



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

Spiritual Transformation

The deep spiritual transformations help us to understand the spiritual wonders clearly,

We unify with human compassion in our loving and respectful thoughts,
Practicing the righteous dharma, we will form karmic relationships to Heaven and Buddha,

Cultivating compassionate love and spiritual virtue, we will open our spiritual heart.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 18 September to 24 September 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) *Is it good to abstain ourselves from eating?*
- 2) *Is it good to be vegetarian?*
- 3) *What should we eat in a vegetarian diet?*
- 4) *Do we make progress in our spiritual cultivation if we do not leave our home to become a Buddhist monk?*
- 5) *What should we do in order to cultivate ourselves spiritually and advance with our own efforts?*
- 6) *How can we achieve wholehearted devotion?*
- 7) *How should we practice?*



Montreal, 18 September 2005 10:00 AM

Q: *Is it good to abstain ourselves from eating?*

A: It is very good to abstain ourselves from eating red meat.

Psalm

*To abstain ourselves from eating is very necessary,
We should correct our mind and body to improve
ourselves and achieve tranquility,
By resolving our own difficulties, our body will reach
balance and serenity,
Practicing with a sincere heart and diligence, we will
live in peace and tranquility.*

Montreal, 19 September 2005 2:00 AM

Q: *Is it good to be vegetarian?*

A: To be vegetarian is very good.

Psalm

*A vegetarian diet will reduce pains from aching joints
and tiredness,
By saving ourselves, we will be able to get rid of the
disease completely,
Awakening our consciousness, we will unify with kind
people,
Practicing with diligence and equanimity, we will
maintain our perseverance.*

Montreal, 20 September 2005 1:45 AM

Q: *What should we eat in a vegetarian diet?*

A: It is good to eat cabbage (green vegetables) in a vegetarian diet.

Psalm

*It is very valuable to eat cabbage in a vegetarian diet,
To drink pure water without any chemical substance,
By saving ourselves, our heart will be quiet and free of
disorder,
Practicing with a sincere heart and diligence, we make
no noise.*

Montreal, 21 September 2005, 1:05 AM

Q: *Do we make progress in our spiritual cultivation if we do not leave our home to become a Buddhist monk?*

A: Buddha does not force anyone to spiritual cultivation.

Psalm

*The righteous dharma means to cultivate oneself
spiritually and to progress with one's own efforts,
By practicing the righteous dharma, it will be rare to fall
into decadence,
Learning continuously, we will surmount obstacles and
advance on our own,
Practicing with a sincere heart and diligence, we will
analyze the subtle dharma.*

Montreal, 22 September 2005 4:20 AM

Q: *What should we do in order to cultivate ourselves spiritually and advance with our own efforts?*

A: In order to cultivate ourselves spiritually and advance with our own efforts, we must be diligent and hard-working.

Psalm

*We practice with correctness and assiduity the
righteous dharma,
With eagerness and diligence, we practice the
meditation exercises in order to succeed,
The righteous dharma is not fallacious and does not
cause agitation,
Practicing with a sincere heart and diligence, we will
avoid going in circles.*

Montreal, 23 September 2005 2:30 AM

Q: *How can we achieve wholehearted devotion?*

A: We achieve wholehearted devotion with our spiritual practice.

Psalm

*To realize the meditation practice, we must practice
with efforts,
Developing ourselves in all aspects, we will return to
our unique origin,
With our continuous evolution, we will advance and
surmount obstacles on our own,
Practicing with a sincere heart and diligence, we will
analyze the subtle dharma.*

Montreal, 24 September 2005, 2:55 AM

Q: *How should we practice?*

A: We must practice and not theorize.

Psalm

*With equanimity, we realize the dharma to advance
spiritually,
Releasing sorrow and worries, we dissipate our
sadness,
We must learn in order to evolve and transform
ourselves incessantly,
We should practice with a sincere heart and diligence
in order to live in 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.
