



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

Infinitely Small and Subtle

The more we analyze to clarify the infinitely small and subtle, the deeper
and wider their extent,
Undergoing infinite transformations, we will awaken our consciousness on
our own,
Practicing on both social and spiritual paths, we return to our unique origin
Cultivating ourselves spiritually and progressing with a serene heart, we
will reach the opportunity of finding Buddha.

Vi Kien

Baby Tam Talking To You

From 21 February 2002 to 27 February 2002

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) *What does mutual harmony mean?*
- 2) *Why is there always war in the world?*
- 3) *Why do humans deny saving themselves?*
- 4) *What cause hatred and vengeance?*
- 5) *What should one do in order to attain one's ambitious goals?*
- 6) *What are the consequences when a spiritual adept does not practice in a righteous manner?*
- 7) *How can we develop our spiritual energy through the practice of the spiritual method?*



<p>1) Monaco, 21 February 2002 2:50 AM</p> <p>Q: <i>What does mutual harmony mean?</i></p> <p>A: Mutual harmony means that people naturally smile and enjoy each other when they meet each other.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Mutual harmony means we feel peaceful when meeting each other, With a generous heart, our affection grows and deepens, Mutual love transforms us in our spiritual awakening, Practicing love and forgiveness, we feel peace and harmony.</i></p>
<p>2) Monaco, 22 February 2002, 9:55 AM</p> <p>Q: <i>Why is there always war in the world?</i></p> <p>A: War always exists because of people's greediness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>A greedy heart causes conflicts leading to fights and rivalries, Not understanding their suffering and hardship, people wrongly believe to succeed, Subject to extreme humiliation, their consciousness does not advance, Unable to attain pureness, they cause impurities with their fights and rivalries.</i></p>
<p>3) Monaco, 23 February 2002, 5:45 AM</p> <p>Q: <i>Why do humans deny saving themselves?</i></p> <p>A: Humans are fundamentally greedy and lustful. They present all kinds of arguments to justify their behavior. They acquire a habit of laziness and cowardry which prevents them from correcting their mistakes and perfect themselves spiritually.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Disliking spiritual practice, people want to enjoy life's pleasures, Subject to suffering, they sigh and complain but constantly repeat their mistakes, Without practice, we cannot develop our spiritual mind and wisdom, Not understanding the spiritual depth, our thoughts cannot be compassionate.</i></p>
<p>4) Monaco, 24 February 2002, 3:40 AM</p> <p>Q: <i>What cause hatred and vengeance?</i></p> <p>A: Hatred and vengeance come from anger and frustration.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Anger only brings harm to the bearer, Dissipating all anger, our heart will feel pure and light, Practicing the righteous dharma, we'll advance at our own pace, The sphere of energy will illuminate our path of progression.</i></p>
<p>5) Monaco, 25 February 2002, 3:40 AM</p> <p>Q: <i>What should one do in order to attain one's ambitious goals?</i></p> <p>A: In order to attain one's ambitious goals, one must release all impure energies .</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Ignorant and blinded by impure energy, they generate hatred and vengeance, With a restless mind and body, they live in darkness, Obscured by their passions, greediness and desires, They keep generating hatred and vengeance with their agitated mind.</i></p>

6) Monaco, 26 February 2002, 2:40 AM

Q: What are the consequences when a spiritual adept does not practice in a righteous manner?

A: A spiritual adept who does not practice in a righteous manner will darken his mind, with unpredictable consequences.

Psalm

*Those who practice in an unrighteous manner do not understand their karma,
Lacking wisdom, they are angry, passionate, and go against the divine will,
They will cause immense harm to others and themselves,
Let's practice with sincerity to advance toward purification.*

7) Monaco, 27 February 2002, 4:25 AM

Q: How can we develop our spiritual energy through the practice of the spiritual method?

A: Through the practice of the spiritual method, we will naturally develop our energy at the psychic center on the central top of our head.

Psalm

*Energy that flows freely runs in a perfect cycle,
The center of energy projects light and develops according to our spiritual progression,
Returning to our unique origin, we have the opportunity for divine guidance,
Practicing with wisdom and clarity of mind, we develop ourselves inward and outward.*



Notes:

Translated by Xuan Mai.

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.