



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

True Consciousness

Attaining a true consciousness, our mind is calm, overcoming obstacles with
the infinite divine guidance,
Practicing the spiritual method, we achieve true knowledge and return to our
origin,
With a righteous heart, we obtain results and advance in stages,
Releasing our profane heart, we return to our unique origin.

Respectfully,
Vi Kien

Baby Tam Talking To You

from 22 June 2003 to 28 June 2003

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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 illness mean karma?
2. Is there any benefit when the plane flies directly?
3. Is there any benefit in practicing and making progress?
4. What does it mean "To obey heaven is survival"?
5. What does it mean to return to purity and meditative knowledge?
6. Why do we live in turbulence?
7. Why are people agitated?



Atlantic City, 22 June 2003 12:20PM

Q: Does illness mean karma?

A: Illness truly represents the force of karma.

Psalm

*Karmic relations will generate illness and hinder communication with the divine sphere,
When our mind is agitated and we do not practice a spiritual method, it is difficult to restore serenity,
Lacking filial piety and gratitude, we meet more agitation,
Those who practice with a sincere heart will feel peace and tranquility.*

Atlantic City, 23 June 2003, 3:30 AM

Q: Is there any benefit when the plane flies directly?

A: When the plane flies directly, there is a much greater cost savings.

Psalm

*When we practice in a direct manner, we waste less energy,
Developing ourselves spiritually, we form the divine connection and resolve our difficulties,
Correcting ourselves, we practice with sincerity and achieve greater success,
Advancing through spiritual practice, we turn within for self-analysis.*

Atlantic City, 24 June 2003, 5:40 AM

Q: Is there any benefit in practicing and making progress?

A: To practice and make progress greatly helps our spiritual mind and augments our wisdom.

Psalm

*To practice and make progress generates further progress and greater wisdom,
Learning continuously, our consciousness awakens and understands many things,
When disobeying the divine law, The Lord cannot help us,
Those who practice and perfect themselves with sincerity will see the path clearly.*

Atlantic City, 25 June 2003, 7:55 AM

Q: What does it mean "To obey heaven is survival"?

A: To obey heaven means to advance and evolve toward infinity.

Psalm

*To obey heaven is survival and generates progress,
Developing our mind and opening our heart, we become more compassionate,
Undisturbed by worldly emotions, we keep advancing,
Returning to the teachings of Buddha, we naturally feel compassionate.*

Psalm

*With spiritual practice, our consciousness awakens,
and we turn within for spiritual perfection,
With an awakened consciousness, we practice on our
own and release our blindness,
Unifying with true divine love, our spiritual heart is now
full and perfect,
With love and affection, we guide others infinitely and
bring positive transformations.*

Atlantic City, 26 June 2003, 10:45 AM

Q: *What does it mean to return to purity and meditative knowledge?*

A: To return to purity and meditative knowledge means to fully trust our own abilities at that time.

Psalm

*Those who do not practice correctly do not live in
tranquility,
When our heart and spirit change, we will notice
immediately,
Passions and intolerance still exist in our thoughts,
With a calm heart, we cultivate our serenity and
naturally regain our inner peace.*

Atlantic City, 27 June 2003, 9:10 AM

Q: *Why do we live in turbulence?*

A: We live in turbulence because we take in agitation on our own.

Psalm

*Our heart is moved and we want to help out of
compassion,
With a restless mind, we lack concentration and
remain in a circle,
We follow our mind and spirit which are unclear,
To liberate ourselves from entanglements, we must
return to the path of purity.*

Atlantic City, 28 June 2003, 8:40 AM

Q: *Why are people agitated?*

A: People are agitated because they have lost the equilibrium in their inner consciousness.



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.