



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

Shining With Brilliance

During our meditative contemplation, moon and stars shine brilliantly,
In the serene contemplative state, our enlightened mind sees the path
of spiritual progress clearly,

Working constructively, we return to a stable and calm heart,
With a sincere practice, on our own, we achieve good results and
mind's clarity.

Vi Kien

Baby Tam Talking To You

From 24 October to 30 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) *What contributes to the program of a peace seminar?*
- 2) *What should we do to achieve an early spiritual awakening?*
- 3) *How can the pure energy contribute to the peace and harmony of a Vo-Vi seminar?*
- 4) *What is the supreme spiritual force?*
- 5) *Is it correct that we will accomplish our work in an orderly manner and within naturalness and spontaneity if everybody is willing to contribute their share?*
- 6) *What benefits does one get from serving others with selflessness and sincerity?*
- 7) *Why do we use our serene heart?*



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| <p>Yorba Linda, 24 October 1998 5:00 AM</p> <p><i>Q: What contributes to the program of a peace seminar?</i></p> <p>A: The program of a peace seminar results from the contributions of each individual Vo-Vi practitioner. We will only enjoy peace together if everyone is practicing and contributing.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p><i>Let's practice meditation to dissolve our own impure energy, We contribute within joy to advance together on the spiritual path, Let's realize courage and determination within love and respect for each other, With an open-minded program, we will achieve greater wisdom.</i></p> |
| <p>Yorba Linda, 25 October 1998 6:50 AM</p> <p><i>Q: What should we do to achieve an early spiritual awakening?</i></p> <p>A: In order to achieve an early spiritual awakening, we must practice the Vo-Vi method with diligence and continuity even when we encounter adverse circumstances in our life. We must practice the Vo-Vi method in order to release all sorrow and worries in our inner consciousness.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p><i>A true spiritual adept advances in silence through his own efforts, Releasing worries and sorrow, he liberates himself, With an awakened consciousness, we no longer suffer from misfortunes, Let's practice with faith and perseverance to purify our heart.</i></p> |
| <p>Holiday Inn Costa Mesa, 26 October 1998 5:55 AM</p> <p><i>Q: How can the pure energy contribute to the peace and harmony of a Vo-Vi seminar?</i></p> <p>A: The pure energy is shining upon a Vo-Vi peace seminar because everyone is equally directing his mind toward the path of liberation during the meditative contemplation. Everyone strives to exert soul ascension to pay homage to Buddha. We are all following the same path of spiritual evolution, and we are all progressing toward the goal of birthlessness and serenity.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p><i>Let's practice and direct our mind on our own to liberate ourselves and achieve lucidity, When we clearly understand the sublime principle, we also understand clearly the path of spiritual progress, Learning incessantly, our spiritual consciousness understands the dharma, Let's practice within sincerity to achieve purity.</i></p> |
| <p>Holiday Inn Costa Mesa, 27 October 1998 8:50 AM</p> <p><i>Q: What is the supreme spiritual force?</i></p> <p>A: The supreme spiritual force is serenity. Thus, a meditation adept truly needs the supreme spiritual force, i.e., he must attain serenity. The more one practices patience and resignation, the greater serenity one will achieve, and one will be able to conquer all adversities with one's own efforts.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p><i>To achieve results, we should devote ourselves to spiritual practice, By liberating our soul to advance further, we will achieve purity, On our own, we will succeed to return to our true origin, Abandoning intransigence and blinded passions, we develop our pure energy.</i></p> |
| <p>Holiday Inn Costa Mesa, 28 October 1998 5:39 AM</p> <p><i>Q: Is it correct that we will accomplish our work in an orderly manner and within naturalness and spontaneity if everybody is willing to contribute their share?</i></p> <p>A: With a high spirit of service, we will accomplish our work in a natural and spontaneous manner. This dedication has an eternal value and is more worthy than gold.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p><i>With a tireless spirit of service, we advance in silence, On our own, we will return to our root of lucidity, A virtuous person does not need to glorify himself, Let's practice with perseverance to ascend to higher levels.</i></p> |

Yorba Linda, 29 October 1998 6:20 AM

Q: *What benefits does one get from serving others with selflessness and sincerity?*

A: Serving others with selflessness and sincerity will bring great benefits. This devotion will always touch people's hearts.

Psalm

*Those who devote themselves to a selfless service
feel the divine grace,
Seeking self-interest will bring complications and
cause vileness,
Failing to succeed, the heart falls into agitation,
Let's cultivate serenity to return to our true position.*

Hilton Hotel LA, 30 October 1998 5:20 AM

Q: *Why do we use our serene heart?*

A: We use our serene heart to resolve all insoluble problems.

Psalm

*With equanimity and a serene heart, let's devote
ourselves to spiritual perfection continuously with our
own efforts,
Resolving the plan of battle, we do not make a wrong
judgment,
In spite of the darkness and ingratitude of earthly
relations, we do not harm others,
With equanimity, let's analyze to determine the truly
talented people.*



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.