



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

How fortunate it is...

Learning about tranquility and goodness, our mind will surmount the obstacles,
With a calm heart and serenity, we will attain harmony and tranquility on our own,
The more we devote ourselves to spiritual cultivation, the more we will advance
spiritually and resolve issues on our own,
Unifying human compassion, we will bring transformations close and afar.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 3 March to 9 March 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) *What is consciousness?*
- 2) *What will we understand?*
- 3) *What should be the right thing?*
- 4) *Does a human being need health?*
- 5) *Is it necessary to eat in an orderly manner?*
- 6) *Is it good to eat plenty of vegetables?*
- 7) *Is it good to eat moderately?*



Singapore, 3 March 2005 3:30 PM

Q: *What is consciousness?*

A: Consciousness means to be able to understand.

Psalm

*Able to understand, we awaken our own
consciousness and develop our spiritual mind,
Opening up our mind and gaining wisdom, we will
expose things on our own,
On both social and spiritual paths, we will return to our
original knowledge,
Releasing our impurities, with a serene heart, we will
advance continuously with our own efforts.*

Hongkong, 4 March 2005 3:25 AM

Q: *What will we understand?*

A: We will understand all matters clearly.

Psalm

*We will understand all good things thoroughly,
With clear explanations, we will get to the bottom of
the issues,
Unifying our energy, we will awaken our
consciousness and our heart is void of agitation,
Through deep spiritual transformations, we will
understand all domains thoroughly.*

Hongkong, 5 March 2005 12:05 AM

Q: *What should be the right thing?*

A: The right thing is health.

Psalm

*In this earthly life, health is essential,
A lively compassion exists in our heart,
Loving and respecting God and Buddha is crucial,
We should be diligent in devoting our physical body to
spiritual practice in order to evolve spiritually*

Hongkong, 6 March 2005 7:30 AM

Q: *Does a human being need health?*

A: A human being truly needs health.

Psalm

*Kind people are full of health,
Loving and respecting God and Buddha, we feel
happy and united,
Practicing with sincerity to advance spiritually, we
dissipate worries in our heart,
Loving and thinking of the noble Heaven, we lead a
very tranquil life.*

Hongkong, 7 March 2005 9:15 AM

Q: *Is it necessary to eat in an orderly manner?*

A: It is very necessary to eat in an orderly manner.

Psalm

*To maintain order is the first thing we must do,
Resolving communications, we should avoid
greediness,
We will return to our pure origin on both social and
spiritual paths,
We should develop ourselves spiritually and not hastily
commit errors.*

Hongkong, 8 March 2005 2:37 AM

Q: *Is it good to eat plenty of vegetables?*

A: Eating plenty of vegetables is very good for the body.

Psalm

*Eating plenty of vegetables will nourish the mind and
body well,
Eating and drinking greens contains no poisonous
substance,
Enjoying the divine grace, our mind and body are light,
Practicing with diligence and sincerity, we lead a
peaceful and leisurely life.*

Singapore, 9 March 2005 2:00 AM

Q: *Is it good to eat moderately?*

A: Eating moderately is very good.

Psalm

*Eating and drinking moderately will make the digestion
very easy,
Likewise, we should practice meditation with diligence,
sincerity, and regularity,
Both our mind and body practice in order to expose
and release our impurities with perseverance,
Dissipating our sorrow and worries, we awaken our
consciousness and practice on our own.*



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.
