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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

Illumination

The sphere of energy opens up and illuminates our spiritual consciousness,
As we develop our compassionate heart, we clearly achieve clarity of mind,
Divine Love is whole and provides us with never-ending spiritual guidance,
With an awakened consciousness, we serenely invoke the mantra Nam-Mo.

Vi Kien

Baby Tam Talking To You

From 10 October to 16 October 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) *Is determination essential for a Vo-Vi practitioner?*
- 2) *Should a meditation practitioner spend efforts in practicing the spiritual method or in competing to acquire more fellow practitioners?*
- 3) *Who are the living creatures?*
- 4) *What causes delusion and sorrowful love?*
- 5) *How does the energy of mankind relate to the energy of the Earth?*
- 6) *Where does the energy of Heaven and Earth reside and where does it circulate?*
- 7) *What makes up this temporary world?*



Las Vegas, 10 October 1998 4:00 AM

Q: Is determination essential for a Vo-Vi practitioner?

A: Determination is essential for a Vo-Vi practitioner. The Vo-Vi adept must realize what is necessary and drop the unnecessary, to avoid wasting a human lifetime.

Psalm

*To achieve peace and happiness, let's practice with
faith and loyalty,
To awaken our consciousness and achieve clarity of
mind, let's dissolve all our worries,
Those who do not practice on the Great path will enter
the small path,
Let's practice thoroughly the benevolent dharma to
evolve on our spiritual journey.*

Las Vegas, 11 October 1998 4:20 AM

Q: Should a meditation practitioner spend efforts in practicing the spiritual method or in competing to acquire more fellow practitioners?

A: A meditation adept should spend efforts in practicing the spiritual method instead of competing for more fellow practitioners. Those who keep empty promises will not advance spiritually and will only increase their greediness and lust. They will wrongly believe that they have made great achievements. As a result, they will harvest suffering without their knowledge, and will encounter renewed karma.

Psalm

*Adversities and suffering come from the heart, and
cause constant transformations,
Unable to concentrate, one suffers and commits
errors,
Facing suffering and humiliation, one seeks spiritual
elevation,
Those who discuss theory without enlightenment only
mislead themselves.*

Las Vegas, 12 October 1998 2:15 AM

Q: Who are the living creatures?

A: The living creatures are human beings who live together with the same breath, and everyone can equally relate to Heaven and Earth. Their brains are capable of spiritual cultivation and working for the service of the Lord.

Psalm

*Whether the body develops in a lowly or elevated
manner,
The soul still advances rapidly on the long spiritual
path,
Practicing equally on the social and spiritual paths with
a determined consciousness,
One loves the body as a means to commune with the
Lord.*

Las Vegas, 13 October 1998 7:55 AM

Q: What causes delusion and sorrowful love?

A: When the inner consciousness loses its equilibrium, the mind would keep remembering about the sorrowful love, and will constantly be assailed by this agitated thought.

Psalm

*Taking in impure thoughts, one feels anger and
resentment,
Unaware of the boundaries of this world, one has
difficulty to return to one's true nature,
The agitated mind only causes more disturbances,
Let's practice to correct ourselves and evolve
spiritually in order to truly appreciate the Divine Grace.*

Las Vegas, 14 October 1998 5:25 AM

Q: How does the energy of mankind relate to the energy of the Earth?

A: The energy of the Earth helps the physical and astral bodies, as well as the five internal organs to acquire all the colors necessary for life, which are equivalent to the marvelous lights in the heavenly sphere. Both pure and impure energies are sublimated in accordance with the level of practice of the meditation adept.

Psalm

*Let's practice to develop our energy and progress further,
To help spiritual cultivation, we release all sorrow within,
Balance between Heaven and Earth will yield a marvelous opportunity,
Achieving the spiritual opportunity, we progress further and turn within to analyze the spiritual marvels.*

Las Vegas, 15 October 1998

Q: Where does the energy of Heaven and Earth reside and where does it circulate?

A: The energy of Heaven and Earth resides in the force of extreme heat, which transforms into precious stones, capable of regulating the pure energy of Heaven and Earth. They also relate to the physical bodies of human beings in this temporary world, and follow the same divine law of existence and non-existence. Material matters are only transient and subject to birth and dissolution.

Psalm

*Because of greediness, people cannot see their empty heart,
We should be faithful and keep our relation to the noble Heaven,
Understanding that the earthly world is limited by transient pleasures,
Let's return to emptiness to see our true spiritual heart.*

Las Vegas, 16 October 1998 5:50 AM

Q: What makes up this temporary world?

A: This temporary world is made of the energy of the Heaven and Earth, which works closely together through the law of birth, maturity, decay, destruction, and rebirth.

Psalm

*Things come and go without any pause,
The consciousness awakens in a timely manner when aware of the deep divine love,
Understanding that the Grace of God is governed by divine laws,
One accepts to pay and repay the debts to evolve accordingly.*



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.