



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

Haggard

Looking haggard and committing errors, our heart is agitated,
Torturing our heart and burdening our mind (to achieve our plans) will still lead to
nothingness,
If we accept to cultivate ourselves spiritually and perfect our character, we will attain
a higher level,
Regaining our righteous energy, we will advance and follow (the divine laws) on our
own.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

From 19 January to 25 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) Which matter is important for the Vo-Vi practitioner?
- 2) What does it mean "the spiritual journey to achieve progress and release"?
- 3) Do the singings of the artists bring any benefits?
- 4) What is karma?
- 5) What should we do in order to have a sincere heart?
- 6) What should we do in order to attain peace and happiness?
- 7) What does it mean "to unify with the spiritual consciousness"?



Perth, 19 January 1997, 3:48 AM

Q: Which matter is important for the Vo-Vi practitioner?

A: It is important to cultivate ourselves spiritually and to practice meditation correctly, and to rectify ourselves with sincerity in order to advance spiritually.

Psalm

*By cultivating our mind and rectifying our character,
our heart will become sincere,
Not complaining about hardship and suffering, we will
feel peace within,
Our sincere heart filled with strength and courage, we
awaken our own consciousness,
With loving thoughts of Heaven and Buddha, we live in
peace and harmony.*

Perth, 20 January 1997, 5:00 AM

Q: What does it mean "the spiritual journey to achieve progress and release"?

A: "The spiritual journey to achieve progress and release" means to cultivate ourselves spiritually with a continuous spiritual practice. We will then be able to release our karma of the heart.

Psalm

*With a continuous spiritual practice we will purify
ourselves and attain a true spiritual heart,
Going through existence and non-existence, we
advance with our own efforts to search for our true
self,
Unifying with divine love, we no longer feel suffering,
Practicing the righteous dharma, we analyze and
research the subtle principle.*

Perth, 21 January 1997 5:30 AM

Q: Do the singings of the artists bring any benefits?

A: The singings of the artists are very useful with the songs which remind people of spirituality. On the other hand, songs which attach people to romantic love, money, and karmic relations are not useful, and reduce the ability of the listeners to develop their original principle of naturalness and spontaneity.

Psalm

*Through the action of spiritual energy, we can perceive
our divine nature,
The more we listen to the songs, the more we
understand ourselves,
Awakening our consciousness, we unify with our true
soul,
Evolving spiritually with perseverance, we achieve
even greater wisdom.*

Perth, 22 January 1997 4:02 AM

Q: What is karma?

A: Karma comes from the habits and the direction taken by profane people in accordance with their needs and desires.

Psalm

*Turned to the external world, we create habits which
bring agitation,
Lacking a clear understanding, we keep being
entangled,
We create our own karma of the heart and cause
disorder and agitation,
Devoting ourselves to spiritual perfection and
cultivating our serenity, we will change our karma.*

Sydney, 23 January 1997 3:00 AM

Q: What should we do in order to have a sincere heart?

A: In order to have a sincere heart, we must first be honest. When we make a promise, we have to keep our words. We should not break our promise and deceive and lie to others. A sincere heart is a pure and benevolent heart, and it is very easy to attain detachment.

Psalm

*When our mind and body are orderly, we can easily
achieve peace and happiness,
When we practice to unblock ourselves, it is very easy
to open the spiritual path,
We neither deceive ourselves nor others,
Advancing on our own with a pure and benevolent
heart, we can easily give a fine example.*

<p>Sydney, 24 January 1997 6:30 AM</p> <p>Q: <i>What should we do in order to attain peace and happiness?</i></p> <p>A: In order to attain peace and happiness, we must practice both spiritual virtue and spiritual cultivation. If we are serious and resolute in our spiritual cultivation in order to make progress, we will attain peace and contentment.</p> <p>.</p>	<p style="text-align: center;">Psalm</p> <p style="text-align: center;"><i>Developing ourselves with a sincere heart, we will advance in silence, Undoing our knots with calmness, we will connect with God on our own, Calamity or blessings come from our deeds, and we should understand on our own, With calmness and serenity, we will communicate with the World Above on our own.</i></p>
<p>Sydney, 25 January 1997, 8:45 AM</p> <p>Q: <i>What does it mean “to unify with the spiritual consciousness”?</i></p> <p>A: “To unify with the spiritual consciousness” means that we all devote ourselves to spiritual cultivation and we are all reunited. We work together to develop a path leading to serenity in order to perfect ourselves spiritually.</p>	<p style="text-align: center;">Psalm</p> <p style="text-align: center;"><i>Meeting each other, we renew our deep affection, We clearly understand the principle that the universe converges to one unique direction, We return to the lively divine love and good spiritual opportunities, Achieving peace and lucidity, we will gain wisdom on our own.</i></p>



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.