



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

Practice

Practice the spiritual method to dissipate sorrow in your mind,
Understanding true divine love, we'll avoid empty discussions,
Balancing both social and spiritual duties, we love and respect the Lord,
Practice thoroughly to awaken yourself and return to your origin.

Vi Kien

Baby Tam Talking To You

from 24 December 2000 to 30 December 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 it worthy to sincerely contribute all our innate abilities for the spiritual cause?*
2. *Is there any benefit to harm oneself by not knowing how to truly love oneself?*
3. *What are karmic debts on earth?*
4. *What is the benefit of cultivating oneself spiritually in order to reach serenity?*
5. *How can we cultivate ourselves spiritually in order to achieve goodness, purity, and equilibrium?*
6. *Is there any benefit in meditating a lot?*
7. *What is a true divine opportunity?*



<p>Atlantic City, 24 December 2000, 3:35 AM Q: <i>Is it worthy to sincerely contribute all our innate abilities for the spiritual cause?</i></p> <p>A: It is very valuable to contribute to others the spiritual results that one has achieved through spiritual training and practice.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>We contribute sincerely for the needs of others, Practicing with courage and determination, we study in depth the spiritual matters, Fulfilling with sincerity our social and spiritual duties, We abandon all blindness and passions to seek the Truth.</i></p>
<p>Atlantic City, 25 December 2000, 1:40 AM Q: <i>Is there any benefit to harm oneself by not knowing how to truly love oneself?</i></p> <p>A: Those who do not know how to love themselves in a constructive manner through spiritual practice are truly depriving themselves.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Not knowing how to love oneself causes harm and suffering, To burden the mind and body is to destroy the soul, We now have to bear the effects of our misfortunes, Turning to The Lord and Buddha, we silently invoke the mantra Nam-Mo.</i></p>
<p>Atlantic City, 26 December 2000, 3:40 AM Q: <i>What are karmic debts on earth?</i></p> <p>A: To create karmic debts on earth will only bring suffering, and deprive oneself from happiness, purity, and lightness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>We keep fighting against the karmic debts on this earth, Busy and worried, we accumulate more sorrow, The heavy ties of profane love cause passions and worries, Unable to free ourselves from profane attachments, we can't attain a profound spiritual knowledge.</i></p>
<p>Atlantic City, 27 December 2000, 1:40 AM Q: <i>What is the benefit of cultivating oneself spiritually in order to reach serenity?</i></p> <p>A: To cultivate oneself spiritually in order to reach serenity is very beneficial.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>With an enlightened consciousness, we clearly judge everything, As the soul develops, the mind gains brilliance, Mastering social and spiritual matters, we are void of agitation, Improving ourselves constantly, we turn within for self- guidance.</i></p>
<p>Atlantic City, 28 December 2000, 1:34 AM Q: <i>How can we cultivate ourselves spiritually in order to achieve goodness, purity, and equilibrium?</i></p> <p>A: If we practice with diligence and sincerity to develop ourselves spiritually, we will have the opportunity to achieve goodness, purity, and equilibrium.</p>	<p style="text-align: center;"><u>Psalm,</u></p> <p style="text-align: center;"><i>Accepting the divine opportunity, we advance with courage, Perfecting ourselves with sincerity, we learn to harmonize with others, With a wise mind, we resolve all earthly matters, Understanding The Lord and Buddha, we judge matters thoroughly .</i></p>
<p>Atlantic City, 29 December 2000, 4:55 AM Q: <i>Is there any benefit in meditating a lot?</i></p> <p>A: Those who meditate many hours will be able to unify their spiritual energy.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Developing our contemplative mind, we enter the spiritual sphere, Through self-perfection, we have the opportunity to touch the Lord's love, Our soul travels many spheres within serenity, To return to the opportunity of developing its brilliance.</i></p>

Atlantic City, 30 December 2000, 2:55 AM

Q: *What is a true divine opportunity?*

A: A true divine opportunity occurs unexpectedly.

Psalm

*The divine opportunity occurs unknowingly,
Here is a chance to establish a deep relation,
After the lack of practice, we now develop ourselves,
Constantly loving the Lord, we never forget this good
opportunity.*



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
