



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

Transformations

Transformations are infinite and truly boundless,
Understanding Heaven and Earth, we form a natural connection,
We should accept the beautiful divine love granted by Heaven,
The infinite original energy helps us with the practice of the dharma.
Vi Kien

Baby Tam Talking To You

From 17 April 1999 to 23 April 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) *Is there any benefit in nurturing plots in one's mind to gain money?*
- 2) *Is there any benefit when one has an evil mind and slanders others?*
- 3) *What does it mean when one does not know how to blame oneself?*
- 4) *What does it mean, "Within the visible, one can see the seeable"?*
- 5) *How is love being formed?*
- 6) *Where does "respectful love and good feelings" reside?*
- 7) *Is there any benefit for the mind and body when a spiritual adept still feels hatred and rivalry towards others?*



Monaco, 17 April 1999 4:25 AM

Q: Is there any benefit in nurturing plots in one's mind to gain money?

A: A meditation practitioner who still devises plots to gain money is bringing his pure and noble energy to a lower level. As a result, his mind will generate many thoughts, which cause disagreements with all other people, and his ambitions are to seek a high social status. Even though his mouth speaks kind words, his heart is evil. He will lose the equilibrium of his spiritual consciousness by his own fault.

Psalm

*Devising plots and giving orders to realize one's plans
will disperse one's energy,
One commits errors when aiming for greediness and
high social status,
Lacking spiritual awakening, one will generate
agitation,
With equanimity, let's cultivate ourselves spiritually to
advance and resolve our errors.*

Monaco, 18 April 1999 3:25 AM

Q: Is there any benefit when one has an evil mind and slanders others?

A: Evil thoughts, jealousy, rivalry and intransigence bring no benefit to oneself. In the contrary, one will lose one's fundamental nature of naturalness and spontaneity, and one will easily encounter an incurable disease.

Psalm

*Burdening one's heart, one utters foolish talks which
cause suffering in one's consciousness,
Disturbing one's nervous system, one has difficulty to
attain wisdom on one's own,
Causing misfortunes to oneself, one's consciousness
carries foolish talks,
Lacking clarity and righteousness, one will harm one's
own consciousness.*

Monaco, 19 April 1999 1:15 AM

Q: What does it mean when one does not know how to blame oneself?

A: It is wrong when one does not know how to blame oneself. Turning outward to blame others will cause karma of the heart.

Psalm

*One will fall into sorrow and laments when committing
errors due to one's desires,
Unknowingly creating karma, one's mind remains in
discord,
The restless mind generates foolish talks without any
ideal,
Losing one's serenity, one will have difficulty to detach
oneself from the material world.*

Monaco, 20 April 1999 4:55 AM

Q: What does it mean, "Within the visible, one can see the seeable"?

A: "Within the visible, one can see the seeable", means that the pure energy of the true consciousness has unified with the pure light of Heaven and Earth. When one closes one's eyes, one will be able to see more clearly than with open eyes.

Psalm

*When the heavenly microcosm is unified with the
heavenly macrocosm in meditative contemplation,
one's consciousness is infinitely enlightened,
Releasing sorrow and worries, one dissipates one's
sorrow on one's own,
With wisdom, one continuously works constructively
for spiritual progress,
Learning and training oneself incessantly, one will
reach even greater calmness.*

Monaco 21 April 1999 8:35 AM

Q: *How is love being formed?*

A: Love is formed from predestined karmic relations. Therefore, on earth, once one falls in love, it is very difficult to untie it.

Psalm

*The original principle is deeply seated, and causes all kinds of transformations,
The mind is distracted and the thoughts passionate,
As they circle around in a disorderly manner,
Affectionate thoughts and love bring liveliness everywhere.*

Monaco, 22 April 1999 4:30 AM

Q: *Where does “respectful love and good feelings” reside?*

A: “Respectful love and good feelings” occur when one blends oneself with the sphere of spiritual energy, as the soul and astral body meet each other.

Psalm

*Blending oneself within the prayers, the heart experiences sublime transformations,
Love, affection, and respect grow deeper,
Developing oneself, one’s consciousness will transform itself and makes progress,
Loving and respecting all creatures, one will return rapidly with one’s own efforts.*

Monaco, 23 April 1999 7:15 AM

Q: *Is there any benefit for the mind and body when a spiritual adept still feels hatred and rivalry towards others?*

A: A true spiritual adept must purify himself and cleanse the sordidness of rivalry and hatred within his mind and body so that his soul will become lighter. He should turn his mind toward the Great Compassion in his spiritual cultivation so that he may develop himself in a more generous way.

Psalm

*Let’s practice within sincerity to return to our true nature,
The original principle is deep and noble, and there are no rivalries,
Practicing equally on the social and spiritual paths, we will awaken our consciousness on our own,
With perseverance, purity, and lightness, we remain resolute on the spiritual path.*



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.