



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

Unification

Unifying with Heaven, we understand the principle of oneness,
With perseverance, we perfect ourselves to achieve the divine opportunity,
Fulfilling social and spiritual duties, we understand the root of all things,
Constantly, our soul communicates with the divine mechanism.

Vi Kien

Baby Tam Talking To You

from 7 January 2001 to 13 January 2001

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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 results does one get when practicing with a sincere heart?*
2. *Why does a true spiritual adept not want any praise?*
3. *What will happen when one directs both mind and body towards carnal desires ?*
4. *Does a true spiritual adept need praise and self-glorification?*
5. *What will one achieve if one devotes oneself to spiritual practice with determination?*
6. *What is a true opportunity?*
7. *Does one harm one's body by overeating?*



<p>Atlantic City, 7 January 2001, 5:08 AM Q: <i>What results does one get when practicing with a sincere heart?</i></p> <p>A: Those who practice with a sincere heart will achieve faster results than those who just want to experiment.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>With a sincere heart, we progress on the spiritual path, Cultivating ourselves spiritually, we dissipate our worries, Returning to our origin, we develop divine compassion, Our wise and clear mind truly understands the soul's origin.</i></p>
<p>Atlantic City, 8 January 2001, 5:00 AM Q: <i>Why does a true spiritual adept not want any praise?</i></p> <p>A: A true spiritual adept feels satisfied by practicing the spiritual method with diligence and perseverance. He does not like praise and self-glorification.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Practicing with sincerity, we turn within for self-analysis, Developing the righteous path, we advance with courage, With determination, we practice to understand ourselves, Returning to our origin, we free ourselves of worries.</i></p>
<p>Atlantic City, 9 January 2001, 2:30 AM Q: <i>What will happen when one directs both mind and body towards carnal desires?</i></p> <p>A: When one directs one's mind and body towards carnal desires, one will only harm oneself. One will increase the sensuous desires and generate new karma. One will lose the clarity of mind.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Karmic forces cause imbalance in the nervous system, Those full of sensuous desires do not last long, Subject to the continuous cycle of reincarnations, They kill themselves with their wicked desires.</i></p>
<p>Atlantic City, 10 January 2001, 5:20 AM Q: <i>Does a true spiritual adept need praise and self-glorification?</i></p> <p>A: A true spiritual adept does not need any praise and self-glorification.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Void of regrets, the soul progresses toward infinity, Everywhere, the earthly world is full of agitation, People ignore the inherent spiritual opportunity, After causing suffering to each other, they now remember the Lord.</i></p>
<p>Atlantic City, 11 December 2001, 7:55 AM Q: <i>What will one achieve if one devotes oneself to spiritual practice with determination?</i></p> <p>A: When one is determined to devote oneself to spiritual practice, one will have the opportunity to achieve good results.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Progressing on our own, we'll reach the spiritual opportunity, Free of sorrow, we'll release all worries, Thanks to the divine opportunity, we return to our true origin, Our compassion spreading everywhere widely.</i></p>
<p>Atlantic City, 12 January 2001, 4:45 AM Q: <i>What is a true opportunity?</i></p> <p>A: A true opportunity is a spiritual opportunity, and is also called a happy opportunity.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Spiritual opportunities arrive unexpectedly, Working together, we spread joy everywhere, Loyal to our faith and loving responsibilities, We faithfully develop ourselves according to the pre- arranged destiny.</i></p>

Atlantic City, 13 January 2001, 7:05 AM

Q: *Does one harm one's body by overeating?*

A: To eat excessively without properly digesting the food is very harmful to the body, because it will block the blood circulation.

Psalm

*With a blocked circulation, spiritual energy does not flow
freely,
Stagnating at one place, one imprisons oneself,
Toxins overflow and burden the body,
Lacking happiness, one can't follow the spiritual discipline.*



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
