



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

Seeing Our Character

Seeing our ignorant and passionate character, we turn within to correct ourselves
quickly,

Earthly life is ephemeral; it is difficult to practice,

Having difficulty to weigh matters and resolve them, we cannot achieve
understanding,

Let's realize our true consciousness and analyze and practice with our own efforts.

Vi Kien

Baby Tam Talking To You

From 15 August to 21 August 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 love and respect others as well as ourselves?*
- 2) *How can we receive the light from the World Above?*
- 3) *Where does the enlightened consciousness reside?*
- 4) *How does one follow the development of energy of the spiritual consciousness?*
- 5) *What should we do to rejoice together within serenity?*
- 6) *What is the right way to practice charity?*
- 7) *What should we do in order to achieve a lucid heart and mind?*



<p>Atlantic City, 15 August 1998 6:00 AM</p> <p><i>Q: What does it mean to love and respect others as well as ourselves?</i></p> <p>A: To love and respect others means to love and respect ourselves. We should not plant in the minds of others what we don't like ourselves. We need to turn within to perfect ourselves spiritually and correct our mistakes, so that we can provide a good influence on the people after us.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>With love and respect, we build a temperate heart and mind, Releasing our sufferings, our heart becomes wise, and we no longer shed tears like rain, We are determined to save ourselves and provide guidance to our own soul, Freeing ourselves of infatuation and intransigence, we no longer cause clouds and rains.</i></p>
<p>Atlantic City, 16 August 1998 6:00 AM</p> <p><i>Q: How can we receive the light from the World Above?</i></p> <p>A: In order to receive the light from the World Above, our energy should unify with the (pure) energy of the Lord and the Buddhas. We should develop our compassionate heart with our own efforts, so that an evil person will become a kindhearted one. We should harbor neither infatuation nor intransigence, and be determined to devote ourselves to spiritual cultivation with our own efforts.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Let's practice to enlighten our consciousness and dissolve all infatuation and blindness, Appreciating the deep spiritual principle, we perfect ourselves spiritually and advance with our own efforts, Void of intransigence and infatuation, our consciousness attains the dharma, Let's practice with diligence and great efforts to clear our ignorance.</i></p>
<p>Atlantic City, 17 August 1998 2:20 AM</p> <p><i>Q: Where does the enlightened consciousness reside?</i></p> <p>A: The enlightened consciousness projects from the middle point of the forehead. One will feel immensity, purity, and lightness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Closing our eyes, we enter the spiritual trance and project energy on our own, On our own, we analyze and harmonize with the depth of the spiritual consciousness, Within emptiness there exists the wide and deep spiritual path, With the eyes closed, we are able to see and communicate intimately with the heavenly sphere.</i></p>
<p>Montreal, 18 August 1998 4:50 AM</p> <p><i>Q: How does one follow the development of energy of the spiritual consciousness?</i></p> <p>A: When the energy of the spiritual consciousness develops, one will clearly feel a flow of pure and light energy right at the cranial psychic center. One will feel how the energy pulls upward in a light manner, and how it ascends clearly. When one closes the eyes, the energy will pull stronger upward and develop to a larger extent. One will then feel happy and peaceful, and be free of fear and worries.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Those with a candid and spontaneous nature do not fight for possessions, With a wise mind and a clear judgment, we are not afraid of suffering losses, With our own efforts, we are determined to achieve purity and lightness, Living a pure and frugal life, we rejoice ourselves on our own.</i></p>
<p>Atlantic City, 19 August 1998 5:00 AM</p> <p><i>Q: What should we do to rejoice together within serenity?</i></p> <p>A: In order to rejoice together within serenity, we must practice the same dharma and advance on the same spiritual path. We will then develop ourselves spiritually in order to attain serenity, peace, and happiness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Let's practice with diligence and sincerity to understand the subtle Tao-heart, Awakening our consciousness and achieving wisdom, we will advance and overcome obstacles on our own, With love and respectful thoughts, we practice together to return to the same origin, How peaceful it is in the serene heavenly sphere!</i></p>

Montreal, 20 August 1998 3:00 AM

Q: *What is the right way to practice charity?*

A: To practice charity, one should first devote oneself to spiritual perfection and correct one's mistakes with sincerity. Only then will one clearly see oneself, and one will serve others with a sincere heart so that everyone may progress on the same spiritual path.

Psalm

*Let's resolve our true spiritual heart to avoid sorrow
and worries,
Let's serve others with sincerity to develop a mutual
understanding,
We help others without regrets and provide guidance
with a compassionate heart,
Paying attention everywhere in a tireless manner.*

Montreal, 21 August 1998 1:20 AM

Q: *What should we do in order to achieve a lucid heart and mind?*

A: In order to achieve a lucid heart and mind, we must first release all karma in our heart and practice detachment with determination. Only then will we attain lucidity and serenity. When the energy of our spiritual consciousness ascends to higher spheres, we will have the opportunity to harmonize with the infinite sphere of emptiness in order to evolve further. Our soul will become enlightened, and our body will enjoy peace and harmony.

Psalm

*With a wise and clear mind, we clearly understand the
eternal principle,
The existing celestial mechanism provides
opportunities to awaken the true soul,
With a loyal faith, we now understand thoroughly,
Loving and respecting the noble heaven, we keep
perfecting our soul 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.