



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

Facing unending lessons, we need to be serene,
Awakening our true soul with our own efforts, we see our spiritual itinerary clearly,
With sincerity and honesty, we return to our origin,
By awakening the earthly world, we also gain clear knowledge of ourselves.

Vi Kien

Baby Tam Talking To You

From 17 January to 23 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) *Is it true that the whole body of a human being on earth is governed by karmic forces, i.e., it is being enveloped by both pure and impure energies?*
- 2) *Where does the good divine message come from?*
- 3) *How can we eradicate the demon of laziness in our body?*
- 4) *As human beings, where will we go after death?*
- 5) *Does the Vo-Vi practitioner commit any sin when they borrow money from their fellow practitioners to gamble and refuse to pay their debt?*
- 6) *Where does the pure consciousness reside?*
- 7) *What does "light and glory" mean?*



<p>Monaco, 17 January 1998 2:35 AM</p> <p><i>Q: Is it true that the whole body of a human being on earth is governed by karmic forces, i.e., it is being enveloped by both pure and impure energies?</i></p> <p>A: Every person has different karmic forces, from those who are pure to those who are impure. Being pure means that their face is smiling and their eyes are bright, being impure means that their face is dull and their eyes obscure. They like to turn toward the external world in the direction of greediness and lustful desires; they would feel fatigue and have difficulty to advance spiritually.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Sowing lustful thoughts in their mind, they would cause sorrow in their heart, The original principle is open, and spiritual energy allows us to progress and surmount all obstacles, One cannot hide one's appearance and thoughts that have been formed, Divine love is evident and continually provides communication.</i></p>
<p>Monaco, 18 January 1998 4:20 AM</p> <p><i>Q: Where does the good divine message come from?</i></p> <p>A: The good divine message comes from a place void of agitation and descends on earth to provide salvation. It is communicated to the serene brains on earth, and transforms into our self-awakening through the practice of the spiritual method of self-cultivation and self-progress. We should focus on spiritual practice, not on theoretical argumentation. We should practice first, and discourse afterwards.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>With a peaceful and happy mind and body, we have neither worries nor sorrow, Awakening our consciousness, we devote ourselves to spiritual perfection and undergo miraculous transformations, Following the divine course of events, we practice to attain wisdom and enlightenment, Through spiritual practice, we save ourselves and understand the spiritual depth.</i></p>
<p>Monaco, 19 January 1998 3:35 AM</p> <p><i>Q: How can we eradicate the demon of laziness in our body?</i></p> <p>A: In order to eradicate the demon of laziness in our body, we should practice regularly the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat to release the impurities in our inner consciousness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Through spiritual practice, we understand ourselves and ascend to higher levels by our own efforts, Feeling light and pure, we perfect ourselves spiritually and advance silently by our own efforts, Order should come first, and we should not take in agitation, Practicing with diligence and sincerity, we analyze and research the spiritual principle.</i></p>
<p>Monaco, 20 January 1998 3:45 AM</p> <p><i>Q: As human beings, where will we go after death?</i></p> <p>A: As human beings, after death, our soul will evolve in accordance with the law of cause and effect. The body must bear the consequences of the mind's deeds. The soul must learn lessons in order to correct its own mistakes and be able to evolve further eventually.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Alive, we practice the human virtues, at death, we will be at peace, Doing the contrary, we will only encounter suffering and misery, and cause sorrow, Learning austerity, we correct our consciousness and live a honest life, As our soul returns to its spiritual origin, we will ascend to heaven by our own efforts.</i></p>

Monaco, 21 January 1998 6:15 AM

Q: Does the Vo-Vi practitioner commit any sin when they borrow money from their fellow practitioners to gamble and refuse to pay their debt?

A: A Vo-Vi practitioner must apply honesty and trustworthiness. Only then will his soul be able to evolve further. On the contrary, to refuse to pay a debt means untrustworthiness. They will cause karma for themselves. They will torture their consciousness, their mind will be restless and their heart agitated, so how can they devote themselves to spiritual cultivation and make progress? They will destroy their life of lightness and purity, their soul will continue to cling to their karmic forces, i.e., they will be surrounded by debts. Neither God nor Buddha will be able to attest to their sincerity.

Psalm

*Those who remain obscure-minded in their spiritual cultivation will cause sorrow and worries to themselves,
Unable to advance and attain wisdom, they will not be able to reach tranquility,
With an agitated consciousness, they cannot receive the divine blessings,
Practicing within austerity, we can release our karma and reach tranquility.*

Monaco, 22 January 1998 5:45 AM

Q: Where does the pure consciousness reside?

A: The pure consciousness resides at the cranial psychic center. From there, the golden aura will project out, i.e., after reaching equilibrium, the flux of energy of our inner consciousness will project out and focus there. This is also called "true consciousness", which relates with the main flux of energy of the universe.

Psalm

*Analyzing the situation with clarity, we see our body clearly,
Resolving the deep issues, we will project light on our own,
Practicing the true dharma, our consciousness will become purified and advance further,
Reaching tranquility and security, we live within light and glory.*

Monaco, 23 January 1998 3:45 AM

Q: What does "light and glory" mean?

A: A spiritual adept who is able to release his karma is truly living within "light and glory". He is not preoccupied, and is free of debts. He will be light and able to harmonize with the pure and noble love of God. He will awaken his consciousness, and evolve within the deep love filled with peace and happiness of God and Buddha.

Psalm

*Resolving our deep issues, we turn within to analyze ourselves,
With a clear and lucid mind, we analyze the subtle and profound principle,
We practice equally on the earthly and spiritual paths without attachments,
Thoroughly understanding the noble Heaven, we turn within to silently return to our origin.*

**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.