



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

Awakening of Our Consciousness

Loving and respecting The Lord and Buddha, we are full of gratitude for the divine blessings,
Developing our soul, we see the spiritual journey clearly,
Learning and training ourselves incessantly, we have a very beautiful spiritual opportunity,
Developing our lucid mind, we turn within to analyze ourselves with clarity.

Vi Kien

Baby Tam Talking To You

From 20 September to 26 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) *What should we do when we have achieved a bright mind thanks to spiritual practice, but want to control others?*
- 2) *On this earth, people like to shift the blame on one single person. Is it correct?*
- 3) *How can we achieve meditative contemplation?*
- 4) *What generates unending compassionate love?*
- 5) *How can we form the firm resolution to develop our heart, mind, and body?*
- 6) *Can a profane mind intervene in sacred matters?*
- 7) *Where can humans develop themselves in an extended way and with purity and lightness?*



<p>Montreal, 20 September 1997 4:25 AM</p> <p><i>Q: What should we do when we have achieved a bright mind thanks to spiritual practice, but want to control others?</i></p> <p>A: When we have achieved the brightness of heaven and earth with our spiritual cultivation, we must resolutely continue to advance toward infinity. Only then will we accept to remain humble and provide infinite guidance to the souls who are still writhing in conflicts which they have difficulty to escape from, because of their fight for power and material gains and their ego.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Losing our head in suffering, we have difficulty to analyze and discuss, In addition to the upheaval of worldly events, we make wrong judgments, Our lucid mind continuously takes in agitated thoughts, To perfect ourselves to evolve spiritually truly shows our dignity.</i></p>
<p>Montreal, 21 September 1997 5:10 AM</p> <p><i>Q: On this earth, people like to shift the blame on one single person. Is it correct?</i></p> <p>A: To shift the blame on one single person is not correct. A sin is associated with many factors. We should not incriminate one single person, but we should examine all associated aspects starting from the true heart who has accepted it and how it leads to this result.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>It requires many days for a sin to be formed, Analyzing the factors clearly, we see the pure and impure aspects, Searching for the factors with a good will, We see how the sin is formed and know clearly the cunning.</i></p>
<p>Montreal, 22 September 1997 6:35 AM</p> <p><i>Q: How can we achieve meditative contemplation?</i></p> <p>A: We will only achieve meditative contemplation when our energy circulation is regulated inward. It results from our diligent efforts to practice the exercise of continuous breathing without retention until we reach equilibrium, so that our wise heart can develop. We will abandon all agitation from the external world, and our worries will disappear completely. The more we understand ourselves, the more we will understand heaven and earth.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Anger and passions will disappear, and we know neither worries nor sorrow, With an awakened consciousness and a calm heart, we will advance and surmount difficulties on our own, We are no longer attached to karmic debts from our marriage, and earthly relations, With a resolute heart, we practice diligently to attain tranquility on our own.</i></p>
<p>Montreal, 23 September 1997 4:45 AM</p> <p><i>Q: What generates unending compassionate love?</i></p> <p>A: Unending compassionate love results from our spiritual practice and training. Only when we have attained a light and pure equilibrium in our inner consciousness leading to courage and fearlessness, will we be able to realize unending compassionate love.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>How sublime is the development of true love! Attaining serenity, we disperse and practice the principle of the ocean of love, Knowing ourselves clearly, we return to our unique origin, Leading a tranquil life in this temporary world, we enjoy the teachings of Truth.</i></p>

Psalm

Montreal, 24 September 1997 3:20 AM

Q: How can we form the firm resolution to develop our heart, mind, and body?

A: The firm resolution to develop our heart, mind, and body comes from our sincere respectfulness toward The Lord and Buddha, forming a good habit.

Loving and respecting the Lord and Buddha, we devote our heart and mind to spiritual cultivation, Awakening our consciousness, we return to our origin and dissipate our blindness with our own efforts, Forming a good habit, we ascend higher in our spiritual evolution, With perseverance, we practice to advance spiritually and are no longer blinded by passions.

Montreal, 25 September 1997 2:35 AM

Q: Can a profane mind intervene in sacred matters?

A: A profane mind does not have the ability to intervene in sacred matters, because a profane mind is turned to a lowly world and is despotic. Therefore, it cannot harm sacred beings, and can only cause material obstacles. On the other hand, the soul belongs to the sacred world and is able to evolve boundlessly.

Psalm

We analyze and discuss about our mind and body without being illusory, When our lucid mind has a clear judgment, it will become illuminated on its own, Whoever expresses the vow or succeeds in attaining the spiritual Way, With equanimity, we evolve spiritually and reach tranquility on our own.

Montreal, 26 September 1997 3:25 AM

Q: Where can humans develop themselves in an extended way and with purity and lightness?

A: The lucid mind of humans is able to develop in an extended way and with purity and lightness, when it turns toward the infinite sphere to evolve further.

Psalm

The more we cultivate ourselves spiritually, the more we will make progress, and our heart and mind will attain harmony, With an awakened consciousness and an enlightened mind, we will surmount difficulties on our own, Our heart is at leisure, without agitation, Returning to our soul and astral body, we analyze ourselves and attain harmony on our own.



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.