



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

Sincerity

With sincerity we learn by ourselves the principle of true practice ,
Learning continuously, we release our own blindness,
Dissipating our superstitious beliefs, we return to our unique origin,
Practicing the true method, we advance gradually.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 10 August 2003 to 16 August 2003

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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 is the pure and original nature?*
2. *What does it mean to enlighten one's mind and see one's character?*
3. *How are we reunited within love?*
4. *How do we love and respect Heaven?*
5. *How can we restore our equilibrium?*
6. *What is the benefit of restoring our equilibrium?*
7. *Why do we need to have a clear and wise mind?*



Atlantic City, 10 August 2003 8:00 AM

Q: *What is the pure and original nature?*

A: The pure and original nature is the root of peace.

Psalm

*The root of peace lies in the pure and original nature,
Practicing with sincerity, we open our spiritual mind
and understand ourselves silently,
Learning continuously, we awaken our own
consciousness,
Working constructively with a sincere heart, we no
longer commit errors.*

Atlantic City, 11 August 2003, 10:50 AM

Q: *What does it mean to enlighten one's mind and see one's character?*

A: To enlighten one's mind and to see one's character means that one understands oneself.

Psalm

*When our mind is enlightened and we see our
character, we naturally regain our compassion,
With a peaceful heart and mind, we overcome
obstacles on our own,
Using our own observations, we judge matters with
justice and clarity,
Returning to purity and wisdom, our heart is naturally
kind.*

Atlantic City, 12 August 2003, 10:00 AM

Q: *How are we reunited within love?*

A: To be reunited within love, we have to turn our mind toward the Lord.

Psalm

*Reunited within love, our thoughts and mind are
dedicated to spiritual perfection,
Transforming ourselves, we become serene and
happy, and our mind is free of blinded passions,
Developing our own nature, we are void of agitation,
Practicing with sincerity and diligence, we turn within
to analyze ourselves.*

Atlantic City, 13 August 2003, 10:10 AM

Q: *How do we love and respect Heaven?*

A: We love and respect Heaven by keeping our mind elevated and directed toward the Lord.

Psalm

*Returning to our origin through meditative
contemplation, we unify our mind,
Through spiritual transformations, we open up
ourselves and develop true compassion,
Through spiritual awakening, we appreciate the
spiritual energy of the whole community,
To work constructively together depends on our own
mind.*

Atlantic City, 14 August 2003, 6:00 AM

Q: *How can we restore our equilibrium?*

A: We must practice the cyclical breathing without retention continuously in order to be able to restore our equilibrium.

Psalm

*To restore our original energy is the principle of progress,
The method of true compassion clearly resolves social and spiritual matters,
Returning to purity and serenity, our heart and mind are peaceful,
Releasing our worries and sorrow, our mind becomes compassionate.*

Atlantic City, 15 August 2003, 11:00 AM

Q: *What is the benefit of restoring our equilibrium?*

A: To restore our equilibrium is very helpful so that we can act with a clear and wise mind.

Psalm

*With equilibrium and wisdom, we judge matters clearly ourselves,
Through deep spiritual transformations, we understand the divine love clearly,
With God's infinite guidance, we succeed on the spiritual path,
With a serene heart and tranquility, we restore our own equilibrium.*

Atlantic City, 16 August 2003, 11:10 AM

Q: *Why do we need to have a clear and wise mind?*

A: We need to have a clear and wise mind in order to serve others well.

Psalm

*When serving others, we need clarity of mind and wisdom,
Advancing with a sincere heart, we dissipate our blinded passions,
When our spiritual mind develops, we easily return to peace and contentment,
Knowing things in advance early, we keep adapting ourselves continuously.*



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.
