



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

Enlightening the Consciousness

With an enlightened consciousness, we analyze ourselves gradually to
return to our origin,
As we evolve profoundly, we will advance in stages,
Releasing our sorrow and worries, we awaken our consciousness on our
own,
Attaining the state of constant meditative contemplation, we analyze the
subtleties of the dharma.

Vi Kien

Baby Tam Talking To You

From 14 February 2002 to 20 February 2002

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) *Does peace have any value and benefit?*
- 2) *How should we learn about compassion?*
- 3) *What should one do in order to abandon one's bad character and bad habits?*
- 4) *Why is our nervous system agitated?*
- 5) *Which matter is a big one?*
- 6) *Does a spiritual adept gain any benefit from being faithful and perseverant?*
- 7) *What will happen when a meditation practitioner betrays the spiritual path?*



<p>1) Atlantic City, 14 February 2002 9:25 AM</p> <p>Q: Does peace have any value and benefit?</p> <p>A: The value of peace is very beneficial to all human beings.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Peace will bring deep transformations in our thinking, Let's resolve difficulties in our soul and release sorrowful thoughts, We should no longer linger on the agitated events, Tidying ourselves, let's evolve further to truly understand the spiritual miracles.</i></p>
<p>2) Atlantic City, 15 February 2002 9:55 AM</p> <p>Q: How should we learn about compassion?</p> <p>A: In order to learn about compassion, we should first learn to be resolute and able to detach ourselves.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Turning toward emptiness, we'll be able to realize all things, Releasing our boundaries with a clear mind, we will resolve our emotions, Developing our analytical mind, we will resolve matters quickly, Practicing the righteous dharma, we will analyze and practice on our own.</i></p>
<p>3) Atlantic City, 16 February 2002 9:00 AM</p> <p>Q: What should one do in order to abandon one's bad character and bad habits?</p> <p>A: In order to abandon one's bad character and bad habits, one should be resolute and apply changes gradually. Then, one will be able to restore good habits.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Practicing the righteous dharma, we correct ourselves daily, Resolute to advance spiritually, we should restrain ourselves with our own efforts, Building our achievements, we no longer turn to wrongdoings, Helping others and saving ourselves, we abstain ourselves on our own.</i></p>
<p>4) Atlantic City, 17 February 2002 5:00 AM</p> <p>Q: Why is our nervous system agitated?</p> <p>A: Our nervous system is agitated because of excessive greed and lustful desires.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>When we take in too much but release little, our center of energy will be agitated, Causing sufferings, our mind is obscured and we create sorrow for ourselves, Attached to worldly emotions, we are unable to transform ourselves and make progress, Serving others with a sincere heart, we will communicate with the World Above naturally.</i></p>

5) Atlantic City, 18 February 2002 6:20 AM

Q: Which matter is a big one?

A: Illness is a big matter.

Psalm

*Illness is a karmic force leading to agitated transformations,
With a sorrowful heart and worried mind, one runs in circles,
Trying continually to change, one harbors wicked thoughts,
Burdening one's mind and body, one becomes even more entangled.*

6) Atlantic City, 19 February 2002 2:20 AM

Q: Does a spiritual adept gain any benefit from being faithful and perseverant?

A: A spiritual adept who practices the dharma with faith and perseverance will greatly benefit his mind and body.

Psalm

*Practicing the dharma with faith and perseverance, we will attain a harmonious heart and mind,
Releasing our boundaries with a clear mind, our heart is truly sincere,
Perceiving our true soul, we return to our origin,
Practicing with diligence and sincerity, we turn within to analyze ourselves and attain harmony.*

7) Atlantic City, 20 February 2002 5:40 AM

Q: What will happen when a meditation practitioner betrays the spiritual path?

A: A meditation practitioner who betrays the spiritual path will be demoted. When turning to lust and desires, he will harm both his mind and body.

Psalm

*Betraying their spiritual mind, they make no progress in their practice,
Without practice and spiritual progress, they will only cause additional sorrow,
With perturbations and agitated desires, they will suffer indefinitely,
Filled with anger and blocked energy, they lack compassion.*



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.