



The Life Energy Development Weekly

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Email: ledenglish@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

Spiritual Achievement

Achieving equilibrium and self-awakening, our heart and mind are tranquil,
Understanding that the transformations in earthly life and spiritual path are
for our advancement,
Encountering conflicts, we achieve greater clarity in our spiritual
consciousness, and release worries on our own,
Practicing the silent invocation of the mantra Nam-Mo, our true love will
appear.

Vi Kien

Baby Tam Talking To You

From 1 September 2000 to 7 September 2000

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) *Which way is the true way?*
- 2) *How should we practice the spiritual method in order to overcome space?*
- 3) *When will there be warmth in the cold earthly relations?*
- 4) *Is there any harm when we eat too much?*
- 5) *What does it mean to have a fearless heart and mind?*
- 6) *When do compassionate love and spiritual virtue appear?*
- 7) *Can we meet each other when we practice with sincerity whether we are close or far away from each other?*



<p>Montreal, 1 September 2000 2:00 AM</p> <p>Q: Which way is the true way?</p> <p>A: The way of emptiness is the true way.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Returning to emptiness, the righteous dharma, we will open the Path on our own, Understanding that the noble Heaven is immeasurable, We cause our own procrastination, and our consciousness has difficulty to advance, The noble Heaven is infinite, and we should analyze and understand on our own.</i></p>
<p>Montreal, 2 September 2000 1:15 AM</p> <p>Q: How should we practice the spiritual method in order to overcome space?</p> <p>A: Only if we cultivate ourselves spiritually with a sincere heart, will we be able to overcome space.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Practicing with diligence and sincerity, we will overcome karmic relations, In worldly affairs and human relations resides the subtle and deep principle, To educate ourselves and awaken our consciousness, Let's practice with sincerity to advance gradually.</i></p>
<p>Montreal, 3 September 2000 3:15 AM</p> <p>Q: When will there be warmth in the cold earthly relations?</p> <p>A: When we practice the righteous dharma, we will feel harmony and warmth.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Achieving equilibrium in our consciousness, we practice and cultivate ourselves spiritually in silence, Abandoning our profane heart, our mind is no longer blinded, Spiritual opportunities and earthly relations help us constructively for our progress, Practicing thoroughly to achieve success with the dharma, we are no longer ignorant.</i></p>
<p>Atlantic City, 4 September 2000 4:15 AM</p> <p>Q: Is there any harm when we eat too much?</p> <p>A: When we eat a lot, we will have strength, but we also have to suffer.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Burdening our mind and body, there is no benefit, Torturing our organism, we have difficulty to achieve leisure, It is a good thing to restrain ourselves on our own, Releasing impurities on our own, we practice with sincerity and think about the Lord.</i></p>

Atlantic City, 5 September 2000 12:05 AM

Q: *What does it mean to have a fearless heart and mind?*

A: Having a fearless heart and mind means that we are determined to build a common path without changing our mind.

Psalm

*With sincerity and determination, we cultivate our spiritual consciousness on our own,
Loving and respecting the Lord and Buddha, we release our blindness on our own,
Achieving serenity in our heart, we return to our unique origin,
Practicing the true dharma, we analyze and improve ourselves with our own efforts.*

Atlantic City, 6 September 2000 6:40 AM

Q: *When do compassionate love and spiritual virtue appear?*

A: Compassionate love and spiritual virtue appear when we know how to forgive and love.

Psalm

*Our love is immense when our heart is sincere,
Transforming our consciousness, we develop our love and practice on our own for positive work,
We will advance favorably on the widely opened path,
Let's practice with sincerity to attain purity on our own.*

Atlantic City, 7 September 2000 2:55 AM

Q: *Can we meet each other when we practice with sincerity whether we are close or far away from each other?*

A: When we practice with sincerity and follow the same common direction, we will be able to meet each other in the sphere of energy.

Psalm

*Awakening our consciousness, we cultivate ourselves spiritually and advance together in a timely manner,
Opening up our spiritual consciousness, we will advance everywhere,
Freed of agitation, our spiritual consciousness is now awakened,
Serving mankind, we turn toward Heaven.*



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.