



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

Best Wishes For The New Year 2007

*The New Year of the Pig 2007 has come ,
We need to devote ourselves to spiritual cultivation and make progress to enjoy
peace and tranquility,
This year, we will have opportunity to provide infinite guidance to the weak and
destitute,
By practicing the meditation exercises, we will understand the liveliness of the
dharma clearly.*

Vi Kien

Baby Tam Talking To You

From 4 May to 10 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) *Where should we start in order to turn ourselves toward the center of vital energy of the universe?*
- 2) *Why are there many people who claim to be Vo-Vi practitioners who do not practice in an orderly manner, and why do they not make any progress in their spiritual training?*
- 3) *What can we do in order to see the supernatural?*
- 4) *What does it mean "to return to one unique origin"?*
- 5) *Why do we have to sit facing southward when practicing meditation?*
- 6) *What does it mean "one cannot love someone more than oneself"?*
- 7) *Should a secular person accept a letter sent by a saint?*



<p>Montreal, 4 May 1997 6:00 AM</p> <p><i>Q: Where should we start in order to turn ourselves toward the center of vital energy of the universe?</i></p> <p>A: In order to turn ourselves toward the center of vital energy of the universe, we should start from our cranial psychic center upward. By practicing the continuous breathing in cycles in a correct manner, we will attain the goal. When we give the order to our mind during inhalation to fill the navel, the chest, up to the head, we will develop ourselves to ascend higher. The compassionate energy of our organism will project out and ascend higher.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>With spiritual practice, we develop the foundation of our spiritual heart, With the transformation of energy in our body, we will advance on our own, With an awakened consciousness, we achieve our return, and our heart reaches the Tao, Invoking the mantra Nam-Mo-A-Di-Da-Pha with perseverance, we build a solid foundation for our spiritual heart and mind.</i></p>
<p>Montreal, 5 May 1997 6:30 AM</p> <p><i>Q: Why are there many people who claim to be Vo-Vi practitioners who do not practice in an orderly manner, and why do they not make any progress in their spiritual training?</i></p> <p>A: Those who cultivate themselves spiritually, but do not make any progress, are not truly practicing in a correct manner from their mind to their body: They are still blocked in the breathing exercises, their heart and mind have not opened up, they like to turn to the external world and dearly immerse themselves in the earthly scenes of sufferings and blinded passions, they are not yet able to restore equilibrium to their mind and body, they believe and trust what is tangible, and neglect what is intangible. They are not yet determined to advance toward emptiness, they pursue their desires greedily and are afraid of losses, they do not yet understand the law of cause and effect in order to devote themselves to spiritual perfection, and they still remain in the circle of agitation and disturbances.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Being blocked, we have difficulty to understand, to discuss, and to analyze, With a restless heart and body, our mind cannot attain peace, With spiritual awakening and knowledge, we no longer hold on to passions and blindness, With equanimity and serenity, our heart and mind are peaceful.</i></p>
<p>Montreal, 6 May 1997</p> <p><i>Q: What can we do in order to see the supernatural?</i></p> <p>A: We should practice the Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha to attain equilibrium in our spiritual consciousness. Only then will we have the opportunity to see our soul and the supernatural.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Returning to our true supernatural nature, we will make progress, Releasing our worries, we will dissipate our sorrow, We are no longer sad, and will not act uselessly, Practicing in a sincere and righteous manner, we will attain tranquility on our own.</i></p>

<p>Montreal, 7 May 1997 3:55 AM</p> <p>Q: <i>What does it mean “to return to one unique origin”?</i></p> <p>A: “To return to one unique origin” means that we see that everybody has a similar beginning and end, and that as humans, we should always love and respect common order. If we develop ourselves upward, we will only turn to the World Above and focus our energy from the cranial psychic center upward, and our spiritual energy will be able to unify with the flux of energy of the center of vital energy of the universe.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Directing ourselves upward, we have only one path of progress, Releasing our anger and passions, we will dissipate our sorrow, Unifying with human love within spiritual awakening and knowledge, We learn with equanimity to be able to communicate with the center of energy soon.</i></p>
<p>Montreal, 8 May 1997 5:05 AM</p> <p>Q: <i>Why do we have to sit facing southward when practicing meditation?</i></p> <p>A: When we sit facing southward during meditation, heat-energy will project out from the middle point between the eyebrows, and will harmonize with the heat (from the southern direction). We will evolve in a harmonious manner, and we will be able to sit longer than facing northward.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Evolving in a straight direction, we eradicate our greediness, When our consciousness awakens, we will easily devote ourselves to spiritual cultivation, and will correct ourselves easily, Returning to the spiritual path, we are no longer confused, With spiritual practice, we will advance with our own efforts.</i></p>
<p>Montreal, 9 May 1997 4:20 AM</p> <p>Q: <i>What does it mean “one cannot love someone more than oneself”?</i></p> <p>A: There is no greater love than to love ourselves. We should know how to love ourselves first in order to have the opportunity to serve the people after us.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Knowing ourselves and others, we know that we should devote ourselves to spiritual perfection, Releasing our sorrow and worries, we will dissipate our blindness on our own, Awakening our spiritual consciousness, we correct ourselves with our own efforts through spiritual cultivation, Learning and training ourselves with a calm heart, we liberate ourselves from ignorance.</i></p>
<p>Montreal, 10 May 1997 3:25 AM</p> <p>Q: <i>Should a secular person accept a letter sent by a saint?</i></p> <p>A: Saints and secular people are separated by different directions. Secular people slowly ascend higher, Holy people descend to provide infinite guidance and service, the pure and impure spheres are different, and they meet each other according to karmic opportunities. The higher you ascend, the more intelligent you will become. The lower you descend, the slower you will become. Saints can turn into demons, demons can turn into saints after a period of extreme hardship, and the two extremes can interact and enlighten each other.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Analyzing our ascension and descent clearly, we understand our itinerary, Through spiritual practice, we awaken our consciousness and attain enlightenment on our own, Understanding the pure and impure clearly, we return to our unique origin, Our root is pure energy, and we will return to our true nature.</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.
