



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

The Righteous Dharma

A righteous dharma opens up the path for spiritual progress,
Understanding social and spiritual matters clearly, our heart will become
compassionate,
To return to our original nature, we should practice meditation silently,
Through deep spiritual transformations, we will feel peace and harmony.

Vi Kien

Baby Tam Talking To You

From 2 May 2002 to 8 May 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) *What should we do in order to go from earthly life to spiritual life?*
- 2) *Why are the energy vibrations of the brain heavy?*
- 3) *What should we do if we lack loyalty?*
- 4) *What is the goal of a meditation practitioner?*
- 5) *What is equilibrium?*
- 6) *What should we do when our "Seal Center" is still blocked?*
- 7) *How can a person who lacks wisdom harm the Great Cause?*



<p>1) Monaco, 2 May 2002, 6:50 AM</p> <p>Q: <i>What should we do in order to go from earthly life to spiritual life?</i></p> <p>A: In order to go from earthly life to spiritual life, we must cultivate ourselves spiritually with determination to make progress.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>To go from earthly life to spiritual life, we must practice to achieve spiritual perfection, Resolute to cultivate our spiritual heart, we correct our mistakes and release our blindness on our own, Our mind and thoughts are dedicated to practice without laziness, Achieving equilibrium, we make spiritual progress and dissipate our ignorance.</i></p>
<p>2) Montreal, 3 May 2002, 7:40 AM</p> <p>Q: <i>Why are the energy vibrations of the brain heavy?</i></p> <p>A: The energy vibrations of the brain are heavy because our lustful character is controlling our inner consciousness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>When the lustful character takes control, it will harm our inner consciousness, We should analyze our greediness and agitation on our own, If we are not yet able to analyze and transform our greedy and lustful desires, Causing trouble to ourselves, we cannot attain peace.</i></p>
<p>3) Montreal, 4 May 2002, 7:40 AM</p> <p>Q: <i>What should we do if we lack loyalty?</i></p> <p>A: If we lack loyalty, we should practice meditation a lot and repent our mistakes.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Facing unending sorrows, we seek spiritual perfection on our own, Understanding that humans suffer because of the imprisonment of their souls, The body must bear all kinds of illnesses, Let's practice with a sincere heart to improve ourselves and analyze our blindness on our own.</i></p>
<p>4) Montreal, 5 May 2002, 7:35 AM</p> <p>Q: <i>What is the goal of a meditation practitioner?</i></p> <p>A: The goal of a meditation practitioner is to return to the heavenly sphere.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>With a clear analysis of the heavenly sphere, we understand our path of progression, With a clear analysis of earthly and spiritual life, we turn within to analyze ourselves, It is essential to attain serenity on the spiritual path, Let's practice the meditation exercises to understand our path of progression.</i></p>

<p>5) Montreal, 6 May 2002, 6:35 AM</p> <p>Q: <i>What is equilibrium?</i></p> <p>A: Equilibrium means that there is neither excess nor scarcity.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>The Truth is neither superfluous nor lacking, Those who practice in a righteous manner will not waste their energy, Loving and respecting all creatures, our love relates to the divine love, Practicing true love, we understand with clarity.</i></p>
<p>6) Montreal, 7 May 2002, 7:25 AM</p> <p>Q: <i>What should we do when our “Seal Center”** is still blocked?</i></p> <p>A: When the “Seal Center” is still blocked, we should use our hands to massage behind the nape of our neck 36 times after our meditation exercises. It will then slowly open up.</p> <p>** <i>The point opposite the frontal psychic center.</i></p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>When our breathing without retention is not enough, blood does not flow freely, When practicing the breathing without retention, we should do a full cycle, Developing our mind and heart along the meridians, Let’s develop ourselves with a sincere heart to attain peace naturally.</i></p>
<p>7) Montreal, 8 May 2002, 7:30 AM</p> <p>Q: <i>How can a person who lacks wisdom harm the Great Cause?</i></p> <p>A: A person who lacks wisdom can become angry easily and destroy their partners.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Lacking wisdom, they are restless on their journey, Having no courage as they march, their minds are obscure, As their earthly emotions increase, it will result into actions Which cause sufferings and disharmony, so they torture themselves further.</i></p>



Notes:

Translated by Xuan Mai (Hue-Mai).

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.