



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

Unified with our true soul, we develop ourselves to progress further,
With a balanced mind and body, we turn within to acquire wisdom,
No longer interested, our spiritual heart is detached of worldly matters,
With a clear thinking and judgement, we naturally return to wisdom.

Vi Kien

Baby Tam Talking To You

from 23 February 2002 to 1 March 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. *Why do humans refuse to save themselves?*
2. *What cause hatred and vengeance?*
3. *What should one do in order to attain one's ambitious goals?*
4. *What are the consequences when a spiritual adept does not practice in a righteous manner?*
5. *How do we develop our spiritual energy through the practice of the spiritual method?*
6. *Why do people like a person and dislike another?*
7. *What should a Vo-Vi adept do in order to follow the Vo-Vi spiritual method?*



Monaco, 23 February 2002, 5:45 AM
Q: *Why do humans refuse to save themselves?*

A: Humans are fundamentally greedy and lustful. They present all kinds of arguments to justify their behavior. They acquire a habit of laziness and cowardry which prevents them from correcting their mistakes and perfect themselves spiritually.

Psalm

*Disliking spiritual practice, they want to enjoy life's pleasures,
Subject to suffering, they sigh and complain, but never repent their mistakes,
Without practice, we cannot develop our spiritual mind and wisdom,
Lacking spiritual depth, thoughts cannot be compassionate.*

Monaco, 24 February 2002, 3:40 AM
Q: *What cause hatred and vengeance?*

A: Hatred and vengeance come from anger and frustration.

Psalm

*Anger only brings harm to the bearer,
Dissipating all anger, our heart will feel pure and light,
Practicing the righteous dharma, we'll advance with our own level,
The sphere of energy will illumine the path of progression.*

Monaco, 25 February 2002, 3:40 AM
Q: *What should one do in order to attain one's ambitious goals?*

A: In order to attain one's ambitious goals, one must release all impure energies .

Psalm

*Blinded by impure energy, they generate hatred and vengeance,
With a restless mind and body, they live in darkness,
Obscured by their passions, greediness and desires,
They keep generating hatred and vengeance with their agitated mind.*

Monaco, 26 February 2002, 2:40 AM
Q: *What are the consequences when a spiritual adept does not practice in a righteous manner?*

A: A spiritual adept who does not practice in a righteous manner will darken his mind, with unpredictable consequences.

Psalm

*Those who practice in an unrighteous manner do not understand their karma,
Lacking wisdom, they are angry, passionate, and go against the divine will,
Causing immense harm to others and themselves,
Practice with sincerity to advance toward purification.*

Monaco, 27 February 2002, 4:25 AM
Q: *How can we develop our spiritual energy through the practice of the spiritual method?*

A: Through the practice of the spiritual method, we will naturally develop our energy at the psychic center on the top of our head.

Psalm

*Energy that flows freely runs in a perfect cycle,
The center of energy projects light with our spiritual progression,
Returning to our unique origin, we have the opportunity for divine guidance,
Practicing with wisdom and clarity, we develop ourselves innerly and outward.*

Monaco, 28 February 2002, 9:20 AM

Q: *Why do people like a person and dislike another?*

A: People like a person and dislike another because their consciousness of harmony has not yet developed.

Psalm

*Those who have not reached the state of meditative
contemplation have not yet acquired wisdom,
With an obscure mind, they often feel angry,
Without spiritual awakening and wisdom, it is difficult to
attain compassion,
With a complicated character, they often feel irritated.*

Monaco, 1 March 2002, 2:55 AM

Q: *What should a Vo-Vi adept do in order to follow the
Vo-Vi spiritual method?*

A: A Vo-Vi adept must practice the Vo-Vi method with perseverance and diligence in order to attain equilibrium.

Psalm

*Practicing with perseverance and diligence, we purify our
energy,
With a clear and wise mind, our energy flows in a perfect
circle,
Advancing on both social and spiritual paths, we work for
the common good,
Respecting ourselves and loving others, we purify our
energy.*



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.
