



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

Harmonization

Harmonizing with each other, we rejoice together and awaken our consciousness,
Practicing the true dharma, we develop our soul,
Within the liveliness of Heaven and Earth, we advance with a sincere heart,
Liberating ourselves from the sphere of impurity, we understand ourselves clearly.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

From 27 April to 3 May 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 should we do in order to overcome suffering and adversities?*
- 2) *What does it mean to practice "a continual transformation"?*
- 3) *Will we make progress if we turn our mind toward the philosophy of spiritual training and cultivation?*
- 4) *Why are there scenes of separation and death on this earth?*
- 5) *What should we do in order to satisfy the ability of our soul to seek further progress?*
- 6) *What should we do in order to correct our soul to make progress?*
- 7) *Why do people always like new changes, even for the current government?*



<p>San Jose, 27 April 1997 1:20 AM</p> <p><i>Q: What should we do in order to overcome suffering and adversities?</i></p> <p>A: In order to overcome suffering and adversities, we should practice the Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha. We must practice in a righteous manner, and restore order to the energy in our brains and physical body. We will slowly return to the sphere of serenity which is inherent in our inner consciousness, so that our soul may be able to attain self-salvation. When we mentally invoke the mantra Nam-Mo-A-Di-Da-Phat with regularity, we will dissipate our heart-karma, our soul will regain its stability, and we will no longer encounter adversities.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Devoted to spiritual perfection, our soul will advance and evolve toward infinity, Releasing our karma and opening up our spiritual heart, we will break the chains with our own efforts, Practicing equally on the social and spiritual planes, we awaken our consciousness, Abandoning argumentation, we will understand clearly and infinitely.</i></p>
<p>San Jose, 28 April 1997 3:30 AM</p> <p><i>Q: What does it mean to practice “a continual transformation”?</i></p> <p>A: To practice “a continual transformation” means to practice continually the breathing of the original energy of Heaven and Earth, to develop our wisdom, to awaken ourselves and to perfect ourselves spiritually in order to make progress. We will no longer cause additional sorrow to ourselves.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Determined to perfect ourselves spiritually with our own efforts, we will avoid sorrow, Developing our wisdom, we will attain tranquility on our own, Creating relations to The Lord and Buddha, our heart analyzes and provides guidance, With an awakened consciousness and a calm heart, we will advance and surmount obstacles on our own.</i></p>
<p>Los Angeles 29 April 1997 6:15 AM</p> <p><i>Q: Will we make progress if we turn our mind toward the philosophy of spiritual training and cultivation?</i></p> <p>A: To turn our mind toward the philosophy of spiritual training and cultivation is very useful for our mind and body. It will help to stop the flux of energy of lust and agitation, and we will restore order to ourselves slowly. However, it is not as valuable as practicing the Vo-Vi method to release the impure energy and preserve the pure energy, used in conjunction with the philosophy of spiritual cultivation.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>With spiritual practice, our soul will become clear and wise, Releasing our profane heart, we will advance rapidly, With an awakened consciousness, we will develop ourselves and advance continually, Reaching equilibrium with our own efforts, we practice the Vo-Vi method to attain purity.</i></p>
<p>Los Angeles, 30 April 1997 2:40 AM</p> <p><i>Q: Why are there scenes of separation and death on this earth?</i></p> <p>A: Scenes of separation and death are common scenes of human life. This is also the law of evolution of the soul. The physical body is subject to birth, maturity, aging, and death in an orderly manner. This law of evolution is only limited by the law of cause and effect.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Only by living through actions and reactions, will we be able to analyze ourselves and attain harmony, On our own, we dearly hold to the scenes of suffering on this earth, In our spiritual consciousness, we clearly explain the social and spiritual matters, When our dharma-heart lights up, we will surmount all obstacles on our own.</i></p>

<p>Los Angeles, 1 May 1997 5:00 AM</p> <p><i>Q: What should we do in order to satisfy the ability of our soul to seek further progress?</i></p> <p>A: In order to satisfy the need of our soul to seek further progress, we must be diligent and orderly. We must practice the Vo-Vi method that we have received in a correct and righteous manner. We must enlighten our spiritual consciousness through the past and current practice of patience and resignation, so that we may be able to satisfy the evolution of our soul.</p>	<p style="text-align: center;">Psalm</p> <p style="text-align: center;"><i>With clarity and righteousness, we clearly see our journey, Unifying with our original ability, we will see ourselves clearly, When our consciousness awakens, we will realize that goodness or evil are all caused by us, With our original capacity, we should develop ourselves to attain enlightenment.</i></p>
<p>Los Angeles, 2 May 1997 4:30 AM</p> <p><i>Q: What should we do in order to correct our soul to make progress?</i></p> <p>A: In order to correct our soul to make progress, we must practice the Vo-Vi method to release the impure energy and preserve the pure energy and release our heart-karma with our own efforts. Only then will we be able to develop ourselves spiritually. We must attain equilibrium in our inner consciousness with our own efforts, and we would then understand clearly that peace is essential.</p>	<p style="text-align: center;">Psalm</p> <p style="text-align: center;"><i>In a timely manner, we correct our soul to advance spiritually, Attaining serenity, we love and appreciate our own nature, Releasing our sorrow and worries, we are no longer agitated, Engaging ourselves, we will achieve the scene of peace.</i></p>
<p>Montreal, 3 May 1997 9:05 AM</p> <p><i>Q: Why do people always like new changes, even for the current government?</i></p> <p>A: This is the law of evolution of the mind and body. When there are new changes, people will rejoice together and work together to build a new direction. We have the opportunity to learn and correct ourselves to advance further. From the spiritual point of view, the soul always seeks to advance further, and it will always go forward and does not accept to step back when facing obstacles on the spiritual and physical planes. The flux of energy of a meditation practitioner, who is able to improve himself constructively, will always develop itself in silence. This is called spiritual self-cultivation and self-progress. We will always harmonize with the vibrations of the universe in order to advance further.</p>	<p style="text-align: center;">Psalm</p> <p style="text-align: center;"><i>It is essential that we improve ourselves constructively with our own efforts, Unblocking our mind and thoughts, we will enlighten them and advance gradually, Practicing equally on the social and spiritual planes, our spiritual consciousness will awaken, With perseverance, we will advance together and we turn within to analyze ourselves.</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 .