



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

Laborious Task

With the divine grace, we have been granted a great laborious task,
Let's practice the righteous dharma without deviation,
Evolving with sincerity, we will return to our unique origin,
Practicing with efforts, perseverance, and diligence, we will receive the opportunity
for divine guidance.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 1 March to 7 March 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 to unify with human compassion?*
- 2) *Why do we build a kind heart?*
- 3) *Why do we need to understand all domains?*
- 4) *What are spiritual wonders?*
- 5) *Why do we need to enter?*
- 6) *Why is there enchainment?*
- 7) *Who forces us?*



San Diego, 1 March 2006 5:20 AM

Q: *Is there any benefit to unify with human compassion?*

A: We will feel warmth when unifying with human compassion.

Psalm

*With warmth and compassionate love, we will build a kind heart,
With the abundant compassion, we work constructively to advance together,
Learning and training ourselves deeply, we will help in all areas,
Cultivating ourselves spiritually and perfecting our nature with a sincere heart, we will live in tranquility.*

San Diego, 2 March 2006 5:35 AM

Q: *Why do we build a kind heart?*

A: We build a kind heart to help humanity.

Psalm

*With love and forgiveness, we build a kind heart,
We keep working constructively in order to attain enlightenment one day,
Practicing with diligence and sincerity, we live in tranquility,
Thinking of the noble heaven with love and respect, we will understand all domains clearly.*

San Diego, 3 March 2006, 3:24 AM

Q: *Why do we need to understand all domains ?*

A: We understand all domains in order to learn further.

Psalm

*Learning further, we enlighten our mind and practice with our own efforts to advance,
Through spiritual practice, we will thoroughly understand the depth of spirituality,
Learning continuously, we will comprehend both high and low levels,
Unifying with human compassion, we will see the spiritual wonders clearly.*

San Diego, 4 March 2006 3:31 AM

Q: *What are spiritual wonders?*

A: A spiritual wonder is something we cannot know in advance.

Psalm

*Our body and mind are restless because of agitation,
Accepting austerity and suffering, we cultivate ourselves spiritually and analyze ourselves with our own efforts,
The spiritual opportunity will bring many fortunate events,
Applying ourselves to a sincere practice, we will avoid difficulties.*

San Diego, 5 March 2006 3:45 AM

Q: *Why do we need to enter?*

A: We need to enter in order to learn about spiritual matters.

Psalm

*Once we fully unblock ourselves through spiritual practice, we will enter into the universe of energy to learn further,
Our soul evolves continuously within love and affection,
Learning profound lessons, we understand that all return to a unique origin,
Our consciousness realizes that the earthly world is enchainment.*

San Diego, 6 March 2006 6:00 PM

Q: *Why is there enchainment?*

A: Enchainment forces us to spiritual cultivation.

Psalm

*Enchainment teaches us to cultivate ourselves spiritually and progress with patience,
Our soul will enlighten in accordance with our progress,
Undergoing profound transformations, we will return to our unique origin,
Learning with a calm heart, our mind will open up.*

San Diego, 7 March 2006 6:20 PM

Q: *Who forces us?*

A: Circumstances force us to spiritual cultivation.

Psalm

*Practicing with our own efforts, we will advance and develop ourselves on our own,
Releasing our sorrow and worries, we will liberate ourselves from enchainment,
With an enlightened mind and a wise heart, we will understand thoroughly on our own,
Our heart is fully devoted to spiritual practice and evolution.*



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.