



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

Serene Heart

With a serene heart, we practice with diligence and develop ourselves accordingly,
Thanks to the divine original principle, we return to kindness naturally,
With a clear and wise mind, our heart becomes more serene,
Returning to our true nature through meditative knowledge, our mind analyzes the subtle dharma.

Vi Kien

Baby Tam Talking To You

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 does one develop the heart sutra?*
- 2) *What do you think about the people who have worked with you now and in the past?*
- 3) *When you receive services from someone, you have to compensate them in return. But what is a just compensation?*
- 4) *There are so many things to take care of in our daily life. How can we have peace of mind to practice meditation through the whole night?*
- 5) *What can we do to overcome these bad habits?*
- 6) *What is bad karma?*
- 7) *What is good karma?*



August 29, 1991

1) Q: How does one develop the heart sutra?

A: The heart sutra develops from the law of constant evolution. Thus, I often said: "If the spiritual heart is present, the spirit of courage, free of doubts and worries, is also present. On the contrary, when the spiritual heart is absent, one is constantly assailed by doubts and worries." The spiritual heart also serves as an open book to record a human's immensurable abilities. A person with a spiritual heart never thinks of self-interest, but always cares about serving humanity. His compassionate light would then vibrate strongly. The spiritual heart is beyond space and time, and remains eternal through innumerable births and rebirths.

August 29, 1991

2) Q: What do you think about the people who have worked with you now and in the past?

A: I always appreciate and deeply respect all those who have helped me now and in the past. They are all my benefactors on this earth.

August 29, 1991

3) Q: Do you think about compensating them?

A: When you receive services from someone, you have to compensate them in return. But what is a just compensation? I only see that I must cultivate myself with full sincerity on the spiritual path in order to truly thank all the people who wish for my achievement. When I am able to free myself from sufferings through my spiritual practice, all the people who think about me will also feel lighter in their heart. Thus, I am doing a task that serves all. I only know that I must practice assiduously during the long and silent nights.

August 30, 1991

4) Q: There are so many things to take care of in our daily life. How can we have peace of mind to practice meditation through the whole night?

A: This is just a question of habit. If we think this is a good habit, we will strive to cultivate ourselves on the spiritual path both day and night. Our future will certainly look brighter and become more secure. If we aim our thoughts toward nothingness, we will benefit more. Everyday, we will make more progress on the spiritual level. We will become aware that passion and intransigence are hurting the soul and prevent a balanced flow of energy inside the body, which is the cause of many illnesses. We will understand that we are born empty-handed, but we have a sincere and intelligent mind. We should not hold on to worldly matters and pollute our mind this way. Otherwise, when leaving this earth, we will no longer know which way to go with our mind blinded by passions and our brains blocked by impure energy. Whose fault is it? Isn't it because we have nurtured unnecessary things, which then turn into harmful habits?

August 30, 1991

5) Q: *What can we do to overcome these bad habits?*

A: We know how to cook meals to feed ourselves, so we must know how to create favorable circumstances to help our soul progress. This just follows the orderly law of eternal mutation and reproduction. We must work to achieve success. We must practice to become enlightened. It is very difficult to have a human body, and even more difficult to find the right spiritual method. Today we have both. What are we waiting for instead of cultivating ourselves on the spiritual path to reach the ultimate goal? The compassionate love of countless spirits is guiding our consciousness and helping our progression. If we analyze the situation with clarity, peace is everywhere. Only desires and passions cause agitation. Therefore, we should follow the spiritual path to improve both our mind and body. Even long nights can become short with practice. The vibrations of our mind will become faster and lighter. We will experience the supernatural civilization. Serenity is our salvation. If we advance toward serenity, we will eventually reach enlightenment. There will no longer be good or bad karma.

August 30, 1991

6) Q: *What is bad karma?*

A: You build bad karma when you abandon your true “self”.

August 30, 1991

7) Q: *What is good karma?*

A: Good karma means to cultivate oneself diligently on the spiritual path without calculations. One will acquire happiness in the future. For example, today, we enjoy plenty of food and clothing thanks to the good karma from our charitable deeds in our previous lives. Therefore, we should not create agitation for risk of damaging our good karma. Instead, we should mend our ways with diligence to keep growing the seeds of benevolence in our heart. We will then always enjoy a glorious future regardless of where we would land in our next reincarnation.



Notes:

The attached translation is a rough draft of Muc Be Tam from the current Vietnamese LED Weekly version, which 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.