



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

Attachment

Releasing all attachments, we will understand ourselves,
The good spiritual opportunity and God's love will help us to advance spiritually,
Learning with spiritual depth, we will understand all domains clearly,
Taking refuge in the true Dharma, we do not need to pray for salvation.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 15 January to 21 January 2006

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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) *Does purity bring any benefit?*
- 2) *Is a short path good or bad?*
- 3) *Which path is the long path?*
- 4) *Those who are impatient and hot-tempered will only take the short path?*
- 5) *Who is unblocked and who is blocked?*
- 6) *What does it mean to be unblocked?*
- 7) *How should we practice correctly?*



Psalm

*Serenity is the direction of spiritual progression,
Unifying with human compassion, we will cultivate
ourselves spiritually and advance together,
Undergoing infinite transformations, we will surmount
obstacles and advance with our own efforts,
When we perfect ourselves spiritually and make
progress with sincerity, our life will become even more
tranquil.*

Las Vegas, 15 January 2006 4:35 AM

Q: Does purity bring any benefit?

A: Purity reduces agitation, and is very beneficial to the spiritual evolution.

Psalm

*It is more precious than gold to practice and attain
serenity,
When our soul is pure and liberated, we will develop
the aura of the dharma of Buddha,
As our compassion expands, we will take refuge in
Buddha,
Practicing the righteous dharma, we will return to
emptiness on our own.*

Las Vegas, 16 January 2006 4:55 AM

Q: Is a short path good or bad?

A: Only the shortened and direct path of spiritual cultivation is good.

Psalm

*With spiritual practice, we will develop ourselves
infinitely,
Releasing our boundaries, we practice sincerely to
avoid agitation and blindness,
Liberating ourselves from worries, we regain our true
spiritual heart, and advance spiritually,
Judging social and spiritual matters wisely, we will
advance in a clear manner.*

Las Vegas, 17 January 2006, 1:25 AM

Q: Which path is the long path?

A: The long path is the path of spiritual cultivation.

Psalm

*The heart and liver are dysfunctional because of
impatience and anger,
Spiritual self-cultivation and self-progress will prevent
us from losing our temper and being resentful,
The noble heaven will not fail to reward those who
cultivate themselves spiritually and advance with their
own efforts,
Returning to emptiness, we are light and pure, and
able to live within happiness and kindness.*

Las Vegas, 18 January 2006 1:35 AM

Q: Those who are impatient and hot-tempered will only take the short path?

A: Those who are impatient and hot-tempered will only harm their heart and liver.

Las Vegas, 19 January 2006 1:45 AM

Q: *Who is unblocked and who is blocked?*

A: Moderation and harmony mean to naturally unblock ourselves, impatience and anger mean to be blocked.

Psalm

*Taking refuge in the dharma of Buddha, we will
liberate ourselves and unblock ourselves naturally,
Through deep spiritual transformations, we will
understand the cycles clearly,
Entering the sphere of energy, we will clearly judge
social and spiritual life,
Through deep spiritual transformations, we will
understand from low to high.*

Las Vegas,, 20 January 2006 1:55 AM

Q: *What does it mean to be unblocked?*

A: To be unblocked means to have no obstruction.

Psalm

*It is precious to be free of obstruction through spiritual
practice,
With an awakened consciousness, we return to
emptiness and are very light,
Developing ourselves spiritually, we will thoroughly
unblock our six senses,
Loving and respecting the noble Heaven, we will return
to our unique origin.*

Las Vegas, 21 January 2006 2:45 AM

Q: *How should we practice correctly?*

A: To practice correctly, we should practice with determination.

Psalm

*The right practice is to practice with determination and
sincerity,
Developing our soul, we will turn to the World Above
on our own,
The path of spiritual cultivation is bright without
tardiness,
Practicing with diligence and sincerity, we will turn to
the spiritual path on our own.*



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 Vo-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.