

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

Great Efforts

With efforts and perseverance, we practice patience and resignation to save our body,

Having a good appetite and a healthy sleep, we live in tranquility, Correcting ourselves to evolve spiritually, we are no longer agitated, Our heart naturally develops compassionate love and forgiveness.

Respectfully, Vi Kien

Baby Tam Talking To You

from 25 February to 3 March 2006 (25.02.2006-31.02.2006)

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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 worry?
- 2) What is a righteous dharma?
- 3) What is determination?
- 4) Why do we need to evolve rapidly?
- 5) Why do we need to advance rapidly?
- 6) Why do we always want to return to Heaven?
- 7) Why do we turn our mind toward Heaven?



San Diego, 25 February 2006 23:45 PM

Q: Why do we need to worry?

A: We need to worry in order to obtain work.

Psalm

In order to make accomplishments, we need to work with attentiveness,

It is more precious than gold to work constructively and sincerely,

Unifying with human compassion, we will have the opportunity for divine guidance,

Let's practice the righteous dharma without tardiness.

San Diego, 26 February 2006 23:55 PM

Q: What is a righteous dharma?

A: A righteous dharma is immutable.

Psalm

Cultivating ourselves spiritually with determination, we will advance and surmount obstacles to reach the heavenly sphere.

Realizing a sincere practice, we release sorrow in our heart.

Thinking of the noble Heaven with love and respect, we take refuge in the dharma with a sincere heart, Releasing our blinded passions and intransigence, we love and respect human compassion.

San Diego, 27 February 2006, 4:45 AM

Q: What is determination?

A: Determination means not to repeat our sins.

Psalm

Without repeating our sins, we will evolve rapidly, The human compassioneflects the clear will of Heaven,

Enlightening our mind and seeing our naturewe keep our promise,

Practicing with diligence and sincerity, we will evolve rapidly.

San Diego, 28 February 2006 4:54 AM

Q: Why do we need to evolve rapidly?

A: We evolve rapidly in order to return to our origin soon.

<u>Psalm</u>

When we evolve rapidly, we will develop our compassionate heart,

Learning continuously, we will advance and surmount obstacles with our own efforts,

Surmounting the obstacles, we are no longer delayed, Releasing our blinded passions and intransigence, we will advance in a timely manner.

San Diego, 1 March 2006 (29.02.06) 5:00 AM

Q: Why do we need to advance rapidly?

A: We need to advance rapidly in order to be in time with the era.

Psalm

We advance rapidly to achieve soon the return to unification.

Our human compassion will harmonize with Heaven and Earth.

Practicing with a sincere heart, we will advance and achieve the spiritual opportunity offered by God, Providing infinite guidance to humanity, we will develop all domains.

San Diego, 2 March 2006 (30.02.06) 5:10 AM

Q: Why do we always want to return to Heaven?

A: Because we originally descend from Heaven.

Psalm

Returning to our origin, we return to true knowledge, Undergoing profound transformations, we learn all domains,

Achieving serenity, we will help humanity to evolve in common,

Learning and training ourselves continuously, we enlighten ourselves to help and guide others.

San Diego, 3 March 2006 (31.02.06) 5:19 AM

Q: Why do we turn our mind toward Heaven?

A: We turn our mind toward Heaven to achieve purity and lightness soon.

Psalm

Unifying with human compassion, we are no longer ignorant,

With compassionate love and spiritual virtue, we will advance hourly,

Practicing with diligence and sincerity, we will avoid loneliness,

Undergoing profound transformations, we will advance hourly.



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.