



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

Return to Unification

Uniting with our human compassion, our heart is joyful and lively,
Opening up our wise mind, we will develop our energy on our own,
Through the divine opportunity, we will develop ourselves and clearly
understand the dharma,
Learning continually, we will enlighten our consciousness on our own.

Vi Kien

Baby Tam Talking To You

From 25 April 2002 to 1 May 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 in order to practice the Vo-Vi meditation method correctly and attain equilibrium?*
- 2) *How is a person who lacks wisdom?*
- 3) *What does it mean to be half awakened and half infatuated?*
- 4) *Why is this a rare fortunate opportunity?*
- 5) *Which central point is the central point of waste and fatigue?*
- 6) *How do we develop our true heart?*
- 7) *What should we do in order to liberate ourselves from karmic debts?*



<p>1) Monaco, 25 April 2002, 6:45 AM</p> <p>Q: <i>What should we do in order to practice the Vo-Vi meditation method correctly and attain equilibrium?</i></p> <p>A: In order to practice the Vo-Vi meditation method correctly and attain equilibrium, we should devote ourselves to the spiritual practice with diligence and perseverance.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>We must practice to return to our true origin with the righteous dharma, With a serene heart and mind, we will purify ourselves on our own, Returning to emptiness, we are light and pure, as we advance on the spiritual path, Releasing our sorrow and worries, we regain our compassion on our own.</i></p>
<p>2) Monaco, 26 April 2002, 5:35 AM</p> <p>Q: <i>How is a person who lacks wisdom?</i></p> <p>A: A person who lacks wisdom is someone who can become angry easily.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Lacking wisdom, they are unable to cultivate themselves spiritually and achieve harmony, Always competing in every matter, they are unable to analyze and surmount the obstacles, Unable to practice, they cannot advance and return to their true origin, Harming themselves, they are unable to change in order to surmount the obstacles.</i></p>
<p>3) Frankfurt, 27 April 2002, 9:00 AM</p> <p>Q: <i>What does it mean to be half awakened and half infatuated?</i></p> <p>A: A person who is half awakened and half infatuated has lost equilibrium in his consciousness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>With a restless body, we only cause suffering to ourselves, With an agitated soul, our mind cannot attain clarity, Knowing that we lack equilibrium, we should modify our path, But with a sorrowful heart and burdened mind, we are unable to make a decision.</i></p>
<p>4) Frankfurt, 28 April 2002, 6:05 AM</p> <p>Q: <i>Why is this a rare fortunate opportunity?</i></p> <p>A: This is a rare fortunate opportunity because the flux of energy among heaven, earth, and man is seldom unified.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>When our energy is blocked, we do not see the rare fortunate opportunity, Changing constantly in a disorderly way, we remain anxious, Not yet able to encounter the rare spiritual opportunity, We should practice sincerely without holding to any expectations.</i></p>

5) Monaco, 29 April 2002, 8:50 AM

Q: Which central point is the central point of waste and fatigue?

A: The central point of waste and fatigue is the central point which shows a slow weakening.

Psalm

*The central point of waste and fatigue is shown through a gradual weakening,
With a tired mind and heart, we are angry with ourselves,
For lack of wisdom, the body must bear the consequences of the mind's deeds,
Without clarity of mind, we have difficulty to take notice.*

6) Monaco, 30 April 2002, 4:40 AM

Q: How do we develop our true heart?

A: We develop our true heart by achieving balance of our inner consciousness.

Psalm

*Developing our true heart, we transform ourselves and our body,
With a clear analysis, we will advance and relate to divine love on our own,
Loving and respecting both social and spiritual life, we practice and advance on both planes,
Observing human emotions and worldly events, we turn within for self-knowledge.*

7) Monaco, 1 May 2002, 7:15 AM

Q: What should we do in order to liberate ourselves from karmic debts?

A: In order to liberate ourselves from karmic debts, we must cultivate ourselves spiritually with our own efforts.

Psalm

*In order to liberate ourselves, we must practice spiritual perfection,
Developing our soul, we will dissipate our blindness on our own,
Analyzing clearly the sphere of energy, we'll be free from the earthly prison,
With a sincere heart and serenity, we cultivate ourselves spiritually on our own.*



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.