



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

From Beginning To End

From beginning to end, divine love does not change,
Learning infinitely, we will work constructively with our own efforts,
Enlightening our mind and perfecting our nature, we will feel joyous,
God grants us a beautiful love to help us in our spiritual training and advancement.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 4 May to 10 May 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) Will complications hinder constructive work and spiritual progress?
- 2) Why do we need spiritual progress?
- 3) What does infinite awakening mean?
- 4) What is awakening?
- 5) What does it mean that "the dharma-heart is tranquil"?
- 6) What does it mean "to practice the righteous dharma"?
- 7) Why do we need to understand the lowly and elevated levels?



Olympia, Nhan-Hoa Center, 4 May 2006 10:55 PM
Q: Will complications hinder constructive work and spiritual progress?

A: Complications will hinder our spiritual progress.

Psalm

*Practicing the righteous dharma, we will contribute our own share,
With a sincere heart, we will awaken ourselves and advance gradually,
Devoting ourselves to spiritual cultivation with diligence to make progress, we will see our indebtedness clearly,
We will vow to perfect ourselves spiritually to contribute our share to spiritual development.*

Olympia, Nhan-Hoa Center, 5 May 2006, 11:05 PM
Q: Why do we need spiritual progress?

A: We will only advance in a realistic and practical manner when we advance spiritually.

Psalm

*Unifying with human compassion, our heart will attain awakening,
Working constructively, one day, we will thoroughly understand the teachings of our predecessors,
With a sincere heart, we turn to the World Above, and our consciousness will awaken infinitely,
Practicing with our own efforts, we will succeed on our own, and return to cooperation.*

Olympia, Nhan-Hoa Center, 6 May 2006 11:10 PM
Q: What does "infinite awakening" mean?

A: "Infinite awakening" means to understand the depth of things.

Psalm

*We do not ask for favors and understand on our own our ascension,
Awakening our consciousness, we will achieve harmony and arrive at the destination on our own,
Reaching equilibrium, we will understand the divine law on our own,
With spiritual practice, we attain awakening and achieve relaxation on our own.*

Olympia, Nhan-Hoa Center, 7 May 2006, 11:20 PM

Q: What is awakening?

A: Awakening means to be able to understand clearly.

Psalm

*Cultivating ourselves spiritually with our own efforts, we will awaken ourselves, and our heart and mind are tranquil,
Dissipating our agitation, our heart and mind cannot be confused,
When our mind and body are well balanced, we will not be confused,
Practicing with a sincere heart to advance spiritually, our dharma-heart is tranquil.*

Olympia, Nhan-Hoa Center, 8 May 2006, 8:00 AM

Q: *What does it mean that “the dharma-heart is tranquil”?*

A: “The dharma-heart is tranquil” means that we are very disciplined.

Psalm

*With spiritual practice, we will evolve and attain a tranquil heart,
Understanding social and spiritual matters clearly, we turn within to discuss with ourselves,
Returning to our pure origin through meditative knowledge, we turn within to analyze ourselves,
Practicing the righteous dharma, our heart and mind are tranquil.*

Oregon, 9 May 2005 7:55 AM

Q: *What does it mean “to practice the righteous dharma”?*

A: We practice the righteous dharma and turn within to discuss with ourselves.

Psalm

*Unifying with human compassion, we will transform ourselves on our own,
Attaining equilibrium, our spiritual heart and mind will develop abundantly,
As a true spiritual adept, we will awaken ourselves and understand both the lowly and elevated levels,
Judging with compassionate love, we will go in a common direction.*

Oregon, 10 May 2006 8:00 AM

Q: *Why do we need to understand the lowly and elevated levels?*

A: We understand the lowly and elevated levels to judge ourselves.

Psalm

*We practice with a sincere heart to advance and lighten ourselves,
Knowing ourselves and others, we turn within to analyze ourselves,
With compassionate love, we will realize noble tasks,
Learning continuously, we will awaken our spiritual consciousness.*



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.
