



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

Unifying love

Unifying our compassionate love, we attain serenity,
Returning to our true origin, we analyze ourselves,
Through righteous practice, we awaken our consciousness to spread the
good seed,
Repenting past mistakes, we understand ourselves and reach inner peace.

Vi Kien

Baby Tam Talking To You

from 22 July 2001 to 28 July 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 will a meditation adept who practices with sincerity contribute to humanity?*
2. *What should a person do when achieving the highest level of content in his material life?*
3. *What should a person do when his offerings and sacrifices are not accepted?*
4. *What should we do when our heart and mind are agitated?*
5. *What brings love and spiritual virtue?*
6. *If humans do not know how to utilize their intelligence, they will encounter trouble. Why?*
7. *Does the lack of equilibrium harm the mind and body?*



<p>Atlantic City, 22 July 2001, 9:35 AM Q: <i>What will a meditation adept who practices with sincerity contribute to humanity?</i></p> <p>A: A meditation adept who practices with sincerity will contribute what is necessary and helpful to humanity, and encourage people to turn toward spiritual cultivation.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Releasing our impurities, we see our path clearly, Encountering adversities and suffering, we gain greater wisdom, Our true heart will awaken agitated people, Understanding ourselves, we release our impurities.</i></p>
<p>Atlantic City, 23 July 2001, 6:30 AM Q: <i>What should a person do when achieving the highest level of content in his material life?</i></p> <p>A: A person who has achieved the highest level of content in his material life should direct his heart toward the infiniteness of Heaven and Earth in order to progress further.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Returning to our pure origin, we advance infinitely, With a serene heart and awakened consciousness, we dissipate our own worries, Returning to our true soul, we evolve further spiritually, Practicing with diligence and sincerity, we understand the divine subtleties.</i></p>
<p>Atlantic City, 24 July 2001, 3:50 AM Q: <i>What should a person do when his offerings and sacrifices are not accepted?</i></p> <p>A: A person must be patient and serene while waiting for a propitious moment when his offerings and sacrifices are not accepted.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Practicing with patience, we release our own worries, Those with a greedy heart cannot live peacefully, Ignoring the World Above, they cannot receive the divine blessings, With love and spiritual virtue, we dissipate all our worries.</i></p>
<p>Atlantic City, 25 July 2001, 1:08 AM Q: <i>What should we do when our heart and mind are agitated?</i></p> <p>A: When our heart and mind are agitated, we must practice the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat with compassion in order to restore balance to our inner consciousness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Through spiritual practice we purify ourselves and awaken our inner consciousness, Returning to our true origin, we turn within for self-knowledge, Developing our wisdom, we practice to advance further, Releasing our impurities, we gain clarity and dissipate all wrong beliefs.</i></p>
<p>Atlantic City, 26 July 2001, 6:20 AM Q: <i>What brings love and spiritual virtue?</i></p> <p>A: Love and spiritual virtue are achieved through sincerity and righteousness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Returning to serenity, we naturally achieve love and spiritual virtue, With ease, we practice thanks to the acquired wisdom, Understanding both the social and spiritual worlds, we are void of agitation, With a serene heart, we practice to purify ourselves.</i></p>

Atlantic City, 27 July 2001, 6:15 AM

Q: *If humans do not know how to utilize their intelligence, they will encounter trouble. Why?*

A: Humans do not know how to utilize their intelligence because they lack spiritual faith and spiritual cultivation.

Psalm

*Those who lack spiritual faith do not know how to use
their mind,
Failing to help constructively, they only harm themselves,
Instead of doing the necessary, they cause self-
destruction,
Losing their intelligence, they deny their true nature.*

Montreal, 28 July 2001, 1:35 AM

Q: *Does the lack of equilibrium harm the mind and body?*

A: The lack of equilibrium will harm the mind and body, since our faith will be weak.

Psalm

*With an agitated mind and body, we cannot advance
spiritually,
Feeling no joy, we create new worries,
Bringing suffering to ourselves, we cannot restore
balance,
Practicing with repentance, we'll bring peace to our heart
and mind.*



Translated by Xuan Mai

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.
