



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

Respectful Thinking

Thinking respectfully of the noble Heaven, we will understand the dharma
thoroughly,
Practicing the true dharma, we return to spiritual union and progress,
Cultivating ourselves spiritually with diligence and sincerity, we lead a quiet life,
Releasing our sorrow and worries, we return to spiritual unification and progress.
*Respectfully,
Vi Kien*

Baby Tam Talking To You

From 5 January to 11 January 1997

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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 BeTam'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 does the stringent law of birthlessness mean?*
- 2) *What causes the temperate climate?*
- 3) *What does telepathy mean?*
- 4) *Is there any benefit to project light in the middle of the forehead?*
- 5) *Why do we learn compassion?*
- 6) *Where do we work when we work within serenity?*
- 7) *When we want to know about something, we will understand immediately on our own. Where can we understand so quickly?*



<p>Bangkok, 5 January 1997, 3:55 AM Q: <i>What does the stringent law of birthlessness mean?</i></p> <p>A: The stringent law of birthlessness means a harmonious cooperation between Heaven and Earth, and not the law from any single individual on Earth. One should understand this original principle to assert that human love is divine nature, and to have the opportunity to develop oneself infinitely.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>The soul and astral body enter the physical body formed by the four transient elements, Worldly life is temporary, and we turn within to analyze the spiritual subtleties, In peace and harmony, we will awaken ourselves in accordance with our karmic relations, The more we suffer, the more we will devote ourselves to spiritual cultivation, and we will live a tranquil life.</i></p>
<p>Phuket Thailand, 6 January 1997, 2:35 AM Q: <i>What causes the temperate climate?</i></p> <p>A: The temperate climate comes from the unification of Heaven and Earth. The spiritual adept needs to practice the Vo-Vi method correctly in order to regulate his breathing and make it become pure and light.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>As the spiritual energy harmonizes with our spiritual consciousness, we will breathe lightly, Regaining our spiritual consciousness, our mind shines through its noble virtue, Practicing patience and resignation, we will feel greater peace in our heart, Judging matters clearly with a lucid mind, we turn within to discuss with ourselves.</i></p>
<p>Phuket, 7 January 1997 2:30 AM Q: <i>What does telepathy mean?</i></p> <p>A: Telepathy means to meet each other mentally by practicing the same meditation method. We develop ourselves in the same direction. We think of each other and remind each other even though our spiritual heart is afar, it seems to be close, and our hearts communicate with each other intuitively.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Understanding the original principle clearly, we practice together to make progress, Releasing our sorrow and worries, we dissipate our grief, Practicing equally on the social and spiritual paths, our heart is void of agitation, Achieving a deep spiritual consciousness, we will surmount obstacles on our own.</i></p>
<p>Bangkok, 8 January 1997 6:45 AM</p> <p>Q: <i>Is there any benefit to project light in the middle of the forehead?</i></p> <p>A: The light projection in the middle of the forehead will develop wider each day, like a hunting lamp. We will see farther and understand more widely each day.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Practicing in a true and righteous manner, we will develop ourselves with our own efforts, When we communicate freely with the sphere of energy, there is no more entanglement, Our consciousness achieves true knowledge with our own efforts, On our own, our spiritual mind will understand the Great Knowledge.</i></p>

Manila, 9 January 1997 3:30 AM

Q: Why do we learn compassion?

A: We learn compassion in order to be able to abandon more easily and resolutely worldly emotions, and have a good influence on the people after us. We practice the meditation method to bring equilibrium to our body. Our soul will become lucid. We practice with strength and courage within serenity to save ourselves and influence the people after us.

Psalm

*Day and night we practice to cultivate our soul and
rectify our character,
Abandoning resolutely worldly emotions, we turn
toward the sphere of purity,
With a wise consciousness and a lucid mind, we
devote ourselves to our self-salvation,
Turned toward purity and lightness, we will purify
ourselves on our own.*

Manila, 10 January 1997 5:25 AM

Q: Where do we work when we work within serenity?

A: When we are serene, we work within our spiritual consciousness. We turn toward serenity to cultivate ourselves spiritually and make progress. We have the fortunate opportunity to encounter the Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha. We cultivate ourselves spiritually and advance with our own efforts. We release the impure energy and preserve the pure energy in a clear manner. We focus on the original energy of Heaven and Earth in our practice, and we truly develop our intuitive knowledge. We will unify with the light of great compassion in order to awaken ourselves and awaken others on this earth. Our persistent efforts will not be wasted, and we realize that serenity is precious. Each day, we cultivate ourselves spiritually to make progress and develop ourselves to unify with the light of great compassion, i.e., we work for our own good, we will develop our spiritual consciousness incessantly, like the spiritual light which is infinitely pure and subtle, and never ending.

Psalm

*Practicing the principle of birthlessness, we advance
spiritually,
Releasing our intransigence and blinded passions, we
dissipate our sorrow,
Judging clearly social and spiritual matters, we see the
path of spiritual evolution,
Devoting ourselves to the practice of meditation, we
will understand our sacred soul.*

Manila, 11 January 1997, 4:30 AM

Q: When we want to know about something, we will understand immediately on our own. Where can we understand so quickly?

A: Only when we are in a place of serenity and infinite light, will we be able to understand immediately any necessary matter.

Psalm

*When we evolve within pureness, we will be able to
judge and analyze quickly,
Balancing equally our social and spiritual duties, we
practice with our own efforts,
Though we carry a human body, our heart
understands the spiritual path,
Returning to emptiness, purity and lightness, we no
longer compete with others.*



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 Vo-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.