



# 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*

## Practice With Courage

By practicing with courage, we will awaken ourselves and love and respect  
humanity,  
Releasing our worries and sorrow, we will correct ourselves,  
God's love is immense and He bestows His Grace so that we may return to  
unification,  
Let's develop our wisdom in order to enjoy peace.

*Vi Kien*

## Baby Tam Talking To You

*From 16 May to 22 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) *What should we do in order to develop our wisdom?*
- 2) *What is the original principle?*
- 3) *What does it mean, "to be spiritual"?*
- 4) *Does a spiritual adept gain any benefit by repenting his mistakes and correcting himself?*
- 5) *What causes the formation of habits?*
- 6) *What is the purpose of a persistent invocation of the mantra Nam Mo A Di Da Phat?*
- 7) *What kind of people are most greedy and wicked?*

<p><b>Cairns, 16 May 1998 6:10 AM</b></p> <p><i>Q: What should we do in order to develop our wisdom?</i></p> <p>A: In order to develop our wisdom, we must practice the spiritual method and the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat, so that we would achieve serenity. Only through serenity will we be able to develop our wise mind and achieve the sublime knowledge; we will understand without the need for speaking, and we will progress without efforts.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Unblocking ourselves, we do not sow sorrow and worries, Let's awaken our consciousness and clarify our mind to be free of worries, Let's be flexible to understand the deep spiritual love and let's awaken our consciousness, Returning to the source of our pure origin, we return to our spiritual roots with our own efforts.</i></p>
<p><b>Cairns, 17 May 1998 4:45 AM</b></p> <p><i>Q: What is the original principle?</i></p> <p>A: The original principle is the root of all things which come from emptiness.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>The root of the spiritual heart resides in the sphere of immense light, It transforms our consciousness and lets us understand all paths clearly, Starting from small things, we will achieve bigger accomplishments, The universe is immense and truly peaceful.</i></p>
<p><b>Cairns, 18 May 1998 5:26 AM</b></p> <p><i>Q: What does it mean "to be spiritual"?</i></p> <p>A: To be spiritual means that one's heart is turned toward the Great Immensity for spiritual progression. One is determined to detach oneself from the material world with its dark and ungrateful sides, and to practice the righteous dharma.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>With our own determination, we will achieve a constant awakening, Releasing worries and sorrow, we clearly see our spiritual progression, Let's see our character and enlighten our heart without a regret, Let's practice with perseverance and diligence to achieve wisdom on our own.</i></p>
<p><b>Cairns, 19 May 1998 3:15 AM</b></p> <p><i>Q: Does a spiritual adept gain any benefit by repenting his mistakes and correcting himself?</i></p> <p>A: To repent one's mistakes and correct oneself is very beneficial for the progression of the soul. One must improve oneself with sincerity so that the soul may have a good opportunity for further advancement. Otherwise, one would only destroy one's spiritual virtue. One is talented in speaking good words, but would be unable to put them into practice. Those people claim to be spiritual but they lack spiritual practice.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Going in the wrong direction, one falls into ignorance, With repentance, the awakened consciousness will avoid being lost and blinded, Let's unify with human compassion during the contemplative meditation, Life's challenges are opportunities for learning, so that we would devote ourselves to spiritual perfection afterwards.</i></p>

<p><b>Cairns, 20 May 1998 4:05 AM</b></p> <p><i>Q: What causes the formation of habits?</i></p> <p>A: We form habits by accumulating them during many months and years. Similarly, the karmic forces are dragging us everyday and cause sufferings and worries. Eventually, all things must return to emptiness, and the soul will not be able to take a single possession when leaving the physical body.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Returning to emptiness, we become aware of our vile nature, Holding to blinded passions, we are unable to progress and cultivate ourselves spiritually, Immersed in the school of life, our consciousness cannot awaken, We form habits, which lead into blinded passions.</i></p>
<p><b>Cairns, 21 May 1998 2:22 AM</b></p> <p><i>Q: What is the purpose of a persistent invocation of the mantra Nam Mo A Di Da Phat?</i></p> <p>A: One practices the silent invocation of the mantra Nam Mo A Di Da Phat with persistence in order to develop the mystical nature of the inner consciousness. After a long period of practice, one will remember the mantra in silence instead of having to invoke it. When the mind always remembers the mantra, one has achieved the state of infinite invocation.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Understanding the original principle thoroughly, we will keep reminding ourselves, As we develop our wise mind, we will advance infinitely, Our true consciousness overflowing with spiritual light, We liberate ourselves and advance deeply in all domains.</i></p>
<p><b>Cairns, 22 May 1998 2:55 AM</b></p> <p><i>Q: What kind of people are most greedy and wicked?</i></p> <p>A: Those people, who feel deprived and fear death, are the most greedy and evil. They want to acquire what they need, and they will do whatever is necessary to benefit their own needs. They will not pay any attention to the law of karmic retribution, and will only want to achieve their goals.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>These people act without reflection and discernment, They do not know much about the consequences, Immersed in their passions, they practice in a disorderly way, Ignoring feelings and reasoning, they risk themselves and their bodies.</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.