



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

Divisions

If we are divided, cause separation and differentiate between inner and outer circles,
We will have difficulty to lead a life of spiritual perfection, advance spiritually and make plans,
Holding to our impurities, we won't be able to advance,
With a wise mind and a clear judgment, we will transform ourselves and advance constantly.

Vi Kien

Baby Tam Talking To You

From 19 July to 25 July 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 govern our six senses and our six earthly desires (twelve visceral entities)?*
- 2) *If we practice the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat to develop the original principle of Heaven and Earth, will we be able to liberate our six senses and associated earthly desires (twelve visceral entities) in order to escape misery?*
- 3) *Scientists have discovered that the human brain contains over 100 billions cells and is able to develop till infinity. It would be a great pity if humans know this fact but do not want to fully utilize their brain in order to evolve further?*
- 4) *What causes ego?*
- 5) *What cause greediness and desires?*
- 6) *What are the works of Heaven and Earth?*
- 7) *Why does everybody fear death?*



Montreal, 19 July 1997 1:15 AM

Q: How can we govern our six senses and our six earthly desires (twelve visceral entities)?

A: In order to govern our six senses and our six earthly desires, we have to fully devote ourselves to the practice of the Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha, i.e., the flux of energy on our cranial psychic center must become lighter every day in order for us to clearly see our six senses and six earthly desires. Only then will we be able to explain to them the original principle of Heaven and Earth, so that they would also follow a life of spiritual perfection like their master (i.e., their soul), and they will no longer dare to commit sins to destroy our mind and body.

Note: Six senses (seeing, hearing, smelling, tasting, touching, thinking/mind) – Six associated earthly desires (see beauty with the eyes, hear sounds with the ears, smells perfume with the nose, taste tastes with the tongue, touch what is touchable with the body, cognize mind-objects with the mind).

Psalm

Perfecting ourselves spiritually through practice, we will attain a harmonious rhythm inward and outward, Void of complications, we live with our resolute faith, With flexibility, our sincere heart follows the sphere of energy, Practicing with assiduity and devotion, we are neither worried nor anxious.

Montreal, 20 July 1997 1:15 AM

Q: If we practice the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat to develop the original principle of Heaven and Earth, will we be able to liberate our six senses and associated earthly desires in order to escape misery?

A: If we practice the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat with assiduity by curling the tip of the tongue to touch the upper gum and teeth, keeping the mouth closed, we will restore the energy vibrations in our inner consciousness and they will return to emptiness and lightness.

Psalm

We practice from the state of darkness till we attain the state of illumination, We will develop our soul in a very soft and subtle way, We are neither agitated by the spiritual path nor by the earthly emotions, Taking refuge in the Dharma of Buddha, our heart and mind are tranquil.

Montreal, 21 July 1997 4:00 AM

Q/A: Scientists have discovered that the human brain contains over 100 billions cells and is able to develop till infinity. It would be a great pity if humans know this fact but do not want to fully utilize their brain in order to evolve further.

Psalm

With courage and practice, we will develop our heart and mind rapidly, Reaching the sphere of energy, we acquire wisdom by practicing with our own efforts, Void of sorrow and worries, our heart is not agitated, We practice to advance and evolve spiritually, and no longer involve ourselves in rivalry.

Montreal, 22 July 1997 1:45 AM

Q: What causes ego?

A: Ego is caused by the habit of gossiping and slandering others. One likes to know the affairs of others, but does not want anyone to know about one's own affairs, one's character is evil, but one wrongly believes to be the best.

Psalm

*They gossip and slander others, but want to be the schoolmaster,
Making all sorts of schemes, they build a whole battle field,
Lacking true sincerity, they would end in failure,
They have a bad character and evil habits, but their mind is obscure and they like to suspect others.*

Atlantic City, 23 July 1997 2:45 AM

Q: What cause greediness and desires?

A: Greediness and lustful desires form a habit, and tie up the consciousness in anger, passions, and narrow-mindedness. One has great difficulty to develop one's consciousness of harmony, lacking strength, courage and self-confidence.

Psalm

*Practicing with lucidity, we gain a clear understanding of our consciousness on our own,
Resolving our spiritual journey, we will save ourselves,
Thanks to the Dharma of Buddha, we acquire equilibrium in our thoughts and consciousness,
Loving and respecting all creatures, we attain wisdom on our own.*

Olympia, 24 July 1997 6:35 AM

Q: What are the works of Heaven and Earth?

A: The works of Heaven and Earth are accomplishments without the need for worrying, successes without the need for toiling, in accordance with the law of spontaneity and naturalness. Only when we all volunteer to work with sincerity and without calculations, will we see the power of the Almighty Lord. When the spiritual adept attains serenity, he will see clearly that all things will return to emptiness eventually, and he will always be able to comprehend the sphere of infinity.

Psalm

*The works exist since all ages as well as in the present,
Changing only the outer appearance, they do not really change,
Our spiritual heart has the karmic opportunity to evolve with its own efforts,
If we can see it with our profane eyes, we still have a good opportunity.*

Olympia, 25 July 1997 2:00 AM

Q: Why does everybody fear death?

A: Everybody fears death because they do not yet understand the law of evolution of Heaven and Earth. The meditation practitioner should develop his serenity in order to understand clearly the lively evolution of Heaven and Earth. When one accepts to practice and advance spiritually, one will no longer worry and fear death in an agitated way.

Psalm

*Developing ourselves with our own efforts, we have no worries,
With a clear and wise mind, we have no sorrow,
With wisdom, we return to the origin of the path of the Dharma of Buddha,
Practicing within serenity, we will advance in a persistent manner.*



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.
