



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

Enlightenment

With an enlightened consciousness, we perfect ourselves to advance
spiritually,
Learning with a serene heart, we live in honesty,
The noble and serene heaven spreads its compassionate love,
Practicing with serenity, we appreciate the divine love.

Vi Kien

Baby Tam Talking To You

from 1 October 2000 to 7 October 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. Does the spiritual practitioner gain any benefit in fighting and competing with others?
2. Why the angrier people are, the more they will harm their mind and body?
3. What should a spiritual adept do when encountering karmic debts?
4. Why do cells in the human body function continuously?
5. What will happen when a spiritual adept expresses the great vow to follow a righteous dharma, but still believes evil spirits?
6. Why does an insincere spiritual adept easily believe in superstition, and deviate into the hellish world, only to harm himself?
7. What does it mean to have an evil heart and a devilish mind?



Atlantic City, 1 October 2000

Q: Does the spiritual practitioner gain any benefit in fighting and competing with others?

A: A spiritual practitioner who engages himself in fightings and rivalries will not gain any benefit for his mind and body. He will only create unnecessary worries. His nervous system will be restless, and he will have difficulty in eating and sleeping. He will always nurture a spirit of competition, and hope to obtain peace.

Psalm

*Lacking constructiveness, they immerse themselves in suffering,
Without spiritual progress, they cannot enter the spiritual sphere,
With a wicked heart, they display benevolence,
Criticizing others, they have difficulty to practice.*

Atlantic City, 2 October 2000

Q: Why the angrier people are, the more they will harm their mind and body?

A: The angrier people are, the more they will harm their mind and body because they must think of ways to destroy their opponents. Therefore, their mind and heart are restless, and they try with all means to cause their opponents' downfall and destruction. The law of cause and effect forbids a spiritual adept to go against the divine law.

Psalm

*What's the benefit of needless agitation?
Worldly entanglements eventually lead nowhere,
With perseverance, we awaken our consciousness to advance spiritually,
With serenity, we practice and progress to dissolve our worries.*

Atlantic City, 3 October 2000

Q: What should a spiritual adept do when encountering karmic debts?

A: A meditation practitioner who encounters karmic debts should be patient and follow the pre-arranged destiny until the end. Then, all things will resolve satisfactorily.

Psalm

*The path of spiritual evolution traverses hardship and adversities,
Practice to purify yourself and release earthly karma,
Those who fall to greediness and sensuous desires cannot develop their spiritual energy,
With patience, practice the true dharma to advance gradually.*

Atlantic City, 4 October 2000

Q: Why do cells in the human body function continuously?

A: Cells in the human body circulate throughout the body in accordance with the law of birth, aging, disease, and death. They function 24 by 24 to provide motion to the human body.

Psalm

*Inward and outward, we perfect ourselves to advance spiritually,
With determination, we follow our spiritual destiny,
Whether union or dissolution, we all advance together,
Young and old both progress, and our body functions smoothly.*

<p>Atlantic City, 5 October 2000 Q: <i>What will happen when a spiritual adept expresses the great vow to follow a righteous dharma, but still believes evil spirits?</i></p> <p>A: A spiritual adept who expresses the great vow to follow a righteous dharma, but still believes evil spirits will be condemned to hell, and his heart will fill with anger and hatred.</p>	<p style="text-align: center;">Psalm,</p> <p style="text-align: center;"><i>Lacking a good faith, they cannot develop their spiritual heart, Loaded with impurities, they advance with difficulty, The evil spirits devise plots without a way to escape, Going against the teachings of Buddha and the return to true serenity.</i></p>
<p>Atlantic City, 6 October 2000 Q: <i>Why does an insincere spiritual adept easily believe in superstition, and deviate into the hellish world, only to harm himself?</i></p> <p>A: An insincere spiritual adept likes to use the words of a true practitioner, without attaining enlightenment himself. Therefore, his frustration leads to anger and hatred in his inner consciousness.</p>	<p style="text-align: center;">Psalm</p> <p style="text-align: center;"><i>Deviating into the hellish world, they only harm themselves, Alternating between calmness and agitation, they cannot advance spiritually, Without a true and sincere practice, they cannot attain serenity, Full of anger and hatred, their mind lacks clarity.</i></p>
<p>Atlantic City, 7 October 2000 Q: <i>What does it mean to have an evil heart and a devilish mind?</i></p> <p>A: Those with an evil heart and a devilish mind are of a lower nature, and they always think of ways to destroy and harm others.</p>	<p style="text-align: center;">Psalm</p> <p style="text-align: center;"><i>After harming others, they rejoice happily, Giving themselves a high position, they only cause their own suffering, Taking advantage of spirituality, they seek their self-interest, Without spiritual practice, they stagnate and have neither peace nor rest.</i></p>



Translated by Xuan Mai

Please contact maioro@yahoo.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

Important Notes about the VoVi Congress "Courage and Practice" from 27 October, 2000 to 3 November, 2001

- (1) Please remember to fill out your full birthdate (day, month, year) and give your nationality as specified in the registration form. We need this information to complete your reservation with the cruise line.
- (2) For parents traveling with infants (under 3 years old):
Please note that the age of the infant (< 3 years old) is counted starting from the sailing date of the ship (i.e., the child needs to be less than 3 years old in November, 2001).
2 adults traveling with an infant will need to pay the registration fees for double occupancy (room for 2 adults)
3 adults traveling with an infant will need to pay the registration fees for triple occupancy (room for 3 adults).

Many thanks for your attention,

The Organization Committee for VoVi International Conventions