



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

It is senseless to generate conflicts on subjects related to the divine path,
Let's practice to advance and comprehend earthly life,
Rejoicing together, we practice the original principle in a lively manner,
Applying ourselves to practice the meditation exercises, we will clearly see the will
of God.

Vi Kien

Baby Tam Talking To You

From 24 January to 30 January 1997

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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) *What does it mean to enlighten our mind and to see our nature?*
- 2) *Where does the deep spiritual love reside?*
- 3) *How do we know that we have achieved serenity?*
- 4) *What would we feel when we want to know the transcendental wonders?*
- 5) *In the year of the Tiger, I sincerely wish you a year filled with happiness...*
- 6) *What should we do in order to detach ourselves from everything?*
- 7) *Where does the "enlightened consciousness" project light?*



<p>Monaco, 24 January 1998 2:30 AM</p> <p><i>Q: What does it mean to enlighten our mind and to see our nature?</i></p> <p>A: To enlighten our mind and to see our nature means that living on this earth, we must surmount the actions and reactions of the school of life. As we become discouraged of the earthly affairs, we will devote all our efforts to cultivate ourselves spiritually and correct ourselves. We will restore the equilibrium of the energy of our consciousness. We will unify the spiritual energy at our cranial psychic center and understand the position of our true consciousness on our own. We will persevere in the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat to release our heart-karma. Only then will we be able to see our spiritual consciousness and our sluggish character on our own. We will abandon our ego and turn toward serenity to perfect ourselves spiritually within patience and resignation. We must achieve equilibrium in order to succeed in the dharma.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Practicing to unblock ourselves, we will resolve our difficulties and advance in all aspects, Achieving our spiritual position, we have neither sorrow nor worries, Abandoning rivalry and intransigence, we have the opportunity to succeed on the spiritual path, Achieving equilibrium and clarity of mind, we understand thoroughly the mystical matters.</i></p>
<p>Monaco, 25 January 1998 4:00 AM</p> <p><i>Q: Where does the deep spiritual love reside?</i></p> <p>A: The deep spiritual love resides in our common evolution, as we perfect ourselves spiritually and advance on the same path.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Through our spiritual practice, we develop ourselves, and also form karmic relations, Maintaining perseverance in our soul, we will see our origin clearly, Practicing austerity without complaining, our heart is determined, We practice with diligence and perseverance, and surmount all obstacles with our own efforts.</i></p>
<p>Monaco, 26 January 1998 3:50 AM</p> <p><i>Q: How do we know that we have achieved serenity?</i></p> <p>A: When encountering obstacles, our heart is not agitated, i.e., we are serene. We can resolve all matters in a very wise manner, and we neither have sorrow nor worries.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Awakening our consciousness with our own efforts, we have no more worries, The tortuous karmas result from sowing deeds and reaping the consequences, In previous lives, we have sown deeds, and now we reap the consequences, It is the same for diseases that we have blindly instigated ourselves.</i></p>

<p>Monaco, 27 January 1998 4:05 AM</p> <p><i>Q: What would we feel when we want to know the transcendental wonders?</i></p> <p>A: To know the transcendental wonders, we must have an infinite willpower. Only then will we be able to perceive the infinite light and vacuum. There is nothing we should worry about.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Following the original principle of honesty, We awaken our consciousness and achieve a wise heart; we advance within harmony on our own, Releasing all difficulties with good thoughts, We practice to unblock ourselves, and we achieve success with our own efforts to reach wisdom and harmony.</i></p>
<p>Monaco, 28 January 1998 00:00 AM</p> <p><i>In the year of the Tiger, I sincerely wish you a year filled with happiness, as you spend great efforts to cultivate yourselves spiritually and make progress. I hope that you will be able to reduce the oppressive force of the celestial mechanism in the coming era.</i></p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Since we have the good opportunity to attain the dharma, we should practice diligently on our own, Resolving the difficulties in our soul, we will achieve purity on our own, Reducing our suffering, our heart rejoices and attains the dharma, We have the good opportunity to succeed early and to harmonize ourselves with purity.</i></p>
<p>Monaco, 29 January 1998 3:40 AM</p> <p><i>Q: What should we do in order to detach ourselves from everything?</i></p> <p>A: In order to detach ourselves from everything, we should detach ourselves immediately in our consciousness, i.e., we should not tie ourselves within affectionate love and remembrance. Not attaching ourselves to affectionate love and remembrance will allow us to cultivate ourselves spiritually more easily. We should forget earthly matters so that our soul may feel lighter. In the contrary, we will only cause worries and more disturbances.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>When we awaken our consciousness on our own, there is no need to barricade ourselves, Practicing the meditation exercises, we have no need to light a lamp, Achieving a clear mind and a wise heart, we are void of agitation, We will easily return to heaven, and no longer be miserable.</i></p>
<p>Monaco, 30 January 1998 2:40 AM</p> <p><i>Q: Where does the “enlightened consciousness” project light?</i></p> <p>A: The “enlightened consciousness” becomes illuminated from the middle of the forehead. When closing our eyes, we can see far and understand extensively. It is similar to a hunter who can bring a lamp in the night wherever he goes.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Practicing for a long time, we do not need to advance by groping in the dark, With an awakened consciousness and a wise heart, we have no sorrow, Seeing clearly all matters in our awakened consciousness, Like a sunrise spreading its light, we have neither sorrow nor worries.</i></p>



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.