



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

Awaiting the precious message granted by God,
On our own, we vow to attain self-awakening and transcend ourselves,
Guiding our mind and body to advance spiritually and return to the original principle,
We return to our pure origin and God's beautiful love, and clearly comprehend
God's sublime love.

Vi Kien

Baby Tam Talking To You

From 27 December 1997 to 2 January 1998

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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 should we do when we want to cultivate ourselves spiritually, but are unable to do so?*
- 2) *Does the motion in our body bring any benefit?*
- 3) *What should we do in order to have courage and strength on our spiritual journey?*
- 4) *Why does the human body become destitute?*
- 5) *In the New Year, the events are somber, so what could it mean?*
- 6) *How can we create peace and tranquility for humanity?*
- 7) *Why is the whole world worried about the unsettled climate and economic situation?*



Atlantic City, 27 December 1997 3:00 AM

Q: What should we do when we want to cultivate ourselves spiritually, but are unable to do so?

A: If we want to perfect ourselves spiritually through meditation but are unable to do so, it is because our heart-karma is too heavy. We must be aware that the path of spiritual consciousness is the path of liberation from our karmic debts. We should have a clear understanding; we should practice continuously the silent invocation of Nam-Mo-A-Di-Da-Phat with our own efforts to slowly release our heart-karma. Only then will we be able to meditate. We will perceive that lightness is essential and devote ourselves to the spiritual practice with our own efforts in order to succeed in the righteous dharma.

Psalm

*With a clear mind and judicious thinking, we release
our sorrow on our own,
Working constructively with full devotion, our heart and
mind are tranquil,
Having no dreams, our heart is light and pure,
With our lucid mind, we analyze clearly and have no
sorrow.*

Atlantic City, 28 December 1997 8:00 AM

Q: Does the motion in our body bring any benefit?

A: The motion in our body helps the blood circulation to sustain our life, and develops the sphere of energy of our head.

Psalm

*Developing our spiritual energy, we attain harmony
from top to bottom,
Evolving continuously, we will clearly understand from
beginning to end,
Returning to our pure origin, we belong to the same
sphere,
A sphere which is light and pure and filled with colors.*

Atlantic City, 29 December 1997 2:15 AM

Q: What should we do in order to have courage and strength on our spiritual journey?

A: In order to have courage and strength on our spiritual journey, we must accept to practice and serve others with full devotion.

Psalm

*Committing ourselves to serve others within a joyful
practice,
We are neither hesitant nor compete with others,
Accomplishing our tasks with a sincere heart without
calculating,
We happily spread the true dharma without aspiring for
fame.*

Atlantic City, 30 December 1997 3:30 AM

Q: Why does the human body become destitute?

A: The planet earth has good and bad locations. Transformations are unpredictable. People who live in poor areas are forced to pray God and Buddha to bestow their compassionate energy and bring rain and sunshine for them to earn a living. When people are truly destitute, they are always grateful for the divine grace even when having a little. They would feel the miraculous arrangements of Heaven and Earth who never abandon anyone. When the living conditions are harsh, one will have the opportunity to think about the Grace of God and Buddha, and the benevolent dharma granted by God.

Psalm

*Tears roll down their cheeks as their hearts are deeply
touched,
Earning their difficult living with hardship and suffering,
they are grateful for the divine grace,
God's love is noble and beautiful, and brings
transformations,
Saving humans and guiding them to avoid illusory
dreams.*

Paris, 31 December 1997 2:25 AM

Q: In the New Year, the events are somber, so what could it mean?

A: The earthly events are currently in a somber phase, and have no satisfactory resolution. They will evolve in accordance with the celestial mechanism. Everywhere, people are ready to prepare and assume responsibility for whatever will happen from East to West.

Psalm

*During the journey of spiritual evolution, we hope to attain peace and harmony,
Returning to our origin, we return to our sincere nature,
When our foundation is not solid, we would only cause agitation in our energy,
Examining and analyzing with equanimity, we will surmount obstacles on our own.*

Paris, 1 January 1998 5:55 AM

Q: How can we create peace and tranquility for humanity?

A: In order to achieve peace and tranquility for our mind and body, we should practice meditation to resolve all present agitation, and accept to turn toward serenity to perfect ourselves and advance spiritually.

Psalm

*At the beginning of the Year, we pray, but still have sorrow,
We wish each other good fortune and want to have peace,
Straining ourselves without achieving success, our heart is agitated,
Those who have a deep spiritual consciousness will truly be tranquil.*

Paris, 2 January 1997 2:00 AM

Q: Why is the whole world worried about the unsettled climate and economic situation?

A: The law of cause and effect resides in the existence and non-existence, and is common on this earth. Those countries who can maintain an orderly relation with Heaven and Earth, and accept to turn toward spirituality in their development will be saved. They will naturally reduce their cruel thoughts, and their life will be prolonged to build their spirit of service, like God's current and past example.

Psalm

*Returning to our pure origin is truly achieving purity,
Resolutely devoting ourselves to spiritual perfection, we practice on our own,
We are not worried about the temporary earthly life, and strive to advance spiritually,
Practicing to unblock ourselves, we will achieve success and tranquility on our own.*



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.