



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

Opening Ourselves

Opening ourselves, we will clearly understand the path of spiritual cultivation and
spiritual progress,

As our mind and heart unfold, we will advance silently with our own efforts,

Our spiritual relations to God and Buddha will bring us purity,

Through deep transformations, we will understand all spheres clearly.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 9 December to 15 December 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) *Why do we practice the dharma?*
- 2) *What does it mean to return to our pure origin through meditative knowledge?*
- 3) *What does it mean to enlighten our mind and to see our character?*
- 4) *What does knowledge mean?*
- 5) *How do we love and think respectfully of Heaven?*
- 6) *What is purity and magnanimity?*
- 7) *What does it mean to return to the spiritual consciousness?*



Psalm

San Diego, 9 December 2005 6:20 AM

Q: *Why do we practice the dharma?*

A: We practice the dharma to build a good habit.

*Let's practice the righteous dharma to form a good habit,
Developing our true consciousness, we will awaken our soul with our own efforts,
Returning to spirituality, we no longer regret the worldly relations,
Loving and respecting God and Buddha, we will advance very rapidly.*

San Diego, 10 December 2005

Q: *What does it mean to return to our pure origin through meditative knowledge?*

A: To return to our pure origin through meditative knowledge means that we must concentrate our energy at the cranial psychic center and direct our mind toward the center of energy of the universe so that the flow of energy is balanced and focused.

Psalm

*When the energy force is balanced, we will collect purity,
Practicing with diligence and perseverance, we will dissipate our blindness,
Returning to our pure origin through meditative knowledge, our heart is serene,
Learning infinitely, we practice to attain illumination by ourselves.*

San Diego, 11 December 2005 9:00 AM

Q: *What does it mean to enlighten our mind and to see our character?*

A: To enlighten our mind and to see our character means that we are able to see ourselves.

Psalm

*Seeing ourselves, we understand our character and devote ourselves to spiritual cultivation with our own efforts,
Opening our consciousness, we are no longer ignorant,
Practicing the dharma, we attain true knowledge and our soul travels leisurely,
Returning to our pure origin through meditative knowledge, we cultivate ourselves spiritually with a sincere heart.*

San Diego, 12 December 2005, 9:25 AM

Q: *What does knowledge mean?*

A: Knowledge means to understand oneself.

Psalm

*Understanding ourselves, our heart is clear and our mind analyzes wisely,
Loving and respecting the noble Heaven, we analyze the words on our own,
Understanding God and Buddha, we attain peace and lightheartedness on our own,
Life is transient, and we love and think respectfully of Heaven.*

San Diego, 13 December 2005 9:40 AM
Q: *How do we love and think respectfully of Heaven?*

A: We love and think respectfully of Heaven by directing our mind toward the World Above.

Psalm

*Directing our heart toward purity and lightness, we will
return to Heaven on our own,
Practicing with a righteous knowledge, we attain peace
and lightheartedness on our own,
Aware of our true consciousness, we turn toward
Heaven,
Taking refuge in the dharma of Buddha, we all
advance together.*

San Diego, 14 December 2005 9:55 AM
Q: *What is purity and magnanimity?*

A: Purity and magnanimity means to exceed the norm.

Psalm

*As our soul undergoes transformations, we return to
our spiritual consciousness,
Releasing our sorrow and worries, we will enter by
ourselves,
The present life is temporary and only hinders spiritual
progress,
Let's practice the dharma to release our worries and
lead a tranquil life on our own.*

San Diego, 15 December 2005, 10:00 AM
Q: *What does it mean to return to the spiritual
consciousness?*

A: To return to the spiritual consciousness means to understand ourselves.

Psalm

*Returning to our spiritual consciousness, we will
understand the dharma on our own,
We should strive on our own to practice thoroughly
and resolve our difficulties,
Loving and thinking of the noble Heaven, we will
reduce our greediness,
Practicing with diligence and a sincere heart, we will
live in tranquility.*



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.
