



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

Analysis and Liberation

By analyzing and liberating ourselves, we will enable our true soul to project out on
its own,

Attaining lightness and stability, we turn within to analyze ourselves,

Rejoicing within serenity, we communicate with God's love,

With serenity, our true soul performs analysis and attains harmony on its own.

Vi Kien

Baby Tam Talking To You

From 15 November to 21 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 is the secret of spiritual perfection and practice?*
- 2) *Can we think wrong when we lack serenity?*
- 3) *Where does compassion get generated?*
- 4) *Is there any benefit when we devote ourselves to spiritual cultivation, but still prepare plots to overthrow each other?*
- 5) *What will happen to our soul when we betray ourselves?*
- 6) *What will happen when we refuse to do great (meaningful) work?*
- 7) *Is there any difference in the relationship between man and the external universe?*



<p>Oroville, 15 November 1997 12:25 AM</p> <p><i>Q: What is the secret of spiritual perfection and practice?</i></p> <p>A: The secret of spiritual perfection and practice lies in our determination to practice the dharma within serenity and sincerity.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>With our own efforts, we work constructively to attain harmony in our heart and mind, Developing ourselves infinitely, we will surmount obstacles on our own, Practicing equally on the social and spiritual paths, our consciousness awakens, Loving and respecting all living creatures, we will overcome obstacles on our own.</i></p>
<p>Oroville, 16 November 1997 4:25 AM</p> <p><i>Q: Can we think wrong when we lack serenity?</i></p> <p>A: When we lack serenity, we can always think wrong about others, but we do not understand that we have caused the errors by ourselves.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>When our consciousness lacks serenity, we lose our purity and harmony, With a closed mind, passions and anger burst out, Our mental illness reoccurs without a way for us to escape, Not understanding that we are harming ourselves, we have difficulty to clear the hindrance.</i></p>
<p>San Jose, 17 November 1997 5:20 AM</p> <p><i>Q: Where does compassion get generated?</i></p> <p>A: Compassion gets generated from our true consciousness, at the center of the head. Only when our spiritual energy is free from earthly attachments, will we be able to learn about compassion and realize compassion.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>When our cranial psychic center develops, we will reduce our anger and passions, With a clear thinking and a wise heart, we will advance and liberate ourselves accordingly, Returning to oneness, our heart is sincere and provides infinite guidance, With spiritual practice, we develop ourselves and note our progress on our own.</i></p>
<p>San Jose, 18 November 1997 3:00 AM</p> <p><i>Q: Is there any benefit when we devote ourselves to spiritual cultivation, but still prepare plots to overthrow each other?</i></p> <p>A: Spiritual adepts who still prepare plots to overthrow each other have not yet developed their spiritual mind. They still reside in the circle of the six paths of reincarnation of the earthly world. Their soul is unable to attain liberation, and hatred and vengeance will never establish equilibrium in the inner consciousness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Having no more patience and resignation, they augment their agitation, They have difficulty to devote themselves to spiritual perfection, and to resolutely abandon internal and external affairs, Cast into one block, how can they untie themselves? Without spiritual awakening and spiritual perfection, it is very difficult to succeed.</i></p>

San Jose, 19 November 1997 4:45 AM

Q: What will happen to our soul when we betray ourselves?

A: When we betray ourselves, our soul will be miserable in the future. We cannot learn about the Truth. We will only err on the wrong path, and deceive ourselves.

Psalm

*Even though intelligent, when we go in the wrong direction, we should encounter troubles,
We will cause suffering to our mind and body, and generate more evil,
Without spiritual awakening and wisdom, our soul and astral body will suffer,
Killing ourselves by our own will, we will not return to our spiritual position.*

San Jose, 20 November 1997 5:15 AM

Q: What will happen when we refuse to do great (meaningful) work?

A: To do little (meaningless) work means to only nurture our infatuation and intransigence. Our soul will not advance and our astral body will be restless. How will we have the opportunity to succeed on the spiritual path?

Psalm

*Standing in the little path, one is worried and sorrowful,
Causing suffering and even more suffering, one cannot advance in depth,
Unable to breathe and understand thoroughly, one's heart cannot be serene,
Unable to gain wisdom and knowledge through meditative contemplation, one will become more sorrowful.*

San Jose, 21 November 1997 6:30 AM

Q: Is there any difference in the relationship between man and the external universe?

A: The vibrations between man and universe develop uniformly from the impure to the pure, and from the pure to the impure. By his own efforts, a meditation practitioner may attain a satisfactory harmony if he practices the dharma in the right direction. When he develops uniformly with the universe, he will see many beautiful sceneries of Heaven and Earth as they transform them with pureness and subtlety. To practice and develop oneself means to attack the impurities through spiritual practice, to liberate oneself and advance.

Psalm

*Having no worries, we have no sorrow,
With a clear mind and a wise heart, we live in great tranquility,
Practicing with courage on the social and spiritual paths, and with an awakened consciousness,
We return to emptiness, purity, and lightness, and understand karmic relations from anterior lives.*



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.

9/1/2007