



The Life Energy Development Weekly

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Email: huemai00@gmail.com
www.vovinet.org

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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

Infinite Guidance

Through God's infinite guidance, we achieve equilibrium and have the opportunity
for spiritual awakening,
Practicing thoroughly to reach lucidity, we turn within to analyze and discuss on our
own,
The heaven is immensely high, and by practicing with sincerity, our heart will
illuminate,
Determined to devote ourselves to spiritual perfection, we turn within to analyze and
discuss with ourselves.
Vi Kien

Baby Tam Talking To You

From 20 June to 26 June 1998

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 does it mean to constantly develop the spiritual consciousness?*
- 2) *What should we do in order to accomplish our work with lucidity?*
- 3) *What does it mean to return to the source of our true origin?*
- 4) *What does it mean to project one's energy with closed eyes?*
- 5) *What does it mean to enlighten one's mind and to perfect one's nature?*
- 6) *What should we do to clearly distinguish social and spiritual duties?*
- 7) *Does sincerity bring any benefit to a spiritual practitioner?*



<p>Montreal, 20 June 1998 6:03 AM</p> <p>Q: <i>What does it mean to constantly develop the spiritual consciousness?</i></p> <p>A: To constantly develop the spiritual consciousness means that both the mind and body always feel light as if one just wakes up. One has neither worries nor sorrow, and always remembers the principle of the mantra Nam Mo A Di Da Phat. One sees that all things will eventually return to emptiness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>In an awakened consciousness, energy flows in a harmonious cycle, Let's return to emptiness, purity, and lightness, detached of all desires, Both our mind and body will progress regularly and positively, Void of all wishes, we reach infinite lightness and purity.</i></p>
<p>Montreal, 21 June 1998 7:20 AM</p> <p>Q: <i>What should we do in order to accomplish our work with lucidity?</i></p> <p>A: In order to accomplish our work with lucidity, we must practice correctly in accordance with the development of our spiritual consciousness, within order, conciseness, and swiftness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Let's practice in the sphere of energy and turn ourselves toward purity, The sphere of energy is clearly defined and forms on its own, Let's practice within order to attain spiritual awakening, Returning to emptiness, lightness, and purity, we no longer cause rivalry.</i></p>
<p>Montreal, 22 June 1998 4:45 AM</p> <p>Q: <i>What does it mean to return to the source of our true origin?</i></p> <p>A: To return to the source of our true origin means that the flow of energy on our cranial psychic center has unified with the pure energy. We will naturally understand all what we have done in our past lives until now. We will repent our mistakes and amend ourselves on our own, and devote ourselves to spiritual cultivation with diligence in order to progress on the spiritual path.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Developing the original principle, we have neither worries nor sorrow, Let's practice with determination and perseverance to overcome all difficulties through the dharma, Thanks to the secret dharma and the true teachings, we now attain spiritual awakening, Let's develop ourselves with equanimity to reach tranquility on our own.</i></p>
<p>Montreal, 23 January 1998 1:50 AM</p> <p>Q: <i>What does it mean to project one's energy with closed eyes?</i></p> <p>A: To project one's energy with closed eyes means that the flow of energy of the inner consciousness is able to project out of the body thanks to the regular practice of the meditation exercises: Concentration of Spiritual Energy, Cyclical Breathing without Retention, and Meditative Contemplation. After a long period of practice, the energy will reach a state of equilibrium, and will project out naturally when one closes the eyes.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>The energy projects out when we practice sincerely with our own efforts, With the silent invocation of the mantra Nam Mo, we will attain purity, Our true consciousness awakens and progresses in accordance with the karmic opportunities, Let's practice with sincerity to reach the sphere of purity.</i></p>

Montreal, 24 June 1998 6:15 AM

Q: What does it mean to enlighten one's mind and to perfect one's nature?

A: To enlighten one's mind and to perfect one's nature means that one is able to understand oneself better, and one will have the opportunity to correct one's mistakes in order to advance spiritually.

Psalm

*Only by perfecting our nature and progressing with own efforts will we become like an immortal,
Let's develop our spiritual consciousness to understand our true nature,
The true spiritual principle is formed within order,
Understanding Heaven and Earth, we are free of sorrow and worries.*

Montreal, 25 June 1998 6:00 AM

Q: What should we do to clearly distinguish social and spiritual duties?

A: In order to clearly distinguish social and spiritual duties, we must practice the dharma to develop the energy on our cranial psychic center. We will then see clearly that the energy at the cranial psychic center can only rise upward and cannot go downward. We will understand the original principle of The Lord and Buddha, and will devote ourselves to spiritual perfection.

Psalm

*Let's develop the spiritual energy upward to dissipate all blindness,
We will release our blinded passions, intransigence, and ignorance,
When our sincere heart develops, we will advance with our spiritual consciousness,
With an awakened consciousness and a calm heart, we will cultivate ourselves spiritually and advance with our own efforts.*

Montreal, 26 June 1998 5:10 AM

Q: Does sincerity bring any benefit to a spiritual practitioner?

A: Sincerity represents the order of the whole universe

Psalm

*Let's return to the source of our true origin to understand our mind and body,
It's essential to awaken our consciousness and cultivate ourselves spiritually with truthfulness,
Causing agitation will block our spiritual path,
Let's practice with honesty to analyze ourselves on our own.*



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.