



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

God's Love And His Infinite Guidance

God's Love and His Infinite Guidance are more precious than gold,
Analyzing clearly the sphere of dharma, we will enter it on our own,
With flexibility, we will achieve the unification of our human emotions,
Understanding Heaven and Earth thoroughly, we will judge with a righteous
mind.
Vi Kien

Baby Tam Talking To You

From 14 March 2002 to 20 March 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) *How should one cultivate oneself spiritually in order to attain serenity?*
- 2) *Why do humans always love and respect their elderly mothers?*
- 3) *Where does love manifest itself and cause transformations?*
- 4) *How does the soul develop itself?*
- 5) *What does it mean to rejoice within serenity?*
- 6) *What should one do in order to love and respect oneself?*
- 7) *What should we do in order to attain spiritual liberation?*



<p>1) Monaco, 14 March 2002 5:55 AM</p> <p>Q: <i>How should one cultivate oneself spiritually in order to attain serenity?</i></p> <p>A: One should dedicate oneself to spiritual cultivation with determination in order to achieve serenity.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Let's practice and cultivate ourselves spiritually with determination in order to attain a pure heart, Stepping forward without regressing, we see our progression clearly, Analyzing clearly all spheres, we see our path of evolution, With equanimity and a serene heart, we analyze and achieve harmony on our own.</i></p>
<p>2) Monaco, 15 March 2002, 3:30 AM</p> <p>Q: <i>Why do humans always love and respect their elderly mothers?</i></p> <p>A: Humans always love and respect their elderly mothers because children cannot become responsible adults without the care of their mothers.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>With love, mothers guided their children with their sacrifices, Love and respect toward the noble Heaven will help our spiritual progression, Serving others continuously in our evolution, Let's work constructively without interruption with the silent invocation of Nam-Mo-A-Di-Da-Phat.</i></p>
<p>3) Monaco, 16 March 2002, 2:00 AM</p> <p>Q: <i>Where does love manifest itself and cause transformations?</i></p> <p>A: Love manifests itself and cause transformations from the sphere of great serenity to the agitated one.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Love manifests itself and causes transformations everywhere, A clear and wise mind comes from the grace of Heaven, Let's unify with Heaven to return to the source of lively compassion, Let's learn and cultivate ourselves spiritually within serenity without needing words.</i></p>
<p>4) Monaco, 17 March 2002, 3:05 AM</p> <p>Q: <i>How does the soul develop itself?</i></p> <p>A: The soul develops when the consciousness attains knowledge on its own.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>The soul develops when the consciousness achieves thorough knowledge, Returning to our original nature, our mind will develop, Through self-awakening, we achieve wisdom, and we will devote ourselves to spiritual cultivation with efforts and diligence, Returning to our pure nature, we will advance further toward knowledge and purity.</i></p>

<p>5) Monaco, 18 March 2002, 5:45 AM</p> <p>Q: <i>What does it mean to rejoice within serenity?</i></p> <p>A: To rejoice within serenity means that our consciousness is always well-balanced and happy.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Rejoicing within serenity, our heart attains wisdom on its own, With an infinite clarity of mind, our mind undergoes further transformations, Developing ourselves in the sphere of energy, both our heart and mind will evolve, Understanding Heaven and Earth, we keep a wise mind.</i></p>
<p>6) Monaco, 19 March 2002, 6:20 AM</p> <p>Q: <i>What should one do in order to love and respect oneself?</i></p> <p>A: In order to love and respect oneself, one should practice the meditation method in an orderly manner.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Turning toward serenity, we understand the universe, Understanding that living in the human world is like wearing shackles, With numerous ties without any resolution, When true compassion disappears, it's hard to attain peace of mind.</i></p>
<p>7) Monaco, 20 March 2002, 4:55 AM</p> <p>Q: <i>What should we do in order to attain spiritual liberation?</i></p> <p>A: In order to attain spiritual liberation, we must practice the Vo-Vi method and strive to release the impure and retain the pure energy continually. Achieving serenity means self-liberation.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Cultivating our spiritual heart and releasing impure energy, we will attain unending blessings, Liberating ourselves, we will advance and surmount obstacles on our own, Through the dharma of Buddha we will save and liberate ourselves, Practicing with diligence and equanimity, we are free of sorrow and worries.</i></p>



Notes:

Translated by Xuan Mai (Hue-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.