



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

Fortunate Karmic Opportunity

Thanks to the fortunate karmic opportunity, we are reunited in our profound thoughts,
Practicing the meditation exercises, we clearly see the wondrous dharma,
We are now truly detached from worldly events and emotions,
Cultivating ourselves spiritually, we attain serenity and reduce our worries.
*Respectfully,
Vi Kien*

Baby Tam Talking To You

From 30 March to 5 April 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 a proper conduct?*
- 2) *What does the celestial transformation mean?*
- 3) *What are the benefits of developing one's intuitive knowledge?*
- 4) *What does it mean to have thousands of forms and states of minds?*
- 5) *What should one do to pray for world peace?*
- 6) *What does it mean to cross thousands of miles?*
- 7) *God has created man with his natural instincts, so how can man change himself?*



<p>Cairns, 30 March 1997 4:30 AM</p> <p>Q: <i>What is a proper conduct?</i></p> <p>A: A proper conduct means to advocate a clear handling of all tasks, whether they are large or small. We should be straightforward and not distort the truth.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>In order to develop and unblock ourselves, we must practice with sincerity to make progress, Bearing convoluted thoughts will only bring worries, Awakening our own consciousness, we attain self-knowledge, Returning to emptiness, purity and lightness, our heart and mind are tranquil.</i></p>
<p>Cairns, 31 March 1997 1:45 AM</p> <p>Q: <i>What does the celestial transformation mean?</i></p> <p>A: The celestial transformation means that the weather is changing constantly, and people's minds also change constantly. People are eagerly seeking a spiritual path in order to save themselves, since they have seen the transient character of life and death. People no longer lead a sheltered life as before. In this present time, it is essential to understand the importance of the soul. The more we direct our mind toward the World Above and detach ourselves from intransigence and competition, the better will we be able to reach self-liberation.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>We are no longer agitated by plans and strategies, Let's be determined to perfect our nature and enlighten our mind, Let's develop our true soul to return to the unique origin, Thanks to the infinite guidance of the universe, we will attain knowledge on our own.</i></p>
<p>Cairns, 1 April 1997 6:30 AM</p> <p>Q: <i>What are the benefits of developing one's intuitive knowledge?</i></p> <p>A: A meditation practitioner must develop his intuitive knowledge in order to avoid being blinded and deluded by the attractions of the external world.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>We must develop ourselves with our own efforts in order to successfully unblock ourselves, No longer blinded by passions, we are no longer deluded, Our heart remains calm regardless of others' achievements, Free of wishes, we strive to return to our true nature and origin.</i></p>
<p>Cairns, 2 April 1997 6:50 AM</p> <p>Q: <i>What does it mean to have thousands of forms and states of minds?</i></p> <p>A: Profane people don't know what will happen in the future because their soul is imprisoned in an obscure physical body. They are limited by their sight and hearing and can only conduct themselves in accordance with their existing abilities. Therefore, profane people like to read their horoscope or consult palmistry, because they want to foresee what trials or hardship they will have to endure. On the other hand, the spiritual adept is dedicated to improving himself gradually, and will eventually appreciate the true value of serenity. He will then start dropping all his karmic worries, and reduce his involvement with restless activities of this profane world, in order to save both his mind and body.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>As our soul evolves, we will develop our wisdom on our own, Let's release all karmic worries to clearly see the Path, Let's nurture our serenity, totally undisturbed by agitation, Devoted to spiritual cultivation, we will awaken our consciousness and attain clarity of mind on our own.</i></p>

Cairns, 3 April 1997 4:10 AM

Q: *What should one do to pray for world peace?*

A: To pray for world peace, everyone must turn toward spirituality and contribute his share of pure energy which will harmonize with the pure energy of the universe. We will then harvest good results in the future, and will eradicate all impure energy which has been accumulating within the brains of the ruling elite, so that people's minds awaken to peace instead of fighting for possessions and killing themselves. Those who accept to perfect themselves spiritually will enlighten their minds and benefit humanity. When greediness decreases, our heart and mind will become pure and light, we will be able to liberate ourselves and influence others. To free ourselves from karmic worries is truly achieving peace.

Psalm

*We accept to perfect ourselves spiritually and
advance within silence,
Practicing diligently, we correct ourselves with
equanimity,
Practicing the true dharma of pure energy, we will
attain spiritual awakening,
Let's preserve the three jewels* to build progress on
our spiritual journey.
(*): The three jewels are: seminal essence energy,
vital breath energy and spiritual energy.*

Cairns, 4 April 1997 4:15 AM

Q: *What does it mean to cross thousands of miles?*

A: From the profane point of view, we see that modern technology allows man to travel very easily from one country to the other by car and by plane, and we reach a different zone every hour. This progress comes from our willingness to work with each other constructively and to let our brains study each stage carefully together. For the meditation practitioner, the body stays at one place but the soul is traveling through all spheres, i.e., one is developing the mystic aspect of the spiritual consciousness. One practices the meditation exercises to attain serenity, and one will naturally understand many things that one never could have understood in the past.

Psalm

*Practice to develop the spiritual mind further at each
stage,
There are no more dreams nor crooked thoughts,
We turn within to develop our lucid mind continually,
Keeping a loyal heart strong with determination and
free of wishes.*

Cairns, 5 April 1997 6:00 AM

Q: *God has created man with his natural instincts, so how can man change himself?*

A: A human being reflects the collaboration of innumerable states, to form a very subtle physical body and sophisticated brains. He is born from the pure and vital energy of the universe, and will develop himself in accordance with the direction of his mind. There is a popular saying: "Those who excel in their craft will always lead a comfortable life". Hence, a person who is fully dedicated to spiritual practice and who turns his mind toward God, will be able to develop his spiritual energy and his soul to reach the infinite light in the future.

Psalm

*Developing ourselves spiritually, we will advance
constantly,
Learning and training ourselves continuously, we will
avoid committing errors,
Practicing patience, we will form our heart to accept
humility and resignation,
Practicing with sincerity, we are no longer sad.*



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.
