



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

The Wisdom

With spiritual practice, our soul will acquire wisdom,
With an infinite flexibility, we will understand with our own efforts,
The sages are clearly shown by their love and respect toward Heaven and Buddha,
With compassionate love and virtue, we will cross the boundaries and surmount all.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 11 November to 17 November 2005

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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) *How should we learn the words of truth?*
- 2) *What should we do in order to love and respect ourselves?*
- 3) *What should we do in order to reduce our worries?*
- 4) *Why are we ignorant?*
- 5) *Why do people gossip?*
- 6) *Is there any benefit in destroying others?*
- 7) *Is there any benefit in helping others?*



Psalm

*The Truth granted by Heaven comes from one unique origin,
By correcting ourselves, we will evolve spiritually and attain our position on our own,
Heaven has granted us blessings with the deep original principle,
We should practice with diligence and a sincere heart, without wavering.*

San Diego, 11 November 2005 7:40 AM

Q: How should we learn the words of truth?

A: To learn the words of truth means to speak with sincerity.

Psalm

*We should take care of our own infinite spiritual progress,
Let's cultivate our spiritual heart with assiduity without the need for advice,
Let's not twist our spiritual and social paths,
We do not need to worry when we practice the true dharma.*

San Diego, 12 November 2005 7:45 AM

Q: What should we do in order to love and respect ourselves?

A: In order to love and respect ourselves, we should practice the Vo-Vi meditation method with diligence.

Psalm

*Taking gossip into our heart causes agitation and ignorance,
Releasing our blinded passions and intransigence, we do not harbor ambiguities,
Understanding Heaven and Buddha clearly, we are no longer indifferent,
By practicing the true dharma, we free ourselves of ambiguities.*

San Diego, 13 November 2005 7:50 AM

Q: What should we do in order to reduce our worries?

A: To reduce our worries, we should not involve ourselves in gossip.

Psalm

*To glorify without spiritual practice has no worth,
To talk about Buddha for entertainment has no merit,
Without spiritual practice, there is no result, and one is unable to purify one's energy,
Loving and respecting the noble heaven, we should practice with our own efforts.*

San Diego, 14 November 2005, 8:00 AM

Q: Why are we ignorant?

A: We are ignorant because we want to know about many things that we do not understand.

San Diego, 15 November 2005 8:10 AM

Q: *Why do people gossip?*

A: People gossip in order to destroy other people.

Psalm

*By cultivating ourselves spiritually, we will advance
and contribute our share with our own efforts,
Karmic relations and karmic debts in this life belong to
a transient world,
While enduring hardship, people's hearts often
become agitated,
We should strive to cultivate ourselves spiritually and
to make progress without confusion.*

San Diego, 16 November 2005 4:08 AM

Q: *Is there any benefit in destroying others?*

A: To destroy others does not bring good consequences.

Psalm

*To destroy is a task that brings no benefit,
To work constructively is beneficial for the common
good,
Only heroes have a constructive spirit,
Loving and respecting our country, we advance
continuously.*

San Diego, 17 November 2005, 4:15 AM

Q: *Is there any benefit in helping others?*

A: It is very beneficial to help others.

Psalm

*With a lively compassion, we provide help to others,
Reunited, we live happily together in joy and
happiness,
Working constructively together, we smile and rejoice
with our own efforts,
Freed of troubles, our eyes shine brilliantly.*



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.
