



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

Positive Construction

By building our spiritual path, we will develop our wisdom,
Working constructively together, we will create the spiritual structure,
The celestial mechanism undergoes transformations and awakens our
consciousness accordingly,
On our own, we attain knowledge and wisdom when facing worldly events and
human affairs.

Vi Kien

Baby Tam Talking To You

From 18 May to 24 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 attain genuine trust?*
- 2) *Why does each person have different feelings when being possessed by a spirit?*
- 3) *What should we do in order to love and respect all living creatures in a correct manner?*
- 4) *How should we develop ourselves in order to save ourselves as human beings?*
- 5) *What will happen to those people who easily become jealous and hate others, and who hold on to their anger and grudge for their whole life?*
- 6) *Where does the profane heart arise from?*
- 7) *Why do humans always calculate and aim for personal profit?*



Montreal, 18 May 1997 5:00 AM

Q: What should we do in order to attain genuine trust?

A: In order to attain genuine trust, we must believe in our capability of realizing extreme patience and resignation. Only then will we be able to attain genuine trust. When we say something, we must keep our word and do not change, so that all things will advance in a satisfactory and orderly manner.

Psalm

*A true heart indicates genuine human love,
It is essential to be orderly first,
With a relaxed mind, we are neither worried nor
agitated,
Our pure and noble conduct shows our intuitive mind.*

Montreal, 19 May 1997 4:30 AM

Q: Why does each person have different feelings when being possessed by a spirit?

A: To be possessed by a spirit depends on the flux of energy of the individual who thinks and prays differently, so that they become possessed. As far as the Vo-Vi method is concerned, to be possessed by a spirit is wrong. When the physical body is impure and contains too many toxins, the mind and body are not healthy and are consequently being attacked by the impure energy, and we feel heaviness in the chest. We need to cleanse our digestive system and strengthen ourselves with herbal medicines, so that the flux of energy of our organism becomes strong and healthy. Then, no foreign energy will be able to possess us. We should practice in a correct manner following the Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha. We should practice the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat in a continuous and clear manner. We should invoke it mentally, instead of reciting it loudly. When the mouth opens up, vital energy will be consumed. We should conserve our original energy to develop our soul, liberate ourselves from the earthly world, and dissipate our sorrow and rectify our errors.

Psalm

*Cultivating ourselves spiritually with our own efforts,
we develop ourselves and advance within joy,
Releasing our impurities, we are no longer sorrowful,
Understanding social and spiritual matters clearly, our
heart attains knowledge and awakening,
We no longer pray for favors, and our heart naturally
attains peace.*

Montreal, 20 May 1997 3:10 AM

Q: What should we do in order to love and respect all living creatures in a correct manner?

A: In order to know clearly all things, we must be sincere in our spiritual cultivation and correct our mistakes. When we know ourselves and others, our spirit of harmony will develop, and our consciousness will understand that equality is essential. Only then will we know how to love and respect all living creatures.

Psalm

*Treating each other with equality, we love and respect
each other,
Practicing with sincerity, we will understand from the
end to the beginning clearly,
Guiding each other, we advance together to return to
unity,
Resolving spiritual matters, we avoid harming each
other.*

Montreal, 21 May 1997 5:55 AM

Q: How should we develop ourselves in order to save ourselves as human beings?

A: In order to save ourselves as human beings, we must develop our soul. We should additionally develop our area of infinite serenity, in order to eventually relate with our natural and spontaneous essence which exists since eternity.

Psalm

*Returning to our sincere nature, we lead a peaceful life,
On our own, we relate ourselves with the noble original principle,
With our wise mind, we practice with clarity and understanding,
Sowing good seeds, we will attain purity and subtleness.*

Montreal, 22 May 1997 3:15 AM

Q: What will happen to those people who easily become jealous and hate others, and who hold on to their anger and grudge for their whole life?

A: People who become angry easily and hold on to their grudge for their whole life, will harm themselves a lot. Their compassionate heart will never develop. In their next life, their good fortune will be little, and they will fail in every undertaking. They will suffer without knowing the reason. With their miserly nature, they will have great difficulty to return to the divine land. We have the good fortune to be a human being. If the cause which is our virtue and human conduct, is not good, the effect will not be good. I advise people with these bad habits to practice the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat a lot, so that they will be able to save themselves by forgetting hatred and vengeance in their inner consciousness. They will develop the spiritual subtleties in their consciousness instead of darkness.

Psalm

*Causing agitation to ourselves, we generate even greater unworthiness,
We have a good-looking face, but a fussy character,
Sowing misfortune to ourselves, we feel even more miserable,
Understanding the true dharma clearly, we neither fall into haughtiness nor lowliness.*

Montreal, 23 May 1997 3:05 AM

Q: Where does the profane heart arise from?

A: The profane heart arises from accumulating attractions of the external world and building a habit of rivalry, without a way to escape. We would fight to keep our position on earth at any price, and we would eventually depart this earth empty-handed.

Psalm

*Forgetting our soul and astral body, we forget to follow
the true path,
Causing intransigence, we also cause blinded
passions, grudge and anger,
Our difficult character harms ourselves and lacks
stability,
Mixing joy and sadness, we have difficulty to attain
vitality.*

Montreal, 24 May 1997 3:30 AM

Q: Why do humans always calculate and aim for personal profit?

A: When we are born, we possess the five senses (eyes, nose, ears, mouth, tongue), so we are forced to turn to the external world and run after external affairs. We are greedy and desire all kinds of things, and cause agitation to our mind and body. We are governed by our desires, worries, and agitation, and have no way to escape. As we grow up, these habits coalesce into our character. Every person has a different character! After being mistreated by the ungratefulness of human relations with its actions and reactions, we become discouraged and seek a way to liberate ourselves from our karmic relations. We turn toward our soul for spiritual cultivation and hope to save ourselves. To do so, we should voluntarily abandon the habits and character we have accumulated since ages till today. Only then will we be able to attain a certain amount of wisdom and serenity, and we should accept to perfect ourselves spiritually and advance within silence.

Psalm

*Correcting ourselves to evolve spiritually, our heart
and mind will be tranquil,
Our physical body only displays worries and sorrow,
Whoever corrects himself and devotes himself to
spiritual cultivation will make progress,
Those who do not perfect themselves spiritually and
do not advance will keep being sorrowful.*



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.
