



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

Thorough Understanding

With a thorough understanding and a constructive spirit, we live in quietude,
Facing social and spiritual matters, we dissipate sorrow and worries on our own,
Understanding clearly the righteous dharma, we return to the spiritual path,
Thanks to the immense divine love, we will have the opportunity for spiritual
success.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 1 July to 7 July 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) *Does staying up late at night harm our health?*
- 2) *Is there any harm when one does not have enough teeth to chew the food?*
- 3) *Is there any harm when we forget to silently invoke the mantra Nam-Mo-A-Di-Da-Phat?*
- 4) *Is there any benefit in fighting and suffering?*
- 5) *Should we maintain our spiritual cultivation whether we have money or no money?*
- 6) *Which matter causes impatience?*
- 7) *What is the original principle?*



Psalm

*Doing useful work to bring joy to the general public,
We will develop our spiritual mind and help our soul,
Serving others with a sincere heart will bring us
abundant blessings,
Thinking of the noble Heaven with love and respect,
we will become even more enthusiast.*

San Diego, 1 July 2005 3:27 AM

Q: Does staying up late at night harm our health?

A: Staying up late at night to do work useful for the general public will bring us joy and health.

Psalm

*Eating carelessly will harm the stomach and cause
indigestion,
Due to a difficult digestion, the body will have difficulty
to eliminate the waste,
It will harm the bowels and block the elimination
system,
Having constipation for a long time could lead to
cancer.*

San Diego, 2 July 2005 1:52 AM

Q: Is there any harm when one does not have enough teeth to chew the food?

A: Not having enough teeth to chew the food will harm the stomach because of a difficult digestion.

Psalm

*Blocked energies which do not dissolve will harm the
heart and mind,
Harm ensues when the heart is restless and the mind
is confined,
One is unable to make progress in both spiritual and
social matters,
Practicing the silent invocation of Nam-Mo-A-Di-Da-Phat
with a calm heart will dissipate our uncertainty.*

San Diego, 3 July 2005 2:03 AM

Q: Is there any harm when we forget to silently invoke the mantra Nam-Mo-A-Di-Da-Phat ?

A: To forget the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat will cause harm in the long run, because we will accumulate blocked energies.

Psalm

*It is not good to work in an disorderly manner,
Unable to evolve spiritually, we will only cause
agitation,
Facing the deep spiritual transformations, we cannot
advance firmly,
Those who maintain order with a sincere heart will
attain kindness naturally.*

San Diego, 4 July 2005 2:14PM

Q: Is there any benefit in fighting and suffering?

A: To fight and suffer from the consequences only causes harm.

Psalm

*Whether poor or rich, we have one thing to do: to
practice meditation and cultivate ourselves spiritually,
Resolving our spiritual matters, we will dissipate our
own blindness,
Determined to progress, we concentrate in stepping
forward,
Building our virtue, with a serene heart, we release our
blinded passions.*

San Diego, 5 July 2005 5:34 AM

Q: Should we maintain our spiritual cultivation whether we have money or no money?

A: Whether we have money or no money, we should keep cultivating ourselves spiritually.

San Diego, 6 July 2005 2:48 AM

Q: Which matter causes impatience?

A: When losing our equilibrium on a matter, we can become impatient in an unpredictable way.

Psalm

*Impatience is not beneficial for the heart and mind,
Loving and respecting the noble Heaven, we
contribute our share on our own,
Releasing our boundaries, we clearly analyze social
and spiritual matters,
Developing our compassion, we preserve the original
principle.*

San Diego, 7 July 2005 9:17 AM

Q: What is the original principle?

A: The original principle is the beginning.

Psalm

*The first love is the beginning of the original principle,
By purifying ourselves, we will understand the social
relations on our own,
Complicated matters develop continuously,
By developing our spiritual energy, we will awaken our
own consciousness and understand gradually.*



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.
