



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

Sunrise

With the sunrise and its spreading light comes the beautiful spiritual opportunity,
Awakening our consciousness, we maintain a calm heart and turn toward lightness
to evolve higher,
Sharing our compassion with all spheres,
We cultivate our spiritual heart and mind with diligence to gain wisdom on our own.
Respectfully,
Vi Kien

Baby Tam Talking To You

From 12 January to 18 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 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 there any benefit in knowing that the soul is birthless and eternal?*
- 2) *What causes restlessness in our nervous system?*
- 3) *What does "point of view" mean?*
- 4) *What should we do in order to attain equilibrium in our spiritual consciousness?*
- 5) *What should we do to abandon our heart-karma?*
- 6) *What is the Truth?*
- 7) *Should youths gamble?*



<p>Manila, 12 January 1997, 2:55 AM Q: <i>Is there any benefit in knowing that the soul is birthless and eternal?</i></p> <p>A: When we know that our soul is birthless and eternal, we will practice the meditation method with strength and courage; we will carry out the original principle of spiritual self-cultivation and self-progress, so that we may succeed in the future and regain our true knowledge.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Knowing ourselves clearly, we will progress from the bottom of our heart, Resolving the difficulties in our soul, we will dissipate our sorrow, Awakening our consciousness, our heart becomes benevolent and understands the spiritual path, Returning to the light and pure emptiness, we truly feel tranquility.</i></p>
<p>Manila, 13 January 1997, 5:20 AM Q: <i>What causes restlessness in our nervous system?</i></p> <p>A: Restlessness in our nervous system is caused by karmic forces from previous existences which we are attached to and unable to abandon resolutely. As a consequence, we are agitated and unable to progress spiritually.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Drunken with the transient worldly affairs, our character is not benevolent, Difficulties and suffering come from an agitated heart, Failing to succeed on the spiritual path, our thoughts become wicked, Those who practice the meditation method with a sincere heart will have a kind heart and mind.</i></p>
<p>Manila, 14 January 1997 4:00 AM Q: <i>What does "point of view" mean?</i></p> <p>A: "Point of view" means the resolution of the spiritual adept who keeps his words from the beginning to end and never changes his mind. Only then, will we have the opportunity to develop our lucid mind.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Our soul is determined and advances in accordance with the karmic opportunities, With a resolute point of view, we will advance and take notes on our own, We develop ourselves incessantly within our awakened consciousness, With perseverance and steadfastness, we advance and practice on our own to search for our true self.</i></p>
<p>Manila, 15 January 1997 2:45 AM</p> <p>Q: <i>What should we do in order to attain equilibrium in our spiritual consciousness?</i></p> <p>A: In order to attain equilibrium in our spiritual consciousness, we must practice the meditation method in a correct manner and diligently. Our spiritual consciousness will develop in the upward direction and unify with the light of Great Compassion. Only then will we attain true equilibrium which is formless and faceless.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>With spiritual practice, we will develop our spiritual heart and advance spiritually, Liberating ourselves from our shackles, we will surmount the obstacles and advance on our own, Understanding both social and spiritual matters clearly, we feel even deeper emotions, Practicing with sincerity, we feel tranquility in our heart.</i></p>
<p>Manila, 16 January 1997 3:42 AM Q: <i>What should we do to abandon our heart-karma?</i></p> <p>A: In order to abandon our heart-karma, we must turn toward serenity in our spiritual cultivation. Then, all matters will be resolved in a peaceful manner.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Unattached by money, wealth, romantic love, We do not worry about hardship and suffering, when we know ourselves clearly, We are born into this world within serenity, and now we meet suffering, Cultivating ourselves with diligence and great efforts, we will see our spiritual journey clearly.</i></p>

Perth, 17 January 1997 3:45 AM

Q: *What is the Truth?*

A: A spontaneous unification with divine energy is Truth.
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Psalm

*Spontaneously, our soul unifies with divine energy and
enters the higher sphere directly,
Tears flow when our true consciousness shines
brilliantly,
With a sincere heart, we will meet each other, and we
silently think of the mantra Nam-Mo,
Awakening our consciousness, we clearly see the
spiritual wonders.*

Perth, 18 January 1997, 5:30 AM

Q: *Should youths gamble?*

A: Youths should not gamble. They need to cultivate their physical health and their souls. Their spirit of service is a measure of their progress within equality and constructiveness.

Psalm

*Cultivating ourselves spiritually, our physical body will
attain equilibrium,
Abandoning resolutely the karmic love relationships,
we will save ourselves,
When our spiritual mind awakens, we will practice
together with a lucid mind,
Cultivating ourselves spiritually together, we will
advance together and we turn within to analyze and
understand ourselves.*



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.
