



# 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*

## Spiritual Subtleties

We analyze the spiritual subtleties in the deep and noble principle,  
Through spiritual practice and development, we see unending wonders in our true  
soul,

We now understand the lively love of God,  
Who keeps providing guidance to us with compassion and Who remains our  
constant companion (stays in the same boat).

*Vi Kien*

## Baby Tam Talking To You

*From 22 June to 28 June 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) *Do rivalries bring any benefit to the meditation practitioner?*
- 2) *Where is the "remote place"?*
- 3) *Why do people lack a strong will and courage?*
- 4) *What is the "infinite sphere"?*
- 5) *What is most precious in our life on earth?*
- 6) *What should we do in order to create compassionate love?*
- 7) *Does the Vo-Vi practitioner gain any benefit when serving poor and unfortunate people with a sincere heart?*



<p><b>Atlantic City, 22 June 1997 3:20 AM</b></p> <p><i>Q: Do rivalries bring any benefit to the meditation practitioner?</i></p> <p>A: Rivalries only bring agitation and worries to the spiritual adept, and have no benefit. On the other hand, patience and resignation, and constructive work will bring many benefits to the spiritual adept. Our goals are to practice meditation and attain the contemplative state, and to reach purity and lightness in our soul and astral body, in order to develop ourselves spiritually.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Perfecting ourselves spiritually with diligence and sincerity, we see our spiritual journey clearly, Developing our heart and mind, we attain wisdom on our own, Practicing with assiduity and attentiveness, we will develop our spiritual heart, It is essential to work constructively in order to help our spiritual consciousness.</i></p>
<p><b>Atlantic City, 23 June 1997 10:15 AM</b></p> <p><i>Q: Where is the “remote place”?</i></p> <p>A: The “remote place” is the place that we will never reach, the place that our inner consciousness greedily aims for without success. The meditation practitioner has resolutely abandoned his greediness and desires; thus, he does not see any place to be remote. When we have attained serenity, any place can be within our reach, and there will no longer be a distinction between being and non-being.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Determined to resolve our own problems, we do not expect external help, Holding to a solid faith in our mind, we do not create agitation, We are resolute to abandon our greediness on our own, With equanimity and serenity, we neither pray for favors nor have any expectations.</i></p>
<p><b>Atlantic City, 24 June 1997 2:45 AM</b></p> <p><i>Q: Why do people lack a strong will and courage?</i></p> <p>A: People lack a strong will and courage because they have not yet understood the value of spirituality. They do not know clearly the position of the soul, and they do not have enough determination when facing any issue that occurs to them.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>The unfortunate circumstances in the earthly world make it difficult to build a spiritual foundation, Unable to return to their pure origin, they would cry and lament, Holding on to earthly matters and abandoning the spiritual path, they cannot save their spiritual consciousness, Causing suffering to themselves, they would let themselves become forgotten.</i></p>

**Atlantic City, 25 June 1997 3:20 AM**

*Q: What is the "infinite sphere"?*

A: The sphere of energy is the infinite sphere. When we practice the Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha, the energy at the cranial psychic center on the top of our head will be pulled directly upward to harmonize with the pure light of the universe, and it will project an infinitely bright light. We will always feel pure and light, our head is illuminated and our heart is wise. We only know about spiritual inspiration and invention, and we neither borrow nor beg for anything. We achieve harmony in order to advance further, our wise mind develops toward enlightenment, we return to our infinite root, which is birthless and eternal. Our soul and astral body will be reunited within wisdom and enlightenment.

**Psalm**

*To analyze with clarity and wisdom is necessary to advance further,  
We understand that the noble Heaven always relates to us (through the plane of energy),  
Seeing the abundant heavenly sceneries, our consciousness transforms itself to attain awakening,  
Receiving the divine energy like a sunrise, we attain tranquility with our own efforts.*

**Atlantic City, 26 June 1997 3:07 AM**

*Q: What is most precious in our life on earth?*

A: Love is most precious in our life on earth. Only with compassionate love and spiritual virtue and merit will we truly live in peace together.

**Psalm**

*Loving each other, we help and protect each other,  
In spite of the sufferings and hardships, we do not complaint and feel no misery,  
Working constructively, we practice together with an awakened consciousness,  
With equanimity, we work constructively in order to advance and return (to our heavenly homeland) rapidly.*

**Atlantic City, 27 June 1997 4:10 AM**

*Q: What should we do in order to create compassionate love?*

A: In order to create compassionate love, we should accept to blend with suffering. Only then will we understand that compassionate love is the most valuable thing. The Dharma of Buddha is pure, light, and promotes "Love and Forgiveness Within Joy". Only then will we be able to create compassionate love.

**Psalm**

*Practicing patience and resignation, we give a fine example for ourselves,  
God's love is lively and only contains compassion,  
Void of intransigence and blinded passions, we will advance easily,  
With a noble and beautiful love, we will resolve difficulties and remove the obstacles on our spiritual path.*

**Atlantic City, 28 June 1997 5:45 AM**

*Q: Does the Vo-Vi practitioner gain any benefit when serving poor and unfortunate people with a sincere heart?*

A: The more generous our charitable deeds are, the more our compassionate heart will develop. We will succeed in achieving the original principle of spiritual perfection and progress within freedom. Our body and mind will feel constant happiness.

**Psalm**

*Living within serenity, our heart and mind are peaceful,  
We neither cause complications nor lengthy discussions,  
Void of agitation and blinded passions, we awaken our consciousness with our own efforts,  
With equanimity and serenity, we will attain the pure light.*



**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.*

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