



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

Practice for self-perfection

Practice with perseverance and diligence to obtain results,
With an enlightened mind, we see our character and commune with pure
energy,
Abandoning profane emotions, we no longer become attached,
Developing deep spiritual love, we enter the sphere of our soul and astral
body.
Vi Kien

Baby Tam Talking To You

from 9 February 2002 to 15 February 2002

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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. *What should one do in order to fully eradicate a bad character and bad habits?*
2. *Why is our mind agitated?*
3. *What should one do to perceive the pure energy?*
4. *Is there any benefit in repenting one's mistakes?*
5. *Do profane people gain any benefit from their envy and doubts?*
6. *Does peace have any value and benefit?*
7. *How can we learn to be compassionate?*



<p>Atlantic City, 9 February 2002, 3:25 AM <i>Q: What should one do in order to fully eradicate a bad character and bad habits?</i></p> <p>A: In order to fully eradicate a bad character and bad habits, one must practice the spiritual method with diligence and correct one's mistakes. Then one will get good results.</p>	<p><u>Psalm</u> <i>To maintain the will and spirit for self-perfection is most important, We practice the righteous dharma inward and outward, Observing human dignity, we improve ourselves with sincerity, Loving and respecting our mind and body, we keep a loyal faith.</i></p>
<p>Atlantic City, 10 February 2002, 2:35 AM <i>Q: Why is our mind agitated?</i></p> <p>A: Our mind is agitated because it is directed toward needless matters.</p>	<p><u>Psalm</u> <i>Our heart is filled with agitation because of passion and infatuation, Causing suffering and restlessness, our mind remains agitated, Unable to sleep, we know no peace with the upheavals, Those who turn to the Lord with a serene heart will discover their true self.</i></p>
<p>Atlantic City, 11 February 2002, 9:35 AM <i>Q: What should one do to perceive the pure energy?</i></p> <p>A: In order to perceive the pure energy, one should let one's heart harmonize with the spontaneity and naturalness of Heaven and Earth.</p>	<p><u>Psalm</u> <i>Naturalness and spontaneity mean common harmony, The true nature of our original soul is very sincere, We are deeply touched when perceiving our true original nature, Appreciating the lively divine love, we turn within for self-analysis.</i></p>
<p>Atlantic City, 12 February 2002, 3:55 AM <i>Q: Is there any benefit in repenting one's mistakes?</i></p> <p>A: To repent one's mistakes is very beneficial.</p>	<p><u>Psalm</u> <i>With a sincere heart, we practice and repent our mistakes, Opening our spiritual mind and consciousness, we turn toward the sphere of pureness, Those who refuse to improve themselves will err on the wrong path, Due to passion and delusion, they lose their pureness.</i></p>

<p>Atlantic City, 13 February 2002, 8:35 AM <i>Q: Do profane people gain any benefit from their envy and doubts?</i></p> <p>A: Profane people only form a bad habit with their envy and doubts.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Slandering others causes agitation and anger, Those with unrighteous desires are restless and like to spread rumors, To delve into the affairs of others brings no benefit, With forgiveness and generosity, we'll build our compassion.</i></p>
<p>Atlantic City, 14 February 2002, 9:25 AM <i>Q: Does peace have any value and benefit?</i></p> <p>A: Peace has great value and will benefit the people.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Peace will transform our most profound thoughts, To resolve spiritual matters will resolve our worries, We'll no longer be attached to agitated matters, Purifying ourselves, we advance spiritually and understand the spiritual subtleties.</i></p>
<p>Atlantic City, 15 February 2002, 9:55 AM <i>Q: How can we learn to be compassionate?</i></p> <p>A: Before learning compassion, we must first learn determination and detachment.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Turn to emptiness and all things will resolve, Judging clearly the pure and impure, we control our emotions, As our wisdom develops, we resolve matters quickly, Practicing the righteous dharma, we turn within for self- instropection.</i></p>



Translated by Xuan Mai

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.