



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

Spiritual Development

To advance spiritually, we practice with courage and perseverance so our
consciousness will achieve spiritual awakening,
Returning to our pure origin, we analyze the subtleties of the spiritual
dharma,
Opening the sphere of spiritual energy, we advance on the path of heart-
dharma,
Developing ourselves infinitely, we traverse all obstacles with the spiritual
dharma.

Respectfully,
Vi Kien

Baby Tam Talking To You

from 24 August 2003 to 30 August 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. Is there any benefit in practicing meditation in a righteous manner?
2. What is the right way to calculate?
3. Why does one lose one's head?
4. How does the original principle of Heaven and Earth get formed?
5. How does the spiritual energy of the universe shine upon earth?
6. How does serenity accomplish transformations in a loving and affectionate manner?
7. What is serenity?



Atlantic City, 24 August 2003 23:35 AM

Q: *Is there any benefit in practicing meditation in a righteous manner?*

A: Those who practice meditation in a righteous manner will reduce their karma.

Psalm

*Practice meditation in a righteous manner to reduce
your karma,
With a clear and wise mind, we will understand
matters thoroughly,
We will distinguish spiritual and social matters clearly,
With a sincere heart, we will perfect ourselves
spiritually to advance and help our souls.*

Atlantic City, 25 August 2003, 2:00 AM

Q: *What is the right way to calculate?*

A: The right way to calculate is to learn how to release our impurities.

Psalm

*Releasing our own impurities, we change ourselves to
reach purity,
With a wise and pure spiritual heart, we practice the
true method with determination,
Loving and respecting all living beings, we advance
together within purity,
Dissipating our sorrow, we will see the inner light and
become kinder on our own.*

Atlantic City, 26 August 2003, 12:00 AM

Q: *Why does one lose one's head?*

A: One loses one's head because one lacks discipline.

Psalm

*Those who lack order and discipline cannot attain
quietude,
When the consciousness does not awaken, one only
harms one's soul,
Lacking spiritual practice, one cannot progress and
achieve spiritual eternity,
Unable to purify oneself and open up one's spiritual
mind, one will not achieve eternity.*

Atlantic City, 27 August 2003, 7:10 AM

Q: *How does the original principle of Heaven and Earth get formed?*

A: The original principle of Heaven and Earth was formed by the energy balance of the universe.

Psalm

*Understanding the original principle formed by
transformations of earth and heaven,
Everywhere actions and reactions endlessly happen,
Through the incessant evolution, peaceful sceneries
will be formed,
Returning to our pure origin, we are void of agitation
and develop our compassionate heart.*

Psalm

*Through cause and effect, the soul evolves and pays
its karma on earth,
After the mind and body have suffered, we analyze
slowly on our own,
Through spiritual insight, we are grateful for our mind
and soul,
As we advance spiritually, we develop and transform
ourselves gradually.*

Atlantic City, 28 August 2003, 9:45 AM

Q: How does the spiritual energy of the universe shine upon earth?

A: Spiritual energy of the universe is received in accordance with the spiritual level and karmic situation of each individual.

Psalm

*Pure light brings infinite transformations and infinite guidance,
Understanding the sphere of spiritual dharma clearly,
we bring transformations at all levels,
As we express our true heart, we slowly achieve
spiritual success,
Focusing our energy, we reach serenity and turn within
for self-analysis.*

Atlantic City, 29 August 2003, 9:50 AM

Q: How does serenity accomplish transformations in a loving and affectionate manner?

A: Serenity accomplishes transformations through its infinite light.

Psalm

*The pure and serene light shines everywhere,
Practicing the profound divine principle, we change
ourselves and advance,
Releasing our sorrow and worries, we become more
compassionate,
Working together constructively, we establish peace
everywhere.*

Atlantic City, 30 August 2003, 11:00 AM

Q: What is serenity?

A: Serenity means spiritual union and spiritual harmony.



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.