



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

Clear Analysis

With a clear analysis, we clearly see the path of spiritual cultivation and progress,
Releasing sorrow and worries, we understand the dharma and beyond,
The sphere of emptiness provides salvation and dissipates impurities immediately,
Practicing the true dharma with sincerity, we seek the spiritual opportunity brought by the dharma.

Vi Kien

Baby Tam Talking To You

From 22 May 1999 to 28 May 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) *Demons and evil spirits always want to disturb spiritual adepts who serve other practitioners with sincerity. Everywhere, there is the pure and impure; these forces try to overwhelm each other in order to compete for the sacred position. It is very difficult to trust and entrust someone; people's minds are unloyal, they always want to build plots because of fights and rivalries, causing karma to their mind and body. Why so?*
- 2) *A meditation practitioner engages himself into destroying and harming others, but wrongly believes to be successful. Is it true success?*
- 3) *Many people cultivate themselves spiritually halfway, practice little, and become discouraged. Why?*
- 4) *Compassionate love is inherent in our consciousness. Why do we feel incomplete when we do not practice a spiritual method?*
- 5) *What should we do in order to face difficult matters arriving from afar?*
- 6) *How should we love and respect God and Buddha?*
- 7) *What will happen when we cultivate ourselves spiritually without practicing the Vo Vi method?*



Montreal, 22 May 1999 9:15 AM

Q: Demons and evil spirits always want to disturb spiritual adepts who serve other practitioners with sincerity. Everywhere, there is the pure and impure; these forces try to overwhelm each other in order to compete for the sacred position. It is very difficult to trust and entrust someone; people's minds are unloyal, they always want to build plots because of fights and rivalries, causing karma to their mind and body. Why so?

A: Evil thoughts and plots do not follow the will of Heaven. They only nurture rivalry and intransigence, and will demote people to a lower level.

Psalm

*Destroying one's soul, one causes harm to oneself,
Creating the path of failure, one feels continual anger,
Without the divine opportunities, there is only darkness
like black ink,
The more one delves into evil activities, the harder it
will be to amend.*

Montreal, 23 May 1999 8:02 AM

Q: A meditation practitioner engages himself into destroying and harming others, but wrongly believes to be successful. Is it true success?

A: The spiritual evolution goes from the impure to the pure. It does not allow a false and ephemeral victory. Those who devise plots will only cause their own damnation.

Psalm

*Lacking spiritual practice, they only use their lips,
Procrastination and disorderliness only harm
themselves,
Holding to money and fame, they do not attain spiritual
awakening,
Unable to achieve harmony, they further their own
damnation.*

Montreal, 24 May 1999 7:52 AM

Q: Many people cultivate themselves spiritually halfway, practice little, and become discouraged. Why?

A: Those who practice meditation must spend great efforts in order to obtain results. If they become discouraged halfway, they will turn more to the external world and go in the wrong direction. They will direct their mind downward instead of upward.

Psalm

*Awakening one's true consciousness, one will return to
Heaven on one's own,
Those who are discouraged or lack discipline will have
difficulty to feel at peace,
We are responsible for our agitation because of our
discouraged heart,
Money, love, karmic relations and debts will come and
go continually.*

Montreal, 25 May 1999 5:43 AM

Q: Compassionate love is inherent in our consciousness. Why do we feel incomplete when we do not practice a spiritual method?

A: In every aspect of daily life, we must practice with our own efforts to get results; otherwise, we will feel lost and without a way to escape.

Psalm

*It is essential to practice in order to have the fortunate
opportunity for spiritual reunion,
Within existence, there is non-existence, so that we
may achieve success on our own,
Those who devise plots in earthly life will not attain the
dharma,
Those who practice within serenity will free themselves
from calculating plots.*

Montreal, 26 May 1999 5:53 AM

Q: What should we do in order to face difficult matters arriving from afar?

A: When we practice the Practical Method of Vo Vi Esoteric Science and Dharma of Buddha on our own, we will face difficult matters whether they are close or afar in the same way: Only with serenity will we be able to resolve them.

Psalm

*With a serene mind and body, we have no passions
and do not commit errors,
Releasing sorrow and worries, we see the profound
and subtle principle,
There is no need to blame others, and we should
devote ourselves to spiritual cultivation to attain the
dharma,
With equanimity and serenity, we will advance silently
with our own efforts.*

Montreal, 27 May 1999 6:00 AM

Q: How should we love and respect God and Buddha?

A: In order to love and respect God and Buddha, we should practice the meditation method in a correct manner. With a sincere heart, we will dissipate sorrow and worries on our own.

Psalm

*To theorize without spiritual cultivation will create an
ignorant mind,
Lacking spiritual practice, we will become passionate
and blinded,
As our spiritual consciousness is unable to awaken,
we will cause more agitation,
Overflowing with impure energy, we have difficulty to
practice and perfect ourselves spiritually.*

Montreal, 28 May 1999 6:05 AM

Q: What will happen when we cultivate ourselves spiritually without practicing the Vo Vi method?

A: If we cultivate ourselves spiritually without practicing the method, we will only create passion and intransigence for ourselves. We will find reasons to criticize or to praise, and will not have a way to escape.

Psalm

*To hold to intransigence and cause passions will bring
unending suffering,
One will fall into darkness, agitation, and disorder,
Unable to differentiate among the pure and impure,
one will have difficulty to liberate oneself,
With serenity and equanimity, we will understand all
aspects.*



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.