



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

Let's Abandon!

Let's abandon our profane heart and no longer be greedy!
To develop our compassionate heart is more precious than gold,
Understanding spirituality and respecting earthly life, we sow seeds of honesty,
Practicing with diligence and equanimity, we will understand the spiritual path
clearly.

Vi Kien

Baby Tam Talking To You

From 2 May to 8 May 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) *Where is the right place to return to the sphere of energy?*
- 2) *Is the energy of the spiritual consciousness round or distorted?*
- 3) *What is the correct way to develop ourselves through spiritual practice?*
- 4) *Where is the fortunate karmic opportunity, which God and Buddha bestow upon us through their blessings?*
- 5) *What benefits does the operation of the five internal organs bring to the soul?*
- 6) *What should we do to harmonize with all states?*
- 7) *What should we do to clear a forest area?*

<p>Cairns, 2 May 1998 4:15 AM</p> <p><i>Q: Where is the right place to return to the sphere of energy?</i></p> <p>A: In order to return to the sphere of energy, we should feel the energy on our head pulling upward. We will then have the opportunity to unify with the sphere of energy, and harmonize with the center of energy of the universe. When the energy pulls upward, we will ascend higher and no longer sow wicked thoughts and be superstitious. We will automatically understand many subtleties and wonders from God and Buddha.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Analyzing clearly the depth of the sphere of energy, We understand that greediness will only cause sorrow, Not making any progress, we will only step back and be more agitated, Practicing within honesty, we will understand from beginning to end.</i></p>
<p>Cairns, 3 May 1998 3:37 AM</p> <p><i>Q: Is the energy of the spiritual consciousness round or distorted?</i></p> <p>A: The energy of the spiritual consciousness is always round, and is neither lacking nor superfluous. Those who possess spiritual energy can easily comprehend others, and they will always direct their mind toward the center of energy of the universe for all their actions.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>As the energy of the spiritual consciousness develops, we harmonize with the sphere of purity, Evolving together, we rejoice as our soul awakens in a timely manner, The temporary earthly world only brings sorrow and agitation to the mind, Turning our mind toward serenity, we will resolve our difficulties everywhere.</i></p>
<p>Cairns, 4 May 1998 4:50 AM</p> <p><i>Q: What is the correct way to develop ourselves through spiritual practice?</i></p> <p>A: Through spiritual practice, we will develop our energy from the center of our head upward. This is the correct way to achieve the depth of the spiritual consciousness. We will never distort the Truth.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Analyzing clearly the path of common progress, We will truly achieve clarity of mind and immediately transform our consciousness, Our spiritual virtue will abound within spiritual awakening, Practicing with diligence and equanimity, we will neither be worried nor sorrowful.</i></p>
<p>Cairns, 5 May 1998 4:35 AM</p> <p><i>Q: Where is the fortunate karmic opportunity which God and Buddha bestow upon us through their blessings?</i></p> <p>A: The fortunate karmic opportunity granted by God and Buddha resides everywhere where there is a state of peace and harmony within serenity.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>When our energy is unblocked, we will clearly understand divine guidance in all aspects, Let's turn within to perfect ourselves and build the spiritual architecture, The spiritual path and divine love share the same origin, Let's return to oneness from all forms with the silent invocation of Nam-Mo...</i></p>

Cairns, 6 May 1998 6:30 AM

Q: What benefits does the operation of the five internal organs bring to the soul?

A: The operation of the five internal organs represents the astral body, which is dependent upon the soul. It is very useful in promoting the progress of the soul, since without the operation of the five internal organs, the soul will not have any work to do, going from the impure to the pure. Thanks to this noble work, the soul can learn about compassion, lucidity, and courage in order to advance toward the sphere of birthlessness and indestructibility. It will attain equilibrium and tranquility for many lifetimes, and resolutely escape from the circle of reincarnation with its six paths of rebirths.

Psalm

*Let's develop the original principle with its multiple colors,
Let's practice with persistence to understand clearly the past and present,
We will be free of hardship, sorrow, and regret,
As our inner light shines like a sunrise, we will understand from beginning to end.*

Cairns, 7 May 1998 3:25 AM

Q: What should we do to harmonize with all states?

A: In order to harmonize with all states, we must practice with sincerity and elevate our mind toward the World Above to release the impure energy in our spiritual consciousness. Only then will we be able to harmonize with everything within wisdom, and we will lovingly respect all states that have formed the pure energy in a constructive manner.

Psalm

*Focusing the pure energy, the mind and heart communicate easily,
Let's develop the soul to appreciate the spiritual wonders,
As our spiritual consciousness attains equilibrium within spiritual awakening,
We will overcome the layer of impurities and understand all matters thoroughly.*

Cairns, 8 May 1998 3:22 AM

Q: What should we do to clear a forest area?

A: In order to clear a forest area, it is similar to a spiritual adept who has not reached spiritual awakening. When we have not yet followed a spiritual practice, our mind will be cluttered and filled with impure energy. Through the practice of the Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha, we will slowly develop our spiritual mind like a forest area that is being cleared gradually through the spiritual practice each night. We will go from darkness to enlightenment; our face will look bright and our eyes will be shiny; our heart and mind will develop in an orderly manner.

Psalm

*The human brain is light on this earth,
Correcting ourselves to advance, we develop our inner light and turn within to discuss with ourselves,
Thanks to the divine path, we have the fortunate karmic opportunity to return to oneness,
Practicing the spiritual method with equanimity, we will live in peace and tranquility.*



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.