



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 Wonder

Thanks to the wonderful divine guidance, our heart is free of fears,
With equilibrium, we develop ourselves and our destiny is arranged naturally,
Both social and spiritual life are full of depth, and we should not separate them,
The Almighty Lord shines His Light and brings transformations every day.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 25 September to 1 October 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 are dreams?*
- 2) *What is reverie?*
- 3) *Why are our heart and mind unsettled?*
- 4) *Why do we vow to contribute our share?*
- 5) *Who are the people who come after us?*
- 6) *What do we have to surmount?*
- 7) *Where do impurities reside?*



Montreal, 25 September 2005 4:10 AM

Q: *What are dreams?*

A: Dreams cannot be believed.

Psalm

*Dreams are not realistic,
Dreams cannot be realized and trusted,
It is more precious to attain self-awakening instead of
dreaming,
We won't succeed when we depend on external forces
and we will have difficulty to advance spiritually.*

Montreal, 26 September 2005 1:15 AM

Q: *What is reverie?*

A: Reverie means that our heart and mind are unsettled.

Psalm

*Without spiritual practice, it is difficult to attain spiritual
knowledge and the mind lacks wisdom,
By practicing meditation, we will clearly see our
agitated journey on our own,
Through our deep spiritual transformation, we will
attain knowledge and wisdom on our own,
Clearly judging spiritual and social matters, we will
have the opportunity for divine guidance.*

Montreal, 27 September 2005 3:15 AM

Q: *Why are our heart and mind unsettled?*

A: Our heart and mind are unsettled because we are worried about many things.

Psalm

*Sorrow comes from being worried about many things,
Lacking tranquility, we have difficulty to advance and
attain equilibrium,
We will save ourselves by understanding social and
spiritual life thoroughly,
Holding to both earthly and spiritual karmic
relationships, it will be difficult to advance spiritually.*

Montreal, 28 September 2005, 9:15 AM

Q: *Why do we vow to contribute our share?*

A: We vow to contribute our share, i.e., we vow to help people who come after us.

Psalm

*Practicing with a sincere heart, we cultivate ourselves
spiritually and advance gradually,
Releasing sorrow and worries, we will save ourselves,
Maintaining a constant flexibility in accord with our
spiritual evolution,
We open our mind and develop our wisdom to acquire
tranquility on our own.*

Atlantic City, 29 September 2005 9:30 AM

Q: *Who are the people who come after us?*

A: The people who come after us are spiritual adepts who have just started to practice the Vo-Vi method.

Psalm

A spiritual adept who practices the Vo-Vi meditation method needs to perfect himself spiritually to advance, With our own efforts, we cultivate ourselves spiritually and advance to surmount obstacles, We are no longer attached to the hindrances, Awakening our own consciousness, we turn within to cultivate ourselves spiritually and dissipate our worries.

Atlantic City, 30 September 2005 9:40 AM

Q: *What do we have to surmount?*

A: We have to surmount trials.

Psalm

Trials are never-ending, so how can we surmount them? We need to silently invoke the mantra of Nam-Mo-A-Di-Da-Phat in our mind continually, Developing ourselves incessantly, we will release our impurities and agitation, Practicing the righteous dharma, we will liberate ourselves from misery and enchainment

Atlantic City, 1 October 2005, 9:50 AM

Q: *Where do impurities reside?*

A: Impurities are concentrated in the five viscera.

Psalm

By practicing the silent invocation of the mantra Nam-Mo, we will release our impurities and enlighten our five organs, Learning infinitely, we will awaken our own consciousness and devote ourselves to spiritual cultivation, Releasing our sorrow and worries, we are no longer blinded, Taking refuge in the Dharma of Buddha, we will escape from blindness.



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.