



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

Cause and Effect

Cause and effect alternate on our path of spiritual cultivation,
Seeing gratitude and resentment clearly, we should practice with sincerity on our
own,
Receiving both good and evil, we make them into goodness,
With holy (spiritual) eyes and a true love, we find there the principle of purity.

Vi Kien

Baby Tam Talking To You

From 18 October to 24 October 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) *Why does everyone want to volunteer to do charitable work to help destitute people in the dangerous areas of storms and floods?*
- 2) *What are essential needs?*
- 3) *Where is the shore of enlightenment? Where is the shore of delusion?*
- 4) *What does it mean to turn to the external world and cause agitation?*
- 5) *What does an earthly heart mean?*
- 6) *Why do people always have some sins?*
- 7) *Why can the affectionate love among fellow practitioners never be lost?*



Montreal, 18 October 1997 4:50 AM

Q: Why does everyone want to volunteer to do charitable work to help destitute people in the dangerous areas of storms and floods?

A: The celestial mechanism educates humans so that they may direct their mind toward the World Above. Therefore, after doing charitable work, such as giving gifts to save the destitute people, the benefactors will become healthier than the recipients themselves. They will have the opportunity to feel compassion and awaken their consciousness. They will turn toward The Lord and Buddha to repent their mistakes, and they understand that as humans, they should help each other mutually when needed.

Psalm

*With the illumination from the World Above, success comes naturally,
Understanding The Lord and Buddha clearly, we transform our love to advance further,
Awakening our consciousness, we equally save and provide guidance to others with a serene heart,
Practicing the spiritual method, we relate to each other and turn toward purity.*

Montreal, 19 October 1997 12:45 AM

Q: What are essential needs?

A: Essential needs are the fuel for life, i.e., the seminal essence and vital breath energy are essential for the functioning of the body. For those who do not preserve them, they will only waste their energy and lose their equilibrium, and disease can happen at any time. It will be difficult for them to attain salvation and devote themselves to spiritual cultivation.

Psalm

*With spiritual practice, we develop ourselves without worries and blindness,
Releasing our intransigence and dissipating our infatuation, we progress and cultivate ourselves spiritually with our own efforts,
Our heart feels attached to the lively divine love,
With equanimity and serenity, we no longer harbor infatuation nor blindness.*

Montreal, 20 October 1997 7:30 AM

Q: Where is the shore of enlightenment? Where is the shore of delusion?

A: The shore of enlightenment means that unhappy events are happening continuously, so that we can eventually see our own errors and accept to perfect ourselves spiritually. The shore of delusion means that we wrongly believe to arrive at a true shore, then become infatuated in the false and temporary love and romance. After a short period of time, we will become discouraged. Therefore, earthly people are very changeable; their beliefs are not firm because they are not yet able to see their own ability of infinite evolution in accordance with their karmic relations, and that they should experience the earthly emotions in order to awaken their spiritual consciousness. The temporary scenes of life guide the soul, and the only way to escape from hardship is through spiritual progress. There is a common proverb: "A man does not understand the principle if he does not learn". People are unable to understand the education provided by Heaven and Earth, from existence to non-existence, from non-existence to existence, from mixing joy and sadness. We must perform the analysis by ourselves and develop our soul; we must overcome the earthly emotions with strength and courage, and maintain a courteous behavior in order to progress further.

Psalm

*Vowing to cultivate ourselves spiritually, we contribute our share and lead a life of diligence,
Resolving the difficulties in our soul, we turn within to examine and analyze ourselves,
Our heart understands profoundly the thanklessness of earthly emotions,
Learning and training ourselves spiritually to evolve further, we analyze ourselves with our own efforts.*

Montreal, 21 October 1997 6:25 AM

Q: What does it mean to turn to the external world and cause agitation?

A: To turn to the external world and cause agitation means to increase our carnal desires. We will busy ourselves with the affairs of others instead of our own ones; we will forget the inherent serenity in our inner consciousness. We will toil hard without obtaining any results for our soul when departing from our body.

Psalm

*When we lack serenity in our spiritual cultivation, we will remain confused,
Not knowing our destination, we have no tranquility,
Without lightness and purity, we will augment our agitation,
Our heart is infatuated by passions and unable to achieve liberation with our dreamy mind.*

Montreal, 22 October 1997 4:05 AM

Q: What does an earthly heart mean?

A: An earthly heart means that one only knows about ordinary stories and passing gossip, and does not know about spiritual matters. When we lack the love of Heaven and Earth, we can very easily become angry and passionate, and have no way to liberate ourselves.

Psalm

*Not understanding the spiritual principle, we analyze and search on our own,
Unable to awaken our consciousness, we are unable to understand the profound spiritual principle,
Our lucid mind is buried without a way for liberation,
Our earthly heart causes agitation and brings unending suffering.*

Montreal, 23 October 1997 2:45 AM

Q: Why do people always have some sins?

A: Heaven and Earth are structured as the original principle of purity and impurity, light and darkness. The actions of each sacred spirit on earth are being observed to determine their sins. Light means to release karma. Darkness means to create karma.

Psalm

*Without lucidity, we only create additional sorrow,
When our lucid mind is blocked, we cannot live in
tranquility,
The thanklessness of earthly emotions causes
transformations and agitation,
Practicing the righteous dharma, we harbor neither
worries nor sorrow.*

Montreal, 24 October 1997 3:15 AM

*Q: Why can the affectionate love among fellow practitioners
never be lost?*

A: The affectionate love among fellow practitioners who develop themselves in the same direction can never be lost, because they unanimously cultivate day and night the spirit of development toward infinity, unaffected by life and death.

Psalm

*Returning to serenity, we are no longer confused,
Seeing our character, we judge matters clearly and
surmount obstacles with our own efforts,
We never stop developing our true nature on the
spiritual path,
Practicing within sincerity, we will attain tranquility with
our own efforts.*



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.
