



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

Seeing One's Nature

Seeing our nature, we correct ourselves and perfect ourselves spiritually by practicing the true dharma,
Developing ourselves infinitely, we will understand clearly from beginning to end,
With a clear understanding of the spiritual path, we comprehend that worldly life is agitation,
Practicing with austerity, we awaken our own consciousness and purify ourselves steadfastly.
*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 28 January to 3 February 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) *Is there any benefit when we strive to practice the spiritual method in a correct manner?*
- 2) *Why do we curl our tongue and close our mouth, incisors against incisors?*
- 3) *Why do we need to have an illuminated consciousness?*
- 4) *Which matter can we understand clearly, and which matter can't we?*
- 5) *What happens when we encounter bad luck instead of good fortune?*
- 6) *When can we reach stability?*
- 7) *Is it good that we always encounter good luck?*



San Diego, 28 January 2006 0:35 AM

Q: *Is there any benefit when we strive to practice the spiritual method in a correct manner?*

A: It is very beneficial when we strive to practice diligently and persistently the spiritual method in a correct manner.

Psalm

*When we form the virtue to practice the method correctly, we will obtain good results,
Practicing flexibility and undergoing deep transformations, we will perceive the spiritual wonders,
With a persistent practice, we will evolve and awaken our consciousness rapidly,
Understanding Heaven and Earth thoroughly, we will perceive the spiritual wonders clearly.*

San Diego, 29 January 2006 1:00 PM

Q: *Why do we curl our tongue and close our mouth, incisors against incisors?*

A: We curl our tongue and close our mouth, incisors against incisors, to practice the mental invocation of Nam-Mo-A-Di-Da-Phat.

Psalm

*We will only succeed when we cultivate ourselves spiritually with our mind and our will,
We should mentally invoke the mantra Nam-Mo-A-Di-Da-Phat,
When our consciousness is illuminated, our mind will enlighten on its own,
Practicing with sincerity to advance spiritually, our heart will be tranquil.*

San Diego, 30 January 2006, 1:35 PM

Q: *Why do we need to have an illuminated consciousness?*

A: When our consciousness is illuminated, we will understand instantly in the blink of an eye.

Psalm

*When we are devoted to spiritual self-cultivation with our mind and our will, our consciousness will enlighten,
We will understand the depth of Heaven and Earth,
The principle of truth will shine brightly in us without any attachment,
With our abundant virtue, we will understand the original principle thoroughly.*

San Diego, 31 January 2006 11:50 PM

Q: *Which matter can we understand clearly, and which matter can't we ?*

A: When we are blocked by a matter, we cannot understand it; when we are not blocked, we can understand clearly.

Psalm

*It is very difficult to investigate matters of treachery,
The more we learn and practice thoroughly, the more we will save ourselves from dangers,
It is a blessing to receive encouragement for spiritual cultivation, so that we do not destroy ourselves,
We will encounter even greater good fortune when we practice sincerely and make spiritual progress.*

San Diego, 1 February 2006 11:55 PM

Q: *What happens when we encounter bad luck instead of good fortune?*

A: When we encounter bad luck instead of good fortune, we should repent our sins.

Psalm

*Unifying with human compassion, our mind is tranquil,
Awakening our consciousness, we calmly release the impurities in our soul,
We achieve stability when we attain serenity with our spiritual practice,
Reaching stability, we will receive the Light and Love from the Great Creator.*

<p>San Diego, 2 February 2006 12:05 AM</p> <p>Q: <i>When can we reach stability?</i></p> <p>A: We can only reach stability when we practice with sincerity.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Through Heaven and Earth, we will understand the cause clearly, Resolving our difficulties, we maintain a serene heart, Learning from suffering, our true consciousness turns toward purity and releases infatuation and blindness with its own efforts, With a sincere heart, we awaken our own consciousness and perceive the truth through our spiritual practice.</i></p>
<p>San Diego, 3 February 2006 1:50 AM</p> <p>Q: <i>Is it good that we always encounter good luck?</i></p> <p>A: We enjoy great divine blessings when we always encounter good luck. When the parents have a kind and virtuous conduct, the children will receive the divine blessings.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Divine blessings come from our filial piety and loyalty, Practicing with sincerity and diligence, we will meet the spiritual opportunity, With the persistent guidance from God and Buddha, our consciousness will awaken, Practicing the righteous dharma, we will awaken our consciousness on our own.</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 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.