



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

Lucid Mind

With a lucid mind, we clearly understand the path of spiritual awakening and knowledge
Cultivating ourselves spiritually with diligence and a sincere heart, we will attain knowledge and wisdom on our own,
With guidance from the Lord in our spiritual journey, our heart is wise and clear,
Awakening our consciousness, we will attain a clear understanding on our own.
*Respectfully,
Vi Kien*

Baby Tam Talking To You

From 2 August to 8 August 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) *What is the benefit of the Vo-Vi convention?*
- 2) *What is the purpose of taking refuge in Buddha, and taking refuge in the Dharma?*
- 3) *What is the purpose of learning and training ourselves?*
- 4) *What is the purpose of attaining equilibrium?*
- 5) *What is the purpose of returning to our unique origin?*
- 6) *What is the purpose of developing our lucid mind?*
- 7) *What is the right way to practice?*



<p>El Cajon, 2 August 2006 Q: <i>What is the benefit of the Vo-Vi convention?</i></p> <p>A: At the Vo-Vi convention, one can meet friends and relatives* again.</p> <p><i>Note (*): Master Tam often mentions that one can meet deceased relatives at the Vo-Vi convention, since these souls may also attend the spiritual meeting.</i></p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Practicing the true dharma, we will have the opportunity for guidance from the Lord, Developing our lucid mind, we silently invoke the mantra Nam-Mo, Enjoying peace with the divine blessings, we understand the dharma and its teachings clearly, Cultivating ourselves spiritually with a sincere heart to make progress, we release sorrow and worries with our own efforts.</i></p>
<p>El Cajon, 3 August 2006 Q: <i>What is the purpose of taking refuge in Buddha, and taking refuge in the Dharma?</i></p> <p>A: To take refuge in Buddha and in the Dharma will help us to practice the spiritual method without being blocked.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>With a thorough understanding, we will awaken our consciousness and have the opportunity for divine guidance, Developing our lucid mind, we will enter (the sphere of energy) on our own, Learning and training ourselves incessantly, we will understand the dharma and its teachings clearly, With a pure and light heart and mind, we silently invoke the mantra Nam-Mo.</i></p>
<p>El Cajon, 4 August 2006 Q: <i>What is the purpose of learning and training ourselves?</i></p> <p>A: We learn and train ourselves in order to increase the lucidity of our mind.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Developing ourselves spiritually, we awaken our spiritual heart, Attaining equilibrium in our energy and spiritual heart, we take refuge in the dharma of Buddha, Clearly understanding Heaven and Earth without ever stopping, We cultivate ourselves spiritually with diligence and a sincere heart and analyze the dharma through our practice.</i></p>
<p>5 August 2006 Q: <i>What is the purpose of attaining equilibrium?</i></p> <p>A: We attain equilibrium in order to awaken our consciousness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Practicing the true dharma, we return to our unique origin, Thinking respectfully of the noble Heaven, we will clearly understand our true consciousness, Thanks to the good opportunity for infinite guidance from the Lord, we practice the true dharma, Developing our lucid mind, we will encounter good karmic opportunities.</i></p>

Psalm

*Cultivating ourselves spiritually with a sincere heart to make progress, we have the opportunity to succeed with our own efforts,
Practicing the true dharma, we will attain clarity of mind and wisdom,
Taking refuge in the Dharma of Buddha, we will awaken our consciousness and unblock ourselves,
With a wise heart and a clear mind, we will sow good karmic opportunities.*

El Cajon, 6 August 2006

Q: *What is the purpose of returning to our unique origin?*

A: It is easier to practice the spiritual method and cultivate ourselves spiritually when we strive to return to our unique origin.

Psalm

*Feeling the pureness and sublime energy, we cultivate ourselves spiritually to advance with our own efforts,
Taking refuge in the Dharma of Buddha, we practice and make progress easily,
Developing our lucid mind, we will understand infinitely,
Practicing the true dharma, we will understand all matters clearly.*

El Cajon, 7 August 2006

Q: *What is the purpose of developing our lucid mind?*

A: We develop our lucid mind in order to practice more easily.

Psalm

*Undergoing deep transformations, we will evolve rapidly,
Unifying with human compassion, we rejoice ourselves in the unification,
Cultivating ourselves with diligence and a sincere heart, we will analyze the dharma with harmony,
Practicing the true dharma, we will advance even further.*

El Cajon, 8 August 2006

Q: *What is the right way to practice?*

A: The right way is to practice continuously.



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.