



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

Imprisonment

Our mind and heart are confined in the bodily prison,
Developing our spiritual energy, we attain self-harmony,
Cleaning our true soul to become pure and noble,
We abandon our evil nature and advance toward benevolence.

Luong Vi Kien

Baby Tam Talking To You

from 01 May, 2000 to 07 May, 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. *What will happen when we leave the warm weather that we have had for many days?*
2. *Is there anything special when our spiritual Father arrives?*
3. *Is there any benefit in opposing the dharma without practicing it?*
4. *Why do those who lose their equilibrium quarrel with others in an uncontrolled manner?*
5. *Do those who have the fortunate opportunity to learn make any progress?*
6. *What should we do when the focused energy cannot flow freely?*
7. *How does one clearly separate the pure and impure energies?*



Sydney, 01 May 2000, 4:45 AM

Q: *What will happen when we leave the warm weather that we have had for many days?*

A: To leave this warm weather, we have to cross the ocean and return directly to the Sphere of Immensity of Heaven and Earth. We will arrive at the peaceful destination, and we will continue to lovingly assume our responsibilities while practicing the value of compassion.

Psalm

*Understanding clearly social and spiritual life, we advance gradually,
We release our sorrow and lighten our worries,
With wisdom, we develop ourselves on the righteous path,
Practicing with sincerity, we attain tranquility.*

Los Angeles, 02 May 2000, 9:30 AM

Q: *Is there anything special when our spiritual Father arrives?*

A: When our spiritual Father arrives, our joy is indescribable. He accepts to rest for one day, then he will continue the journey for one hour to arrive at the pre-arranged destination. Then, he will travel another four hours to arrive to the hills of Hai-Khong center in order to spend a completely peaceful night.

Psalm

*We develop our spiritual mind to attain serenity,
Chasing away our sorrow, we now see our true self,
With a light and serene heart, we advance with determination,
Throughout the peaceful night, we see our path clearly.*

Oroville, 03 May 2000, 3:25 AM

Q: *Is there any benefit in opposing the dharma without practicing it?*

A: Those who do not practice and oppose the spiritual dharma do not gain any benefit. They only harm themselves, and create a bad habit. They will live in disharmony and cannot make any progress.

Psalm

*Losing their serenity, they cause agitation and disharmony,
Unable to practice, they can't progress and think deeply,
Refusing the spiritual opportunity, they plant evil thoughts,
Causing agitation, they remain ignorant and can't resolve their difficulties.*

Oroville, 04 May 2000, 4:00 PM

Q: *Why do those who lose their equilibrium quarrel with others in an uncontrolled manner?*

A: Those who lose their equilibrium have a restless nervous system, and like to think wrongly about others.

Psalm

*Their laments bring sorrow everywhere,
With a closed mind and heart, they invent many heart-breaking stories,
Causing discord and slander unnecessarily,
They are restless and appeal to the Lord vainly.*

Oroville, 05 May 2000, 1:35 AM

Q: *Do those who have the fortunate opportunity to learn make any progress?*

A: Those who have the fortunate opportunity to learn will become lighter and easily reach spiritual awakening.

Psalm,

*We learn with a serene heart, and turn within to gain self-knowledge,
With the lessons, we develop ourselves and silently progress,
Questions no longer arise in our spiritual heart,
By turning within and questioning our true heart.*

Oroville, 06 May 2000, 3:30 AM

Q: What should we do when the focused energy cannot flow freely?

A: When the energy focused at the cranial psychic center cannot flow freely, one must mentally invoke the mantra Nam Mo A Di Da Phat to release the impurities. Only then will one be able to recover in a natural and spontaneous manner.

Psalm

*Purifying our heart and mind, we understand the spiritual path,
Unifying with the pure energy, our soul radiates light and energy,
Gaining equilibrium, we advance with an awakened consciousness,
After years of divine guidance, we discover the spiritual wonder.*

Oroville, 07 May 2000, 4:20 AM

Q: How does one clearly separate the pure and impure energies?

A: In order to clearly separate the pure and impure energies, one must concentrate the flow of energy whether it is pure or impure, and master the various stages to let it depart from the cranial psychic center. Closing the eyes, one will separate the pure and impure energies, and let them go.

Psalm

*Clearly separating the pure and impure, we see our path,
We understand ourselves with a pure mind and light body,
As the world progresses, we advance together,
The inner light shines within the divine boundaries.*



Translated by Xuan Mai

Please contact xnmai@netscape.net 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
