



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

Practicing together

Practicing together, we help each other to advance spiritually,
Releasing our sorrow and worries, we save ourselves and become wiser,
In spite of the constant changes, we are not agitated,
Learning with serenity, we practice without deviating.

Vi Kien

Baby Tam Talking To You

from 13 April 2002 to 19 April 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. *What happens when one claims to speak with sincerity but one's heart is not sincere?*
2. *What should we do when our heart and mind are restless?*
3. *What cause emotions?*
4. *Is there any benefit in serving others with full dedication?*
5. *How can we know about the middle sphere of heaven?*
6. *What should we do when encountering a spiritual opportunity?*
7. *How does spiritual energy surround the spiritual practitioner?*



Psalm

*The law of karmic retribution is very righteous,
Lacking wisdom, how can one live peacefully?
How to make progress when cheating oneself?
Those with a false heart and mind cannot think
thoroughly.*

Monaco, 13 April 2002, 2:25 AM

Q: What happens when one claims to speak with sincerity but one's heart is not sincere?

A: Those who claim to speak with sincerity but whose heart is not sincere only cheat themselves.

Psalm

*The heart and mind are restless because there is no
serenity,
Awaken your consciousness to practice for spiritual
perfection and to save yourselves,
Let's turn to a new direction to avoid causing more
sufferings to ourselves,
Practicing the silent invocation of Nam-Mo sincerely, we'll
change our direction.*

Monaco, 14 April 2002, 4:10 AM

Q: What should we do when our heart and mind are restless?

A: When our heart and mind are restless, we must practice the silent invocation of the mantra Nam Mo A Di Da Phat regularly, and try to fall into a slumber.

Psalm

*Emotions are generated from the heart,
With a clear and sublime mind, we return to spiritual
practice to develop ourselves,
Our heart and body have wonderful abilities,
Practicing continuously, we'll return to the heavenly
scenery.*

Monaco, 15 April 2002, 1:40 AM

Q: What cause emotions?

A: Emotions arise from the feelings of the heart.

Psalm

*When spiritual virtue abounds, it's easy to advance
spiritually,
With a serene heart, we'll harmonize with purity,
Returning to our true origin, we'll gain greater serenity,
With an awakened consciousness, we turn within to
analyze ourselves quietly.*

Monaco, 16 April 2002, 2:25 AM

Q: Is there any benefit in serving others with full dedication?

A: To serve others with full dedication is very beneficial. When our spiritual virtue abounds, our mind and body will enjoy peace and harmony.

Psalm

*With discipline and order, we'll develop ourselves to
progress further,
We'll turn within to understand the immense universe,
Developing our wisdom, we naturally connect with the
Lord,
Awakening our consciousness, we'll surmount all
difficulties.*

Amphion Les Bains, 17 April 2002, 8:10 AM

Q: How can we know about the middle sphere of heaven?

A: When we meditate correctly, we'll know by ourselves, and we'll see a lively light opening at the center point between the eyebrows.

<p>Amphion Les Bains, 18 April 2002, 8:20 AM <i>Q: What should we do when encountering a spiritual opportunity?</i></p> <p>A: When encountering a spiritual opportunity, we must learn to gain more knowledge.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>When encountering a spiritual opportunity, we must practice more, Questioning ourselves, we augment our memories, With a wise heart and mind, we gain greater knowledge, Practicing with perseverance, we improve ourselves nightly.</i></p>
<p>Amphion Les Bains, 19 April 2002, 9:50 AM <i>Q: How does spiritual energy surround the spiritual practitioner?</i></p> <p>A: Spiritual energy surrounds the spiritual practitioner through his heart and thinking.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Pure energy travels everywhere, With courage and a strong will, we practice thoroughly to attain the proper goal, Developing our wisdom, we'll return to the unique origin, With true understanding, we awaken our consciousness and advance steadily.</i></p>



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.