



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

Equilibrium

With equilibrium, our consciousness soon reaches peace and harmony,
Releasing sorrow and worries, we dissolve our sadness,
With a constant flexibility, we work constructively,
Loving and respecting the Lord and Buddha, we live in peace and harmony.

Respectfully,
Vi Kien

Baby Tam Talking To You

from 1 February 2004 to 7 February 2004

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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 does it mean to practice and reach the goal?*
2. *What does it mean to practice charity by giving words of truth?*
3. *Why are people full of pride and refuse to speak the truth?*
4. *Is there any harm when we deny the truth?*
5. *What is the principle of truth?*
6. *When the weather changes, do people's hearts also change?*
7. *Does the human consciousness fight against the heat and cold?*



Singapore, 1 February 2004

Q: *What does it mean to practice and reach the goal?*

A: To practice and reach the goal means to open our spiritual heart and develop our spiritual mind and express words of truth.

Psalm

*By dispensing words of truth, we will come back on our own,
The spiritual path is infinite, and we will return to the origin on our own,
Practicing charity by giving words of truth endlessly,
We are no longer tired and release our blinded passions on our own.*

Singapore, 2 February 2004

Q: *What does it mean to practice charity by giving words of truth?*

A: To practice charity by giving words of truth means to speak the truth.

Psalm

*Returning to purity and meditative knowledge, we express words of truth,
As we advance spiritually, we provide guidance to others and preserve our wisdom,
Unifying human compassion, our consciousness awakens,
Practicing the true dharma thoroughly, our soul remains eternal.*

Singapore, 3 February 2004

Q: *Why are people full of pride and refuse to speak the truth?*

A: People are full of pride and refuse to speak the truth because they want to hide their bad character and bad habits.

Psalm

*Bad habits generate bad thoughts,
They want to avoid a worried mind, but they cause sorrow to themselves,
Knowing that they are agitated and unrighteous,
Filled with pride and greediness, they create sorrow on their own.*

Singapore, 4 February 2004

Q: *Is there any harm when we deny the truth?*

A: Denying the truth is very harmful to the mind and body.

Psalm

*To cheat and lie is unadvisable and harms the mind,
Unable to achieve good things, they create errors on their own,
With a restless heart and mind, they generate even more errors,
Walking and going in an agitated manner, they only harm their mind.*

Psalm

*The words of truth are immutable and do not require corrections,
Practicing with honesty, we will not change ourselves,
Following exactly the words of truth, we go on the same path,
Evolving continuously, we do not change ourselves.*

Singapore, 5 February 2004

Q: *What is the principle of truth?*

A: The principle of truth means immutable Truth.

Psalm

*We practice with flexibility in accordance with the flux of cold or hot energy,
Seeing clearly righteous matters on the social and spiritual planes,
We undergo deep transformations to enter a new era,
With constant changes, our mind becomes illuminated.*

Singapore, 6 February 2004

Q: *When the weather changes, do people's hearts also change?*

A: When the weather changes, people's hearts should also follow the cold or hot flow of energy.

Psalm

*The celestial mechanism is subject to heat and cold depending on the transformations,
Understanding both cold and heat, our mind will progress further,
Accepting social and spiritual opportunities in both favorable and adverse conditions,
Helping ourselves and understanding others, we surmount difficulties on our own.*

Singapore, 7 February 2004

Q: *Does the human consciousness fight against the heat and cold?*

A: The human consciousness sometimes fights against the heat and cold of Heaven and Earth.



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.