



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

Serenity

With a serene heart, we practice with diligence and improve ourselves,
Thanks to the divine original principle, we return to kindness naturally,
With a clear and wise mind, our heart becomes more serene,
Returning to our original nature through meditative knowledge, our mind
analyzes the subtle dharma.

Vi Kien

Baby Tam Talking To You

from 14 July 2002 to 20 July 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 is the task of the original principle of Heaven and Earth?*
2. *Does profane love bring any comfort?*
3. *Is there any benefit in sincerely repenting one's mistakes?*
4. *What should we do when our mind and body are restless?*
5. *What does it mean when our mind is pure and open?*
6. *Where should we direct our mind when engaging ourselves in spiritual cultivation?*
7. *How can the original principle of the sphere of energy provide us infinite guidance?*



Montreal, 14 July 2002, 7:15 AM

Q: *What is the task of the original principle of Heaven and Earth?*

A: The original principle of Heaven and Earth has always been helping humanity to evolve to a higher level.

Psalm

*Through joy and harmony, heaven and earth educate our
consciousness,
Practicing thoroughly, we release our impurities and taste
the subtle dharma,
Following the divine guidance, we understand that there is
existence in non-existence,
Feeling joy and harmony, we turn within to appreciate the
dharma.*

Montreal, 15 July 2002, 9:40 AM

Q: *Does profane love bring any comfort?*

A: Profane love can only bring limited comfort.

Psalm

*Profane love brings limited comfort,
Unable to release our impurities, we cannot advance and
stay in a circle,
Subject to romantic relations, our heart and mind are
restless,
Romances bring suffering and passion and cause us to
deceive ourselves.*

Montreal, 16 July 2002, 8:25 AM

Q: *Is there any benefit in sincerely repenting one's mistakes?*

A: Sincere repentance of one's mistakes will bring great benefits to both the mind and body.

Psalm

*Determined to improve ourselves spiritually and progress
on our own,
We understand the spiritual path and vow to contribute
our share,
Building a balanced social and spiritual life as we
advance,
With a serene heart, we evolve spiritually and show a fine
example to others.*

Montreal, 17 July 2002, 8:40 AM

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

A: When our mind and body are restless, we must wholeheartedly devote ourselves to spiritual improvement.

Psalm

*Improving ourselves spiritually, we dissipate our blindness
with our own efforts,
Understanding both social and spiritual life, we regain
peace and happiness,
Void of agitation, we appreciate the dharma with our true
spiritual heart,
With love and affection toward each other, we regain
peace and happiness.*

Psalm

*The sphere of energy opens our mind and allows us to develop ourselves,
The universe disperses its unified energy everywhere,
Advancing on the spiritual path, we release our impurities to progress further,
Entering the sphere of knowledge, our mind illuminates and we'll become kinder.*

Montreal, 18 July 2002, 8:15 AM

Q: What does it mean when our mind is pure and open?

A: Our mind is pure and open when it is able to receive the pure energy of the universe.

Psalm

*Developing our spiritual energy, we progress truly,
As our mind gains wisdom, we attain higher enlightenment,
Our true heart harmonizes with the sphere of purity,
Purifying our spiritual heart, we advance and see our path clearly.*

Montreal, 19 July 2002, 6:10 AM

Q: Where should we direct our mind when engaging ourselves in spiritual cultivation?

A: When we engage ourselves in spiritual cultivation, we must turn our mind toward the sphere of energy in order to progress spiritually.

Psalm

*Providing infinite guidance, the sphere of energy disperses its energy infinitely,
The Lord guides us with His infinite Grace and Love,
With divine love, we improve ourselves to return to our true origin,
Developing ourselves infinitely, we understand the Lord more clearly.*

Montreal, 20 July 2002, 8:15 AM

Q: How can the original principle of the sphere of energy provide us infinite guidance?

A: The sphere of energy provides infinite guidance by dispersing its energy upon us infinitely.



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.