



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, our consciousness still has good
fortune,
When we understand the dharma, we will devote ourselves to spiritual cultivation
without difficulty,
The truth flows abundantly with opportunities for infinite guidance,
By releasing our intransigence and blinded passions, we will elevate our spiritual
energy.
*Respectfully,
Vi Kien*

Baby Tam Talking To You

From 20 April to 26 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 achieve purity and benevolence in our inner consciousness?*
- 2) *What does it mean "to be demoted to a lower level"?*
- 3) *What should we do in order to engage ourselves in cultivating serenity and harmony?*
- 4) *Why are there always questions?*
- 5) *What should we do to engage ourselves in a serene and wise manner?*
- 6) *What does it mean to rejoice within serenity?*
- 7) *What should we do to properly engage ourselves in the practice of meditation?*



<p>Cairns, 20 April 1997 5:20 AM</p> <p><i>Q: How can we achieve purity and benevolence in our inner consciousness?</i></p> <p>A: In order to achieve purity and benevolence in our inner consciousness, we must resolutely abandon our greediness and lust. We should be unstained by even a particle of dust. We should engage ourselves diligently in the spiritual cultivation and perfection of our mind and body. Only then will we truly achieve purity and benevolence.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Returning to our pure origin, we awaken our consciousness and practice with a sincere heart, The whole universe is turned toward the sphere of purity, With an awakened consciousness, we will harmonize and unify with all spheres, Thanks to the spiritual practice, we will achieve lucidity and complete benevolence and purity.</i></p>
<p>Cairns, 21 April 1997 7:15 AM</p> <p><i>Q: What does it mean “to be demoted to a lower level”?</i></p> <p>A: “To be demoted to a lower level” means that the energy of our heart is directed to the external world, and is involved in rivalry and intransigence, we seek personal gains, and we are selfish, passionate, and angry.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Turned to the external world, our energy is not pure; it cannot be focused, and we cannot make progress, When our head is heavy and our heart worried, we will have difficulty to advance and surmount obstacles, Unable to think thoroughly, our heart becomes agitated, When our heart is devoted to return to emptiness, we will eradicate our worries.</i></p>
<p>Cairns, 22 April 1997 5:45 AM</p> <p><i>Q: What should we do in order to engage ourselves in cultivating serenity and harmony?</i></p> <p>A: In order to engage ourselves in cultivating serenity and harmony, we must practice the Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha. We will develop ourselves in stages. We will be able to comprehend ourselves in all aspects, and will clearly understand our actions. We will advance with our own efforts, and gain a deep understanding from social to spiritual matters.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Releasing impurities to uncover our lucid mind, we will advance toward purity and attain a higher level, Understanding the immutable truth clearly, we no longer feel sadness, Returning to unity, we never feel the absence of divine love, Attaining infinite lucidity, we feel an infinite peace.</i></p>
<p>Sydney, 23 April 1997 2:30 AM</p> <p><i>Q: Why are there always questions?</i></p> <p>A: Our heart-energy is directed toward the infinite light; like a newcomer in a strange country, we always see something strange that we need to understand in our inner consciousness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>As we develop ourselves, we will ask ourselves silently, Giving ourselves clear-sighted answers, we will see our journey clearly, With clarity of mind, we will harmonize with all spheres, Pure and clear, void of agitation, we will attain enlightenment on our own.</i></p>

Sydney, 24 April 1997 3:20 AM

Q: What should we do to engage ourselves in a serene and wise manner?

A: In order to engage ourselves in a serene and wise manner, we must at first eradicate our ego, and be willing to correct ourselves by practicing the Vo-Vi method in a righteous manner. We will release impurities and preserve the pure energy; the energy in our brains and body will regain its natural and spontaneous energy. We will build the belief in our own capacities with courage, and we will believe in our capacity to abandon all our bad habits. We will sincerely nurture our good habits, so that our soul may attain serenity and lucidity. By silently invoking the mantra Nam-Mo-A-Di-Da-Phat, we will release our heart-karma; we will develop ourselves with our own efforts instead of holding on to intransigence and dependency, which causes us to practice forever without making any progress. When our consciousness of harmony does not open up, we won't be able to learn and train ourselves much. We can easily be demoted to a lower level, and fall into greediness, lust, and darkness.

Psalm

*With an awakened consciousness, we correct ourselves and rejoice ourselves silently,
Developing our spiritual path, we seek to return to our true self,
Abandoning our blinded passions and agitation, we expand our heart,
Understanding ourselves and knowing others, we plant good thoughts.*

Sydney, 25 April 1997 2:50 AM

Q: What does it mean to rejoice within serenity?

A: To rejoice within serenity means to always feel equilibrium, purity and lightness. We are not agitated by worldly matters and its difficulties. We always harmonize easily with others and are willing to cooperate with them easily.

Psalm

*Ascending easily to higher levels, we constantly direct ourselves toward purity,
The whole universe always maintains its majesty,
We provide help and salvation to humanity without taking shortcuts,
The pure light provides us a constant guidance as pre-arranged by the Lord.*

Sydney, 26 April 1997 2:30 AM

Q: What should we do to properly engage ourselves in the practice of meditation?

A: To properly engage ourselves in the practice of meditation, we should accept to practice what is necessary in the meditation method as we have been taught. We should not be doubtful, and should devote ourselves solely to the practice.

Psalm

*With an awakened consciousness, we fully enjoy the spiritual opportunity and practice meditation with our own efforts,
Learning and training ourselves incessantly, we will advance and surmount obstacles on our own,
Understanding the noble heaven, we are void of agitation and delusion,
Determined to cultivate ourselves spiritually to make progress, we do not cause sorrow.*



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.