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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

In spite of being assailed by storms and winds, our heart is determined,
We turn to God to stay serene and dissipate our dreams and illusions,
God's love opens up widely so that we may advance together,
Analyzing with clarity the sphere of forms and colors, we will advance at each hour.

Vi Kien

Baby Tam Talking To You

From 29 November to 5 December 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 do earthly people usually hope for something?*
- 2) *What is the good karmic opportunity for reunion?*
- 3) *What should we do when our continuous breathing without retention is still blocked?*
- 4) *What is the supreme principle?*
- 5) *What should we do in order to save others on earth?*
- 6) *What does it mean, there is emptiness within emptiness?*
- 7) *How should we practice in order to develop our mind and body?*



<p>Madison, 29 November 1997 1:30 AM</p> <p><i>Q: Why do earthly people usually hope for something?</i></p> <p>A: Earthly people usually hope that something new and special will happen to them, which they call "good luck".</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>When we accept to receive the fortunate karmic opportunities, We will learn and train ourselves incessantly, we will improve our minds, We learn and advance together in both spiritual and earthly relations, How fortunate to gain understanding within peace and serenity.</i></p>
<p>Yorba Linda, 30 November 1997 6:45 AM</p> <p><i>Q: What is the good karmic opportunity for reunion?</i></p> <p>A: In order to build a good karmic opportunity for reunion, our loyalty should remain constant and never change. We do not need to be worried and busy. We will naturally harmonize ourselves with the original principle of naturalness and spontaneity.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>The deep original principle will bring timely transformations, Meeting each other, our consciousness is never far apart, Rejoicing together, we praise the profound spiritual love, Everywhere, we learn and train ourselves incessantly.</i></p>
<p>Yorba Linda, 1 December 1997 5:45 AM</p> <p><i>Q: What should we do when our continuous breathing without retention is still blocked?</i></p> <p>A: When our continuous breathing without retention is still blocked, we should think about Heaven, Earth, and Tao, and breathe in the pure energy of Heaven and Earth in order to live. The pure energy brings new life to all creatures, and our internal organs require oxygen at every hour, minute and second. We should preserve our 3 energies: seminal essence energy, vital breath energy, and spiritual energy in order to develop our soul. When we breathe in the pure energy of Heaven and Earth, we restore equilibrium in our body and inner consciousness. At the beginning, we inhale with our breath, fill in the navel, the chest, up to the head. We breathe in a regular and light manner. After a longer period of practice, we are able to give order with our mind and automatically breathe in a light and long manner, and our inner organism will be able to develop in a strong way. To know whether we inhale for a long or short period of time, we can put a thin piece of cotton ball right at our nostrils. Then, we inhale until the piece of cotton falls down, and we can look at the watch to know how long our inhalation was. A Vo-Vi practitioner must be sincere and acknowledge the Truth in order to make progress. He should not make additions without being able to verify it.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Inhaling the original energy of Heaven and Earth, We build our soul and advance gradually on our own, Building our spiritual heart with courage as we progress, We return to serenity and perform analysis on our own.</i></p>

Yorba Linda, 2 December 1997 3:20 AM

Q: What is the supreme principle?

A: The supreme principle means serenity, and being able to understand everything without a word.

Psalm

*The universe will undergo transformations to bring
harmony,
We are truly eager to resolve difficulties to reach our
true soul,
Entering an infinite state of contemplative meditation
as we advance,
We return to emptiness, purity, and lightness and
overcome obstacles on our own.*

Yorba Linda, 3 December 1997 6:05 AM

Q: What should we do in order to save others on earth?

A: In order to save others on earth, we must first cultivate ourselves spiritually and rectify ourselves. Only then will we be able to influence the people coming after us.

Psalm

*Rectifying ourselves, we learn and train ourselves
incessantly to advance further,
Building our soul, we release our sorrow,
Karmic forces will no longer burden and agitate us,
Perfecting ourselves spiritually with the true dharma,
we will attain peace and tranquility.*

Yorba Linda, 4 December 1997 12:50 AM

Q: What does it mean, there is emptiness within emptiness?

A: There is emptiness within emptiness means that our light will shine even brighter. Only then will we be able to save others without discriminating their social status. It is similar to the sunlight which shines fearlessly as provided by the Buddha of Sun Light, who provides infinite guidance to all living creatures, so that all may rejoice and advance together.

Psalm

*The sunrise does not cause sorrow in our hearts,
Before this brightness, our wise heart truly feels
tranquility,
Within the lively divine love, we undergo
transformations and advance together,
With a serene heart and mind, we will attain tranquility
on our own.*

Yorba Linda, 5 December 1997 3:05 AM

Q: How should we practice in order to develop our mind and body?

A: To practice in order to develop our mind and body means to develop the flow of energy at the cranial psychic center. Our whole body will feel light, we will perceive the original principle of Nam-Mo-A-Di-Da-Phat with our own efforts and release the karma of our heart.

Psalm

*Analyzing with clarity earthly and spiritual life , our
spiritual heart will develop with spiritual practice,
Liberating ourselves from our thoughts, we do not
bring in sorrow,
Our wise mind analyzes clearly the righteous spiritual
path,
The more we practice, the more we advance and are
able to perceive instantly.*



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.