



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

Devotion and Sincerity

With devotion and sincerity, we provide infinite guidance to the less fortunate,
Taking refuge in the dharma of Buddha, we are void of agitation,
It is very important that we perfect our nature to evolve spiritually,
With a sincere heart, we work constructively to save the kind-hearted.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 11 May to 17 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) *Why do we need to awaken our consciousness?*
- 2) *What is true awakening?*
- 3) *What does "liveliness" mean?*
- 4) *What does it mean "to achieve equilibrium and return to unity"?*
- 5) *What does it mean "to awaken our consciousness on our own"?*
- 6) *Which place is "everywhere"?*
- 7) *Are we going everywhere to learn?*



Psalm

*Attaining self-awakening, we cultivate our spiritual heart and live an easy life,
Taking refuge in the dharma of Buddha, we will enter the sphere of energy on our own,
Guiding our heart, we will develop ourselves and turn within to discuss with ourselves,
With spiritual practice, we will achieve true awakening, which is more precious than gold.*

Mount Shasta, 11 May 2006 8:10 AM

Q: *Why do we need to awaken our consciousness?*

A: We awaken our consciousness to evolve spiritually.

Psalm

*With spiritual awakening, our heart is serene and we project light naturally,
Developing ourselves spiritually, we turn within to calmly discuss with ourselves
Returning to our pure origin through meditative knowledge, we feel an even greater liveliness,
Practicing with diligence and a sincere heart, we will naturally achieve peace in our heart.*

Hai Khong Center, 12 May 2006, 8:20 AM

Q: *What is true awakening?*

A: True awakening means to be sincere.

Psalm

*Everyone wishes to attain peace and happiness in their mind and body,
With spiritual awakening, we serenely analyze our thoughts and person,
Returning to unity, we practice within true awakening,
Achieving equilibrium, we return to unity, and practice well with our heart.*

Hai-Khong Center, 13 May 2006 8:30 AM

Q: *What does "liveliness" mean?*

A: "Liveliness" means to advance with joy.

Psalm

*With a sincere heart, we practice with diligence and turn toward Heaven,
Practicing the meditation exercises with joy and calmness, we have time for relaxation,
Turned to the pure and light Heaven, we unify our energy,
Continuously purifying ourselves to advance, we awaken our consciousness on our own.*

San Jose, 14 May 2006, 8:35 PM

Q: *What does it mean "to achieve equilibrium and return to unity"?*

A: To achieve equilibrium and return to unity means that our body has achieved order and is capable of turning directly to Heaven.

Psalm

*We understand thoroughly and clearly both worldly and spiritual matters,
Achieving wisdom and clarity of mind, we awaken our consciousness on our own,
Releasing our sorrow and worries, we either end or lessen our involvement in worldly matters,
Practicing with diligence and a sincere heart, we will understand everywhere.*

San Jose, 15 May 2006, 12:30 AM

Q: *What does it mean "to awaken our consciousness on our own"?*

A: To awaken our consciousness on our own means to understand thoroughly on our own.

<p>San Diego, 16 May 2006 12:45 AM</p> <p>Q: Which place is “everywhere”?</p> <p>A: “Everywhere” is wherever we go.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Anywhere we go, we will understand on our own, Through deep spiritual transformations, we will know all domains clearly, Living a happy and peaceful life, our heart is tranquil, Awakening our consciousness, we turn within to delve deeper into ourselves.</i></p>
<p>San Diego, 17 May 2006 2:00 AM</p> <p>Q: Are we going everywhere to learn?</p> <p>A: We are going everywhere to learn in a more realistic manner.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Every place is different, and we need to learn, As the universe returns to unity, light shines equally, We will thoroughly understand that our love is very miraculous, Taking refuge in the dharma of Buddha, our love never ends.</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.