



The Life Energy Development Weekly

17 August 2008

Email: huemai00@gmail.com
www.vovinet.org

Published in concurrence with *The Viet LED Weekly 684*

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

Clarity of Mind

With clarity of mind, we clearly analyze the path to progress with courage,
With a sincere heart, we succeed and sow good opportunities on our own,
Returning to our true origin, we relate harmoniously with the divine sphere,
Practicing with righteousness, we follow the divine will.

Vi Kien

Baby Tam Talking To You

From 31 October to 6 November 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 should we do in order to regain our compassionate heart?*
- 2) *What does it mean to perform charity by giving good words?*
- 3) *When the mind (brains) of the meditation practitioner expands, and his spiritual energy is able to ascend higher, does it mean that he is now truly unblocked and lucid?*
- 4) *Is there any benefit for our mind and body when we continue the practice of meditation?*
- 5) *Does the disharmony of the original energy of Heaven and Earth cause difficulties in people's hearts?*
- 6) *What should we do when enduring the karmic retribution?*
- 7) *How can we awaken others when we have not yet achieved spiritual awakening ourselves?*



| | |
|--|---|
| <p>Atlantic City, 31 October 1998 6:57 AM</p> <p><i>Q: What should we do in order to regain our compassionate heart?</i></p> <p>A: In order to regain our compassionate heart, we must practice love and forgiveness. Only then will we be able to expand our compassionate heart.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>With love and forgiveness, we will dissipate our adversities, By developing our spiritual consciousness, we arrange our own destiny, We won't take in even the slightest thing, With clarity of mind, we judge wisely and advance continuously on our own.</i></p> |
| <p>Atlantic City, 1 November 1998 5:30 AM</p> <p><i>Q: What does it mean to perform charity by giving good words?</i></p> <p>A: To perform charity by giving good words means to tell others what has really helped us in our spiritual evolution.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>We speak words to spread the truth that we have acquired through self-analysis, On our own, we understand and harmonize with the righteous path, In our determined mind, we no longer cling to objects, With compassionate love and spiritual virtue, truth flows abundantly.</i></p> |
| <p>Atlantic City, 2 November 1998 4:05 AM</p> <p><i>Q: When the mind (brains) of the meditation practitioner expands, and his spiritual energy is able to ascend higher, does it mean that he is now truly unblocked and lucid?</i></p> <p>A: The meditation practitioner needs to develop the spiritual energy in his mind (brains) in order to advance in his spiritual evolution.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>When our energy ascends upward, we will see our journey of progress clearly, Taking refuge in the Dharma of Buddha, we feel light and gain greater wisdom, Divine love is unity without agitation, Chasing away anger and infatuation, we see ourselves clearly.</i></p> |
| <p>Atlantic City, 3 November 1998 8:40 AM</p> <p><i>Q: Is there any benefit for our mind and body when we continue the practice of meditation?</i></p> <p>A: When we continue the practice of meditation, we will be able to overcome misfortunes and adversities, and reduce our bad karma.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Truly loving ourselves means to turn toward serenity, With perseverance, we will clearly understand all the various paths, With determination and sincerity, we devote ourselves to spiritual perfection and advance spiritually, With equanimity and serenity, we give ourselves a fine example.</i></p> |
| <p>Atlantic City, 4 November 1998 7:50 AM</p> <p><i>Q: Does the disharmony of the original energy of Heaven and Earth cause difficulties in people's hearts?</i></p> <p>A: The lack of equilibrium in the original energy of Heaven and Earth causes difficulties to mankind such as dangerous storms and tornadoes. However, a spiritual adept, who practices with sincerity is willing to accept any circumstance, and any difficulty will eventually be resolved. Humans will use their brains to rebuild once the weather becomes stable.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Overcoming agitation, we will acquire greater understanding and wisdom, The energy of Heaven keeps changing and modifying the spiritual path, The celestial mechanism on earth provides opportunities for divine guidance, Awakening our consciousness, we will see ourselves clearly with equanimity.</i></p> |

Atlantic City, 5 November 1998 9:00 AM

Q: What should we do when enduring the karmic retribution?

A: In order to endure the karmic retribution at a timely moment, we should practice extreme patience and resignation. Then all matters will be explained and resolved in a clear manner.

Psalm

*With equanimity, we accept the true facts,
Whether they are bitter or hard, we can still attain the
sublime state,
With the supreme knowledge, our consciousness will
achieve awakening,
Practicing with firmness, we will achieve equilibrium in
our spiritual position.*

Atlantic City, 6 November 1998 5:20 AM

Q: How can we awaken others when we have not yet achieved spiritual awakening ourselves?

A: When we have not yet achieved spiritual awakening ourselves, acting as a teacher(master) will only harm others.

Psalm

*Bringing lasting unhappiness, we harm our good
friends,
Practicing together but unable to make progress, we
feel neither peace nor tranquility,
Even though we practice hard, we do not achieve any
results,
The consequences are endless and do not help good
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.