



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

Deep Understanding

When we understand deeply the original principle of the Divine Grace,
We'll be able to transform ourselves continuously and awaken our
consciousness for spiritual perfection,
When we master our emotions and return to our soul, we will clearly
understand the spiritual path,
Practicing with diligence and sincerity, both our mind and heart will become
wise.
Vi Kien

Baby Tam Talking To You

From 4 April 2002 to 10 April 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 causes uncontrolled sexual desires?*
- 2) *What generates human love?*
- 3) *Why do people always compete against each other in this earthly world?*
- 4) *What should we do in order to be able to leave the physical body and travel to other planes with our soul?*
- 5) *What does it mean to see our character when attaining serenity?*
- 6) *Is there any benefit in being resolute?*
- 7) *Is there any harm when we lack clarity of mind?*



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| <p>1) Paris, 4 April 2002, 8:25 AM</p> <p>Q: <i>What causes uncontrolled sexual desires?</i></p> <p>A: Uncontrolled sexual desires come from our thinking.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p><i>The heart and mind generate thoughts of excessive sexual desires, No desire will arise when we analyze and explain with a calm heart, Cruelty and harm follow when the body falls to sexual desires, Practice with diligence and equanimity to regain a peaceful body.</i></p> |
| <p>2) Paris, 5 April 2002, 8:15 AM</p> <p>Q: <i>What generates human love?</i></p> <p>A: Human love comes from the heart.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p><i>The human heart is tied to the family, When we are able to understand with our heart and mind, we'll encounter new karmic opportunities, Our consciousness will rejoice when attaining a spiritual heart, Following the guidance of The Lord on the spiritual path, we practice to improve our spiritual heart.</i></p> |
| <p>3) Paris, 6 April 2002, 4:00 AM</p> <p>Q: <i>Why do people always compete against each other in this earthly world?</i></p> <p>A: In this earthly world, people always compete against each other because of fame and self-interest.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p><i>In this earthly world, there are always lessons of wealth and fame, Observing the human nature, we turn within for self-analysis, Seeing that rivalries and possessions are temporary, we awaken our consciousness, Those who lose their equilibrium become passionate and angry.</i></p> |
| <p>4) Monaco, 7 April 2002, 5:10 AM</p> <p>Q: <i>What should we do in order to be able to leave the physical body and travel to other planes with our soul?</i></p> <p>A: In order to leave the physical body and travel to other planes with our soul, we must build a good habit. Then, when we close our eyes, we'll see that our soul resides in a difference place like a young boy facing a pure, light and illuminated scene.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p><i>The heavenly scene is light, pure, fresh and brilliant, Transcending our body and mind, we feel the brilliant light, Balancing both social and spiritual duties, we'll encounter good opportunities, Advancing with a sincere heart, we love and respect The Lord.</i></p> |
| <p>5) Monaco, 8 April 2002, 7:47 AM</p> <p>Q: <i>What does it mean to see our character when attaining serenity?</i></p> <p>A: To see our character when attaining serenity means to clearly see our wrong deeds.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p><i>Seeing our consciousness clearly, we reproach ourselves, Lacking spiritual practice, we fail to achieve results, Failing to learn successfully, we cannot analyze clearly, Maintaining lustful desires, we won't gain pure energy.</i></p> |

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| <p>6) Monaco, 9 April 2002, 12:35 AM</p> <p>Q: <i>Is there any benefit in being resolute?</i></p> <p>A: Being resolute is very beneficial.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p><i>Resolute to cultivate ourselves spiritually by our own efforts, we devote ourselves to spiritual practice, Feeling joy inwardly, we live in peace and harmony, Understanding deeply both earthly and spiritual worlds, we return to our true origin, Releasing sorrow and worries, our consciousness returns to purity.</i></p> |
| <p>7) Monaco, 10 April 2002, 7:40 AM</p> <p>Q: <i>Is there any harm when we lack clarity of mind?</i></p> <p>A: Those who lack clarity of mind will cause great harm to both their mind and body.</p> | <p style="text-align: center;"><u>Psalm</u></p> <p><i>Lacking balance, our mind has no clarity and no wisdom, Assailed by impure energies, we commit our own blunders, With a lazy body and mind, one cannot reach tranquility, Be resolute to perfect yourselves spiritually to avoid errors.</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.