



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

Subtle Purity

Let's keep practicing within the unending subtle purity,
Let's maintain our equilibrium whether sadness alternates with joy,
We will surmount obstacles on both social or spiritual paths as our consciousness
awakens,
Finding that people are hesitant comes from our own perception.
Vi Kien

Baby Tam Talking To You

From 6 September to 12 September 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 does the spiritual opportunity reside?*
- 2) *Why do profane people only see with their eyes that light and money are most important?*
- 3) *What brings about purification?*
- 4) *Where does the taste of spirituality (dharma) reside?*
- 5) *What does it mean, "to awaken our consciousness"?*
- 6) *Why does the family achieve peace and happiness, when the family members practice the Vo-Vi method?*
- 7) *What does close affection mean?*



<p>Montreal, 6 September 1997 6:50 AM</p> <p><i>Q: Where does the spiritual opportunity reside?</i></p> <p>A: The spiritual opportunity resides in the sub-consciousness of everybody. After the period of trials and tribulations, we would realize that we need to cultivate ourselves spiritually and correct our mistakes in order to attain peace and happiness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Only by loving and respecting our true nature, would we thoroughly comprehend the spiritual savor, When our social and spiritual paths are clear, we would be even happier, Loving and respecting our spiritual consciousness, our spirit is bright, Working constructively to improve ourselves spiritually, we will clearly see the spiritual savor.</i></p>
<p>Montreal, 7 September 1997 1:17 AM</p> <p><i>Q: Why do profane people only see with their eyes that light and money are most important?</i></p> <p>A: The eyes of profane people are able to capture light within the limits set by Heaven and Earth. If we can develop the spiritual eyes within us, we will see that light is infinite when we close our eyes. Only by practicing the Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha, will we be able to develop our cranial psychic center, and we will perceive the projection of a brilliant aura from our head.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Only inward is the mind truly deep and penetrating, Developing our soul, we will understand the spiritual wonders, We equally develop the visible sphere to become bright and beautiful, Expanding our wisdom and lucidity, we understand the depth of spirituality.</i></p>
<p>Montreal, 8 September 1997 2:50 AM</p> <p><i>Q: What brings about purification?</i></p> <p>A: Purification comes from abandoning all intransigence and blinded passions in our inner consciousness. We will naturally achieve purification in a light and easy manner, and our five inner organs will be calm and happy.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Applying and understanding the original principle thoroughly, we are truly happy, With an awakened consciousness devoted to spiritual perfection, we savor the taste of spirituality, As we advance at each step, we continually contribute our positive work, With compassionate love and spiritual virtue, we transform and analyze the taste of spirituality.</i></p>
<p>Montreal, 9 September 1997</p> <p><i>Q: Where does the taste of spirituality (dharma) reside?</i></p> <p>A: The taste of spirituality appears at the moment when our consciousness achieves a profound understanding, and is also called the spiritual savor.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Knowing that we are light and pure, we are truly happy! With an awakened consciousness, our mind truly savors the taste of spirituality, Loving and respecting both social and spiritual paths, we are eager to learn, Building both our social and spiritual paths, we are truly happy!</i></p>

Montreal, 10 September 1997 5:25 AM

Q: What does it mean, "to awaken our consciousness"?

A: To awaken our consciousness means that we understand our actions on our own and improve ourselves in order to make progress. Then all matters will be resolved successfully in a satisfactory manner.

Psalm

*Understanding ourselves, we develop our mind, heart
and body,
It is essential that we resolve matters with a lucid
mind,
Whether good or bad, it is our responsibility and we
achieve the results on our own,
Learning and training ourselves with equanimity, we
will attain tranquility.*

Montreal, 11 September 1997 4:30 AM

*Q: Why does the family achieve peace and happiness,
when the family members practice the Vo-Vi method?*

A: To practice the Vo-Vi method means to turn toward emptiness in order to evolve further. If we spend great efforts and practice diligently, we will attain a level of lightness. When we abandon all useless agitation, and each family member has the same aspiration in their heart, they will build an atmosphere of harmony, peace, and happiness, and they will detach themselves easily and resolutely from worries that are unrighteous.

Psalm

*Awakening our consciousness on our own, we practice
with sincerity and by our own efforts,
Releasing our worldly heart, we will advance toward
purity on our own,
No longer agitated, our consciousness will achieve
awakening,
Learning and training ourselves with equanimity, we
will turn toward purity.*

Montreal, 12 September 1997 3:30 AM

Q: What does close affection mean?

A: Close affection means that we belong to the same original principle for our existence on earth. We realize on our own that we will have to leave this earth with empty hands, and we should devote ourselves to spiritual perfection with courage and strength to advance spiritually and save our soul when we depart from our body.

Psalm

*When our heart is turned to spiritual perfection, we will
release our impurities and analyze ourselves on our
own,
Practicing equally on both social and spiritual paths,
we feel tranquility,
Our lucid mind develops continually as we work
constructively for our spiritual progress,
Learning and training ourselves with equanimity, we
feel peace in our heart.*



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.