



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

Surmounting Obstacles

Overcoming agitation, we remain serene,
Releasing our sorrow and worries, we project our inner light,
Thanks to the principle of divine guidance, we develop our spiritual
determination,
Practicing with diligence and sincerity, we unveil our true self.

Vi Kien

Baby Tam Talking To You

from 28 July 2002 to 3 August 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. *Is there any benefit in strengthening our faith?*
2. *Is there any benefit for the mind and body when one directs one's mind to the external world?*
3. *Can we meet each other in spite of difficulties when a good spiritual opportunity arises?*
4. *What should we do when we want to achieve wisdom and communion with spiritual energy?*
5. *Is there any benefit in eliminating our self-pride?*
6. *How can we successfully achieve unification?*
7. *What can we do with courage and determination?*



Montreal, 28 July 2002, 11:30 AM

Q: *Is there any benefit in strengthening our faith?*

A: A meditation practitioner should strengthen his faith to liberate himself from the profane world.

Psalm

*Building our faith, we will save ourselves,
Improving ourselves through spiritual practice, we'll
advance and regain peace,
Judging social and spiritual matters clearly, we advance
with serenity,
Perfecting our true heart, we'll return to inner peace.*

Montreal, 29 July 2002, 4:40 AM

Q: *Is there any benefit for the mind and body when one directs one's mind to the external world?*

A: To direct one's mind to the external world will only undermine one's spiritual will.

Psalm

*Those who turn to the external world will lose the
righteous path,
Practicing with sincerity, we'll develop our spirituality,
Returning to the pure state of meditative knowledge, we'll
save our body,
Agitation hinders spiritual practice and prevents us from
saving ourselves.*

Montreal, 30 July 2002, 4:55 AM

Q: *Can we meet each other in spite of difficulties when a good spiritual opportunity arises?*

A: When encountering a good spiritual opportunity, we'll always be able to meet each other in spite of difficulties.

Psalm

*When the spiritual opportunity arrives, we'll have the
chance to meet each other,
Appreciating the spiritual value, we continue to advance,
Transforming our consciousness, we acquire wisdom to
improve ourselves and advance further,
Practicing with sincerity and diligence, we silently invoke
the mantra Nam-Mo.*

Montreal, 31 July 2002, 10:05 AM

Q: *What should we do when we want to achieve wisdom and communion with spiritual energy?*

A: In order to achieve wisdom and communion with spiritual energy, we should realize true patience and humbleness, and we should fully devote ourselves to spiritual improvement.

Psalm

*Practicing patience and humbleness, we devote ourselves
to spiritual improvement,
With a balanced mind and body, we no longer commit
errors,
Opening our righteous consciousness with spiritual
practice, we develop ourselves,
Achieving equilibrium, we'll return to the same origin.*

Montreal, 1 August 2002, 2:40 AM

Q: *Is there any benefit in eliminating our self-pride?*

A: Those who can eliminate their self-pride will bring great benefits to both their mind and body.

Psalm

*As our self-pride augments, we become more agitated
and blinded,
Lacking spiritual practice and spiritual progress, our mind
remains obscure,
Unable to unify ourselves with spiritual energy, we don't
know our true nature,
Lacking wisdom and equilibrium, we don't know our path
thoroughly.*

<p>Montreal, 2 August 2002, 8:05 AM <i>Q: How can we successfully achieve unification?</i></p> <p>A: We must be sincere and direct our mind toward the World Above in order to achieve unification and harmonize ourselves with the serene energy. We'll then obtain good results, and we'll be able to easily detach ourselves from profane matters.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Returning to our pure origin, we see our righteous image clearly, With a serene heart, we return to pure knowledge, Developing ourselves, we awaken our consciousness and see the path of progress, Releasing our impurities, with the righteous dharma, we return to kindness.</i></p>
<p>Montreal, 3 August 2002, 7:25 AM <i>Q: What can we do with courage and determination?</i></p> <p>A: With courage and determination, we'll be able to surmount all adversities.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Practicing with courage and determination, we turn within for self-analysis, Understanding clearly that the spiritual path traverses all worldly spheres, We firmly hold to the Truth with an awakened consciousness, With a sincere heart, we develop ourselves to reach higher spheres.</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.