



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

Release

Releasing blinded passions and intransigence, we will have neither sorrow nor
worries,
Through adaptation we will advance and resolve our problems so that we will all
advance together equally,
Learning continuously, we will surmount the obstacles and make progress on our
own,
Sincerely devoting ourselves to spiritual cultivation, we will understand the human
heart clearly.
*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 3 February to 9 February 2005

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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) *On this earth, which are fortunate events and unfortunate events?*
- 2) *How can we guard ourselves?*
- 3) *If we run into misfortune, how does it happen?*
- 4) *What should we do if we become perverted by blinded passions?*
- 5) *What benefits do we get from our spiritual practice of releasing impure energy and retaining pure energy?*
- 6) *What is the most important thing in our present life?*
- 7) *Is there discontent when one is in need?*



Psalm

*Whether events are fortunate or unfortunate, we must
equally guard ourselves,
Awakening our own consciousness, we will dissipate
our blinded passions which cause sufferings,
Developing ourselves in the sphere of
awakening(knowledge),
With sincerity, we devote ourselves to correcting our
mistakes and perfecting our character.*

San Diego, 3 February 2005 11:01 AM

*Q: On this earth, which are fortunate events and
unfortunate events?*

*A: On this earth, whether events are fortunate or
unfortunate, we must equally guard ourselves.*

Psalm

*We should guard ourselves by prevention instead of
falling into misfortune,
Let's stay away and not embrace the poisonous
substance,
Not knowing the harm and poison, we will have
difficulties to avoid it,
Releasing blinded passions and intransigence, we will
not tolerate their existence.*

San Diego, 4 February 2005 3:56 AM

Q: How can we guard ourselves?

*A: We should guard ourselves by prevention instead of
falling into misfortune.*

Psalm

*Once seduced, we will have difficulty to escape and
we will become more agitated,
The more we meditate, the lesser we will be
captivated,
Unable to let our energy flow freely and to purify
ourselves, our mind becomes restless,
Tempted by all kinds of things, we have no way to
escape.*

San Diego, 5 February 2005 4:09 AM

Q: If we run into misfortune, how does it happen?

A: Running into misfortune happens by being seduced.

Psalm

*Agitated and fooled by blinded passions, we should
release the impurities by ourselves,
We no longer have a wise mind and a clear heart,
Learning infinitely, we will awaken ourselves to turn to
spiritual cultivation,
With perseverance, we practice the silent invocation of
the mantra Nam-Mo-A-Di-Da-Phat to return to the
heavenly sphere.*

San Diego, 6 February 2005 6:36 AM

*Q: What should we do if we become perverted by blinded
passions?*

*A: If we become perverted by blinded passions, we should
devote ourselves to spiritual cultivation in order to rectify
ourselves and release our impurities by our own efforts.*

San Diego, 7 February 2005 5:38 AM

Q: *What benefits do we get from our spiritual practice of releasing impure energy and retaining pure energy?*

A: The spiritual practice of releasing impure energy and retaining pure energy is very beneficial for the mind and body.

Psalm

*Practicing meditation, we are determined to perfect ourselves and advance spiritually,
Developing our true consciousness, we will release our blindness on our own,
Regaining our human compassion, our mind and spirit are healthy,
Practicing with perseverance and sincerity, we will release our blindness on our own.*

San Diego, 8 February 2005 10:41 PM

Q: *What is the most important thing in our present life?*

A: To maintain our health is the most important thing in our life.

Psalm

*To maintain our health is more important than all other tasks,
This issue needs to be resolved first,
It is essential to return to our pure origin and serenity,
We are responsible for taking care of our own health.*

San Diego, 9 February 2005 3:45 AM

Q: *Is there discontent when one is in need?*

A: To be in need causes a lot of discontent.

Psalm

*To be in need causes restlessness,
Unending adversities bring sadness,
When the mind is distressed and the heart sorrowful,
evil thoughts arise,
With a grieving heart and a senseless mind, one has no tranquility.*



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.
