



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

Serenity

All things in this earthly world eventually return to emptiness,
Thanks to the fortunate spiritual opportunity, we learn and train ourselves to
discover slowly on our own,
Let's practice the righteous dharma and maintain the good spiritual opportunity,
With a pure and light heart and mind, we no longer follow a tortuous path.

Vi Kien

Baby Tam Talking To You

From 9 May to 15 May 1998

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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 is the force of the universe?*
- 2) *How can one discover the mystical nature of the inner consciousness?*
- 3) *What should one do to put an end to one's bad habits and bad character?*
- 4) *What should one do to achieve serenity and resolute detachment?*
- 5) *Where does the beautiful and sublime divine love reside?*
- 6) *What is a serene heart?*
- 7) *What does it mean to have a light and pure compassionate energy?*

Cairns, 9 May 1998 5:45 AM

Q: What is the force of the universe?

A: The force of the universe comes from the natural and spontaneous energy of Heaven and Earth. The human body depends on the energy of Heaven and Earth for its spiritual evolution. For a spiritual adept, the soul is the master of the body and relates to Heaven and Earth for its spiritual evolution, in accordance with the law of cause and effect. By practicing the Vo-Vi method, we will be able to release all karma accumulated in our inner consciousness. We will turn toward the sphere of emptiness in our spiritual practice for further development. We should be free of all intransigence and infatuation in order to truly follow the Vo Vi path.

Psalm

*Practice to release the impure energy and free
yourself from passion and anger,
Resolve all superstitious beliefs in a timely manner,
With a peaceful spiritual consciousness, we awaken
our heart,
As our energy shines like a sunrise, we practice and
search with our own efforts.*

Cairns, 10 May 1998 6:17 AM

Q: How can one develop the mystical nature of the inner consciousness?

A: In order to develop the mystical nature of the inner consciousness, one must practice the Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha. Thanks to the exercises of concentration of spiritual energy and cyclical breathing, one's energy will unify with the energy of Heaven and Earth, and one will balance the Yin and Yang energies in the physical body. The mind will become enlightened, and the consciousness will open up to deeper and wider knowledge.

Psalm

*Reaching equilibrium, we will develop deep spiritual
knowledge,
By developing our soul, we will enter the spiritual
sphere on our own,
Let's advance with confidence on both earthly and
spiritual paths,
Let's practice to develop our energy and understand
the high spiritual value.*

Cairns, 11 May 1998 4:50 AM

Q: What should one do to put an end to one's bad habits and bad character?

A: In order to put an end to one's bad habits and bad character, one must thoroughly understand one's actions. One must know whether they are necessary or unnecessary.

Psalm

*Let's be resolute to change the original source of
agitation,
A true spiritual adept has a serene mind and heart,
Let's return to serenity without holding any regret,
Let's be determined to awaken ourselves and devote
ourselves to spiritual perfection with our own efforts.*

Cairns, 12 May 1998 3:30 AM

Q: What should one do to achieve serenity and resolute detachment?

A: In order to achieve serenity and resolute detachment, one must practice the silent invocation of the mantra Nam Mo A Di Da Phat with diligence. One should direct one's mind toward serenity, and form an essential habit of forgetting all rivalries. Only then will one truly return to serenity. From there, one will develop the light in one's inner consciousness, and eventually achieve resolute detachment.

Psalm

*As we develop the deep divine love, we will attain
enlightenment on our own,
With a resolute will for spiritual perfection, we will see
our journey and progression clearly,
Let's return and unify with human compassion within
lucidity,
As we persevere to reach serenity, we will see our
body clearly.*

<p>Cairns, 13 May 1998 6:15 AM</p> <p>Q: <i>Where does the beautiful and sublime divine love reside?</i></p> <p>A: The beautiful and sublime divine love resides in the spiritual consciousness of an adept who practices the spiritual method in a righteous manner. They will comprehend the equilibrium, lightness, purity, and immensity of God and Buddha, so that they may develop their heart and mind and reach awakening on their own.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>As we develop our heart and mind, we will practice with diligence on our own, With courage and sincerity, we will succeed on our own, Unifying with the divine love, we will rejoice in a lively manner, As we learn deep and touching lessons on our spiritual journey, we will turn toward purity.</i></p>
<p>Cairns, 14 May 1998 5:40 AM</p> <p>Q: <i>What is a serene heart?</i></p> <p>A: A serene heart means that the spiritual adept has awakened and thoroughly understands thanks to his spiritual practice.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Achieving awakening on our own, we turn toward purity, Let's release the impure energy and practice on our own with a spiritual consciousness, Understanding the noble heaven, we awaken our consciousness, With an honest mind devoted to spiritual perfection, we practice with sincerity and on our own.</i></p>
<p>Cairns, 15 May 1998 6:08 AM</p> <p>Q: <i>What does it mean to have a light and pure compassionate energy?</i></p> <p>A: Having a light and pure compassionate energy means that the energy of both mind and body flows freely and is well balanced. One is always ready to provide infinite guidance and constructiveness without the intention to distort any matter, whether it is big or small.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Let's practice and progress with sincerity without cheating, Those who cause agitation and chaos only deprave themselves, Let's return to the true consciousness to achieve the dharma, With equanimity and serenity, we will advance in stages.</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 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.