



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

Knowledge and Wisdom

With abundant knowledge and wisdom, we are void of agitation,
Analyzing social and spiritual matters clearly, we turn within for self-study,
Returning to our pure origin and divine love, we learn with clarity and
wisdom,
Returning to the sphere of energy, our energy develops harmoniously.

Respectfully,
Vi Kien

Baby Tam Talking To You

from 23 November 2003 to 29 November 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 most necessary to understand?*
2. *What does it mean to release our impurities and to judge clearly?*
3. *What should we practice?*
4. *What should we do in order develop ourselves spiritually with a sincere heart?*
5. *How can we regulate our blood circulation?*
6. *What characterizes daily life?*
7. *What is life's philosophy?*



Atlantic City, 23 November 2003 8:47 AM

Q: *What is the most necessary to understand?*

A: To understand the spiritual evolution of the soul is the most necessary.

Psalm

*To advance spiritually is very precious and necessary,
In silence, we progress and understand gradually on
our own,
Turned toward the Lord, we cultivate our serenity and
have the opportunity for divine guidance,
Awakening ourselves, we turn to spirituality to resolve
our impurities.*

Atlantic City, 24 November 2003, 4:10 AM

Q: *What does it mean to release our impurities and to judge clearly?*

A: To release our impurities and to judge clearly means to sincerely devote ourselves to spiritual practice.

Psalm

*Returning to our pure origin, we analyze and practice
on our own,
Without fights and rivalries, we turn toward purity on
our own,
Success comes from our own efforts to return to the
unique origin,
Releasing blinded passions and intransigence, we will
advance gradually.*

Atlantic City, 25 November 2003, 9:30 AM

Q: *What should we practice?*

A: We should practice to develop our inner consciousness with the Vo-Vi Meditation, the esoteric science of the dharma of Buddha.

Psalm

*We follow the original principle and practice spiritual
perfection with a sincere heart,
Releasing our impurities, we liberate ourselves and
dissipate our stupidity,
Working concretely to help humanity, we return to our
origin,
With a bright heart and mind, we will avoid the karma
of our body.*

Atlantic City, 26 November 2003, 2:25 AM

Q: *What should we do in order develop ourselves spiritually with a sincere heart?*

A: In order to develop ourselves spiritually with a sincere heart, we should turn our heart toward the Lord and Buddha.

Psalm

*To practice with a sincere heart, we should turn to the
Lord,
Evolving infinitely, we appreciate the wonderful and
deep spiritual principle,
Developing the wonderful method, our spiritual mind
progresses silently,
Working constructively together, we dissolve the
impure energies.*

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| <p>Atlantic City, 27 November 2003, 3:00 AM Q: <i>How can we regulate our blood circulation?</i></p> <p>A: To regulate our blood circulation, we should eat and drink with the greatest discipline.</p> | <p style="text-align: center;">Psalm</p> <p style="text-align: center;"><i>It is very important to eat and drink with discipline, With a sincere heart, we awaken our own consciousness and practice diligently, Without blinded passions and intransigence, we are always kind and generous, Developing ourselves inward and outward, we release our own impurities.</i></p> |
| <p>Atlantic City, 28 November 2003, 5:40 AM Q: <i>What characterizes daily life?</i></p> <p>A: Daily life is only marked by greediness.</p> | <p style="text-align: center;">Psalm</p> <p style="text-align: center;"><i>Daily life is only marked by greediness, With unfulfilled dreams, the body is restless, Lacking a good spiritual practice, we should turn within for self-analysis, On our own, we should work to release our sorrow and worries.</i></p> |
| <p>Atlantic City, 29 November 2003, 8:00 AM Q: <i>What is life's philosophy?</i></p> <p>A: Life's philosophy means we should live in harmony with our spiritual heart and spiritual truth.</p> | <p style="text-align: center;">Psalm</p> <p style="text-align: center;"><i>With a clear and wise philosophy, we purify ourselves and advance spiritually, Resolving social and spiritual matters, we develop our own wisdom, Correcting ourselves, we advance on our own and see the path clearly, Whether spiritual or social opportunities, we always turn to spirituality.</i></p> |



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.