



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

Spiritual Connection

When we connect with our spiritual consciousness, our heart and mind will evolve,
Understanding earthly life and the spiritual path, we sincerely offer our heart,
Loving and respecting earthly life and the spiritual path, we practice together and
gain understanding,
On our own, we wish to return to the sphere of emptiness in order attain purity and
lightness.
Vi Kien

Baby Tam Talking To You

From 27 June to 3 July 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 should we do in order to unify with Heaven and Earth?*
- 2) *What does the human body contain?*
- 3) *What does it mean to understand the spiritual path clearly?*
- 4) *What should one do to achieve spiritual strength and courage?*
- 5) *Where does the pure energy come from?*
- 6) *How can we achieve equilibrium?*
- 7) *Does every person have a different origin?*



<p>Montreal, 27 June 1998 6:00 AM</p> <p><i>Q: What should we do in order to unify with Heaven and Earth?</i></p> <p>A: In order to unify with Heaven and Earth, we must practice meditation together. We will develop our spiritual strength, and will turn our mind toward the origin of serenity and wisdom.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Let's develop our spiritual energy to return to the origin, With serenity, our heart becomes lucid, and we will accept adversities due to our karma, Achieving a lucid knowledge, we no longer sow agitated thoughts, When our aura shines brilliantly like a sunrise, we return to our true position on our own.</i></p>
<p>Montreal, 28 June 1998 6:00 AM</p> <p><i>Q: What does the human body contain?</i></p> <p>A: The bodies of both humans and animals contain the energy of Heaven and Earth which relates to the energy of the universe. Therefore, they can move in a natural and automated way.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>The human body houses the heart and mind which relate to each other, Since all ages, they have been connected to the universe, Once awakened, we no longer want to create new karma, We cultivate ourselves spiritually with a sincere heart to attain a deep and noble knowledge.</i></p>
<p>Montreal, 29 June 1998 3:20 AM</p> <p><i>Q: What does it mean to understand the spiritual path clearly?</i></p> <p>A: To understand the spiritual path clearly means that one has understood the equilibrium of the inner consciousness. One will practice with sincerity, and develop one's spiritual consciousness. One will practice within serenity, and understand that equality is above all. One will create opportunities to help and guide others with full dedication.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Let's constantly invoke the mantra Nam Mo to return to oneness, Let's turn to spiritual perfection to free ourselves from the bodily grave, Developing ourselves continually, we will advance with our consciousness, When our energy shines like a sunrise, we will naturally enter.</i></p>
<p>Montreal, 30 June 1998 5:05 AM</p> <p><i>Q: What should one do to achieve spiritual strength and courage?</i></p> <p>A: To achieve spiritual strength and courage, one must understand and accept all things that are occurring, and advance on the spiritual path in a fearless manner. A spiritual adept who has reached enlightenment clearly understands that it is essential to serve mankind with full dedication and great courage.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Practice to release all impurities and progress incessantly, The clear and wise mind knows neither sorrow nor worries, Advancing on the spiritual path without interruption, One cultivates serenity with perseverance without any worrying.</i></p>
<p>Montreal, 1 July 1998 3:30 AM</p> <p><i>Q: Where does the pure energy come from?</i></p> <p>A: The pure energy comes from the purification process of the universe, in accordance with the pure and sublime character of all creatures. It constantly evolves and undergoes transformations in order to help and guide all beings.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>The heavenly sky and the universe undergo transformations to produce the pure energy, Available to everyone, within joy and peace, there is no need to fight, All beings inherently possess the deep original principle, The divine light shines upon us in accordance with harmony and purity.</i></p>

Montreal, 2 July 1998 3:40 AM

Q: *How can we achieve equilibrium?*

A: When we have achieved equilibrium, the flow of energy from the whole organism to the brains will harmonize with the vibrations of the universe, and build up our spiritual strength. We will feel light, pure, and relaxed. All of our movements from walking, sitting, to talking will occur in a poised and serene way.

Psalm

*Achieving equilibrium, we are pure and light, and our thoughts are clear,
We correct ourselves on our own with love and lucidity,
We will have the opportunity to save ourselves and receive infinite guidance with our sincere heart,
Building purity and lightness with perseverance, we will see our journey clearly.*

Montreal, 3 July 1998 6:15 AM

Q: *Does every person have a different origin?*

A: Yes, every person has a different spiritual level and a different karma. We must all pay back the karmic debts to let the soul progress in accordance with the evolution cycle.

Psalm

*The fearless souls advance and analyze on their own,
Understanding the earthly world, we must learn tolerance,
Progressing continually within the karmic forces,
Let's practice with equanimity and diligence to overcome all difficulties 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.
