



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

Happy New Year of the Rooster

Dear Friends, in the New Year of The Rooster (2005) I am rejoicing with you,
With Compassion and Virtue, let's surmount all obstacles on our own,
Karmic opportunities on the social and spiritual planes are guiding us to advance on
the spiritual journey,
Wishing you a Happy New Year where you will awaken your consciousness through
meditative contemplation.

*Respectfully,
Vi Kien 1 January 2005*

Baby Tam Talking To You

from 9 December 2004 to 15 December 2004

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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 does it mean to return to the origin?*
- 2) *What does it mean "there is non-existence in existence"?*
- 3) *What does it mean "there is existence in non-existence"?*
- 4) *What is the best way to practice meditation?*
- 5) *A person who does not learn will not gain understanding?*
- 6) *What is the proper way to be honest?*
- 7) *What does it mean to make up stories?*



<p>Atlantic City, 9 December 2004 1:01 AM Q: <i>What does it mean to return to the origin?</i></p> <p>A: To return to the origin means to return to wherever we come from.</p>	<p style="text-align: center;">Psalm</p> <p><i>From emptiness we come, to emptiness will we return, Learning infinitely, we will awaken our consciousness on our own, Returning to unity, our compassion is constant, With a strong faith, we will awaken ourselves and attain peace on our own.</i></p>
<p>Atlantic City, 10 December 2004 3:53 AM Q: <i>What does it mean “there is non-existence in existence”?</i></p> <p>A: There is non-existence in existence, i.e., there is light.</p>	<p style="text-align: center;">Psalm</p> <p><i>Existence in non-existence means to practice within enlightenment, As divine blessings shine everywhere, we will turn to purity on our own, Returning to compassion and observing the spiritual rules, With love and spiritual virtue, we clearly see our path of progress.</i></p>
<p>Atlantic City, 11 December 2004 4:06 AM Q: <i>What does it mean “there is existence in non-existence”?</i></p> <p>A: There is existence in non-existence, i.e., coming from emptiness we will return to emptiness.</p>	<p style="text-align: center;">Psalm</p> <p><i>Coming from emptiness, we will return to the sphere of emptiness, Through deep spiritual transformations we will understand earthly matters, Returning to unity and compassion everywhere, We will learn with a serene heart to understand heaven thoroughly.</i></p>
<p>Atlantic City, 12 December 2004 2:21 AM Q: <i>What is the best way to practice meditation?</i></p> <p>A: The best way is to practice the meditation method in a correct manner.</p>	<p style="text-align: center;">Psalm</p> <p><i>Practicing the righteous dharma, we will open up our spiritual consciousness, Through deep spiritual transformations, we will advance and search for our true self, Undergoing infinite transformations, we will release our own blindness, Advancing and practicing together, we will attain enlightenment in all aspects.</i></p>

Atlantic City, 13 December 2004 4:55 AM

Q: *A person who does not learn will not gain understanding?*

A: As humans, if we refuse to learn, we only blind ourselves.

Psalm

*By learning, we will develop our mind,
With infinite flexibility, we will contribute on our own,
With a clear and wise mind, we will awaken ourselves
and understand on our own,
With thorough knowledge, our mind awakens and we
will follow the spiritual discipline on our own.*

Atlantic City, 14 December 2004 3:31AM

Q: *What is the proper way to be honest?*

A: The proper way to be honest is to say what one knows without making stories up.

Psalm

*To say what there is to say is the proper way,
God loves honest people and esteems them more
than gold,
Our body and mind are tranquil and our words are
serene,
Awakening our own consciousness, we will receive
light from the dharma.*

Atlantic City, 15 December 2004 0:52 AM

Q: *What does it mean to make up stories?*

A: To make up stories means to say things that are untruthful.

Psalm

*To lie and make up stories bring no benefit,
Our heart and mind will be restless and agitated,
Forging stories to kill and harm our opponent will only
cause agitation,
With a restless heart and mind, we will sow more
trouble and agitation.*



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.
