



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

Developing ourselves spiritually without being doubtful,
We realize our will for spiritual perfection, and transform our consciousness to
attain the sublime level,
No longer holding to lust and agitation, our true consciousness will appear,
With our own efforts, we correct ourselves to advance spiritually, and are no longer
attached to romantic love.

Vi Kien

Baby Tam Talking To You

From 10 January to 16 January 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 should we do in order to "separate the clouds and fly with the wind"?*
- 2) *What should we do in order to be on the right path in our spiritual cultivation?*
- 3) *Why do we keep perfecting ourselves spiritually without making any progress?*
- 4) *What is the reason for organizing the Vo-Vi spiritual concert?*
- 5) *What should we do in order to achieve unity within constructiveness?*
- 6) *What should we do in order to be resolute in our spiritual cultivation?*
- 7) *What should we do in order to alleviate an adversity that we have encountered?*



Monaco, 10 January 1998 3:15 AM

Q: What should we do in order to “separate the clouds and fly with the wind”?

A: In order to “separate the clouds and fly with the wind”, we must practice the spiritual method with sincerity. After we enter the state of complete meditative contemplation, we will see that we have surmounted the layer of dark clouds on the top of our head. Standing on the clouds, we will fly by mental order and we will hear the buzzing sound of the winds as we fly.

Psalm

*With spiritual practice, we will advance on our own without committing errors,
Awakening our consciousness, we will attain wisdom and advance continuously with our own efforts,
No longer procrastinating, we will understand the righteous dharma thoroughly,
Practicing with our own efforts, we will advance on our own without committing errors.*

Monaco, 11 January 1998 3:50 AM

Q: What should we do in order to be on the right path in our spiritual cultivation?

A: In order to be on the right path in our spiritual cultivation, we should practice patience and resignation, and correct ourselves to advance spiritually every day. Our character and spiritual consciousness should always adapt to new changes, and we should turn toward serenity in our spiritual cultivation.

Psalm

*We know that we are truly stupid and ignorant,
Correcting our spiritual consciousness to make improvements, we will advance continuously with our own efforts,
No longer holding to sorrow and worries in our consciousness,
With perseverance, we keep practicing without committing errors.*

Monaco, 12 January 1998 2:45 AM

Q: Why do we keep perfecting ourselves spiritually without making any progress?

A: We do not make any progress even though we keep perfecting ourselves spiritually because karmic forces from many anterior existences have been accumulating in our brains and nervous system. Only by practicing the meditation exercises with patience and resignation will we be able to release our heart-karma. We should practice the six vibratory words Nam-Mo-A-Di-Da-Phat with perseverance. We will develop the mysterious aspect of our inner consciousness, and we will understand the miracles of God and Buddha, so that we may keep practicing and developing ourselves spiritually.

Psalm

*By practicing with honesty, we will be able to communicate instantly,
Developing our spiritual mind and opening our heart, we will advance and surmount obstacles on our own,
Thanks to the good spiritual opportunity, God will bestow His blessings and provide us infinite guidance,
Learning with equanimity, we will attain tranquility on our own.*

Monaco, 13 January 1998 6:15 AM

Q: What is the reason for organizing the Vo-Vi spiritual concert?

A: With His lucidity, God provides us His Grace to work constructively for the common great cause, i.e., to bring spirituality into earthly life in order to create the weapon of love and spiritual virtue.

Psalm

*In our spiritual awareness, we work constructively and practice together,
Practicing the righteous dharma, we will attain wisdom on our own,
The awakening of the human community truly means blessings!
Returning to our pure origin, we will see our spiritual itinerary clearly.*

Monaco, 14 January 1998 7:00 AM

Q: What should we do in order to achieve unity within constructiveness?

A: In order to achieve unity within constructiveness, we should apply order and honesty and harmonize with the original principle of Heaven and Earth when serving others. We will then easily achieve unity in a satisfactory manner, so that we may perfect ourselves spiritually and advance toward an infinite spiritual awakening in our spiritual journey.

Psalm

*As we develop ourselves, like a sunrise, our mind will become brighter with spiritual practice,
Awakening our consciousness, with a serene heart,
we turn toward the sphere of purity,
The origin of our spiritual journey resides in our true consciousness,
Practicing with diligence and sincerity, we will achieve purity with our own efforts.*

Monaco, 15 January 1998 12:00 AM

Q: What should we do in order to be resolute in our spiritual cultivation?

A: To be resolute in our spiritual cultivation, we should practice in a regular and correct manner every day. We will then achieve good results in the future. When we practice the spiritual method with equanimity, we will be capable of an extreme patience and resignation, and our soul will become lighter and purer.

Psalm

*With a sincere heart, we wish to return to our fatherly homeland,
The roots that God grants to us are not unworthy,
With courage and resolution, we practice to awaken our consciousness,
Good news will come without discriminating among rich and poor.*

Monaco, 16 January 1998 4:10 AM

Q: What should we do in order to alleviate an adversity that we have encountered?

A: Adversities come from impure energy, for example, to think in an unrighteous way or to develop lust means to deceive oneself. Eating excessively, thinking too much, stirring up the nervous system will cause the organism as well as the brains to become disturbed, and lead to disease, which is an adversity.

Psalm

*With an unbalanced soul, one will become confused by one's own fault,
Enduring hardship, suffering, and misery, one cannot live a tranquil life,
Adversities will arrive without stopping,
When we sincerely practice the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat, we will relieve the adversities to reach for peace.*



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.