



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

Let's Advance With Courage

Let's advance with courage; everywhere, we progress on our own to reach
harmony,
Cultivating our heart and mind spiritually with diligence, we understand
from near and afar,
Whether here or there, the path of truth is unique,
Developing ourselves spiritually, we will surmount the obstacles on our
own.
Vi Kien

Baby Tam Talking To You

From 20 February 1999 to 26 February 1999

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 do people become sad?*
- 2) *What is the reason why Heaven and Earth achieve mutual understanding?*
- 3) *Should meditation practitioners reduce their comparisons with earthly matters?*
- 4) *What should we do in order to understand the evolution of mankind on earth?*
- 5) *Is there any benefit in seeking profits among Vo-Vi practitioners?*
- 6) *Where do human sins come from?*
- 7) *What is the purpose of human life?*



Monaco, 20 February 1999 8:00 AM

Q: *Why do people become sad?*

A: When people are losers and are unable to go forward, they cause disturbances in their family because they want to control others without success. They are authoritarian and lack clarity of mind, their character is unpredictable, and they often become sad and worried.

Psalm

*Unable to cultivate oneself spiritually and make progress, one keeps taking a tortuous path,
One cannot resolve matters that one should care about,
With a weak mind, one is unable to successfully practice the dharma,
As the deep spiritual love disappears, one becomes even more worried.*

Monaco, 21 February 1999 3:40 AM

Q: *What is the reason why Heaven and Earth achieve mutual understanding?*

A: Heaven and earth achieve mutual understanding because there is a close relationship between the two entities, i.e., it is called "life transiency". The planet earth has to float in order to sustain life.

Psalm

*By equally illuminating each other in the proper trajectory, (heaven and earth) sustain transient lives,
Humans live happily and practice with their own efforts,
We return to social and spiritual life within our awakened consciousness,
With the common original principle, we turn toward purity.*

Monaco, 22 February 1999 5:33 AM

Q: *Should meditation practitioners reduce their comparisons with earthly matters?*

A: Meditation practitioners already have the Vo-Vi dharma in their hands. They should not make comparisons with external matters, and create agitation in their mind and body. They will have difficulty to devote themselves to spiritual cultivation and advance spiritually.

Psalm

*Cultivating our spiritual mind to achieve serenity, we have neither sorrow nor worries,
Releasing our worries and sorrow, we will advance and surmount obstacles on our own,
Practicing the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat continuously, we turn to purity and restore order,
Returning to our origin, we have neither sorrow nor worries.*

Monaco, 23 February 1999 4:00 AM

Q: *What should we do in order to understand the evolution of mankind on earth?*

A: In order to understand the evolution of mankind on earth, we should first know what the direction is for common life? Depending on whether the direction is toward money and fame or spirituality, we can determine the evolution toward a lower level or a higher level. To turn toward money and fame will only bring people downward, on the other hand, to turn toward spirituality will only let us ascend higher and liberate us from the karma of the inner consciousness.

Psalm

*A true practitioner only devotes himself to spiritual practice in order to advance,
Releasing our profane heart, we will avoid sorrow,
Seeking fame will bring agitation,
Practicing the true dharma thoroughly, we will release our impurities immediately.*

Monaco, 24 February 1999 5:20 AM

Q: Is there any benefit in seeking profits among Vo-Vi practitioners?

A: To devise plots to cause divisions and seek profits among spiritual friends will only harm one's mind and body. One will turn toward material gains instead of spirituality.

Psalm

*We should follow the path of detachment instead of personal profits,
Going against God's will, one will have difficulty to achieve peace of mind,
When the plans fail, one will become angry,
One will have difficulty to seek profits with one's plans and detach oneself from these plots.*

Monaco, 25 February 1999 5:00 AM

Q: Where do human sins come from?

A: Human sins come from greediness and carnal desires. One needs to cultivate oneself spiritually and practice a spiritual method in order to improve oneself.

Psalm

*Assembling ourselves spiritually, we will transform ourselves and reach harmony,
Understanding our spiritual consciousness, we will advance far on our own,
Achieving a true soul, we return to our origin,
With a pure and light heart and mind, we will awaken our consciousness and attain harmony.*

Monaco, 26 February 1999 7:20 AM

Q: What is the purpose of human life?

A: Humans live in order to learn the purity and lightness of the Almighty Lord and serve humanity.

Psalm

*Every person evolves with a certain profession,
Learning continuously, one will advance and surmount obstacles on one's own,
Practicing equally on the social and spiritual paths,
one will generate karmic debts,
Improving oneself to evolve further, one will achieve the spiritual opportunity on one's 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.