



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

Love and Respect

With respectful love toward the noble Heaven, we do not cause agitation,
Analyzing social and spiritual matters clearly, we comply ourselves on our own,
The noble heaven shines with a penetrating love,
Dispersing light on the whole world to purify the energy.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

From 9 March to 15 March 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) *What is spirituality?*
- 2) *What should we do to learn with calmness?*
- 3) *Where is the proper sphere for spiritual perfection?*
- 4) *What benefits do we gain from practicing a spiritual method with persistence?*
- 5) *Does cheating bring any benefits?*
- 6) *Does greediness bring any benefit to the mind and body?*
- 7) *Where does a deep understanding come from?*



Sydney, 9 March 1997

Q: *What is spirituality?*

A: Spirituality goes beyond the control of human beings. Only by returning to our spontaneous and natural nature at birth, i.e., only by returning to serenity, will we be able to understand spirituality. In order to attain serenity, we must have a good method to release impurities and conserve pure energy, which is the Practical Method of VoVi Esoteric Science and Dharma of Buddha. The VoVi method implies a clear discipline. VoVi (or Non-Being) means within emptiness, there is another emptiness, i.e., the consciousness will be void of all questioning. This is a science: Only with practice, will we realize clearly the transformations from one stage to another. Only with practice will we see changes within the inner consciousness. This is a mystical method since the spiritual practitioner must practice in order to comprehend the fundamental principle of all things. This is a Dharma of Buddha, which means lightness and purity: The consciousness of harmony will broaden the spiritual path, and eradicate all feelings of anger and jealousy, we are dedicated to liberate our soul in order to advance further in the spiritual evolution.

Psalm

*Resolving adversities on our own, we will ascend to
higher levels,
Harmony comes naturally with a wise and clear mind,
The subtle dharma readily exists within our body,
Let's practice now to realize the abundant philosophy.*

Sydney, 10 March 1997 5:00 AM

Q: *What should we do to learn with calmness ?*

A: We should listen to understand more. Only then will we be able to make rapid progress.

Psalm

*Practice joyfully with a calm and serene heart,
Progress rapidly with a wise and awakened mind,
Perceiving goodness in the pure and sublime dharma,
We understand both social and spiritual paths clearly,
and are devoted to self-purification.*

Sydney, 11 March 1997 6:15 AM

Q: *Where is the proper sphere for spiritual perfection?*

A: A true spiritual adept must enter the sphere of pure energy. Those who practice charity are using a profane heart, but they claim to perfect themselves spiritually. Others who claim to be spiritual adepts, only turn outward to seek protection from the Immortals and depend on religious robes and rituals. In reality, those people have not yet developed their spiritual consciousness, they are still filled with intransigence and infatuation, and still worry like profane people. How can they claim to be spiritual adepts when they are still unable to develop their own spiritual consciousness? If they rely on the words of others for their conduct, and have not yet exposed the mystical nature of their inner consciousness, how can they ever issue words of wisdom?

Psalm

*Those who can't develop their true nature lose their
compassionate heart,
Unable to resolve spiritual matters, they lack courtesy,
Not understanding the whole, they keep criticizing
others,
Without a proper practice, they try to mimic a happy
smile.*

<p>Sydney, 12 March 1997 5:53 AM</p> <p><i>Q: What benefits do we gain from practicing a spiritual method with persistence?</i></p> <p>A: A persistent spiritual practice will bring good results, and we should be loyal with ourselves. In order to accomplish any task on this earth, if we keep our resolution and practice in a righteous manner, we will certainly gain benefits both physically and spiritually.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>With a loyal heart, we practice to advance on the spiritual path, As spiritual matters are resolved, we see the progress of our spiritual journey clearly, With liveliness, we practice meditation to seek spiritual awakening, Balancing our social and spiritual duties equally, we cherish the true divine love.</i></p>
<p>Sydney, 13 March 1997 3:45 AM</p> <p><i>Q: Does cheating bring any benefits?</i></p> <p>A: A person who likes to cheat others lacks sincerity, but he cannot deceive anyone. The first person to be cheated is himself, and his soul will become more and more occupied each day without knowing a way to escape.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>They waste their human existence with agitation, Making no spiritual progress, their face repulsing others, Their kind heart obscured by darkness, they are agitated, Constantly angry, they never reach peace of mind.</i></p>
<p>Sydney, 14 March 1997 6:15 AM</p> <p><i>Q: Does greediness bring any benefit to the mind and body?</i></p> <p>A: Greediness has absolutely no benefit for the mind and body. On the other hand, those who accept to cultivate themselves spiritually to release their karma, are helping both their mind and body. They will be able to concentrate the spiritual energy in their organism more easily in order to develop their inner light.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Spirituality is pure energy nurtured with a diligent practice, Opening the heavenly gate*, there is no more competition, Peace and serenity will reign harmoniously, With a clear judgment, we practice to reach enlightenment.</i></p> <p>(*) "Phap Gioi Mon Huan": <i>With the practice of the VoVi Dharma, one will open the heavenly gate located at the cranial psychic center to communicate with the source of universal energy.</i></p>
<p>Sydney, 15 March 1997, 2:20 AM</p> <p><i>Q: Where does a deep understanding come from?</i></p> <p>A: After having surmounted a difficult period with our own efforts, we will gain a profound understanding. We will be able to comprehend the matter naturally in a clear and easy way.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>We turn inward to analyze and discuss within joy and serenity, With a clear and wise mind, we feel peace naturally, Practicing on both social and spiritual planes, we awaken our consciousness, Learning with equanimity, our heart and mind are tranquil.</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 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.