



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

Impure Energy

Impure energy imprisons the heart and causes great suffering,
Lacking serenity, we distance ourselves from our true nature,
Without compassion, we increase our greediness and cravings,
Practicing patience and humility, we return to our spiritual nature.

Luong Vi Kien

Baby Tam Talking To You

from 31 January, 2000 to 05 February, 2000

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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. *Is there any benefit in dedicating one's heart toward serenity and harmony?*
2. *How does the Divine Grace help to bring peace and quietude?*
3. *Our wish for a spiritual reunion is now fulfilled. Is there any benefit for such a reunion?*
4. *What do naturalness and spontaneity mean?*
5. *Why do people who claim to be righteous and sincere always encounter losses?*
6. *Is there any benefit in practicing the same method and following the same spiritual path?*
7. *Where does the depth of the spiritual heart reside?*



<p>Fountain Valley, 31 January 2000, 4:55 AM Q: <i>Is there any benefit in dedicating one's heart toward serenity and harmony?</i></p> <p>A: Dedicating one's heart toward serenity and harmony will bring great benefits.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Our serene mind and body radiate pure energy, With a constant progression, we surmount all difficulties, We develop the spiritual heart and evolve spiritually, Detaching ourselves from earthly matters, we learn true harmony.</i></p>
<p>Sidney, 01 February 2000, 11:00 AM Q: <i>How does the Divine Grace help to bring peace and quietude?</i></p> <p>A: The Divine Grace helps to bring peace and quietude by purifying the air and harmonizing the climate.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Divine Love truly exists and is not afar, Opening our spiritual mind, we learn patience and harmony, With a sincere spiritual practice, our true knowledge develops continuously, Peace, purity, and lightness are no longer afar.</i></p>
<p>Sidney, 01 February 2000 Q: <i>Our wish for a spiritual reunion is now fulfilled. Is there any benefit for such a reunion?</i></p> <p>A: The fulfilling of our wish results from the arrangement of the divine destiny.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Understanding the Truth, we meet kindhearted friends, Developing our spiritual heart, we create new friendships, Naturally, our energy flows freely and we reach harmony, Together, we release our impurities to return to serenity.</i></p>
<p>Sidney, 02 February 2000, 8:05 AM Q: <i>What do naturalness and spontaneity mean?</i></p> <p>A: Naturalness and spontaneity mean that during the meditative contemplation, one naturally feels the energy pulling upward, from the cranial psychic center.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>The cranial psychic center harmonizes with the heavenly nature, Feeling peace and joy, we release all worries, The awakened consciousness clearly sees the heavenly sphere, Constantly relating to the Lord, we can achieve a greater peace.</i></p>
<p>Sidney, 03 February 2000, 2:10 AM Q: <i>Why do people who claim to be righteous and sincere always encounter losses?</i></p> <p>A: If the mouth talks about righteousness and sincerity, but the heart wants to cheat and control others, one will always encounter difficulties.</p>	<p style="text-align: center;"><u>Psalm,</u></p> <p style="text-align: center;"><i>We only waste our energy by misleading the Truth, Practice diligently to avoid going in circles, Contribute your work tirelessly without cheating others, Practicing sincerity and righteousness, we will reach enlightenment.</i></p>
<p>Sidney, 04 February 2000, 6:20 AM Q: <i>Is there any benefit in practicing the same method and following the same spiritual path?</i></p> <p>A: There is great benefit in practicing the same method and following the same spiritual path. The practitioners love and respect each other more than their blood relatives.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>With a constant affection, we progress on the same spiritual path, We discard all worries, and learn from each other, With determination, we practice and advance together, With a serene heart, we perfect ourselves to be better.</i></p>

Sydney, 05 February 2000, 2:40 AM

Q: *Where does the depth of the spiritual heart reside?*

A: The depth of the spiritual heart resides in the energy that radiates from the cranial psychic center.

Psalm

*From the cranial center, the pure energy radiates quietly,
With greater wisdom, we understand ourselves better,
Returning to our serene nature, we progress silently,
With a bright mind and wise heart, we enter the realm of
spirituality.*



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.
