



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

Developing Our Lucidity

Developing our lucid mind, we practice and advance wisely,
Releasing our impurities, we understand ourselves and become kind-hearted,
Practicing with our own efforts, we awaken our consciousness on our own and
ascend higher,
With our lucid mind, we analyze and practice in order to achieve the spiritual
opportunity with our own efforts.

Vi Kien

Baby Tam Talking To You

From 30 May to 5 June 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 origin of the human race?*
- 2) *What should we do in order to develop our spiritual mind and heart?*
- 3) *Does a Vo-Vi practitioner obtain any results if s/he lacks faith and determination?*
- 4) *Does a spiritual adept who follows the vow of selfless service need to boast about his work?*
- 5) *What are called opportunities for spiritual cultivation?*
- 6) *Why do humans have to die?*
- 7) *All living creatures on earth breathe the same pure energy of Heaven and Earth to sustain their life, but why do they still suffer?*

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| <p>Sydney, 30 May 1998 7:25 AM</p> <p>Q: <i>Where is the origin of the human race?</i></p> <p>A: Humans originally descend from the heavenly sphere and have to live in a physical body made by the elements of water, fire, wind, and earth. The soul is an infinite entity; a particle of light split from the universal light, going from serenity to agitation. The soul's lucidity is responsible for governing an intricate system of nerves and brain. Only through the practice of meditation will one gain a thorough knowledge of the innate human capabilities. Only when the soul can connect with the natural and spontaneous light of God and Buddha, will one truly achieve a lasting joy and peace.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p><i>Let's forge ourselves with our own efforts in a light and pure community, With an awakened consciousness, let's devote ourselves to spiritual cultivation and dispel our blindness, Thankfully receiving the pure energy, we work constructively to make progress, Returning to emptiness, we are light and pure and rejoice by ourselves.</i></p> |
| <p>Sydney, 31 May 1998 5:20 AM</p> <p>Q: <i>What should we do in order to develop our spiritual mind and heart?</i></p> <p>A: In order to develop our spiritual mind and heart, we should practice patience and resignation, and be determined to abandon all greediness and lustful desires in our inner consciousness. We should be determined to learn compassion and realize compassion.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p><i>Advancing spiritually, let's abandon our passions, Vowing to devote ourselves to spiritual cultivation, we achieve clarity of mind and gradually analyze matters, The earthly world is temporary, and our heart understands thoroughly, Releasing our blinded passions and errors, we maintain our gratitude toward the dharma.</i></p> |
| <p>Honolulu, 1 June 1998 5:25 AM</p> <p>Q: <i>Does a Vo-Vi practitioner obtain any results if s/he lacks faith and determination?</i></p> <p>A: A Vo-Vi practitioner who lacks faith and a strong determination will not achieve good results in the future.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p><i>Arrogant people do not have a lasting faith, With the mind and body in conflict, one forgets the true self, Breaking one's vow, one falls into infatuation and agitation, Burdened with sorrow and suffering, one keeps vacillating.</i></p> |
| <p>Honolulu, 2 June 1998 4:00 AM</p> <p>Q: <i>Does a spiritual adept who follows the vow of selfless service need to boast about his work?</i></p> <p>A: A Vo-Vi practitioner follows the vow of selfless service to build his own spiritual virtue. God and Buddha are the witnesses of his devotion and selfless service. There is no need to boast about one's work like profane people do to create rivalry and intransigence.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p><i>Let's practice the true dharma to free ourselves from entanglements and agitation, Let's develop our spiritual consciousness to liberate ourselves from the earthly prison, Our consciousness comprehends the alternating of existence and non-existence, On our own, we will thoroughly understand the nobleness and depth of the spiritual philosophy.</i></p> |

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| <p>Honolulu, 3 June 1998 5:50 AM</p> <p><i>Q: What are called opportunities for spiritual cultivation?</i></p> <p>A: Trials and challenges faced by the consciousness are opportunities for spiritual cultivation. One must practice the meditation exercises and release the impure energy in order to advance further. One must practice patience and resignation, so that the soul may ascend higher.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>The boat glides calmly in spite of the angry waves, Riding over the ocean, we humbly accept the adversities, Advancing with great courage, our heart shines brilliantly, Returning to the sphere of purity, we restore our true position on our own.</i></p> |
| <p>Honolulu, 4 June 1998 3:25 AM</p> <p><i>Q: Why do humans have to die?</i></p> <p>A: According to the law of Heaven and Earth, all things must come and go. The soul will progress in a constructive manner according to the law of cause and effect. Whether living in wealth or poverty, one must accept all circumstances, and practice patience and resignation within the cycle of evolution.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Swift or slow progress depends on the growth of the true consciousness, As the soul evolves, one turns within for self- perfection, The mind gains greater knowledge as wisdom increases, Whether we understand the situation thoroughly or not depends on us.</i></p> |
| <p>Honolulu, 5 June 1998 2:45 AM</p> <p><i>Q: All living creatures on earth breathe the same pure energy of Heaven and Earth to sustain their life, but why do they still suffer?</i></p> <p>A: All living creatures live from the same breath and original energy of Heaven and Earth; they must all suffer in order to understand that they are borne equal. They suffer because they have not yet understood themselves and do not comprehend the original principle of Heaven and Earth. They lack patience and resignation, and their consciousness cannot reach the purity and lightness of Heaven and Earth. Thus, they are always burdened by worries, and they greedily want a prolonged life and are fearful of death.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>When our mind is obscure, we are filled with sorrow and talk meaninglessly, Detachment is difficult with constant sufferings and adversities, As a result, they keep living burdened with worries, Unaware of Heaven and Earth, the soul cannot return to the true origin.</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.