



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

Sincerity

With a sincere heart, we practice diligently and feel peace and serenity,
With an open mind and a wise heart, we become more compassionate,
Spiritual and social opportunities converge to the same origin,
Practicing thoroughly, we'll obtain results and understand the sublime.

Vi Kien

Baby Tam Talking To You

from 2 February 2002 to 8 February 2002

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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. *How does the flux of serene energy slowly accumulate?*
2. *What is the Great Way of the Middle Path?*
3. *Why does one feel poor and loaded with debts?*
4. *What does it mean to achieve through the strength of our thinking and our sincere heart?*
5. *What happens when we block our spiritual mind?*
6. *How do the pure and impure interact with each other?*
7. *What does it mean when the bodily organs are unbalanced?*



<p>Atlantic City, 2 February 2002, 5:50 AM Q: <i>How does the flux of serene energy slowly accumulate?</i></p> <p>A: The flux of serene energy slowly accumulates from the transformations of the celestial mechanism in a natural and spontaneous manner.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>The energy unites in a natural manner and makes the heart kinder, Practicing serenity, we overcome all obstacles through our spiritual practice, The whole world will transform into good opportunities, Working together constructively, we perfect ourselves to communicate instantly with the divine energy.</i></p>
<p>Atlantic City, 3 February 2002, 6:30 AM Q: <i>What is the Great Way of the Middle Path?</i></p> <p>A: To realize the Great Way of the Middle Path means to develop the center of energy on the top of the head through one's own efforts in order to reach infinity.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Infinitely, we develop the energy of our spiritual heart and mind, Thoroughly we practice to attain the sphere of energy without error, Learning infinitely, our heart unites with the Lord, With wisdom and enlightenment, we understand the profound and sublime philosophy.</i></p>
<p>Atlantic City, 4 February 2002, 6:10 AM Q: <i>Why does one feel poor and loaded with debts?</i></p> <p>A: The poorer one feels, the more debts one carries because of excessive greediness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Because of greediness, they carry debts and become poorer, Sowing the seed of hardship and suffering, they don't know how to help themselves, Lacking everything, they must accept their circumstances, Because of poverty, they keep worrying.</i></p>
<p>Atlantic City, 5 February 2002, 4:45 AM Q: <i>What does it mean to achieve through the strength of our thinking and our sincere heart?</i></p> <p>A: When our thinking is strong and our heart is sincere, good fortune will come.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>With pure energy, our heart is sincere and tranquil, Releasing passion and intransigence, we enjoy true divine love, Communicating with the Lord intuitively, we detach ourselves from worldly entanglements, With serenity, we practice to achieve a well-balanced character and a clear mind.</i></p>

Psalm

*With a blocked mind, the heart cannot judge clearly and lacks tranquility,
Causing suffering, they are restless and filled with worries,
Extreme agitation brings additional troubles,
Unable to cultivate themselves spiritually, they cannot attain serenity.*

Atlantic City, 6 February 2002, 3:50 AM
Q: *What happens when we block our spiritual mind?*

A: Those who block their spiritual mind lack spiritual understanding and feel anger and frustration.

Psalm

*Without courage it's very hard to practice,
Compassion guides us on the path toward profoundness and purity,
Helping each other, we advance on the great path,
Resolving our difficulties, we enlighten our mind and advance rapidly.*

Atlantic City, 7 February 2002, 10:05 AM
Q: *How do the pure and impure interact with each other?*

A: The pure and impure always compete against each other.

Psalm

*Without equilibrium, the body constitution is restless,
Immersed in suffering and hardship, they are unable to achieve kindness,
Feeling anger and nervousness, they know no way to escape,
Unable to practice thoroughly, they cannot attain purity and kindness.*

Atlantic City, 8 February 2002, 3:50 AM
Q: *What does it mean when the bodily organs are unbalanced?*

A: When the bodily organs are unbalanced, both the soul and body feel heavy.



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.*