



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

Spiritual Commitment

Committed to save ourselves and others infinitely, we dissipate our sorrow,
With a wise mind and a clear judgment, we are united on the same boat,
Evolving continuously within spiritual awakening,
We attain equilibrium and serenity, and clearly see the beginning and end.

Vi Kien

Baby Tam Talking To You

From 6 July to 11 July 1997

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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) *When our head is round, will our energy be rounded too?*
- 2) *Why are there so many crazy people on earth?*
- 3) *Why can the human brain invent many new innovations?*
- 4) *Why does everybody turn his mind toward spiritual cultivation and liberation?*
- 5) *What is "Huyen-Vi" (mysterious and infinitely small)?*
- 6) *How do we achieve serenity?*
- 7) *Why don't humans accept to take responsibility for them?*



Atlantic City, 6 July 1997 4:15 AM

Q: When our head is round, will our energy be rounded too?

A: Roundness means fundamentally neither superfluous nor lacking. The thirty-six stars of the Heavenly Law always shine upon and communicate with the mind and body of the meditation practitioner of the Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha. The more we practice, the more our brain becomes illuminated within serenity, and we realize on our own that our head is always round and serene. We will no longer be worried and live within spontaneity and naturalness.

Psalm

*With a benevolent heart and a strong resolution, we
live in peace and tranquility,
We neither cause complications nor sorrow,
We are determined in our earthly emotions and
spiritual relations,
With equanimity, we practice diligently and have
neither worries nor sorrow.*

Atlantic City, 7 July 1997 4:15 AM

Q: Why are there so many crazy people on earth?

A: When we descend into an impure physical body on earth, our life must follow the agitated direction of the body. Both our mind and body have to bear the law of karmic retribution accumulated since many lifetimes, and evolve in accordance with the karmic relations. Our soul must endure all kinds of actions and reactions in its environment. Whether we agree or not, we have no choice but acceptance. We must learn about patience and resignation in order to evolve further in the last period of our remaining life. If we refuse to cultivate ourselves spiritually and cause instead additional karmic debts, our soul will not achieve awakening and will continue on the path of anger, passions, infatuation and agitation, without a way to liberate the mind and body.

Psalm

*Without spiritual cultivation, we will augment our
stupidity,
Causing suffering and creating infatuation, we have
difficulty to analyze clearly,
Our mind lacks wisdom and cannot understand the
spiritual path,
Imprisoning ourselves, we harm ourselves and slowly
dissipate our energy.*

Atlantic City, 8 July 1997 3:40 AM

Q: Why can the human brain invent many new innovations?

A: The human brain is special and encompasses energy which relates to Heaven and Earth and is able to transform itself from an extremely agitated state to an extremely serene state. Therefore, man is able to understand many new innovations which he does not know in advance. In the same manner, when the meditation practitioner of the Vo-Vi Method of Esoteric Science and Dharma of Buddha practices with his own efforts to reach serenity, he will be able to develop and enlighten himself. His words and actions will always be clear and concise thanks to the meditation practice which gives him stability and clarity of mind.

Psalm

*Attaining enlightenment and wisdom, we understand
ourselves and analyze ourselves clearly,
We now understand the original principle of the human
brain and our own selves,
Which relate to each other continuously within
awakening,
Whether there is existence or non-existence, we
clearly see our spiritual journey.*

Atlantic City, 9 July 1997 4:20 AM

Q: Why does everybody turn his mind toward spiritual cultivation and liberation?

A: Our soul descends into an agitated body and has difficulty to analyze its own journey. Therefore, we want to understand with our own efforts what formed the original principle of Heaven and Earth and where we would go. Repenting our mistakes, we search for a way to liberate ourselves. "It is rare to be born in a human body, and it is rare to encounter a righteous dharma". If one has difficulty to understand the original principle of Heaven and Earth one would become confused and does not know a way to liberate oneself. In reality, only with serenity will we be able to defeat all temporary maneuvers of disturbances in this ephemeral world. We cannot make progress because of lust and greediness. When the Yin and Yang are united, it is like a full moon shining a bright light, and all matters will be resolved in a peaceful manner. Only compassionate love and forgiveness are the root of the righteous dharma of the whole universe. "Compassion and Forgiveness" is the motto for an infinite evolution.

Psalm

*On our own, we diligently spend efforts to correct ourselves and evolve spiritually,
Developing our soul, we turn within to analyze ourselves,
Void of attachments to either the social or spiritual path,
With equilibrium and serenity, we advance and ascend to higher levels.*

Atlantic City, 10 July 1997 3:25 AM

Q: What is "Huyen-Vi" (mysterious and infinitely small)?

A: "Huyen-Vi" means the smallest and lightest, forming the beautiful light in our inner consciousness. The Vo-Vi meditation practitioner who meditates well and reaches serenity will open up his intuitive knowledge and develop the mysterious aspects in his inner consciousness. Only when he starts seeing sparks of light, would he truly see the mysterious and infinitely small sceneries of Heaven and Earth, which bring spiritual opportunities to further help the practitioner in his chance for spiritual development.

Psalm

*Understanding the original principle clearly, we communicate with the Lord on our own,
Learning and training ourselves constantly, we will advance and surmount obstacles on our own,
Our heart is resolute toward earthly emotions and spiritual relations,
With perseverance, we devote ourselves to spiritual training and perfection in order to attain tranquility.*

Atlantic City, 10 July 1997 (bis) 2:40 AM

Q: How do we achieve serenity?

A: We achieve serenity by establishing order in our inner consciousness and inner organs. After our mind and body experience difficult circumstances and are persecuted by our greediness, we finally accept to resolutely devote ourselves to spiritual perfection in order to advance and attain equilibrium, and to develop our own intuitive knowledge in order to reach tranquility.

Psalm

*When our consciousness awakens, we abandon earthly attachments and live in peace,
We are neither moved to tears nor sorrowful,
Advancing continuously on the social and spiritual paths with resolution,
On our own, we surmount obstacles with equanimity and serenity.*

Atlantic City, 11 July 1997 4:45 AM

Q: Why don't humans accept to take responsibility for them?

A: Humans do not accept to take responsibility for them, because when they are born, they have received the love and affection of their parents, and are used to rely on the guidance and advancement of the external world. Consequently, they have generated a habit of dependency, like to enjoy themselves and praise worldly matters, and forget the original principle of their own survival. They are always worried, but do not know why they have to be worried.

Psalm

*Ignoring the path of austere practice, they advance in
a tortuous manner,
Holding to intransigence and generating infatuation,
they have difficulty to listen to advice,
Unable to attain a spiritual mind, their heart is agitated,
Humans who cling to their physical body will continue
to be blinded by their passions and groping in the dark.*



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.
