



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

Equilibrium

Achieving equilibrium, we will advance and return to Heaven with our own efforts,
Developing our wisdom, we are calm and free of worries,
Through the karmic opportunities offered by God and Buddha, we will return to our
unique origin,
Practicing the righteous dharma, we will gain clear understanding at each stage.
Respectfully,
Vi Kien

Baby Tam Talking To You

from 18 February to 24 February 2006

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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 it good to tell others when we understand?*
- 2) *Is it good to dedicate ourselves to the service of others?*
- 3) *Is it good to go to bed very late?*
- 4) *Is it good to practice the dharma with diligence?*
- 5) *Can we just cultivate our spiritual heart and not practice the dharma?*
- 6) *What is precious on this earth?*
- 7) *What should we worry about?*



<p>San Diego, 18 February 2006 1:25AM Q: <i>Is it good to tell others when we understand?</i></p> <p>A: When we are capable of understanding, we should tell the people coming after us.</p>	<p><u>Psalm</u> <i>Practicing with a sincere heart, we will advance and release our own worries, We are no longer entangled into difficulties, With determination, we maintain our equanimity and advance deeply with our own efforts, With serenity, we will resolve all kinds of difficulties.</i></p>
<p>San Diego, 19 February 2006 3:17 AM Q: <i>Is it good to dedicate ourselves to the service of others?</i></p> <p>A: It is very valuable to dedicate ourselves to the service of our fellow practitioners.</p>	<p><u>Psalm</u> <i>It is very beneficial to practice with efforts and perseverance, It is even more valuable to thoroughly comprehend social and spiritual matters, With equanimity, we learn and train ourselves to sow good karmic relations, Practicing the righteous dharma, we will attain a greater tranquility.</i></p>
<p>San Diego, 20 February 2006, 3:51 AM Q: <i>Is it good to go to bed very late ?</i></p> <p>A: It is good to go to bed early Those who stay up late and get up early will be able to accomplish many things.</p>	<p><u>Psalm</u> <i>Accepting the toil, we will be able to resolve everything, We should serve others with a sincere heart, Responding to letters in the middle of the night, [Our master] serves those in need with a sincere heart.</i></p>
<p>San Diego, 21 February 2006 4:00 AM Q: <i>Is it good to practice the dharma with diligence?</i></p> <p>A: It is very valuable to practice the dharma with diligence.</p>	<p><u>Psalm</u> <i>We should practice with our own efforts to develop our wisdom, Resolving our difficulties with true sincerity, we will attain a clear reasoning, Dissolving our own blindness and errors, we no longer nurture them, With an enlightened mind and a wise heart, we will guide others to advance spiritually.</i></p>
<p>San Diego, 22 February 2006 1:07 AM Q: <i>Can we just cultivate our spiritual heart and not practice the dharma?</i></p> <p>A: When we just cultivate our spiritual heart, and do not practice the dharma, we will not develop ourselves spiritually. When we do not practice the dharma, but keep reciting the sutras aloud, our mind will not enlighten, and our heart will not acquire wisdom.</p>	<p><u>Psalm</u> <i>We must practice if we want to cultivate ourselves spiritually with the Vo-Vi method, Applying theory only will not clarify our mind and bring us wisdom, We should utilize the pure energy and practice with our own efforts, We will achieve equilibrium and unblock ourselves with our own efforts.</i></p>

Psalm

*Returning to our pure origin through meditative knowledge, we will enlighten our mind on our own,
The earthly world has many problems, and we should turn within to perfect ourselves,
Following the serene direction, we awaken our consciousness,
Thinking of the noble Heaven with love and respect, we continuously awaken ourselves.*

San Diego, 23 February 2006 23:02 PM

Q: *What is precious on this earth?*

A: On this earth, a compassionate heart is precious.

Psalm

*Wrong worries will lead to more depression,
Awakening our consciousness and our true heart, we will increase our serenity,
Learning and training ourselves continuously, we will be able to bring changes for ourselves,
Developing ourselves, we will awaken our own consciousness.*

San Diego, 24 February 2006 23:12 PM

Q: *What should we worry about?*

A: We must take care of our own living.



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 Vo-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.