



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

Purification

As our heart and mind gain understanding and make progress, we engage ourselves into spiritual practice,
Conflicts occur continually in the sphere of purity and impurity,
When we fail to resolve them, we will generate agitation,
With a sincere spiritual cultivation, we strive to liberate ourselves and practice by our own efforts.

Vi Kien

Baby Tam Talking To You

From 22 August to 28 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 that God's love governs everywhere?*
- 2) *What benefits do we get for our mind and body when we are determined to devote ourselves to spiritual perfection and progress?*
- 3) *What should we do to reach full development in all aspects?*
- 4) *What should we do in order to truly alleviate suffering and spread happiness?*
- 5) *What should one do to open the spiritual heart and develop the spiritual mind?*
- 6) *What does it mean to transform one's consciousness to attain clarity and wisdom?*
- 7) *What are the benefits of being natural and spontaneous?*



Olympia, 22 August 1998 4:45 AM

Q: *What does it mean that God's love governs everywhere?*

A: God's love governs everywhere, and His blessings shine everywhere through the necessary work of Heaven and Earth to provide life to all creatures for their common enjoyment in a constructive way. Only a person dedicated to spiritual perfection will be able to understand the work of God. The divine love is never far from humanity. Those who devote themselves to spiritual perfection and practice will have the opportunity to save their souls.

Olympia, 23 August 1998 3:20 AM

Q: *What benefits do we get for our mind and body when we are determined to devote ourselves to spiritual perfection and progress?*

A: Those who are determined to practice with regularity and to devote themselves to spiritual perfection and progress will greatly help both their mind and body. Their spiritual virtue and merit will abound, and they know the path to choose for spiritual progress. They will love and respect the Lord and the Buddhas, serve others with sincerity, and build their compassion.

Vancouver, 24 August 1998 3:54 AM

Q: *What should we do to reach full development in all aspects?*

A: In order to reach full development in all aspects, we should sincerely improve ourselves from the impure to the pure. We must practice to develop our sincere nature. Once we have attained serenity, our compassionate heart will develop toward infinity, and our energy will shine in a boundless manner. We will help humanity with infinite guidance. A light and pure aura will emanate both within our body and outside our body. At that time, we will help others with a true love and devotion.

Psalm

*Let's practice within sincerity to attain peace and happiness,
We now understand the divine love through our spiritual practice,
Helping everyone to perfect themselves spiritually and advance with their own efforts,
With determination, we develop ourselves and educate ourselves with our own efforts.*

Psalm

*Let's practice to develop ourselves without being doubtful,
As we enter the sphere of energy, we will progress in a timely manner,
With a sincere heart, let's advance on the spiritual path with confidence,
Dedicated to spiritual perfection, we will serve others sincerely according to the opportunities.*

Psalm

*Let's practice to achieve awakening, purify ourselves and attain wisdom,
The deep spiritual philosophy clearly shows the path of progress,
Our soul constantly communicates with the sphere of energy,
Following the path of purity and lightness, our heart is free of all worries.*

Vancouver, 25 August 1998 2:55 AM

Q: What should we do in order to truly alleviate suffering and spread happiness?

A: To alleviate suffering and spread happiness, the spiritual adept on earth should first practice a spiritual dharma to liberate his own soul. He will lessen his own suffering, and his consciousness will regain peace and happiness once equilibrium is restored. Helping others with material means is a way to abandon one's stingy character with determination. Those who practice charity will receive good fortune as a reward, and they will learn how to realize compassion and selflessness. On the other hand, those who practice the Practical Method of Vo Vi Esoteric Science and Dharma of Buddha will cultivate themselves spiritually and advance with their own efforts both on the social and spiritual paths. Their path is shorter and more concise. They directly receive the pure energy of Heaven and Earth, and will develop their consciousness in a positive manner. They will have a lucid mind and a clear judgment, and know their spiritual itinerary clearly.

Psalm

*Releasing the impure energy, we are determined to transform our spiritual path,
With perseverance, we awaken our consciousness and choose to remain silent,
In order to communicate with the World Above lastingly, we should turn within for self-perfection and self-progress,
Let's practice with a constant faith to attain self-knowledge.*

Vancouver, 26 August 1998 1:56 AM

Q: What should one do to open the spiritual heart and develop the spiritual mind?

A: In order to open the spiritual heart and develop the spiritual mind, one must practice the spiritual dharma to release the impure energy and preserve the pure energy. One must practice with continuity, and devote oneself to a diligent practice. Then both the heart and mind will open up and become purer and lighter. The energy on the cranial psychic center will develop in a natural and spontaneous manner, and one will live within serenity, patience, and resignation.

Psalm

*Let's practice with equanimity to encounter one day the spiritual opportunity,
With an awakened consciousness, we devote ourselves to spiritual cultivation and understand our Master's will clearly,
Our love will transform into righteousness and clarity,
Practicing with sincerity and diligence, we feel joy and happiness.*

Vancouver, 27 August 1998 1:40 AM

Q: What does it mean to transform one's consciousness to attain clarity and wisdom?

A: In order to transform one's consciousness to attain clarity and wisdom, one must make a commitment on both spiritual and social planes. Only then will one see one's own mistakes, and be willing to correct them in order to progress on the spiritual path.

Psalm

*Let's commit ourselves to awaken our consciousness and gradually analyze ourselves,
Releasing suffering and spreading joy, we understand the divine Grace from the dharma,
Advancing constantly with an awakened consciousness,
We devote ourselves to spiritual practice with great diligence and sincerity.*

Vancouver, 28 August 1998

Q: *What are the benefits of being natural and spontaneous?*

A: To be natural and spontaneous means that the body has attained equilibrium. Purity and lightness are essential. When the inner consciousness has reached extreme purity and lightness, it will also attain extreme brightness.

Psalm

*The well-balanced mind and body progress in a
judicious manner,
Understanding the Divine Grace, one lives in peace
and confidence,
No thought can agitate the mind ever,
Cultivating purity and lightness, one turns within for
self-analysis.*



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.