunity to awaken our consciousness,
Understanding Heaven and Earth clearly, we turn toward our soul.*

Psalm

Montreal, 19 September 1997 5:00 AM

Q: Is there any benefit for the mind and body when we slander someone to whom we owe gratitude?

A: To slander someone to whom we owe gratitude does not bring any benefit to ourselves. We will enter into the domain of conflict which is not in accordance with the stringent law of service of Heaven and Earth. We will become angry and resentful without making any progress, and we will sink into the law of karmic retribution.

*Only with many years of diligent spiritual practice will we be able to overcome the obstacle,
With an awakened consciousness and a heart dedicated to spiritual perfection, we maintain the word of harmony,
Causing agitation is useless and will unsettle our mind,
Keeping our serenity, we will live in joy and harmony.*



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.
