



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

Liberation from Earthly World

Through our spiritual practice, we will have the fortune to liberate ourselves from the
earthly world,

Freed of the seven passions, we will have the opportunity for guidance from
Heaven,

Developing ourselves spiritually, we will awaken our consciousness and acquire
wisdom,

This good karmic relation appears clearly and there is no delusion.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 2 October to 8 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) *How can we know about impurities?*
- 2) *What grieves us?*
- 3) *How can we take refuge in the Dharma of Buddha?*
- 4) *How can we traverse earthly and spiritual life?*
- 5) *How do we achieve tolerance and harmony?*
- 6) *How do we attain joy?*
- 7) *Where does the body come from?*



Atlantic City, 2 October 2005 9:55 AM

Q: *How can we know about impurities ?*

A: Blocked energies are simmering in the agitated heart.

Psalm

Those who are not determined in their spiritual cultivation still harbor attachments, Unable to develop themselves spiritually, they have difficulty to lead a quiet life, Learning infinitely, we will surmount the obstacles on our own, Practicing with a sincere heart and diligence, we have no sorrow.

Atlantic City, 3 October 2005 10:00 AM

Q: *What grieves us?*

A: Our sorrow relates to our bad habits.

Psalm

Having difficulty to correct ourselves and to devote ourselves to spiritual cultivation, we will become more sorrowful and worried, Agitation takes many forms, and our heart is not tranquil, Turned within, we should perfect ourselves spiritually and advise ourselves to have determination, Only by understanding deeply earthly and spiritual life, will our mind be tranquil.

Atlantic City, 4 October 2005 10:10 AM

Q: *How can we take refuge in the Dharma of Buddha?*

A: We should take refuge in the Dharma of Buddha by practicing like Buddha.

Psalm

By practicing like Buddha to take refuge in his dharma, we will gain thorough understanding, Expanding our compassionate heart, we will traverse earthly and spiritual life, Practicing the righteous dharma, our mind and body are quiet, With a sincere heart, we work for the new practitioners.

Atlantic City, 5 October 2005, 10:20 AM

Q: *How can we traverse earthly and spiritual life?*

A: We traverse earthly and spiritual life with tolerance and harmony.

Psalm

Let's traverse earthly and spiritual life with tolerance and harmony, Loving and respecting the noble Heaven, we practice to develop ourselves spiritually, Awakening our spiritual heart, we work for our spiritual advancement, Practicing the righteous dharma, we do not nurture any sorrow.

Atlantic City, 6 October 2005

Q: How do we achieve tolerance and harmony?

A: We achieve tolerance and harmony by understanding our opponent.

Psalm

*Through tolerance and harmony, we awaken our
consciousness and return to unity,
Understanding deeply both earthly and spiritual
worlds, we will carry our spiritual search on our own,
Releasing sorrow and worries, we awaken our spiritual
heart,
Practicing the righteous dharma, we will return to our
origin.*

Atlantic City, 7 October 2005 2:00 AM

Q: How do we attain joy?

A: Joy means that our body is in equilibrium.

Psalm

*When our spiritual consciousness is in equilibrium, we
feel peace and advance joyfully,
Through the deep spiritual evolution, we will
understand ourselves,
Understanding deeply Heaven and Earth, we live in
peace and joy,
Perfecting ourselves on both worldly and spiritual
planes, we practice without discontinuity.*

Atlantic City, 8 October 2005, 7:10 AM

Q: Where does the body come from?

A: The body is formed by the pure energy of Heaven and Earth.

Psalm

*The harmonization of pure energies from Heaven and
Earth causes the formation,
Developing ourselves infinitely, we awaken our own
consciousness and devote ourselves to spiritual
cultivation,
We practice the righteous dharma and do not make
changes,
Understanding earthly and spiritual matters thoroughly,
we will advance in stages.*



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.
