



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

Close to the Divine Sphere

Being close to the sphere of the noble Heaven, we advance clearly on the
path of progress,

Understanding the Lord and Buddha, we feel our own benevolence,
Sowing the opportunity for infinite guidance, we feel peace and harmony,
Judging social and spiritual matters clearly, we are compassionate and
understand thoroughly on our own.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 9 November 2003 to 15 November 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. *How do we return to our pure origin and meditative knowledge?*
2. *What should we do if our life situation does not allow us to practice earnestly?*
3. *What is life?*
4. *What should we do if we cannot liberate our resentment and blocked energies?*
5. *What kind of benefits does the cyclical breathing without retention bring?*
6. *What is the purpose of developing the five organs?*
7. *Is there any change when we achieve spiritual progress?*



Atlantic City, 9 November 2003 2:00 AM

Q: How do we return to our pure origin and meditative knowledge?

A: In order to return to our pure origin and meditative knowledge, we should practice the spiritual method earnestly to develop our spiritual heart and mind.

Psalm

*Developing our heart and mind, we will advance
infinitely,
As our true soul grows, we will return to the unique
origin,
Through infinite transformations, we will achieve self-
awakening,
Opening both social and spiritual paths, we advance
gradually.*

Atlantic City, 10 November 2003, 9:07 AM

Q: What should we do if our life situation does not allow us to practice earnestly?

A: If our life situation does not allow us to practice earnestly, we must be determined with ourselves.

Psalm

*Practicing with determination, we must seek for
ourselves,
Awakening our own consciousness, we see the deep
spiritual wonders clearly,
Uniting all four seas, we advance and practice to reach
the same origin,
Returning to our pure origin and meditative knowledge,
we transform ourselves silently.*

Atlantic City, 11 November 2003, 7:15 AM

Q: What is life?

A: Life means that we can still relate with the pure energy of Heaven and Earth.

Psalm

*With our spiritual practice, the pure energy brings to us
profound transformations,
We understand the divine Grace and its spiritual
wonders,
As our consciousness awakens, we distinguish the
sphere of energy on our own,
Practicing with determination, we understand
spirituality deeply and clearly.*

Atlantic City, 12 November 2003, 5:45 AM

Q: What should we do if we cannot liberate our resentment and blocked energies?

A: In order to liberate our resentment and blocked energies, we should purify ourselves by practicing the cyclical breathing without retention.

Psalm

*Unable to liberate the blocked energies, we feel
imprisoned and angry,
Developing ourselves spiritually, we return to pureness
and live in harmony,
Advancing equally on the social and spiritual paths,
our heart is flexible and harmonious,
Unifying ourselves with the pure energy, we dissipate
sorrow and worries.*

Psalm

*With the cyclical breathing we develop ourselves
toward infinity,
Opening the sphere of energy, our energy flows freely,
Practicing the cyclical breathing continuously, we will
reach the Truth,
Opening our spiritual heart and mind, we will develop
our aura of energy.*

Atlantic City, 13 November 2003, 5:05 AM

Q: What kind of benefits does the cyclical breathing without retention bring?

A: The cyclical breathing without retention greatly benefits the development of the five internal organs.

Psalm

*Developing our five organs, we can unify our energy
easily,
Practicing the spiritual method sincerely, we will return
to our true homeland,
Developing ourselves in all aspects, we will return to
the unique origin,
With a sincere heart, we enter the state of meditative
contemplation and advance gradually.*

Atlantic City, 14 November 2003, 1:45 AM

Q: What is the purpose of developing the five organs?

A: We develop the five organs in order to achieve further spiritual progress.

Psalm

*The soul advances spiritually and surmounts obstacles
on its own,
Learning the spiritual lessons profoundly, we advance
in harmony,
Developing our soul, we will understand all spheres
clearly,
With a sincere heart, we work constructively and
resolve difficulties on our own.*

Atlantic City, 15 November 2003, 9:35 AM

Q: Is there any change when we achieve spiritual progress?

A: When we achieve spiritual progress, our soul is wise and clear, and can surmount obstacles easily.



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.