

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.

Preface

How deeply touched we are!

How deeply touched we are
By these words of truth that bring joy and harmony,
With a sincere heart we receive the gift of Love,
The gift of supreme Truth and Wisdom,
Let's advance together as we cultivate our spiritual
consciousness,
In each community, the spiritual mind opens up,
Deepening true Love and moral virtue,
In close union with the universe,
The true consciousness awakens and achieves
enlightenment,
With spiritual practice, we constantly widen the
Path,
With an awakened consciousness, we turn within
for spiritual cultivation.

Open Letter

Spiritual Development

We develop the spiritual way to open up our mind,
Working together, we build the spiritual foundation,
Our consciousness awakens with the celestial
transformations,
Understanding the terrestrial world, we seek
wisdom and awakening.

Luong Vi Kien

NEW YEAR'S GREETINGS

With the New Year I sincerely wish my dear friends
To resolutely perfect yourselves and release your worries,
We should develop our true and sincere nature,
As our compassion grows, peace will mature.

Luong Vi Kien

Baby Tam Talking To You from October 31, 1999 to November 6, 1999

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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,

Be Tam

Questions:

- 1) What will the consequences be when a meditation practitioner still wants to persuade others to win them over and create new divisions?
- 2) What should one do to strive toward reaching the level of serenity of The Lord and The Buddha?

- 3) *Does a true spiritual adept need to redeem hatred with gratitude?*
- 4) *What should we do to attain full detachment?*
- 5) *How does one attain a spiritual philosophy?*
- 6) *How can one build righteousness and virtue?*
- 7) *Why do people trick and cheat others?*

Montreal, 31 October 1999, 6:37 AM

Q: What will the consequences be when a meditation practitioner still wants to persuade others to win them over and create new divisions?

A: A true spiritual adept resolutely abandons all divisions. He will unify with The Lord and The Buddha, and his spiritual consciousness and wisdom will develop in a spontaneous and natural way.

Psalm

Those who follow the will of heaven resolve all their worries,

Returning to serenity, we strive for unification and overcome all difficulties,

*The heart is fully detached when reaching serenity,
We practice with sincerity to attain peace truly.*

Montreal, 01 November 1999, 5:55 AM

Q: What should one do to strive toward reaching the level of serenity of The Lord and The Buddha?

A: In order to attain the purity and nobleness of The Lord and The Buddha, one should abandon with resolution all intransigence and rivalry in one's inner consciousness. Only then will one have the opportunity to learn harmony and patience, so that one's soul can advance more easily.

Psalm

The high and noble heaven does not harbor agitation,

*From afar, God always guides the sincere hearts,
Our body and the five organs progress on the same path,*

When energy flows freely, the aura will shine.

Montreal, 02 November 1999, 7:55 AM

Q: Does a true spiritual adept need to redeem hatred with gratitude?

A: A true spiritual adept really needs to redeem hatred with gratitude in order to advance spiritually. If he still harbors self-pride, he will only harm his

mind and body.

Psalm

We should devote to spiritual training with diligence and perseverance,

The awakened consciousness will perform its self-judgement,

*Holding to self-pride will hinder awakening,
Emptiness prevails whether in social life or spiritual training.*

Montreal, 03 November 1999, 5:30 AM

Q: What should we do to attain full detachment?

A: To attain full detachment, we must abandon the matter immediately and not mention it any more.

Psalm

Practice means to avoid entanglements,

*Dissolve all hopes to attain full detachment,
With no thoughts in mind, the heart remains serene,
Practice with diligence and serenity without any expectation.*

Montreal, 04 November 1999, 9:25 AM

Q: How does one attain a spiritual philosophy?

A: One attains a spiritual philosophy through suffering. All adversities and deprivations have a spiritual value.

Psalm

How fortunate to realize spirituality within emptiness,

Knowing The Lord and The Buddha, our nature changes for the better,

Learning continuously, we practice to advance further,

We understand this world clearly by working together.

Toronto, 05 November 1999, 4:18 AM

Q: How can one build righteousness and virtue?

A: Righteousness and virtue come from a true spiritual heart.

Psalm

Spiritual practice will accelerate the spiritual evolution,

*Releasing sorrow and worries, we advance in union,
Longing for divine love, we return to our true soul,
Practicing with sincerity and diligence, we release
our blindness.*

Toronto, 06 November 1999, 8:41 AM

Q: Why do people trick and cheat others?

A: Those who trick and cheat others do not have a true spiritual heart. They claim to be spiritual adepts but lack spiritual training. They do not practice the

righteous method, and take in impurities instead of releasing the impure energy.

Psalm

*They do wrong and lead others on the wrong path,
Lacking spiritual progress, they harm themselves
with the wrongdoings,
Their heart cannot detach from terrestrial emotions,
In spite of their errors, they wrongly believe to be
fortunate.*

Translated by Xuan Mai

Please contact xuanmai00@hotmail.com if you wish to receive the English LEDs via email, or if you want to join the English translation team, or contribute an article about your own spiritual experience. Your comments and contributions are welcome. Thank you.

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.
