



The Life Energy Development Weekly

22 July 2007

Email: huemai00@gmail.com
www.vovi.org

Published in concurrence with The Viet LED Weekly 628

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 Journey

With an orderly spiritual journey, we will return to our unique origin,
Understanding The Lord and Buddha clearly, we do not distinguish among the rich
and lowly people,

The spiritual opportunity for divine guidance is eternal,
Our lucid mind judges matters clearly, and we advance without regressing.

Vi Kien

Baby Tam Talking To You

From 4 October to 10 October 1997

Copyright © 2006 by Luong Si Hang & VoVi Multimedia Communication. All rights reserved.

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 it mean "to go with the wind in its sails"?*
- 2) *Does the Vo-Vi Concert Music bring any benefits to people?*
- 3) *Does the exercise of continuous breathing without retention bring any benefit to the meditation practitioner?*
- 4) *What is the proper way to direct our mind toward purity?*
- 5) *What does it mean that the human infrastructure has been formed from all kinds of states?*
- 6) *How can we love in a correct way?*
- 7) *What should we do in order to develop ourselves spiritually in a free manner?*



Montreal, 4 October 1997 5:45 AM

Q: What does it mean "to go with the wind in its sails"?

A: If we go with the wind, we will be able to arrive early at the place we have set as a goal in our mind. A spiritual adept who follows the divine guidance will survive, i.e., if he turns to the World Above in order to develop himself infinitely, his consciousness will not be agitated, and on his own, he will develop himself in a uniform and fulfilling manner.

Psalm

*Turned toward the spiritual consciousness, we develop ourselves and respect human love,
Transforming ourselves to attain purity and lightness,
our mind is free of reflections,
Earthly life is temporary and on our own, we have the opportunity to awaken our consciousness,
God gives us a beautiful and majestic love.*

Montreal, 5 October 1997 4:20 AM

Q: Does the Vo-Vi Concert Music bring any benefits to people?

A: The purpose of the Vo-Vi Concert Music is to bring spirituality into earthly life. It reminds each person about their inherent spiritual domain. They should not forget it because of the present busy life with its acrimony, and they should return to all righteous knowledge in order to evolve further within their own ability. We should know that we possess a soul and astral body, and we are currently living in a subtle infrastructure formed by Heaven and Earth. We should engage ourselves in cultivating ourselves spiritually in order to reduce our karma, so that we can devote ourselves further to spiritual perfection.

Psalm

*With spiritual practice, we awaken our consciousness and are no longer ignorant,
Developing our soul, we dissipate our blindness with our own efforts,
Untouched by suffering and hardship, our consciousness is devoted to the silent invocation of
Nam-Mo-A-Di-Da-Phat,
As our energy shines like a sunrise, we are no longer ignorant.*

Montreal, 6 October 1997 7:10 AM

Q: Does the exercise of continuous breathing without retention bring any benefit to the meditation practitioner?

A: The exercise of continuous breathing without retention is very beneficial for the meditation practitioner. He will have the opportunity to unify his energy with Heaven and Earth, regulate his Yin and Yang, develop his lucid consciousness, have a clear judgment and wise mind, regulate his Yin and Yang meridians, and reduce his sexual drive. His face will become bright, his consciousness will stabilize, and he will be willing to direct his mind toward the World above in order to engage himself in spiritual perfection and evolve further.

Psalm

*Learning and training ourselves with equanimity, we seek the explanation of the words of Truth,
With a lucid mind and a clear judgment, we advance continually with our own efforts,
Void of conflicting thoughts, we sow good intentions in our mind,
Practicing to attain lightness and purity, we no longer commit errors.*

Montreal, 7 October 1997 6:05 AM

Q: What is the proper way to direct our mind toward purity?

A: To direct our mind toward purity means to direct our mind toward the original energy of Heaven and Earth to perform our actions. Then, all things will be resolved in an orderly manner in a natural and spontaneous way.

Psalm

When we resolve matters with our mind directed toward purity, our heart and mind will be peaceful, Resolving matters in a clear and wise manner, we have no worries,

We are no longer confused by the spiritual karmic relations and earthly emotions, Learning and training ourselves with a sincere heart, we will surmount obstacles on our own.

Montreal, 8 October 1997 6:15 AM

Q: What does it mean, that the human infrastructure has been formed from all kinds of states?

A: The human infrastructure has been formed from all kinds of states with its origin coming from Heaven and Earth, and is also called the "microcosm". It fully contains the five elements: Metal, Wood, Water, Fire, and Earth, with the five colors and their corresponding lights. Humans have an infinite endurance, and they can live under any circumstance on earth, from deprivation to surplus, their energy will adapt to any action and reaction of Heaven and Earth. Only the soul has the opportunity to understand thoroughly all aspects of evolution of Heaven and Earth in accordance with the law of birth and rebirth.

Psalm

Developing our heart and mind, we turn within to analyze ourselves and practice, Understanding clearly the principle of the universe, we will arrive at the sphere of purity, Evolving continually, our spiritual consciousness will awaken, With perseverance, strength, and courage, we will attain purity.

Montreal, 9 October 1997 1:40 AM

Q: How can we love in a correct way?

A: In order to love in a correct way, we should open our capacity for compassionate love; we should be generous in our love and forgiveness within a constructive spirit, so that we correctly follow the path of spiritual development for both parties.

Psalm

With earnest love, we build the spiritual foundation, With persistence and a strong faith, we neither complaint nor lament, Practicing within a constructive spirit, our love is noble and pure, Resolving spiritual matters, we will attain the foundation with our own efforts.

Montreal, 10 October 1997 1:55 AM

Q: What should we do in order to develop ourselves spiritually in a free manner?

A: When we have the spiritual method in our hand, we have the right to practice the method without restriction. We should develop ourselves toward infinity with our own efforts. We should be diligent in our spiritual evolution, and abandon our anger, infatuation, blinded passions and agitation.

Psalm

We practice within sincerity because our heart is tranquil, Thanks to the sphere of energy, we enlighten our mind, and discuss within ourselves, We provide infinite guidance to those who think of us or seek help, With love and respect, we guide them toward progress by analyzing and discussing the spiritual teachings.



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.
