



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

The Course Of Events

The course of events is arranged by the celestial mechanism,
Time will come for destruction and rebirth,
Attaining spiritual awakening, we turn within to improve ourselves,
On our own, we will understand the positive work from God.

Vi Kien

Baby Tam Talking To You

From 25 May to 31 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) *How can we develop our heart and mind?*
- 2) *What should we do in order to strive for progress?*
- 3) *Why do profane people like to worry about unnecessary things?*
- 4) *Why is everybody afraid of death in this earthly world?*
- 5) *What causes a transformation?*
- 6) *Where does life come from?*
- 7) *What does "a clear judgment" mean?*



<p>Montreal, 25 May 1997 3:30 AM</p> <p><i>Q: How can we develop our heart and mind?</i></p> <p>A: In order to develop our heart and mind, we should correct our heart and mind on both social and spiritual planes with our own efforts. We should cultivate ourselves spiritually and advance in silence, in order to clearly see the essential value of serenity. We should persevere in the practice of the word “patience” and build a good position for us to elevate ourselves further. Our spiritual virtue and merit will grow abundantly each day.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Unblocking ourselves, we will develop our heart and mind to ascend higher, With a clear and wise mind, we truly see the spiritual wonders, Our spiritual opportunity will no longer be unsettled, As the divine light shines like a sunrise, we practice to attain a higher level.</i></p>
<p>Montreal, 26 May 1997 4:45 AM</p> <p><i>Q: What should we do in order to strive for progress?</i></p> <p>A: In order to strive for progress, we should at first practice in an orderly manner in both social and spiritual life. Our heart and mind will achieve equilibrium and develop further thanks to the original principle of Nam-Mo-A-Di-Da-Phat, when we practice the mental invocation of the mentra day and night.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Understanding the vibrations clearly, we have the good opportunity to make progress, Releasing the difficulties in our inner consciousness, we are no longer worried and sorrowful, Awakening our consciousness, we will advance with our own efforts to achieve a pure and kind heart, Releasing our blinded passions and agitation, we will surmount the obstacles with our own efforts.</i></p>
<p>Montreal, 27 May 1997 4:00 AM</p> <p><i>Q: Why do profane people like to worry about unnecessary things?</i></p> <p>A: In daily life, profane people have the habit of directing their mind to the external world. Their heart and mind, and inner consciousness have not yet developed. They like to worry about unnecessary things and cause suffering to themselves. On the other hand, meditation practitioners like serenity and accept to correct their mind. They will evolve in the pure sphere of energy of Heaven and Earth. They untangle the karmic relations in their inner consciousness with their own efforts, and they live happily with the vibrations of light of the universe.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Cultivating ourselves spiritually on our own, we release the passions and blindness in our mind, The earthly world is temporary, and we should practice with a sincere heart to advance and improve ourselves spiritually on our own, With determination, our soul is no longer turned to agitation, Correcting our mind to achieve serenity, we are no longer blind.</i></p>

Montreal, 28 May 1997 3:45 AM

Q: Why is everybody afraid of death in this earthly world?

A: Earthly people receive their sacred life from the workings of the original energy of Heaven and Earth. They can move themselves with agility in accordance with their limited directives. They live and enjoy themselves through the light of the moon and the sun, which guide their heart and mind. They turn to the external world and build up their greediness, and wrongly believe that this world is eternal. Therefore, no one wants to quit this life. Each day, their physical body becomes weaker, and they realize that they have become old. Their soul is greedy and has all kinds of desires, but they are unable to satisfy them. Thanks to the actions and reactions of life affairs, they finally accept to find a way to correct their mistakes and practice spiritual perfection. This proves that we are at fault, and nobody else is at fault. When we understand this principle, we will only devote ourselves to spiritual perfection, so that we could eventually attain serenity, and harmonize ourselves with naturalness and spontaneity. We will advance within serenity. We will practice the spiritual method to release our heart-karma. We will elevate ourselves toward lightness. When we know about our soul, we will no longer fear death. We will only devote ourselves fully to spiritual perfection in order to make progress.

Psalm

*With an awakened soul, we are no longer agitated by
wealth or deprivation,
Judging matters clearly with our wise heart and mind,
we will advance and follow the spiritual path on our
own,
Being loyal to the original principle granted by God,
We practice with sincerity and unblock ourselves with
our own efforts.*

Montreal, 29 May 1997 5:00 AM

Q: What causes a transformation?

A: A transformation is induced by the flow of energy which develops and rises from the body to the brains and meets with the pure and light flow of energy. As a result, our heart and conduct are transformed, we attain self-awakening, and we clearly understand the original principle of Heaven and Earth on our own.

Psalm

*The World Above causes a transformation and
unblocks our energy,
With a wise mind and a clear judgment, we reach
tranquility on our own,
We fulfill our great vow in our consciousness,
Learning and training ourselves with equanimity, we
easily communicate with the World Above.*

<p>Niagara, 30 May 1997 4:45 AM</p> <p><i>Q: Where does life come from?</i></p> <p>A: Life comes from the formation of the original energy of Heaven and Earth. A spiritual adept needs to develop the original energy of his inner consciousness and inner organs in order to achieve equilibrium, peace and happiness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>The original energy brings transformations through births and rebirths, and instills life in all creatures, It purifies Heaven and Earth, and is never depleted, The alternating existence and non-existence teach us to practice and advance, When our spiritual energy communicates with the energy from the World Above, our life is full and content.</i></p>
<p>Niagara, 31 May 1997 2:43 AM</p> <p><i>Q: What does “a clear judgment” mean?</i></p> <p>A: A clear judgment means that we use our mental power to weigh whether something is pure or impure, light or heavy, white or black, clear or blurry, in order to clearly see the value of both sides.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Within non-being, there is being, as explained by the foundation of Tao, We clearly understand that this present world has undergone constant transformations, We remain free of agitation when facing the alternating existence and non-existence, Reaching the sublime purity, we clearly understand the tower of purity.</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 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.