



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

Fortunate Opportunity

God provides the fortunate opportunity of infinite guidance to those with a sincere determination,
Practicing the meditation exercises, we will attain peace thanks to the dharma,
Through deep spiritual transformations, we will become enlightened and compassionate on our own,
Understanding God and Buddha, our heart and mind strive for goodness.

Vi Kien

Baby Tam Talking To You

From 18 April 2002 to 24 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 should we do when encountering a fortunate opportunity?*
- 2) *How does spiritual energy surround the spiritual practitioner?*
- 3) *What is the effect of the center of energy of the universe?*
- 4) *What does it mean "to be resolute"?*
- 5) *What should we do in order to attain an enlightened mind?*
- 6) *Where does the original energy originate?*
- 7) *Why does one feel anger even though one wants to help and guide others compassionately?*



<p>1) Amphion-Les-Bains, 18 April 2002, 8:20 AM</p> <p>Q: <i>What should we do when encountering a fortunate opportunity?</i></p> <p>A: We should learn and dedicate ourselves more to spiritual training when we encounter a fortunate opportunity.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>When encountering a fortunate opportunity, we should practice more, Questioning ourselves, we increase the intensity of our memories, With an awakened consciousness and a wise mind, we will attain knowledge, Practicing with perseverance and diligence, we transform ourselves nightly.</i></p>
<p>2) Amphion-Les-Bains, 19 April 2002, 9:50 AM</p> <p>Q: <i>How does spiritual energy surround the spiritual practitioner?</i></p> <p>A: Spiritual energy surrounds the practitioner through the direction of his spiritual consciousness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Pure energy brings understanding and transformations everywhere, With courage and resolution, we practice to purify ourselves and turn to spirituality in a timely manner, When our wise mind develops, we will return to our unique origin, When we achieve thorough understanding, our consciousness will transform itself and we will advance gradually.</i></p>
<p>3) Amphion-Les-Bains, 20 April 2002, 2:25 AM</p> <p>Q: <i>What is the effect of the center of energy of the universe?</i></p> <p>A: The center of energy of the universe bestows energy upon all activities on the planet earth.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>On the highest sphere, serenity reigns and shines deeply upon us, Liberating ourselves with a clear mind, we will attain the sublime sphere, Fire and wind continually transform themselves to let us analyze the sublime dharma, Let's work constructively together to understand the true teachings.</i></p>
<p>4) Amphion-Les-Bains, 21 April 2002, 3:30 AM</p> <p>Q: <i>What does it mean "to be resolute"?</i></p> <p>A: To be resolute means that we no longer repeat our mistakes.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Resolute to dedicate ourselves to spiritual training, we no longer yield to lust and agitation, With a serene heart and mind, we turn within to analyze and search our true self, Our path no longer harbors agitation nor lust, When our mind and thinking turn to Buddha, we will advance silently on our own.</i></p>

5) Amphion-Les-Bains, 22 April 2002, 10:30 AM

Q: *What should we do in order to attain an enlightened mind?*

A: In order to attain an enlightened mind, we must release our impure energy with our own efforts.

Psalm

*When we see our character and enlighten our mind,
we will return to our origin on our own,
With an awakened mind and a wise heart, we will
understand ourselves easily,
Always thinking of the sphere of energy with a clear
mind,
Silently, we transform ourselves and turn our mind
toward our origin.*

6) Amphion-Les-Bains, 23 April 2002, 4:45 AM

Q: *Where does the original energy originate?*

A: The original energy originates in a natural and spontaneous way.

Psalm

*How can we understand the original energy guiding us
spiritually?
How can we understand the karmic relations in our
heart?
Returning to our origin through meditative knowledge,
we attain the sublime state on our own,
Releasing sorrow and worries, our life is embellished.*

7) Monaco, 24 April 2002, 9:25 AM

Q: *Why does one feel anger even though one wants to help and guide others compassionately?*

A: One feels anger even though one wants to help and guide others compassionately because one was profited by others too many times.

Psalm

*When people do not obey our explanations, our orders
are not understood,
Determined to provide spiritual guidance, we turn
within to analyze ourselves,
We keep practicing love and forgiveness,
Determined to resolve the difficulties, we touch others
with a wise and compassionate heart.*



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.