



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

Questions

- 1) *Why do we need to take refuge in the Dharma of Buddha?*
- 2) *Why do we need to return to unity?*
- 3) *Why do we need to advance in-depth?*
- 4) *To whom do we provide infinite guidance?*
- 5) *What should we do in order to correct our mistakes?*
- 6) *What should we do in order to achieve a continuous spiritual evolution?*
- 7) *Which matters are complicated matters?*

Baby Tam Talking To You

from 18 May to 24 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



Psalm

*We follow the teachings of Buddha in order to be able to evolve easily,
With a sincere heart, we are resolute to detach ourselves from blinded passions and intransigence,
Cultivating ourselves spiritually with joy, we are pure and light, and advance continuously,
Our micro-universe returns to oneness with the macro-universe.*

San Diego, 18 May 2006 8:05 AM

Q: Why do we need to take refuge in the Dharma of Buddha?

A: We take refuge in the teachings of Buddha in order to attain purity and lightness.

Psalm

*Only through continuous learning and training, will we live in tranquility,
Practicing with diligence and sincerity, we return to the spiritual path,
Awakening our own consciousness, we attain peace and tranquility,
Taking refuge in the Dharma of Buddha, we advance in-depth.*

San Diego, 19 May 2006, 8:15 AM

Q: Why do we need to return to oneness?

A: We return to oneness in order to learn.

Psalm

*The more deeply we advance, the more we will learn,
Evolving infinitely, we will attain the sublime on our own,
Awakening our consciousness with a sincere heart, we will be able to learn many things,
Providing infinite guidance, we will attain an even more sublime stage in our spiritual journey.*

San Diego, 20 May 2006 8:20 AM

Q: Why do we need to advance in-depth?

A: We advance in-depth in order to learn further.

Psalm

*Within pureness and heavenliness, we advance steadily,
Practicing the righteous dharma, we will progress even faster,
Through spiritual awakening, our consciousness detaches itself from the cycle of births and deaths, and our true spiritual heart awakens,
Learning continuously, we love and respect the noble Heaven.*

San Diego, 21 May 2006, 3:10 AM

Q: To whom do we provide infinite guidance?

A: A meditation practitioner should provide infinite guidance to all living creatures.

Psalm

*We will avoid mistakes when we correct ourselves with sincerity,
We respectfully think of the noble Heaven and the sublime and deep divine principle,
Returning to our pure origin and true knowledge, our heart is void of agitation,
Developing ourselves, we will awaken ourselves and gain a thorough understanding.*

San Diego, 22 May 2006

Q: What should we do in order to correct our mistakes?

A: To correct our mistakes, we should work in a punctual manner.

<p>San Diego, 23 May 2006 19:06 PM</p> <p><i>Q: What should we do in order to achieve a continuous spiritual evolution?</i></p> <p><i>A: We should correct ourselves in a continuous manner in order to evolve rapidly.</i></p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>On our own, we clarify our mind, awaken our consciousness, and unblock ourselves, There is no more misery and a dragging spiritual evolution, With spiritual awakening, we will understand clearly social and spiritual matters, Learning with a calm heart, we will develop our aura on our own.</i></p>
<p>San Diego, 24 May 2006 22:09 PM</p> <p><i>Q: Which matters are complicated matters?</i></p> <p><i>A: Complicated matters are matters that cannot be resolved yet.</i></p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>When our heart is agitated, we cannot resolve the issue successfully, We have difficulty in judging the matter clearly, and become confused, A wise mind will not separate social and spiritual matters, Understanding God and Buddha clearly, we will enter into the sphere of energy 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.