



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

Resolution

Resolving our own difficulties, we will unblock ourselves and understand the
dharma,
Practicing the true dharma, we will return to common unity,
Perfecting ourselves through spiritual cultivation, we will save ourselves with our
own efforts,
Enlightening our mind and seeing our character, we will achieve understanding in
our heart.
*Respectfully,
Vi Kien*

Baby Tam Talking To You

From 30 August to 5 September 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) *Which thing is the most unusual on earth?*
- 2) *Who is true and who is false?*
- 3) *Which matter is most difficult?*
- 4) *Do those who cultivate themselves spiritually succeed?*
- 5) *Why do many people want to build a meditation center for spiritual learning and training?*
- 6) *Where do our great vow and sincerity originate?*
- 7) *Would we succeed if our heart is not sincere?*



Kuala Lumpur, 30 August 2006

Q: Which thing is the most unusual on earth?

A: Spiritual cultivation is the most unusual thing on earth.

Psalm

*Only spiritual cultivation will help us to return to
unification with the universe,
Practicing the true dharma, we will release our
ignorance,
Returning to our origin through meditative knowledge,
we will dissipate our blindness,
Practicing the true dharma, we will have the
opportunity for divine guidance.*

Singapore, 31 August 2006

Q: Who is true and who is false?

A: Those who devote themselves to spiritual cultivation are true, those who argue are false.

Psalm

*Those who cultivate themselves spiritually with a
sincere heart to make progress are truly kind people,
Those who do not perfect themselves spiritually and
only argue are all false,
When our true spiritual heart is not yet awakened, we
cannot live in peace,
Causing agitation, we have difficulty to reach
tranquility.*

1 September 2006

Q: Which matter is most difficult?

A: The most difficult matter is to earn money.

Psalm

*Earthly matters and karmic relations are most difficult
to resolve,
Our compassionate love and spiritual virtue follow the
course of our karma,
On our spiritual journey, we learn to build a heart of
spiritual virtue,
Developing ourselves infinitely, we will surmount
obstacles on our own.*

2 September 2006

Q: Do those who cultivate themselves spiritually succeed?

A: Those who cultivate themselves spiritually will achieve deep spiritual transformations.

Psalm

*Everything that hides our illusory and temporary body
is like a wind screen,
Learning patience and harmony, we will awaken our
consciousness,
Thanks to the good karmic opportunities, our mind and
body are at peace,
Practicing the dharma with a sincere heart, we will
meet the spiritual opportunity for divine guidance.*

<p>Pataya Thailand, 2 January 1997 2:15 AM <i>Q: Why do many people want to build a meditation center for spiritual learning and training?</i></p> <p>A: We want to cultivate ourselves spiritually and practice meditation to correct ourselves with sincerity. Therefore, we express the vow to build a serene place, and we are united in the spirit of preserving the spiritual method, and to contribute this spiritual gift to the people after us.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>With a sincere heart, we express the vow to build successfully A meditation center for spiritual cultivation and to maintain pure thoughts, With perseverance, we nurture our spiritual virtue and do not abandon our goal, Working constructively together, our mind and heart are sincere.</i></p>
<p>Bangkok, 3 January 1997, 2:55 AM</p> <p><i>Q: Where do our great vow and sincerity originate?</i></p> <p>A: As spiritual adepts, we have practiced with sincerity and obtained good results. Therefore, we spontaneously express the great vow with sincerity. We express the great vow to cultivate ourselves spiritually during our whole life, and to build a meditation center to leave a vestige to the people after us who will be able to practice in common.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>Expressing the vow with spontaneity, our will and heart are sincere, With determination, we practice silence and turn toward the sphere of purity, We express the great vow to save ourselves as well as all spheres, Cultivating ourselves spiritually with diligence and sincerity, we do not make differentiations.</i></p>
<p>Bangkok, 4 January 1997, 4:55 AM</p> <p><i>Q: Would we succeed if our heart is not sincere?</i></p> <p>A: If our heart is not sincere, we will not succeed in any endeavor. Everything depends on the sincerity of our heart. If we cultivate ourselves spiritually without a sincere heart, and do not truly devote ourselves to spiritual practice, our spiritual energy will not develop abundantly, and our mind and thoughts will not be tranquil.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p style="text-align: center;"><i>On our spiritual journey, the original principle will transform our soul, Attaining spiritual awakening and understanding our karmic relations, we will save ourselves, Achieving awakening and knowledge on our spiritual journey, we return to our single origin, With perseverance, we develop ourselves spiritually to save our body.</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.