



The Life Energy Development Weekly

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Email: huemai00@gmail.com
www.vovinet.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

Original Principle

The noble original principle continually shines upon us and brings
transformations,
Communicating in silence and serenity, we understand many things
clearly,
Returning to our pure origin through meditative knowledge, we establish
good karmic relations,
Achieving equilibrium in our consciousness, we attain a sublime spiritual
virtue.
Vi Kien

Baby Tam Talking To You

From 1 May 1999 to 7 May 1999

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) *Is there any benefit when people use their mind to stir distrust and fabricate stories?*
- 2) *Is there any benefit in participating in genuine spiritual cultivation and practice?*
- 3) *Does gossiping bring any benefit to the mind and body?*
- 4) *Is there any benefit when a spiritual adept seeks to gain supremacy?*
- 5) *What results does one get when one is dedicated to spiritual cultivation and self-improvement?*
- 6) *Do meditation music and lyrics to encourage spiritual cultivation bring any benefit?*
- 7) *Do the demands of Vo-Vi practitioners bring any benefit?*



Montreal, 1 May 1999

Q: Is there any benefit when people use their mind to stir distrust and fabricate stories?

A: There is no benefit for the mind and body when people use their mind to fabricate stories. They want to fight and compete with others and harvest suffering, so there is no benefit to their mind and body. Their character is lowly, but they wrongly believe to be generous. They keep holding to intransigence during their lifetime, and they will eventually be subject to an incurable disease before leaving this earth in the future.

Psalm

*With a restless mind and body, they generate sorrow
for themselves,
Slandering others and gossiping make their character
anxious,
With an agitated heart, they lack determination,
Wasting their vital energy, they are never at peace.*

Montreal, 2 May 1999 5:47 AM

Q: Is there any benefit in participating in genuine spiritual cultivation and practice?

A: To participate in genuine spiritual cultivation and practice is very beneficial and brings a lot of happiness. In the contrary, when we participate in devising plots and causing disturbances, our mind will lose equilibrium, and we will err on the path of unrighteous wars. This will only harm us and others, the great cause will fail, and we will lose our spiritual heart.

Psalm

*Showing others the example of destruction, one will be
unable to achieve wisdom,
Going on the wrong path of spiritual cultivation, one
generates fights and competition,
One's agitated thoughts causes disturbances in all
spheres,
Lacking compassionate love, one will not succeed.*

Montreal, 3 May 1999 2:45 AM

Q: Does gossiping bring any benefit to the mind and body?

A: Gossiping has no benefit for the mind and body. It will only cause a bad habit and unsettle the nervous system.

Psalm

*Gossiping will oppress one's heart and mind,
To amplify things and devise plots will only bring
suffering to oneself in silence,
One will worry about many things one should not get
involved with,
Causing additional suffering to existing suffering, one
will have difficulty to release impurities in one's
consciousness.*

Montreal, 4 May 1999 4:55 AM

Q: Is there any benefit when a spiritual adept seeks to gain supremacy?

A: The correct way is: A Vo-Vi meditation practitioner should not seek self-interest. One should practice with perseverance and sincerity to provide infinite guidance to humanity.

Psalm

*When one is not greedy for fame, one does not
commit errors,
To inveigle other practitioners will cause agitation in
one's heart,
Unable to advance and practice, one bears the heavy
burdens,
Turned within, let's analyze ourselves to cultivate
ourselves spiritually in order to progress and rectify our
errors.*

Montreal, 5 May 1999 8:45 AM

Q: What results does one get when one is dedicated to spiritual cultivation and self-improvement?

A: When one is dedicated to spiritual cultivation and self-improvement, one will follow Heaven's will in order to progress further. In the contrary, to lead campaigns and devise plots will only harm oneself.

Psalm

*As a true spiritual adept, we awaken our
consciousness and practice with a sincere heart on
our own,
Thinking lovingly and respectfully of the noble Heaven,
we turn to the World Above and purity,
Plans are arranged by the noble Lord Who provides
infinite guidance,
With equanimity and a serene heart, we dedicate our
mind to true practice.*

Montreal, 6 May 1999 6:22 AM

Q: Do meditation music and lyrics to encourage spiritual cultivation bring any benefit?

A: Meditation music and lyrics to encourage spiritual cultivation lead common people to the understanding of the spiritual path. Therefore, they are very useful, and they remind spiritual adepts to get together instead of being divided.

Psalm

*Encouragement to practice meditation will make it
easier to achieve meditative contemplation,
Learning and training ourselves with equanimity, we
will return to our true nature on our own,
Judging social and spiritual matters clearly, we commit
ourselves to progress further,
Providing infinite guidance to humanity, we will
progress further on our own.*

Montreal, 7 May 1999 3:10 AM

Q: Do the demands of Vo-Vi practitioners bring any benefit?

A: Demands always cause agitation to Vo-Vi practitioners. They are not as useful as to awaken one's consciousness and to devote to spiritual cultivation with one's own efforts. We should not persuade Vo-Vi practitioners to submit demands and cause agitation to them. This work is not necessary.

Psalm

*To inveigle others cause agitation and difficulty in
one's spiritual cultivation and practice,
With tranquility and equanimity, let's purify our
consciousness on our own,
Let's release and abandon unnecessary things and
remain free of agitation,
With equanimity and serenity, let's practice to achieve
results rapidly.*



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.