



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

Agitation

Agitation comes from a restless heart,
With an empty heart, we'll understand spiritual matters,
By our own efforts, we perfect ourselves to restore our serenity,
Learning continuously, we turn within for self-analysis.

Vi Kien

Baby Tam Talking To You

from 18 May 2002 to 24 May 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. *Does a serene environment bring any benefit?*
2. *What should we do when we want to help and guide others through our compassionate heart?*
3. *Is there any benefit in assembling people with a sincere heart?*
4. *Does the deep love between mother and child remain forever in one's heart?*
5. *Is there any benefit for meditation practitioners to love and remember each other?*
6. *Do people who slander and destroy others succeed?*
7. *Is there any benefit in having a serene mind and heart?*



L'Ermitage Saint Antoine, 18 May 2002, 8:30 AM

Q: Does a serene environment bring any benefit?

A: In a serene environment, it is very easy to practice with determination in order to advance spiritually.

Psalm

*With naturalness and spontaneity, our heart and mind are peaceful,
Awakening our consciousness, we devote ourselves to true practice and naturally regain our kindness,
Loving and respecting the noble Lord with His infinite guidance,
We maintain our serenity, with a tranquil mind and body.*

L'Ermitage Saint Antoine, 19 May 2002, 6:15 AM

Q: What should we do when we want to help and guide others through our compassionate heart?

A: To help and guide others through our compassionate heart, we must engage ourselves into a diligent practice in order to perfect ourselves spiritually.

Psalm

*Devoted to spiritual practice, we perfect ourselves spiritually with each step,
Releasing the impure in our mind and body, our consciousness repents its mistakes,
Learning continuously, we achieve our spiritual position,
Returning to our original nature and meditative knowledge, we advance in stages.*

Montreal, 20 May 2002, 8:55 AM

Q: Is there any benefit in assembling people with a sincere heart?

A: To organize a reunion of people with a sincere heart is very beneficial. We'll all feel the warmth and love, and the deep emotions.

Psalm

*Loving and respecting the Lord, our heart overflows with spirituality,
In the warm and loving environment, it's easy to forgive others,
In this reunion, we learn about unexpected matters,
With a serene heart, we analyze them with calmness.*

Montreal, 21 May 2002, 10:25 AM

Q: Does the deep love between mother and child remain forever in one's heart?

A: The deep love between mother and child remains forever in one's heart, and never fades away.

Psalm

*The Lord has arranged the loving relationship,
We should release our sorrow and worries in the moment of strong remembrance,
Our heart recalls the divine opportunity and human emotions,
Let's practice the righteous dharma to reach the sublime.*

Psalm

*With spiritual practice, we become awakened and truly
love each other,
To develop our spiritual consciousness is a sacred
wonder,
Learning in all situations, we appreciate the past and
present,
Working constructively with each other, we gain a
thorough understanding.*

Montreal, 22 May 2002, 2:45 AM

Q: Is there any benefit for meditation practitioners to love and remember each other?

A: There is a great benefit for meditation practitioners to love and remember each other. They will no longer feel lonely.

Psalm

*With a restless heart and body, their mind is obscured,
Destroying themselves, they will only regress,
Causing agitation to their body, they have to bear the
consequences,
Imprisoned in their own sphere, they will find greater pain
and adversities.*

Montreal, 23 May 2002, 5:05 AM

Q: Do people who slander and destroy others succeed?

A: According to the law of karmic retribution, people who slander and destroy others are not allowed to succeed. They will encounter great adversities such as an incurable illness.

Psalm

*Profane matters bring agitation and evolve constantly,
With an awakened mind and body, we build our
compassion,
The Truth is clear and immutable,
With a sincere heart, we practice diligently to restore our
inner peace.*

Montreal, 24 May 2002, 4:55 AM

Q: Is there any benefit in having a serene mind and heart?

A: To have a serene mind and heart brings great benefits. With a clear mind, we can easily decide on all matters.



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.