



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

Developing the Spiritual Mind

As the spiritual mind develops, we practice the true dharma to attain purity
and enlightenment,
Practicing with a sincere heart, we achieve kindness,
Following the Lord's infinite guidance, we awaken our consciousness,
Learning continuously, we regain peace and knowledge.

Vi Kien

Baby Tam Talking To You

from 1 September 2002 to 7 September 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 origin of our obvious heaviness and impurities?*
2. *What does "infinity" mean?*
3. *What should we do to return to our origin of serenity?*
4. *Is there any benefit in being blinded by passion and agitation?*
5. *What causes misunderstanding?*
6. *What is the most essential task?*
7. *What is the proper way to attain full detachment?*



Montreal, 1 September 2002, 6:15 AM

Q: What is the origin of our obvious heaviness and impurities?

A: Our heaviness and impurities come from the impure energy inside our body. The strong impure energy arises from the heaviness of the five organs of the body.

Psalm

*Through continuous purification, we release the impure energy,
Evolving infinitely, we unblock all four energies,
The rays of pure energy shine upon us and open the path of evolution,
With infinite flexibility, we elevate ourselves through spiritual practice.*

Atlantic City, 2 September 2002, 6:30 AM

Q: What does "infinity" mean?

A: "Infinity" means that it is always bright and new.

Psalm

*The rays of pure energy shine everywhere,
Awakening our consciousness infinitely, we naturally reach our goal,
With the divine guidance, we have the good opportunity to return to our unique origin,
With liveliness, our soul advances steadily toward Heaven.*

Atlantic City, 3 September 2002, 7:15 AM

Q: What should we do to return to our origin of serenity?

A: In order to return to our origin of serenity, we must be determined to abandon our impure and profane heart.

Psalm

*With determination, we should perfect ourselves to obtain results,
With serenity, we practice by our own efforts to achieve purity,
Returning to our true origin, we practice serenity,
Releasing our impurities, we return to emptiness and enlighten our consciousness.*

Atlantic City, 4 September, 8:30 AM

Q: Is there any benefit in being blinded by passion and agitation?

A: Those who are blinded by passion and agitation will lose their mind and encounter more sufferings.

Psalm

*Blinded by passion and agitation, we cannot practice thoroughly,
Encountering constant obstacles, we cannot make progress,
When the mind is restless, it cannot be purified,
Returning to true spiritual awakening, we develop our spiritual path.*

Atlantic City, 5 September 2002, 3:30 AM

Q: What causes misunderstanding?

A: When the nervous system is unbalanced, it causes misunderstanding.

Psalm

*With a restless nervous system, we will commit errors,
Lacking wisdom, we cannot see the path of spiritual virtue,
Haste only causes sufferings to ourselves,
We will continue to err on both social and spiritual paths.*

Atlantic City, 6 September 2002, 7:30 AM
Q: *What is the most essential task?*

A: The most essential task is to improve oneself spiritually.

Psalm

*It is most important to practice and improve oneself,
With determination, we cultivate ourselves spiritually to
attain perfection,
Developing our spiritual consciousness, we have the
opportunity to receive infinite guidance,
With a sincere heart, we turn to the Lord without wishes
nor expectations.*

Atlantic City, 7 September 2002, 7:55 AM
Q: *What is the proper way to attain full detachment?*

A: The proper way to attain full detachment is to use courage and determination.

Psalm

*Practicing with determination, we turn within to acquire
wisdom,
Balancing social and spiritual duties, we see our path
clearly,
Advancing with determination, we release our impurities,
With a sincere heart, we turn to the Lord and strive to
regain our true nature.*



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.
