



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

Kind Heart

With a kind heart, we learn about the principle of true spiritual cultivation,
Releasing our sorrow and worries, we are no longer blinded,
Facing the ungratefulness of earthly relations, our consciousness awakens on its
own,
Returning to our unique origin, we liberate our body from imprisonment.
*Respectfully,
Vi Kien*

Baby Tam Talking To You

From 13 April to 19 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) *Why do we need to cultivate ourselves spiritually and correct ourselves?*
- 2) *What does it mean "to let go of the evil path"?*
- 3) *Does faith bring any benefit to the Vo-Vi practitioner?*
- 4) *What is the main drama of humanity?*
- 5) *Where does purity come from?*
- 6) *What will happen if one refuses to practice and follow the stringent laws of spiritual training?*
- 7) *How can we properly direct our heart toward God and Buddha?*



<p>Cairns, 13 April 1997 6:00 AM</p> <p>Q: <i>Why do we need to cultivate ourselves spiritually and correct ourselves?</i></p> <p>A: There must be a past before the present. We need to cultivate ourselves spiritually and correct ourselves, and direct our mind toward serenity. We will then understand our own past, where we have made too many mistakes. If we do not correct ourselves with our own efforts, we will never be able to do great work in the future for our soul and body. In order to attain peace, we must correct ourselves, so that we will eventually reach a good peace.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>In order to become fresh and beautiful, we must attain equilibrium, True beauty is achieved when our lucid mind has a clear judgment, With an awakened consciousness, we no longer sow agitated thoughts, Practicing with sincerity, we will attain even greater wisdom.</i></p>
<p>Cairns, 14 April 1997 2:25 AM</p> <p>Q: <i>What does it mean "to let go of the evil path"?</i></p> <p>A: "To let go of the evil path" means that we should not hold on to things that are unnecessary for our mind and body. We should let them go in their natural course in accordance with the law of cause and effect in order to progress further.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Let's not worry or ponder to cause us additional sorrow, All spheres will connect naturally once they return to their origin, Let's practice with our intuitive knowledge to develop our spiritual consciousness, Attaining unity naturally, our consciousness will awaken infinitely.</i></p>
<p>Cairns, 15 April 1997 6:17 AM</p> <p>Q: <i>Does faith bring any benefit to the Vo-Vi practitioner?</i></p> <p>A: It is very important for the Vo-Vi practitioner to believe in his own ability to liberate himself from the karmic debts and relations on earth. Only when we believe in our own capacity, will we have the opportunity to evolve better.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>With spiritual practice, we understand ourselves and analyze and judge clearly on our own, Practicing equally on the social and spiritual planes, we will see the progress of our spiritual journey clearly, Discovering our journey with equanimity, we work constructively to advance, With spiritual practice, we evolve spiritually and see our journey clearly.</i></p>
<p>Cairns, 16 April 1997 7:10 AM</p> <p>Q: <i>What is the main drama of humanity?</i></p> <p>A: The main drama of humanity is to unify the Yin and Yang to develop them in common. On the other hand, the meditation practitioner must unify with the energy of Heaven and Earth, so that his soul can reach stability and evolve faster than a passionate and intransigent heart on earth.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Returning to our unique origin, our consciousness awakens and turns to heaven, Directing our mind toward the World Above, our heart is calm, and we feel leisure, Unrighteous acts do not help in lessening our agitation, Liberating ourselves from the principles of Yin and Yang, we will advance silently.</i></p>

<p>Cairns, 17 April 1997 6:40 AM</p> <p>Q: <i>Where does purity come from?</i></p> <p>A: Purity is formed from the original energy of Heaven and Earth. The original energy creates all creatures, capable of breathing, standing and walking, with the mind directing the motion of the body. After the soul descends on earth for a short period, it starts collecting the impure energy of the earthly world. One starts becoming worried and blinded by passions. One becomes greedy and wants all kinds of forms and colors, and comes to the area of carnal pleasures and blinded passions. One will have difficulty to return to the shore of enlightenment, and is immersed in the ocean of sufferings of the earthly world. One fights and competes for personal power, profits, and territories. Eventually, one must return (leave this earth) with empty hands. The force of karmic debts has pushed man from heavenly purity to earthly impurity, greediness and anger, without a way to escape.</p>	<p style="text-align: center;">Psalm</p> <p style="text-align: center;"><i>Knowing that the soul has descended to the impure world, we become worried, Unable to satisfy our greedy desires, we feel sorrow and grief, Foolish during our whole existence, we have no way to escape, Forgetting God and Buddha, we neither know the beginning nor the end.</i></p>
<p>Cairns, 18 April 1997 2:15 AM</p> <p>Q: <i>What will happen if one refuses to practice and follow the stringent laws of spiritual training?</i></p> <p>A: If one refuses to devote oneself to spiritual cultivation and to correct oneself, one will have to bear punishment in the future. After death, the soul will have to endure retribution. One will learn a greater suffering than now, in order to awaken the consciousness.</p>	<p style="text-align: center;">Psalm</p> <p style="text-align: center;"><i>Taking refuge in purity and lightness, we slowly purify ourselves, Freed of sufferings and worries, we clearly see our indebtedness, God grants us the beautiful divine love, but if we refuse to correct ourselves, We will not be able to nurture our spiritual energy with God and Buddha.</i></p>
<p>Cairns, 19 April 1997 6:38 AM</p> <p>Q: <i>How can we properly direct our heart toward God and Buddha?</i></p> <p>A: To direct our heart toward God and Buddha, our heart must be aware of all the sufferings of humanity. Only then will we accept to turn toward God and Buddha to liberate ourselves, i.e., to practice the Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha. When the cranial psychic center feels the pull of energy, this location is the true heart of energy. Our head is light and our mind is clear. We will easily turn toward God and Buddha in our conduct, and our compassionate heart will develop gradually.</p>	<p style="text-align: center;">Psalm</p> <p style="text-align: center;"><i>Understanding God and Buddha clearly, we have neither sorrow nor worries, Realizing our true soul, we will surmount the obstacles on our own, Life is temporary, and we do not waste our time on regrets, Practicing the true dharma, we will achieve tranquility 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.