



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

Serenity

All things in this earthly world return to emptiness eventually,
With the spiritual opportunity, we learn and advance gradually,
Practicing the righteous dharma, we have a good opportunity for self-
improvement,
Having a light mind and a pure heart, we advance diligently.

Vi Kien

Baby Tam Talking To You

from 22 October 2000 to 28 October 2000

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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 for the soul to leave the body?*
2. *Is it easy to practice meditation when our character is filled with passion and intransigence?*
3. *Is it true that greediness always increases in people's hearts?*
4. *Why are loyal people always angry when they are being cheated?*
5. *Why are wishes always endless?*
6. *What does life and death mean?*
7. *How do we feel when seeing the worries and sorrow of others?*



<p>Atlantic City, 22 October 2000 Q: <i>Is there any benefit for the soul to leave the body?</i></p> <p>A: Only when the soul leaves the body, will it have the opportunity to learn the spiritual teaching of equilibrium from The Lord and The Buddha.</p>	<p><u>Psalm</u> <i>Leaving the physical body, the soul learns new lessons, Entering the sphere of purity, we build our own faith, With an unfailing faith, we keep a serene heart, Releasing our karma, our true soul communicates with heaven.</i></p>
<p>Atlantic City, 23 October 2000 Q: <i>Is it easy to practice meditation when our character is filled with passion and intransigence?</i></p> <p>A: Those who are still angry, passionate, and intransigent, will meditate with difficulty. Their mind is not clear, their heart is closed, and they only cause agitation to themselves.</p>	<p><u>Psalm</u> <i>Without spiritual perfection, they remain restless, Agitation, anger, and passion make their heart wicked, Without a serene heart and mind, they cannot receive the Divine Grace, Ignoring spirituality and virtue, their heart remains wicked.</i></p>
<p>Atlantic City, 24 October 2000 Q: <i>Is it true that greediness always increases in people's hearts?</i></p> <p>A: Usually, it is hard to abandon greediness because people are blinded by self-interest and fame.</p>	<p><u>Psalm</u> <i>Fame and self-interest hinder spiritual practice and cause agitation, Blinded by their money and possessions, Their heart and mind are restless because of self-interest, Entangled in worldly affairs, they lose their deep compassion.</i></p>
<p>Atlantic City, 25 October 2000 Q: <i>Why are loyal people always angry when they are being cheated?</i></p> <p>A: Honest people are often cheated by others.</p>	<p><u>Psalm</u> <i>Honest people are not afraid of unrighteousness and perturbances, As sincere spiritual adepts, they keep their loyal faith, Void of agitation, they maintain their calmness, Practicing the righteous dharma, they release impurities both inside and outward.</i></p>
<p>Atlantic City, 26 October 2000 Q: <i>Why are wishes always endless?</i></p> <p>A: Wishes always derive from an unending hope.</p>	<p><u>Psalm,</u> <i>We always wish to realize our great vow, Keeping a calm heart, we follow the divine destiny, Practicing the true dharma, we strive to unify ourselves with the Lord, Maintaining our serenity, we communicate with The Lord naturally.</i></p>
<p>Atlantic City, 27 October 2000 Q: <i>What does life and death mean?</i></p> <p>A: Life means existence and fighting, death means evolution. As long as we are alive, we must follow the law of cause and effect. No one can escape it.</p>	<p><u>Psalm</u> <i>Life and death are scenes of this earthly world, Through suffering and adversities, the soul learns progression, Regretting our wrongdoings, we return to true compassion, How joyful to devote ourselves to spiritual perfection!</i></p>

Atlantic City, 28 October 2000

Q: How do we feel when seeing the worries and sorrow of others?

A: Our heart is touched by the sorrow and worries of others, because suffering equally affects everyone on this earth. This proves that we are all related through spiritual energy.. We rejoice when seeing the joy of others, and we feel sorry when seeing their suffering.

Psalm

*All living beings progress on the same path on this earth,
Seeing the adversities of others, we feel compassion and
sorrow,*

*Viewing the agitated scenes, our heart instantly feels
compassion,*

Compassion in each heart shows the Divine Grace.



Translated by Xuan Mai

Please contact **maioro@yahoo.com** if you wish to receive the English LEDs via email, or if you want to join the English translation team, or contribute an article about your own spiritual experience. Your comments and contributions are welcome. Thank you.

Notes:

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
