



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

Determination

Practicing with determination, our mind attains thorough knowledge to
succeed with the dharma,
With a pure heart, we cultivate ourselves spiritually with diligence to achieve
understanding and harmony,
Awakening our consciousness on our own, our heart will transform itself,
Achieving results with a sincere heart, we undergo constant transformation
and analysis.

Vi Kien

Baby Tam Talking To You

From 5 June 1999 to 11 June 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) *What should we do in order to achieve good results?*
- 2) *Is there any benefit when a meditation practitioner is still worried about matters beyond his realm of responsibility?*
- 3) *Why does the deep love get destroyed?*
- 4) *Is there any benefit to awaken our consciousness and to perfect ourselves spiritually on our own within serenity?*
- 5) *What is the path of compassionate love?*
- 6) *Is there any benefit when one does not engage oneself in serving others, but has all kinds of demands?*
- 7) *How is the character of a person with a snakeskin?*



<p>Montreal, 5 June 1999 2:50 AM</p> <p>Q: <i>What should we do in order to achieve good results?</i></p> <p>A: In order to achieve good results, we should practice extreme patience and resignation.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>When our sincere love blossoms, we will understand true love, On our own, we comprehend the infinite light, Realizing true love, our consciousness has a clear understanding, Returning to our pure origin through meditative contemplation, we understand true love clearly.</i></p>
<p>Montreal, 6 June 1999 5:17 AM</p> <p>Q: <i>Is there any benefit when a meditation practitioner is still worried about matters beyond his realm of responsibility?</i></p> <p>A: A meditation practitioner who is still worried and holds on to intransigence and rivalry about matters beyond his realm of responsibility will only cause agitation and have difficulty to devote himself to spiritual cultivation. He will gain no benefit for his mind and body.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Storms arrive incessantly without us being able to understand and open up ourselves, Burdening our spiritual mind, we cannot develop ourselves, Unable to understand our spiritual path clearly, we will become miserable, Unable to progress in our spiritual practice, we keep holding to illusory expectations.</i></p>
<p>Montreal, 7 June 1999 2:47 AM</p> <p>Q: <i>Why does the deep love get destroyed?</i></p> <p>A: The deep love is destroyed because our consciousness is unrighteous. We cause separation instead of building unity to work constructively for the common good.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Practicing and learning with a sincere heart, we turn within to analyze our errors and passions, With a wise mind, we clearly analyze the deep and subtle principle, Advancing continually with a respectful mind, We practice the true dharma to seek our true self.</i></p>
<p>Montreal, 8 June 1999 4:49 AM</p> <p>Q: <i>Is there any benefit to awaken our consciousness and to perfect ourselves spiritually on our own within serenity?</i></p> <p>A: Awakening our consciousness and perfecting ourselves spiritually on our own within serenity will only bring further development and no regression.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Practicing and progressing within peace and happiness, we do not fear regression, Rivalry, intransigence, and passions only bring unhappiness, They cause reasons for ignorance within passion and intransigence, Those who fight for a position will not understand the value of purity.</i></p>

Montreal, 9 June 1999 6:42 AM

Q: *What is the path of compassionate love?*

A: The path of compassionate love means that we must have a spiritual method to practice, so that, having lost our equilibrium, we may be able to regain the equilibrium of our inner consciousness. We should know how to love ourselves in order to serve the people after us with a sincere heart in the spirit of selflessness,

Psalm

*The good spiritual opportunity has arrived, and we should correct ourselves to regain our kind heart, In order to receive compassionate love, we should practice,
Those who blame and criticize others without practicing only cause destruction,
With a restless mind and body, they have difficulty to surmount obstacles.*

Montreal, 10 June 1999 2:40 AM

Q: *Is there any benefit when one does not engage oneself in serving others, but has all kinds of demands?*

A: Those who do not understand thoroughly the needs of service for the common good, but have all kinds of demands, have gone on the wrong path of destruction of an unrighteous doctrine, which is unnecessary.

Psalm

*Lacking spiritual practice, they ask to have supremacy, Leading others on the path of generating grudge and anger,
They separate human love and cause agitation, Lacking a sincere heart for spiritual perfection, they are also ungrateful.*

Montreal, 11 June 1999

Q: *How is the character of a person with a snakeskin?*

A: People with a snakeskin have a complicated character. They like to bring dissension among people and spread rumors.

Psalm

*They keep practicing without making progress and remain full of suspicions,
Eating continually, their stomach has difficulty to assimilate,
Accumulating a lot of food, their skin does not look good,
With a restless mind and body, their heart is procrastinating.*



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.