



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

Spiritual Evolution

As our true soul evolves, we awaken our consciousness on our own and
devote ourselves to spiritual perfection,
With love and affection, and the Lord's infinite guidance, we clearly analyze
our soul,
Working constructively within love and respect, we bring transformations
near and afar,
To achieve universal harmony and spiritual progress, we should engage
ourselves in the practice of harmony.

Vi Kien

Baby Tam Talking To You

From 27 May 2000 to 2 June 2000

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) *How does one define a righteous spiritual adept?*
- 2) *Is the flux of energy at the cranial psychic center round or distorted?*
- 3) *Does communication bring any benefit?*
- 4) *What does it mean to feel discontent in one's inner consciousness because of vivid memories?*
- 5) *Is there any benefit in harmonizing and rejoicing together?*
- 6) *What does it mean there is happiness within suffering?*
- 7) *Does an honest and loyal spiritual adept gain any benefit?*



<p>Montreal, 27 May 2000 3:40 AM</p> <p>Q: <i>How does one define a righteous spiritual adept?</i></p> <p>A: To be righteous means that one never accepts to tell lies and slander other people, and thus, to belittle one's own value.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Without nurturing one's spiritual will, one will cause blindness and ignorance, Practicing austerity and spiritual virtue with calmness, one does not break the dike, Being truthful, one does not cause agitated discourse, Preserving one's purity and righteousness, one attains awakening at each moment.</i></p>
<p>Montreal, 28 May 2000 4:00 AM</p> <p>Q: <i>Is the flux of energy at the cranial psychic center round or distorted?</i></p> <p>A: The flux of energy at the cranial psychic center is always completely round and illuminated.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Completely round, the energy projects upward toward unification, Fulfilling our duties satisfactorily, we will ascend to our position, In the future, our spiritual path will develop without agitation and empty hopes, With calmness, we judge and analyze to develop ourselves in a full circle.</i></p>
<p>Montreal, 29 May 2000 9:07 AM</p> <p>Q: <i>Does communication bring any benefit?</i></p> <p>A: Communication is very beneficial to the whole world, so that people have the opportunity to serve others and develop all the common needs.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>A clear development will bring transformation and progress through practice, When one develops greediness, one will turn toward competition, Failing to obtain results with spiritual practice, one will encounter difficulties, Eventually, one must devote to spiritual practice on one's own.</i></p>
<p>Montreal, 30 May 2000 8:15 AM</p> <p>Q: <i>What does it mean to feel discontent in one's inner consciousness because of vivid memories?</i></p> <p>A: Vivid memories will always bring back remembrances in one's inner consciousness, and cause discontent and strong desires.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Unable to form loving relationships, the mind becomes restless, Alternating in suffering conditions, one has difficulty to develop gratitude, Achieving serenity, one no longer causes agitation, Understanding the deep divine love, one awakens one's consciousness and becomes benevolent.</i></p>
<p>Montreal, 31 May 2000 2:45 AM</p> <p>Q: <i>Is there any benefit in harmonizing and rejoicing together?</i></p> <p>A: To harmonize and rejoice together is very beneficial and provides the opportunity to build love and spiritual virtue.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Rejoicing together in Heaven and Earth, one understands the spiritual flavor clearly, Returning to purity and lightness, one turns within for spiritual training with one's own efforts, Human relations are lively and enable cooperation, Unifying with true love, we learn within joy.</i></p>

Montreal, 1 June 2000 5:40 AM

Q: *What does it mean there is happiness within suffering?*

A: There is happiness within suffering means that when one suffers, one will have the opportunity to see one's own mistakes. One should repent and redeem one's faults, and devote oneself to spiritual practice and progress with one's own efforts, so that the soul will attain happiness, peace and harmony.

Psalm

*On one's own, one awakens one's consciousness and devotes to spiritual training,
Loving and respecting the noble Heaven, one sees the spiritual value clearly,
Awakening one's consciousness, one is no longer agitated,
Practicing the righteous dharma, one will attain inner joy.*

Montreal, 2 June 2000 8:35 AM

Q: *Does an honest and loyal spiritual adept gain any benefit?*

A: A spiritual adept must be honest and loyal in order to achieve spiritual progress.

Psalm

*Practicing within sincerity, we will develop our energy,
With a clear mind, we develop our wisdom and return to emptiness,
Our mind develops wisdom when we respond with sincerity and truthfulness,
Through spiritual practice, we will advance and unblock our energy 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.