



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

Focusing and Transformation

Focusing and transforming our energy, we practice the true dharma to return
to the unique origin,
A true spiritual adept awakens himself without discriminating rich and poor,
Understanding both social and spiritual matters, we are wise and
knowledgeable,
Practicing thoroughly, we advance with our own efforts without anxiety.

Vi Kien

Baby Tam Talking To You

from 4 August 2002 to 10 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 being determined to improve oneself spiritually?*
2. *What is the need in loving and respecting the Lord and the Buddha?*
3. *What cause passion and blindness?*
4. *Why are they accused of murder?*
5. *Is there any benefit in establishing a relationship to the universe?*
6. *Will human greediness lead to a crisis?*
7. *Is there any benefit in being greedy and lustful?*



Psalm

*Awakening our consciousness, we return to our origin and
advance accordingly,
With sincerity, we learn and overcome obstacles with our
heart,
Never abandoning the spiritual and social paths,
We scrutinize ourselves, and with the dharma, traverse all
obstacles.*

Montreal, 4 August 2002, 07:50 AM

Q: Is there any benefit in being determined to improve oneself spiritually?

A: Those who are determined to improve themselves spiritually will greatly benefit their mind and body.

Psalm

*Loving and respecting the Lord and the Buddha, our heart
remains quiet,
Freed of agitation, we are also freed of worries,
Leading a frugal life, we have the opportunity to elevate
our mind and body,
Releasing passion and stubbornness, we naturally regain
inner peace.*

Montreal, 5 August 2002, 6:40 AM

Q: What is the need in loving and respecting the Lord and the Buddha?

A: We love and respect the Lord and the Buddha, so that we can evolve to higher levels.

Psalm

*Habits lead to wrong understanding,
With determination and diligence, we practice to find our
true nature,
As bright spiritual energy shines, we can avoid errors,
Awakening our own consciousness, we appreciate the
deep spiritual philosophy.*

Montreal, 6 August 2002, 4:25 AM

Q: What cause passion and blindness?

A: Passion and blindness are caused by habits.

Psalm

*The original principle of Heaven and Earth enlightens the
mind,
Refusing to act with cruelty, we are free of agitation,
Practicing diligently, we enlighten our mind and transform
ourselves with consistency,
And we don't accuse others of our own crimes.*

Montreal, 7 August, 5:33 AM

Q: Why are they accused of murder?

A: Lacking wisdom, they don't know a way to escape and must kill people.

Psalm

*Through our daily life, we harmonize with the pure energy,
Unified with the universe, we are no longer disoriented,
Turning within, we are content with the lively energy,
Enlightening our mind and opening our heart, we improve
our own nature.*

Montreal, 8 August 2002, 9:15 AM

Q: Is there any benefit in establishing a relationship to the universe?

A: To establish a relationship to the universe means to live naturally, and this is very important.

Montreal, 9 August 2002, 6:15 AM
Q: Will human greediness lead to a crisis?

A: Human greediness will generate a bad habit.

Psalm

*With voracious greed, their life is always restless,
Unable to advance spiritually, their face lacks freshness,
With lustful and greedy desires, they are constantly
agitated,
With unquenchable greed, there is no happiness.*

Ottawa, 10 August 2002, 12:50 AM
Q: Is there any benefit in being greedy and lustful?

A: To be greedy and lustful does not bring any benefit.
One only harms one's mind and body.

Psalm

*Wasting our vital energy, we only harm our mind and
body,
It is essential to devote ourselves to spiritual perfection
with determination,
Reducing our agitation, we strengthen our body in
accordance with the divine Grace,
Developing our wisdom, we become less ignorant.*



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.