



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

Reunion

In the reunion, we rejoice together and build the bridge of mutual understanding,
Practicing the true dharma, we are free of worries and sadness,
With a calm heart, we feel serene, and our heart is pure and light,
Learning and training ourselves incessantly, we clearly see the wondrous dharma.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

From 6 April to 12 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) *How can we understand the development of the soul?*
- 2) *How can we develop our head?*
- 3) *Where do order and discipline come from?*
- 4) *What should we do to return to the origin of meditative knowledge?*
- 5) *Should one have any expectations before practicing the VoVi method?*
- 6) *What is the difference between literature and spiritual energy?*
- 7) *What does it mean to love and respect all living creatures?*



<p>Cairns, 6 April 1997 6:05 AM</p> <p><i>Q: How can we understand the development of the soul?</i></p> <p>A: When our soul develops, we will feel that our knowledge is growing every day, and we will totally extinguish the fire of anger and passions. There will only be progress and no regress. Our three upper, middle, and lower spheres will open up: we will be completely untouched by anger, and freed of all agitation in our inner consciousness. We only know about advancing ourselves toward the Light during our spiritual practice.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Spiritual development rises above all frontiers, As we develop ourselves infinitely, we clearly understand the karma of the physical body, Our awakened consciousness is serene and we no longer take in impurities, Our sincere heart turns toward God for gradual enlightenment.</i></p>
<p>Cairns, 7 April 1997 5:10 AM</p> <p><i>Q: How can we develop our head?</i></p> <p>A: Our spiritual consciousness is leading the development of our head. If we dedicate ourselves to the correct practice of meditation according to the Practical Method of VoVi Esoteric Science and Dharma of Buddha, we will fully develop our spiritual energy which will project from our cranial psychic center to go directly to the central source of energy of the universe.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Developing ourselves spiritually with our own efforts, we are neither wily nor naive, We will communicate on an even level without blindness, Our lucid mind develops continually without blockage, Practicing the original principle, we lead a content and tranquil life.</i></p>
<p>Cairns, 8 April 1997 4:15 AM</p> <p><i>Q: Where do order and discipline come from?</i></p> <p>A: Order and discipline come from mutual love and trust in order to build things in common. Keeping one's promises without changing one's mind is essential to serve a common cause. Otherwise, there is only destruction instead of a positive development. A spiritual adept should avoid doing unnecessary tasks in order to progress on the spiritual path.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Keep the mind free of unnecessary thoughts, Turn within to analyze yourself and perfect your nature with a clear judgment, Abandon the profane heart to return to spiritual progress and liberation, Understand yourself and others with your own insight.</i></p>
<p>Cairns, 9 April 1997 2:45 AM</p> <p><i>Q: What should we do to return to the origin of meditative knowledge?</i></p> <p>A: In order to return to the origin of meditative knowledge, we should practice the Practical Method of VoVi Esoteric Science and Dharma of Buddha in a diligent and orderly manner. We will naturally release all impurities in our body, our lucid mind will have a clear judgment, and we will harmonize with the Great Spontaneity, i.e., we will return to the sublime and pure light in our inner consciousness. We will restore our equilibrium and be willing to correct and improve ourselves, in order to harmonize with the pure energy of Heaven and Earth to advance further spiritually.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>The enlightened mind never harbors a complaint about sufferings, Develop your soul to free yourself from the bodily grave, When the consciousness awakens, there is no more hardship, Understanding Heaven and Earth clearly, we silently invoke the mantra Nam-Mo-A-Di-Da-Phat.</i></p>

<p>Cairns, 10 April 1997 3:35 AM</p> <p><i>Q: Should one have any expectations before practicing the VoVi method?</i></p> <p>A: Before starting the meditation exercises, one should recite the prayer which should elevate the mind toward the pure and light sphere. This is sufficient. The prayer gives a clear direction to the soul.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Let's turn to the original principle of life to advance spiritually, When we find a solution for our spiritual consciousness, our sadness will also dissipate, Let's practice with sincerity in our silent invocation, The more we practice, the brighter our consciousness will become, and we will feel peace and tranquility.</i></p>
<p>Cairns, 11 April 1997 2:30 AM</p> <p><i>Q: What is the difference between literature and spiritual energy?</i></p> <p>A: To have spiritual energy means that the serene brains are able to receive the pure and sublime flux of energy granted by the Lord to harmonize with purity. Those who have spiritual energy are able to describe things in a clear and fluent manner.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Our heart and mind develop to harmonize with the sublime and pure energy, With a true practice, we will receive infinite guidance and comprehend the profound philosophy, Energy shines constantly on a sincere heart, Our pure energy analyzes and harmonizes with the exposition of the dharma, as it flows in abundantly (and releases our impure energy).</i></p>
<p>Cairns, 12 April 1997 6:00 AM</p> <p><i>Q: What does it mean to love and respect all living creatures?</i></p> <p>A: To love and respect all living creatures means that the meditation practitioner has understood his own sufferings, and no longer wants to cause suffering to others. Only then will he truly love and respect all creatures in the spirit of sympathy and understanding that all living creatures have the same nature.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Developing our lucid mind, we will understand multiple aspects, Living in the same original principle, we neither praise nor blame others, Practicing to develop our true soul, we return to our unique origin, We clearly understand that all creatures live in the same homeland.</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.