



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

Earthly Prison

Our heart and mind are being restrained in the earthly prison,
As spiritual energy is exposed in our soul, we analyze and attain harmony by our
own efforts,
Tidying our true soul to reach cleanliness and purity,
We advance toward kindness, and are no longer evil.

Vi Kien

Baby Tam Talking To You

From 8 November to 15 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, "divine secrets cannot be disclosed"?*
- 2) *What should we do in order to keep our serenity?*
- 3) *Is there any benefit for our mind and body when we repent our mistakes and confess our sins?*
- 4) *How will we advance in a rapid manner?*
- 5) *What does it mean to shine from inside the consciousness?*
- 6) *What does it mean to enlighten our mind and see our nature?*
- 7) *How does a sincere heart develop?*



Oroville, 8 November 1997 1:00 AM

Q: What does it mean, "divine secrets cannot be disclosed"?

A: "Divine secrets cannot be disclosed" means that we cannot know in advance. From all ages till nowadays, no one is able to know in advance, and people only make blind guesses. This is the law of karmic retribution of Heaven and Earth, i.e., the great common cause. A spiritual adept who devotes himself to spiritual perfection and rectifying his character with sincerity will obtain good results. His body will accept the divine law, and his soul will ascend further according to the extraordinary achievements that he was able to accomplish by his own efforts.

Psalm

*Good deeds will reap good consequences, and both
our mind and body will advance,
Building spiritual merit, our heart is dedicated to
spiritual perfection, and we become wise and kind on
our own,
Returning to oneness, we feel the lively divine love,
Our soul and astral body are serene, and we attain
tranquility on our own.*

Oroville, 9 November 1997 3:10 AM

Q: What should we do in order to keep our serenity?

A: In order to keep our serenity, we must practice to develop the spiritual energy on our head, i.e., we must practice the Vo-Vi method. When we practice regularly the exercises of concentration of energy, continuous breathing without retention, and meditative contemplation, we will be able to concentrate and unify the flow of energy at our cranial psychic center which relates to the pure energy of God. We should always direct our consciousness toward God's pure energy to learn compassion and realize compassion. In that manner, there will be no errors we could commit.

Psalm

*Turning our consciousness toward lucidity, we are not
greedy,
On our own, we awaken our consciousness, and
develop the sphere of energy,
Our head reacts quickly, and no longer sows evil
thoughts,
With a calm heart and serenity, we are no longer
greedy.*

Oroville, 10 November 1997 3:00 AM

Q: Is there any benefit for our mind and body when we repent our mistakes and confess our sins?

A: To repent our mistakes and confess our sins is a medicine to liberate ourselves from karmic relations. We will truly agree to devote ourselves to spiritual training and perfection in order to help our mind and body, and our soul will be able to evolve further in a lighter way.

Psalm

*Through repentance, we abandon anger, passions,
and resentment,
Practicing the meditation exercises, we no longer fight
for wins and avoid losses,
Practicing equally on both social and spiritual paths,
we awaken our consciousness,
Dissipating our errors and infatuation, we restore the
spiritual energy of our consciousness.*

Oroville, 11 November 1997 1:30 AM

Q: How will we advance in a rapid manner?

A: To advance in a rapid manner means that the flow of energy on the center top of our head is able to communicate directly with the main flow of energy of the universe. We will understand easily all matters in the blink of an eye. We will notice and understand the slightest change, and know instantly when words are spoken.

Psalm

*To advance rapidly means to advance toward greater purity,
We will clearly understand all domains within liveliness,
We will unblock our spiritual origin with our awakened consciousness,
Achieving serenity inward and outward, we will judge matters even more rapidly.*

Oroville, 12 November 1997 4:00 AM

Q: What does it mean to shine from inside the consciousness?

A: To shine from inside the consciousness means that the equilibrium in our inner organs in addition to our willpower for spiritual cultivation and achieving spiritual progress will help our mind and thoughts to ascend higher within lucidity.

Psalm

*Our thoughts and consciousness harmonize with the immense world,
We will no longer be far from understanding the principle of the universe,
Developing our intuitive knowledge gradually, we release our earthly attachments,
Practicing the righteous dharma, our heart attains harmony by our own efforts.*

Oroville, 13 November 1997 2:20 AM

Q: What does it mean to enlighten our mind and see our nature?

A: To enlighten our mind and see our nature means that we are able to see our own bad habits and bad character. If we accept to rectify ourselves and devote ourselves to spiritual perfection, our soul will become light and unhurried.

Psalm

*When we practice the spiritual method and rectify ourselves, we will make progress, and our heart and mind become tranquil,
Releasing attachments in our earthly heart, we turn within to discuss with ourselves,
With an awakened consciousness, we unify with divine love,
Learning and training ourselves incessantly, our heart and mind are tranquil.*

Oroville, 14 November 1997 2:00 AM

Q: How does a sincere heart develop?

A: A sincere heart will develop on its own within constructiveness, and one's mind and thoughts will evolve further in an easy manner.

Psalm

*With a clear and wise mind, we will advance continually by our own efforts,
Opening our mind and developing our heart, we no longer commit errors,
When we cultivate ourselves spiritually, we will achieve success, and no one can change us,
On our own, we attain spiritual awakening and thorough knowledge without showing arrogance.*



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.

8/25/2007

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.
