



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

Spiritual Practice

Practicing within sincerity, we will perfect ourselves spiritually and progress on our own,

Releasing sorrow and worries, we dissipate our blindness on our own,
In our awakened consciousness, we no longer harbor agitated thoughts,
Releasing our blinded passions and intransigence, we no longer commit errors.

Vi Kien

Baby Tam Talking To You

From 21 February to 27 February 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) *As humans, we live with a head and tail. So where is the head and where is the tail?*
- 2) *What does it mean, "to love and cherish"?*
- 3) *Where do "skies, moon, clouds, and winds" come from?*
- 4) *How do we know that we are filial towards our parents?*
- 5) *Is there a relation between Heaven and Earth and the human brain?*
- 6) *Why can't we stop talking about worldly matters? Why are spiritual matters infinite?*
- 7) *What brings about the fortunate opportunity of meeting each other?*



<p>Amphion Les Bains, 21 February 1998 6:20 AM</p> <p><i>Q: As humans, we live with a head and tail. So where is the head and where is the tail?</i></p> <p>A: Head truly is the spiritual energy of the consciousness located at the cranial psychic center. It is liberated (through spiritual practice) and develops upwards. Tail is the bowel, which stores all the waste and impurities. All that belongs to being will return to non-being, i.e., what belongs to heaven is returned to earth. The head makes progress while the tail eliminates the waste, in accordance with the law of constant births and rebirths.</p>	<p style="text-align: center;">Psalm</p> <p style="text-align: center;"><i>Spiritual energy releases all aspects of agitation, All human affairs eventually return to emptiness, Practicing equally on the earthly and spiritual paths, our heart is determined, To return to emptiness, purity, and lightness, and live a leisurely life.</i></p>
<p>Amphion Les Bains, 22 February 1998 4:38 AM</p> <p><i>Q: What does it mean “to love and cherish”?</i></p> <p>A: “To love and cherish” means that the human presence is unique. Both Yang and Yin principles are required in order to form a human on earth. He has been formed from all states, he is a capacity of the universe, very precious and very lovable in its diminutive form. Nourished by the pure breath of Heaven and Earth, he is eloquent and lively.</p>	<p style="text-align: center;">Psalm</p> <p style="text-align: center;"><i>Transforming the pure breath into pure energy, we concentrate the energy so that it develops into a cycle, Our soul and body are clearly defined from outward to inward, Karmic forces are overflowing in our brains, Let’s cultivate ourselves spiritually to liberate ourselves and attain peace and leisure with our own efforts.</i></p>
<p>Monaco, 23 February 1998 7:15 AM</p> <p><i>Q: Where do “skies, moon, clouds, and winds” come from?</i></p> <p>A: “Skies, moon, clouds, and winds” come from the naturalness and spontaneity of Heaven and Earth. Earthly people unanimously praise the natural sceneries of Heaven and Earth. If we accept to perfect ourselves spiritually and correct our mistakes, we will have the opportunity to see the supernatural sceneries created by the Lord and Buddha in the land of supreme bliss.</p>	<p style="text-align: center;">Psalm</p> <p style="text-align: center;"><i>Analyzing clearly the pure and impure, we understand both earthly and spiritual matters, Devoting ourselves to spiritual practice, we develop ourselves and understand the words of Truth, Earthly life is temporary, and we should build a good path, Learning and training ourselves continuously, we remind ourselves of Heaven.</i></p>
<p>Monaco, 24 February 1998 4:30 AM</p> <p><i>Q: How do we know that we are filial towards our parents ?</i></p> <p>A: Only a person who accepts to devote himself to spiritual perfection and correct his mistakes is truly filial towards his parents. We remember that when we are born, our parents care for us, protect us, and educate us until we become mature. They don’t want anyone to abuse and oppress their child. As we grow up, if we know how to perfect ourselves spiritually and correct our mistakes, we will evolve within serenity, and will receive love and respect from everybody. Our parents will find peace in their hearts, i.e., we are showing our filial piety.</p>	<p style="text-align: center;">Psalm</p> <p style="text-align: center;"><i>To show love and affection means to correct one’s mistakes, On our own, we wish to evolve deeply on the spiritual plane, Achieving harmony and comprehension on the spiritual path through patience and resignation, We fulfill our filial duties without complaining or crying.</i></p>

<p>Monaco, 25 February 1998 6:00 AM</p> <p>Q: <i>Is there a relation between Heaven and Earth and the human brain?</i></p> <p>A: Every thing arranged by Heaven and Earth is correlated, and the human brain can follow the existing order in its conduct.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Heaven has created a good and benevolent seed, When our mind is lucid and we have awakened our knowledge, we will understand clearly from beginning to end, All aspects of evolution are equally lively, Helping each other mutually, we will see the spiritual wonders clearly.</i></p>
<p>Monaco, 26 February 1998 12:00 AM</p> <p>Q: <i>Why can't we stop talking about worldly matters? Why are spiritual matters infinite?</i></p> <p>A: As long as we are alive, we will keep telling worldly stories. The same is true for spirituality. Therefore, we must equally cultivate ourselves on the earthly and spiritual paths in order to reduce our agitation to a certain extent. The right conduct should be to turn toward serenity in our spiritual cultivation.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>We keep talking without ending without encompassing the whole, With an awakened consciousness and a wise heart, our mind will also gain understanding, Practicing equally on the earthly and spiritual paths, we will awaken our consciousness on our own, The spiritual principle is infinite and remains unchanged for thousands of years.</i></p>
<p>Monaco, 27 February 1998 12:45 AM</p> <p>Q: <i>What brings about the fortunate opportunity of meeting each other?</i></p> <p>A: The fortunate opportunity of meeting each other comes from our sincere heart, and it can happen at any place on earth.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>With a sincere heart, we will reach our goal by practicing the silent invocation of Nam-Mo, Meeting each other on the spiritual plane, we see our beloved, Even though we are worlds apart, in an instant, we are very close, Together, we learn about the sphere of emptiness.</i></p>



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.