



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

Awakening The Consciousness

Awakening our consciousness, we rectify ourselves and have the
opportunity for infinite divine guidance,
With a serene heart and mind, we practice the silent invocation of Nam-Mo-
A-Di-Da-Phat,
Earthly relationships can be dark and ungrateful, and it is hard to detach
ourselves,
Releasing our worries and sorrow, we awaken from our struggles.
Vi Kien

Baby Tam Talking To You

From 16 May 2002 to 22 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) *Is there any benefit in practicing with determination to achieve spiritual progress?*
- 2) *Is there any benefit in abandoning material matters and to devote oneself to spiritual perfection?*
- 3) *Does a serene environment bring any benefit?*
- 4) *What should we do when we want to help and guide others through our compassionate heart?*
- 5) *Is there any benefit in having an assembly of people with a sincere heart?*
- 6) *Does the deep love between mother and child remain forever in one's heart?*
- 7) *Is there any benefit for meditation practitioners to love and remember each other?*



<p>1) Montreal, 16 May 2002, 3:10 AM</p> <p><i>Q: Is there any benefit in practicing with determination to achieve spiritual progress?</i></p> <p>A: Those who practice with determination in order to achieve spiritual progress will gain great benefits and won't be misled onto the wrong path.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Let's practice with determination to advance spiritually and avoid taking the wrong path, As our soul evolves, we can easily be kind and loving, Opening up our compassionate heart, we practice together to progress, With perseverance, we work constructively to help people from all means.</i></p>
<p>2) Montreal, 17 May 2002, 4:20 AM</p> <p><i>Q: Is there any benefit in abandoning material matters and to devote oneself to spiritual perfection?</i></p> <p>A: To abandon material matters and to devote oneself to spiritual perfection, i.e., to practice with determination and with one's own efforts, will bring great benefits to both the mind and body.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Practice with determination and self-reliance for the common benefit, Perfect yourselves spiritually in silence to advance toward infinity, When we practice and unblock our energy, we will awaken ourselves and return to our true origin, Releasing our sorrow and worries, we vow to contribute our part.</i></p>
<p>3) L'Ermitage Saint Antoine-Lac Bouchette, 18 May 2002, 8:30 AM</p> <p><i>Q: Does a serene environment bring any benefit?</i></p> <p>A: In a serene environment, it is very easy to practice with determination to advance spiritually.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>With naturalness and spontaneity, our heart and mind are peaceful, As our consciousness awakens, we practice truthfully and become compassionate naturally, Loving and respecting the noble Lord with His infinite guidance, We maintain our serenity, with a tranquil mind and body.</i></p>
<p>4) L'Ermitage Saint Antoine – Lac Bouchette, 19 May 2002, 6:15 AM</p> <p><i>Q: What should we do when we want to help and guide others through our compassionate heart?</i></p> <p>A: To help and guide others through our compassionate heart, we must engage ourselves to practice diligently.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Dedicated to spiritual practice, we perfect ourselves spiritually with each step, Releasing the impure in our mind and body, our consciousness awakens in stages, Learning continuously, we achieve our spiritual position on our own, Returning to our original nature through meditative knowledge, we advance in stages.</i></p>

5) Montreal, 20 May 2002, 8:55 AM

Q: *Is there any benefit in having an assembly of people with a sincere heart?*

A: To have an assembly of people with a sincere heart is very beneficial. We will all feel the warmth and love, and the deep understanding and emotions.

Psalm

*Loving and respecting the Lord, we are immersed in
His principle,
In the warm and loving environment, it's easy to
forgive others,
In this reunion, we learn about unexpected matters,
With a serene heart, we analyze them with calmness.*

6) Montreal, 21 May 2002, 10:25 AM

Q: *Does the deep love between mother and child remain forever in one's heart?*

A: The deep love between mother and child remains forever in one's heart and there is always a strong remembrance.

Psalm

*The Lord has arranged the loving relationship,
We should release our sorrow and worries in the
moment of strong remembrance,
We should remind ourselves of this fortunate
opportunity for human love,
Let's practice the righteous dharma to attain the
sublime on our own.*

7) Montreal, 22 May 2002, 2:45 AM

Q: *Is there any benefit for meditation practitioners to love and remember each other?*

A: There is a great benefit for meditation practitioners to love and remember each other. They will no longer feel lonely.

Psalm

*With spiritual practice, we advance and transform
ourselves, and truly love each other,
To develop our spiritual consciousness is a sacred
wonder,
Learning in all situations, we appreciate the past and
present,
Working constructively together, we understand from
beginning to end.*



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.