



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

True Practice

A true practitioner follows the common path of serenity,
Correcting our mistakes, we perfect ourselves with sincerity,
We build a strong faith and our will is unchanging,
Returning to our true consciousness, we don't differentiate between high and
low ranking.

Vi Kien

Baby Tam Talking To You

from 20 May 2001 to 26 May 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 does it mean to judge matters on our own once our mind gains wisdom?*
2. *Heaven and earth are one, so why do people quarrel among each other?*
3. *What will happen when the flow of spiritual energy lacks serenity?*
4. *Will the meditation practitioner gain anything back after detaching himself fully from all worldly matters?*
5. *What causes problems in our brain?*
6. *Does a spiritual adept obtain results when he lacks sincerity?*
7. *Why do karmic forces cause entanglements from one lifetime to another?*



<p>Montreal, 20 May 2001, 4:15 AM Q: <i>What does it mean to judge matters on our own once our mind gains wisdom?</i></p> <p>A: To judge matters on our own once our mind gains wisdom means to return to spontaneity and naturalness in a natural way.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>With a sincere heart, we develop ourselves harmoniously, As our spiritual mind develops, we attain kindness naturally, Awakened, our true soul returns to the heavenly scene, Back to our pure origin, with meditative contemplation, we dissolve our own worries.</i></p>
<p>Montreal, 21 May 2001, 2:40 AM Q: <i>Heaven and earth are one, so why do people quarrel among each other?</i></p> <p>A: Even though heaven and earth are one, people still quarrel among each other because they are greedy.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Agitated and greedy, they cannot harmonize with others, Those who thoroughly understand social and spiritual matters resolve them easily, Earthly affinities only cause agitation and new debts, Unable to progress spiritually, they do not harmonize with others.</i></p>
<p>Montreal, 22 May 2001, 4:40 AM Q: <i>What will happen when the flow of spiritual energy lacks serenity?</i></p> <p>A: When the flow of spiritual energy lacks serenity, every matter will be complicated, and the individual is unable to take a firm decision.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Their agitation brings problems and suffering for their sensuous desires, With a restless mind, they keep committing new errors, Having an unrighteous heart, they only cause turbulence, Lacking spiritual practice, they continue to commit errors.</i></p>
<p>Montreal, 23 May 2001, 2:45 AM Q: <i>Will the meditation practitioner gain anything back after detaching himself fully from all worldly matters?</i></p> <p>A: The meditation practitioner who detaches himself from all worldly matters will regain his full spiritual energy before leaving this earth.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Those who practice with diligence and sincerity will attain detachment, Their soul will unite with their original pure energy, We learn from existence and non-existence, To attain success, we practice with serenity and diligence.</i></p>
<p>Montreal, 24 May 2001, 7:55 AM Q: <i>What causes problems in our brain?</i></p> <p>A: All problems are caused by the lack of balance in our brain.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Lacking order, our brain cannot attain balance, Ignoring all moral values, we refuse to practice spiritually, We'll lose the depth of our spiritual consciousness completely, Adversities will follow us unendingly.</i></p>
<p>Montreal, 25 May 2001, 5:20 AM Q: <i>Does a spiritual adept obtain results when he lacks sincerity?</i></p> <p>A: Spiritual adepts who lack sincerity will not obtain any results.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>To succeed, we must nurture our spiritual will, Without a sincere heart, the mind cannot attain purity, Practicing in a disorderly manner will only bring failure, Return to your true soul to advance rapidly.</i></p>

Montreal, 26 May 2001, 4:10 AM

Q: *Why do karmic forces cause entanglements from one lifetime to another?*

A: Karmic forces cause entanglements for many lifetimes. They are hidden in the brain and very hard to release. Only when we devote ourselves to practice and advance with our own efforts, will we be able to resolve our karma partially. With the silent invocation of the mantra Nam Mo A Di Da Phat, we will slowly regain our great spiritual mind.

Psalm

*Developing our compassion, we'll advance spiritually,
Our heart is the root of all suffering – on our own, we
should release our sorrow,
With patience, we find the spiritual path and cultivate our
faith,
Awakening our true consciousness, we'll harmonize with
the universal energy.*



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 V&V 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
