



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

Equilibrium

Attaining equilibrium, our consciousness soon returns to tranquility,
Releasing sorrow and worries, we dissipate our sadness on our own,
With constant flexibility, we work constructively for the better,
Loving and respecting the Lord and Buddha, we live in peace and
tranquility.

Vi Kien

Baby Tam Talking To You

From 15 September 2000 to 21 September 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 achieve spiritual communication?*
- 2) *What forms the philosophy of life?*
- 3) *Is there any benefit when the meditation practitioner carries out the common direction with a sincere heart?*
- 4) *Is there any benefit when we maintain courage and determination in our spiritual cultivation and progress?*
- 5) *Is it correct that our work program must have a schedule?*
- 6) *How can we achieve wisdom and a clear analysis?*
- 7) *How does love spread everywhere?*



Atlantic City, 15 September 2000 5:55 AM

Q: *How does one achieve spiritual communication?*

A: Spiritual communication is achieved through the sphere of energy.

Psalm

*When our consciousness turns to the World Above, we
will achieve true results,
Spiritual thoughts and meanings flow abundantly
without any border,
Performing a sincere practice to return to our unique
origin,
With perseverance and steadiness, we practice to
unblock our energy on our own.*

Atlantic City, 16 September 2000 2:30 AM

Q: *What forms the philosophy of life?*

A: The philosophy of life is formed through sufferings in our consciousness.

Psalm

*The noble philosophy is very subtle and magical,
Let's learn with a calm heart to understand its depth,
Practicing with sincerity, we devote ourselves to
spiritual cultivation and our consciousness will make
progress,
The noble truth will help us release our impurities and
advance spiritually in a magical manner.*

Atlantic City, 17 September 2000 5:07 AM

Q: *Is there any benefit when the meditation practitioner carries out the common direction with a sincere heart?*

A: A meditation practitioner who carries out the common direction will bring great benefits to the great common cause.

Psalm

*Practicing with sincerity, we advance at each second,
We understand clearly the blessings of the Lord which
evolve daily,
The transformations lead to our practice within the
sphere of energy,
Loving and respecting the Lord and Buddha, we will
improve ourselves on our own.*

Atlantic City, 18 September 2000 3:15 AM

Q: *Is there any benefit when we maintain courage and determination in our spiritual cultivation and progress?*

A: It is very beneficial when we maintain courage and determination in our spiritual cultivation and progress. We will naturally understand many matters from the past as well as from the future.

Psalm

*Practicing with courage and determination, our mind
will attain clarity,
With intelligence, we will understand on our own the
transformations on our spiritual journey,
With the divine infinite guidance, we have the spiritual
opportunity for a good practice,
Awakening our consciousness and with a clear mind,
we will progress on our own on the spiritual journey.*

Atlantic City, 19 September 2000 3:40 AM

Q: Is it correct that our work program must have a schedule?

A: Our work program must have a schedule in order to be timely and orderly.

Psalm

*We should practice with an exact schedule in order to obtain results,
We should follow the will of Heaven and Earth in order to attain strength and steadiness,
Our spiritual consciousness will attain purity and subtleness,
Receiving the serene energy, we will build the spiritual foundation.*

Atlantic City, 20 September 2000 3:00 AM

Q: How can we achieve wisdom and a clear analysis?

A: Our mind will attain wisdom and be able to analyze clearly after a period of spiritual practice, when we are able to realize goodness on our own.

Psalm

*Learning with equanimity, we advance toward the sphere of purity,
No longer holding to complexities, we will cooperate together,
Releasing impurities, we clearly analyze the principle of spiritual practice,
Let's learn together and turn toward purity.*

Atlantic City, 21 September 2000 8:40 AM

Q: How does love spread everywhere?

A: Compassionate love spreads everywhere when the spiritual adept achieves equilibrium in his spiritual consciousness.

Psalm

*Love exists inherently within ourselves,
When our heart and mind develop and become unblocked, we will advance in a timely manner,
Communicating with the spiritual energy of love, we will sow good thoughts,
Let's work constructively together and learn within joy and laughter.*



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.