



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

The Path

Practicing with discipline, we return to the unique origin,
When we understand the Lord and The Buddha, there are neither rich nor
poor,
With the spiritual opportunity, we constantly receive the blessings of the Lord,
Steadily we advance, to develop our wisdom and clarity.

Luong Vi Kien

Baby Tam Talking To You

from 26 March, 2000 to 01 April, 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. *If we accept the karma that we have created and devote ourselves to spiritual practice, will we resolve it?*
2. *Is there any benefit in breaking one's promises and cheating others?*
3. *What is the benefit in developing one's pure energy?*
4. *Is it possible to develop oneself and achieve results through spiritual practice?*
5. *If the mind is wise and clear, will one make progress with courage and determination?*
6. *Where does serenity originate?*
7. *Is there any benefit in believing in the pure energy of Heaven and Earth?*



<p>Sydney, 26 March 2000, 3:15 AM <i>Q: If we accept the karma that we have created and devote ourselves to spiritual practice, will we resolve it?</i></p> <p>A: If we have created the karma, we should accept it with patience and resignation. We will slowly be able to resolve it.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>With a sincere spiritual practice, we will understand and resolve our karma, Fulfilling both social and spiritual duties, we release our impurities to attain harmony, Our wise mind is no longer obscured by sorrow and tears, Turning within for self-knowledge, we practice the true dharma.</i></p>
<p>Melbourne, 27 March 2000, 4:00 AM <i>Q: Is there any benefit in breaking one's promises and cheating others?</i></p> <p>A: It is a major sin for a spiritual adept to break his promises. The consequences of his act are immeasurable.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Cheating the mind and body, one will only find agitation, Losing the trust of others, one harms one's own soul, Unable to communicate with the pure energy, one becomes more restless, Failing in all projects, one increases one's wickedness.</i></p>
<p>Melbourne, 28 March 2000, 4:08 AM <i>Q: What is the benefit of developing one's pure energy?</i></p> <p>A: To develop one's pure energy is a way to live a long and healthy life, and to eradicate illness and suffering of the physical body.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Through our pure energy, we maintain equilibrium in social and spiritual life, Returning to the pure origin, we progress in a timely manner, Our true heart shines brilliantly and communes with The Lord, We now realize the deep love of the Divine Father.</i></p>
<p>Melbourne, 29 March 2000, 3:30 AM <i>Q: Is it possible to develop oneself and achieve results through spiritual practice?</i></p> <p>A: One will surely make progress through a steady practice.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Those who fight to acquire unlawful possessions only obscure their minds, Their heart and mind cannot enlighten and stagnate forever, They are unable to attain clarity in each detail, We must develop our spiritual mind to see our true nature.</i></p>
<p>Melbourne, 30 March 2000, 3:35 AM <i>Q: If the mind is wise and clear, will one make progress with courage and determination?</i></p> <p>A: A wise and clear mind produces order for everyone.</p>	<p style="text-align: center;"><u>Psalm,</u></p> <p style="text-align: center;"><i>Rejuvenated through the pure energy, we see the path clearly, As our consciousness awakens, we gain greater wisdom, We accept The Lord's guidance that will never end, The true adept returns to his true nature with self-awakening and sincerity.</i></p>

Psalm

*Harmonizing with the universe, we advance toward
serenity,
As the energy flows freely, we understand our own self,
Advancing in both social and spiritual life, the soul and
astral body evolve,
Understanding both social and spiritual life, we truly
understand ourselves.*

Melbourne, 31 March 2000, 2:35 AM

Q: Where does serenity originate?

A: Serenity originates from the flow of energy at the cranial psychic center which rises upward and harmonizes with the universe.

Psalm

*We practice according to the pure principle and awaken
our consciousness,
Together, we resolve our impurities and turn within to
perfect ourselves,
Together, we advance and build the opportunity to guide
others,
As we develop our sincere nature, we naturally regain our
inner peace.*

Melbourne, 01 April 2000, 2:35 AM

Q: Is there any benefit in believing in matters that arise from the pure energy of Heaven and Earth?

A: To believe in matters that arise directly from the pure principle of Heaven and Earth greatly helps the meditation practitioner. He will naturally understand many things, i.e., he will develop his intuitive knowledge, and he will be able to perceive the purity and lightness of the Almighty Lord.



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