



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

Unification

Unifying with the sphere of purity, we will understand the dharma clearly,
Practicing with diligence and perseverance, we will be granted by Buddha the
opportunity to advance spiritually,
Unifying with the sphere of spiritual energy, we will return to one unique origin,
Understanding ourselves as well as others, we attain tranquility on our own.

Vi Kien

Baby Tam Talking To You

From 4 April to 10 April 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) *Does a meditation practitioner need to be loyal?*
- 2) *Does one need to be sincere when working for the great common cause?*
- 3) *Is it true that quarrelling with others will only generate new quarrels?*
- 4) *What is the ultimate goal of a practitioner of the Vo-Vi method of meditation?*
- 5) *Can one err on the wrong path with literary writings?*
- 6) *Is there any benefit in constantly giving offerings to the gods?*
- 7) *What is the Great Way?*



Psalm

*Let's practice faithfully to dissipate infatuation and blindness with our own efforts and advance spiritually,
With serenity, let's devote ourselves to spiritual perfection and be free of worries,
We now have the spiritual opportunities offered by Buddha and God's love,
Let's cultivate our serenity with perseverance to release all worries in our heart.*

Sydney, 4 April 1998 6:30 AM

Q: Does a meditation practitioner need to be loyal?

A: A meditation practitioner must be loyal and faithfully practice the dharma that he has received. He will then obtain good results in the future.

Psalm

*Be sincere and honest to avoid errors,
Those who cheat and deceive others have no authority,
Causing havoc with their agitation and wrongdoings,
Their nervous system is unsettled, and they continue making mistakes.*

Sydney, 5 April 1998 3:10 AM

Q: Does one need to be sincere when working for the great common cause?

A: It is very important to be sincere when working for the great common cause. We should not make up stories and consequently harm ourselves.

Psalm

*Whether rich or poor, everyone can develop his spiritual mind,
Transforming ourselves, we reach equilibrium and return to our true position,
Our spiritual heart will develop naturally when serving others with sincerity,
Abandoning greediness and carnal desires, we will advance gradually.*

Sydney, 6 April 1998 2:10 AM

Q: Is it true that quarrelling with others will only generate new quarrels?

A: Quarrelling with others will only generate new quarrels. Those people have a heavy karma and have difficulty to make progress in their spiritual cultivation. They only nourish their deceptive nature and cheat themselves.

Psalm

*Returning to the fundamental nature and the principle of eternity,
The soul keeps advancing, overcoming clouds and evil,
Let's practice the Vo-Vi method to open up all mystical aspects,
Let's cultivate ourselves spiritually to progress on our own and save our soul.*

Sydney, 7 April 1998 4:10 AM

Q: What is the ultimate goal of a practitioner of the Vo-Vi method of meditation?

A: The ultimate goal of a Vo-Vi practitioner is to return by his own efforts to his natural and spontaneous nature like a newborn. Only then will his soul be pure and light, and he will be able to dissipate all karmic forces in his inner consciousness. He will eventually have the opportunity to return to the original homeland of the soul.

<p>Sydney, 8 April 1998 3:55 AM</p> <p>Q: <i>Can one err on the wrong path with literary writings?</i></p> <p>A: The more literary a writing is, the more meddlesome the writer is. Those writers like to write about others' affairs, but they forget their own stories. Their mind digresses into the subject of others, and they lose their spiritual position without knowing it.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Thinking to be the best writers, they have a changeable character, Unable to focus their spiritual mind, their thoughts are disorderly, Losing their spiritual nature without their knowledge, Foolishly, they continue on the wrong path with their writings.</i></p>
<p>Sydney, 9 April 1998 4:10 AM</p> <p>Q: <i>Is there any benefit in constantly giving offerings to the gods?</i></p> <p>A: Giving constant offerings to the gods doesn't bring any results and is useless. It neither helps the body nor the mind. In order to cultivate oneself spiritually in a righteous way, one should practice meditation. Only then will the spiritual consciousness become awakened.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Let's practice meditation to enter meditative contemplation and awaken our mind and body, It is essential to evolve deeply on the spiritual path, Having to consume the food after the offerings will only cause tiredness, Let's practice to enter the state of contemplation and analyze the truth gradually.</i></p>
<p>Sydney, 10 April 1998 1:20 AM</p> <p>Q: <i>What is the Great Way?</i></p> <p>A: The Great Way is formed by many enlightened spiritual adepts who have found the Way with their practice. It is not found by worshipping and giving offerings without practicing. One will only be a great swindler who takes advantage of the pictures of the Immortals and the Buddhas without practicing in order to develop the mind and body.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Cheating to satisfy one's greediness only causes sorrow, Those people keep practicing without making progress and attaining tranquility, Unable to understand the Higher World, their heart remains agitated, With shattered ambitions, their mind is never at peace.</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.