



# 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 Reunion

Brothers and sisters are reunited to return to the same origin,  
We practice the true dharma without differentiating among rich and poor,  
Harmonizing with all spheres, we advance together,  
Returning to the same divine origin, we restore our kind heart and nature.

*Vi Kien*

## Baby Tam Talking To You

*From 19 September to 25 September 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) *Why does a Bodhisattva want to avoid creating new karma?*
- 2) *What does it mean to keep the mind constantly aimed at the World Above?*
- 3) *Why turning our mind toward the World Above since our head is under Heaven and our feet stand on Earth?*
- 4) *What happens to a spiritual adept who is not sincere with himself?*
- 5) *What benefits does one gain from remembering the Lord during spiritual practice?*
- 6) *Why does one need to pay homage to Buddha?*
- 7) *What creates karma?*



**Las Vegas, 19 September 1998 4:45 AM**

*Q: Why does a Bodhisattva want to avoid creating new karma?*

A: A Bodhisattva fears of creating bad karma that will lead to punishment in the future. Every cause has its own effect. A spiritual adept must follow the same example. He must be determined to practice full detachment in order to purify his soul and reach higher levels, so that he can return to the heavenly land.

**Psalm**

*Keep your mind turned toward the Lord with a constant faith,  
Those who devote to spiritual perfection feel great calmness,  
This earth is temporary and we detach ourselves from all infatuation,  
Practice to develop your energy with quietude and lead a wonderful life.*

**Las Vegas, 20 September 1998 2:31 AM**

*Q: What does it mean to keep the mind constantly aimed at the World Above?*

A: To keep the mind constantly aimed at the World Above means that one never departs from the original principle of Heaven and Earth, which is the sphere of spiritual energy. One strives to enlighten one's mind with a diligent practice, and one will advance on the spiritual path within openness and brightness.

**Psalm**

*Returning to the true origin, the soul is freed of all blindness,  
Understanding the principle of pureness in all domains,  
One keeps a calm heart, filled with love and loyalty,  
Practice with diligence and sincerity to return to your true self.*

**Las Vegas, 21 September 1998 1:00 AM**

*Q: Why turning our mind toward the World Above since our head is under Heaven and our feet stand on Earth?*

A: We can only communicate directly with the World Above through the cranial psychic center on the top of our head. Our understanding differs from the animals, and we can reach the Immortals and the Buddhas more easily.

**Psalm**

*Focusing the energy on the cranial psychic center, our heart is light and pure,  
Those who fully devote to spiritual practice will return more easily,  
The awakened consciousness practices equally on the social and spiritual paths,  
With a serene heart, we strive to return to our true homeland.*

**Las Vegas, 22 September 1998 3:50 AM**

*Q: What happens to a spiritual adept who is not sincere with himself?*

A: A spiritual adept who is not sincere with himself will only cheat himself and others. He will take the wrong path and create new karmic debts instead of advancing with courage on the spiritual path.

**Psalm**

*Passion and blindness only create sorrow,  
One will live in unrest and never find peace,  
Intransigence and infatuation will only sow worries in the inner consciousness,  
Practice the true dharma thoroughly to communicate with the Lord on your own.*

**Las Vegas, 23 September 1998 3:50 AM**

*Q: What benefits does one gain from remembering the Lord during spiritual practice?*

A: Remembering the Lord during the spiritual practice will help us develop our spiritual mind and we will strive to return to our true origin.

**Psalm**

*A tree needs water and roots to transform itself and achieve spiritual awakening,  
Lightness and purity help us to understand karmic relations,  
Everywhere, we are able to relate to the external appearances,  
Learning constantly, we turn within for self-improvement.*

**Las Vegas, 24 September 1998 4:55 AM**

Q: *Why does one need to pay homage to Buddha?*

A: One needs to pay homage to Buddha so that one's mind practices full detachment from the earthly world. One will strive to return to the land of purity and lightness. Eventually, one will have the opportunity to pay homage to Buddha.

**Psalm**

*True practice means to return to serenity,  
Paying homage to Buddha lets us harmonize with our  
will for spiritual perfection,  
Detached of earthly matters, we strive to practice and  
develop the pure energy accordingly,  
Developing true compassion, we overcome all  
adversities.*

**Las Vegas, 25 September 1998 2:50 AM**

Q: *What creates karma?*

A: Karma comes from habits which satisfy the development of our greedy desires.

**Psalm**

*Habits are formed from good opportunities,  
We are unable to forget our attraction to karmic forces,  
Unable to achieve determination, our heart becomes  
agitated,  
Hindering spiritual practice and our progression, it also  
delays our return to the true origin.*



**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.