



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 Development

Through spiritual development and God's infinite guidance, we understand the three
jewels thoroughly,
Understanding the principle of the universe clearly, we live in harmony by our own
efforts,
We thoroughly comprehend the beautiful karmic relations within earthly affections,
With compassionate love and spiritual virtue, we are able to explain and harmonize
with them.

Vi Kien

Baby Tam Talking To You

From 1 November to 7 November 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 does it mean "to be separated"?*
- 2) *Why do people want to be authoritarian and seize the power to rule others?*
- 3) *Is there any benefit when we persevere in our meditation practice?*
- 4) *Who is responsible for developing both mind and body in a constructive way?*
- 5) *How can we relate to the principal flow of energy of the universe?*
- 6) *What benefits do we get for our mind and body when we practice the Vo-Vi method with patience and perseverance?*
- 7) *What brings illumination and roundness to our head?*



Atlantic City, 1 November 1997 2:15 AM

Q: What does it mean "to be separated"?

A: "To be separated" means that one person stays while the other one departs by leaving his physical body on earth. However, everyone must return their body to earth, which is truly called separation. Only at that time will man perceive that there must be an arrival and a departure. Unfortunately, they do not understand where they come from, and how they will depart? Only a sincere spiritual adept will be able to see clearly that his soul arrives from the thirty third level of heaven, and that he must depart with empty hands and advance further in accordance with the law of cause and effect. His soul will continue to learn within the evolution cycle and follow the arrangements of the law of cause and effect. A meditation practitioner will build a good cause (karma) before leaving his body; therefore, everyone is happy after leaving their body. They will reach a place where everyone is kind and helps each other mutually, and they will no longer feel abandoned.

Psalm

*With spiritual cultivation and practice, we will attain liberation and are no longer saddened by losses,
Resolving the obstacles in our soul, we will know our origin clearly,
With an awakened consciousness, we do not err on both social and spiritual paths,
Loving and respecting all living creatures, we turn within to cultivate ourselves diligently.*

San Jose, 2 November 1997 1:40 AM

Q: Why do people want to be authoritarian and seize the power to rule others?

A: Humans who are overly spoiled will display their authoritarian character and want to rule others, because they wrongly believe that they are better than other people. For Vo-Vi practitioners, this character will show clearly and cannot deceive others, because the way of a Vo-Vi practitioner is that one must practice patience and resignation, and be willing to make sacrifices with a spirit of constructiveness. One should not cause division in order to govern others. One should keep one's promises, one being one, two being two, and not change one's word in an unpredictable manner.

Psalm

*Awakening our own consciousness, we display a fine example for ourselves,
Those who procrastinate and do not devote themselves to spiritual perfection will only block their own path,
Treating fellow practitioners harshly in the spiritual community,
They have difficulty to practice and advance, and have no more compassionate love.*

Oroville, 3 November 1997 1:35 AM

Q: Is there any benefit when we persevere in our meditation practice?

A: To persevere in spiritual training and cultivation is very beneficial for our mind and body. We will certainly reach serenity, and we will leave our body in a very peaceful manner before dying.

Psalm

*Attaining equilibrium with our own efforts, our mind and body are tranquil,
Resolving both sadness and joy, we will open a new era by our own efforts,
The transient earthly world can no longer sow attachments in our heart,
Practicing the true dharma, we will step forward by our own efforts.*

Oroville, 4 November 1997 2:55 AM

Q: Who is responsible for developing both mind and body in a constructive way?

A: The soul is responsible for developing the mind and body in a constructive way. We need to practice the spiritual method to release impure energy and preserve pure energy. We should turn toward serenity to practice and advance in order to attain lucidity. We will receive the sacred responsibility to resolve all issues on our social and spiritual paths, and in our daily life, we will continually develop ourselves within constructiveness.

Psalm

*Developing our heart and mind, we rejoice ourselves,
Developing our soul, we feel contentment in ourselves,
Developing our lucid mind, we practice within
enlightenment,
Examining ourselves and knowing others, we will
ascend to higher levels.*

Oroville, 5 November 1997 3:05 AM

Q: How can we relate to the principal flow of energy of the universe?

A: When we practice the Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha, we will develop the flow of energy at our cranial psychic center. This is called "energy of the spiritual heart", which relates to the principal flow of energy of the universe. This energy only pulls upward: Our heart is tranquil and our mind opens up, and we practice within joy and serenity.

Psalm

*There is only one subtle path of advancement,
We understand clearly that the earthly world only
brings sorrow,
We cause agitation by taking in impurities instead of
releasing them,
Lacking order, we will no longer attain tranquility.*

Oroville, 6 November 1997 2:30 AM

Q: What benefits do we get for our mind and body when we practice the Vo-Vi method with patience and perseverance?

A: When we practice the Vo-Vi method with patience and perseverance, we will get many benefits for our mind and body. We will have a good health, and develop our spiritual heart and mind. We will understand on our own the purity and lightness of Truth. We will awaken our consciousness and develop our soul very easily.

Psalm

*Developing ourselves with perseverance, we
continually practice with our own efforts,
We will develop our soul without committing errors,
Being neither superfluous nor lacking, our
consciousness awakens on its own,
With perseverance and steady progress, we build our
tower of purity.*

Oroville, 7 November 1997 2:55 AM

Q: What brings illumination and roundness to our head?

A: When we close our eyes and feel wideness, illumination and roundness on top of our head, this is the result of our nightly spiritual practice. When we are able to unify the original energy of the cranial psychic center, we will be able to perceive it very clearly, and we will always be serene and lucid.

Psalm

*Understanding the original principle clearly, we will
attain detachment on our own,
Reaching lucidity and wisdom, we are no longer sad,
With an awakened consciousness, we return to our
nature in a flexible manner,
Feeling the abundant flow of pure energy, we turn
toward our origin.*



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.

8/18/2007

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.
