



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

True Practice

With true practice and serenity, we follow the common direction,
Sincerely correcting our mistakes, we dissipate our vileness with our
own efforts,
Building our faith and maintaining our loyalty,
We return to the source of true knowledge, without discriminating
among rich and poor.
Vi Kien

Baby Tam Talking To You

From 5 December to 11 December 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 do we understand when we achieve a lucid heart?*
- 2) *Does a Vo-Vi practitioner need to campaign in order to be elected?*
- 3) *Do desires mean "a lustful character"?*
- 4) *Where does the seed of love and affection originate?*
- 5) *Is there any separation between the law of Heaven and the earthly law?*
- 6) *How does the flow of energy at the cranial psychic center communicate?*
- 7) *Why do we need to overcome the lessons of sufferings with our own efforts in order to evolve spiritually and advance toward serenity?*



Montreal, 5 December 1998 8:35 AM

Q: *What do we understand when we achieve a lucid heart?*

A: When we achieve a lucid heart, we will understand our own mistakes.

Psalm

To cultivate ourselves spiritually and to correct our own mistakes is necessary for our progress, Opening ourselves in-depth, we release our worries, With a lucid mind and a clear judgment, we do not cause agitation, When our soul develops, we will attain tranquility on our own.

Montreal, 6 December 1998 5:19 AM

Q: *Does a Vo-Vi practitioner need to campaign in order to be elected?*

A: A Vo-Vi practitioner needs to practice the Vo-Vi method in a correct and righteous manner in order to build by their own efforts spiritual virtue and merit to present as offering to God and Buddha. When a flower is fragrant, its perfume will spread naturally. At that time, we will express words of equilibrium, and our voice will touch other people's hearts. Everybody will love and respect us and feel the equality. They will automatically cast their vote in a natural and spontaneous way, in accordance with the law of cause and effect (good seeds bring good harvest), and we will attain a clear position and status.

Psalm

It is more valuable when success is achieved in a natural way, People express love and affection, Because we have attained the Tao and sincerely practice our spirit of service, Let's cultivate perseverance and steadfastness with our own efforts.

Montreal, 7 December 1998 5:05 AM

Q: *Do desires mean "a lustful character"?*

A: Desires spring from a lustful character. Therefore, earthly people still long for carnal desires because of their lustful character. They are destroying their own body, they are always agitated, and they have difficulty to return to the sphere of serenity in order to cultivate themselves spiritually.

Psalm

An ignorant and agitated heart causes stupidity, It reduces one's pure energy, causes impurity and increased blindness, Without a determined practice, one will have difficulty to advance spiritually, Causing suffering and restlessness, one will lack spiritual practice.

Montreal, 8 December 1998 8:32 AM

Q: *Where does the seed of love and affection originate?*

A: The seed of love and affection originates from each person who is practicing compassionate love and has achieved spiritual virtue and merit.

Psalm

From our spiritual practice we will achieve a supernatural structure, Practicing with sincerity and diligence, we will advance even more rapidly, The relation to God and Buddha will form in a lively way, With a bright mind and a lucid heart, we practice with our own efforts.

Montreal, 9 December 1998 6:14 AM

Q: Is there any separation between the law of Heaven and the earthly law?

A: The law of Heaven and the earthly law have close ties in an orderly manner, and they both receive the blessings of Heaven and Earth.

Psalm

*Going through cycles of reincarnation, we develop our heart, mind, and body,
With a true practice, we turn within to analyze ourselves,
Our karmic forces are displayed in scenes of suffering,
With perseverance, patience and resignation, we analyze our indebtedness and gratitude.*

Montreal, 10 December 1998 3:45 AM

Q: How does the flow of energy at the cranial psychic center communicate?

A: The flow of energy at the cranial psychic center communicates with the World Above when one enters the state of meditative contemplation.

Psalm

*Through spiritual practice, we relate to the World Above and remain silent on our own,
Awakening our consciousness, we attain a lucid heart and see our spiritual journey clearly,
Reaching equilibrium in our soul, we return to our unique origin,
The more we practice within serenity, the more clearly we see ourselves.*

Montreal, 11 December 1998 5:41 AM

Q: Why do we need to overcome the lessons of sufferings with our own efforts in order to evolve spiritually and advance toward serenity?

A: Only by overcoming the lessons of sufferings in earthly life as well as in spiritual life, will we truly accept to practice patience and resignation and devote ourselves to spiritual perfection until we attain the goal.

Psalm

*It is essential to correct our mistakes to become more lucid,
With a lucid mind and a clear judgment, we see our itinerary clearly,
Practicing equally in earthly and spiritual life, our heart is determined,
To practice with diligence and sincerity in order to gain wisdom on our own.*



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.