



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

Return to Emptiness

Freed of attachments, we enjoy a life of purity and lightness,
Learning incessantly, our mind is bright and fresh,
With an awakened mind, we practice and progress with our own efforts,
Building our spiritual virtue, one day, we will truly comprehend the Lord.

Luong Vi Kien

Baby Tam Talking To You

from 06 February, 2000 to 12 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,

Baby Tam

Questions

1. *Is there any benefit in competing with someone who is loved and respected by many people?*
2. *Can those who lack spiritual practice develop their spiritual mind and wisdom?*
3. *How does the pure energy transform itself?*
4. *When will man's greediness take an end?*
5. *What causes evil and wicked acts among humans?*
6. *How can a spiritual practitioner understand the depth of the spiritual heart?*
7. *Is there anything new when you arrive to a new place with a new climate?*



<p>Sidney, 06 February 2000, 3:00 AM <i>Q: Is there any benefit in competing with someone who is loved and respected by many people?</i></p> <p>A: To compete with someone who is loved and respected by many only brings disadvantages.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>A minority can not win over a majority, They will only suffer and endure adversities, Lacking spiritual affinity, how can they succeed? Harming themselves, they create more difficulties.</i></p>
<p>Sidney, 07 February 2000, 3:30 AM <i>Q: Can those who lack spiritual practice develop their spiritual mind and wisdom?</i></p> <p>A: Those who turn outward and refuse to cultivate themselves spiritually, will not develop their spiritual mind and wisdom. Their life is agitated and they will have difficulty in achieving equilibrium.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>An obscure mind cannot achieve clarity and righteousness, Without spiritual practice, one lives in agitation and suffering, Blinded by ignorance, the mind is tied to lust and desires, Without understanding the spiritual philosophy, one cannot reach enlightenment.</i></p>
<p>Sidney, 08 February 2000, 4:15 AM <i>Q: How does the pure energy transform itself?</i></p> <p>A: When the mind is directed toward the upper sphere, the heart is also light. One can receive the divine blessings by opening one's heart and developing one's spiritual mind.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>With an open heart and mind, we practice to receive the pure energy, Understanding social and spiritual duties, we turn within for harmony, Returning to our true nature, we cultivate our serenity , Grateful for the Divine Grace, we practice with diligence.</i></p>
<p>Sidney, 09 February 2000, 3:00 AM <i>Q: When will man's greediness take an end?</i></p> <p>A: Man's greediness will never end.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>A spiritual adept abandons greediness to advance spiritually, Attaining equilibrium and harmony, he releases all sorrow and worries, The mind and heart clearly know the path of deliverance, With a growing knowledge, we practice with sincerity and diligence.</i></p>
<p>Sidney, 10 February 2000, 4:35 AM <i>Q: What causes evil and wicked acts among humans?</i></p> <p>A: Evil and wicked acts among humans are caused by unrighteous hearts.</p>	<p style="text-align: center;"><u>Psalm,</u></p> <p style="text-align: center;"><i>They must bear the consequences of lust and greediness, Harming their mind and body, they will only regress, Failing to fulfill their great vow of spiritual perfection, They are unable to practice and hinder their spiritual progress.</i></p>
<p>Sidney, 11 February 2000, 4:50 AM <i>Q: How can a spiritual practitioner understand the depth of the spiritual heart?</i></p> <p>A: A spiritual practitioner only understands the depth of the spiritual heart when he has achieved a high moral virtue.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>We develop our sincere nature and gain deep knowledge, We now understand the spiritual wonder with our awakened consciousness, The true spiritual heart fulfills its wishes naturally, Diligently, we practice to comprehend the depth of the spiritual philosophy.</i></p>

Auckland, 12 February 2000, 6:00 PM

Q: *Is there anything new when you arrive to a new place with a new climate?*

A: I have the same good sleep when arriving to a new place with a new climate.

Psalm

*Arriving to a new place, I feel the same harmony,
With a good sleep and peaceful heart, my body functions
nicely,
Looking at the happy crowd and surroundings,
I harmonize with everyone and enjoy the divine blessings.*



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.
