



# 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*

## Awakening

Loving The Lord and The Buddha, we receive the abundant divine  
blessings,  
Developing our spiritual mind, we understand the true path,  
Learning incessantly, we have the wonderful opportunity  
To develop our wisdom and gain self-knowledge.

*Luong Vi Kien*

## Baby Tam Talking To You

*from 12 March, 2000 to 18 March, 2000*

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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. *How does the soul communicate with the Lord?*
2. *What role does the flow of Yin and Yang energies play in the human body?*
3. *How does mankind relate with the divine love?*
4. *Is there any benefit in fighting for a piece of land?*
5. *Is there a need to worry day and night about the work of The Lord and The Buddha?*
6. *Why does every development eventually have to return to emptiness?*
7. *How can we end our bad character and bad habits?*



**Cairns, 12 March 2000, 6:23 AM**

*Q: How does the soul communicate with the Lord?*

A: The soul communicates with the Lord through the cranial psychic center. The energy can develop infinitely.

**Psalm**

*The cranial psychic center relates with the pure energy,  
By practicing the true dharma, we clearly understand the  
sphere of energy,  
Harmonizing with the divine love, we resolve our  
impurities,  
As the pure energy develops, we open up our  
consciousness.*

**Cairns, 13 March 2000, 4:02 AM**

*Q: What role does the flow of Yin and Yang energies play in the human body?*

A: The flow of Yin and Yang energies builds the fundamental spine of the human body. They relate with the energy of the universe. Warm means Yang, cold means Yin.

**Psalm**

*We practice to attain the balance of Yin and Yang  
energies,  
Traveling to higher planes, the soul knows all paths  
clearly,  
With righteousness we practice to guide others infinitely,  
With self-awakening, we cultivate love and serenity.*

**Cairns, 14 March 2000, 5:20 AM**

*Q: How does mankind relate with the divine love?*

A: Man is born and nourished by the spiritual energy. There is an intimate relationship with The Lord since his birth.

**Psalm**

*Nourished and guided by The Lord since his birth,  
The human soul progresses clearly and leisurely,  
Developing his cognitive consciousness, he advances  
spiritually,  
Returning to his Buddha nature and serenity, he lives in  
true detachment.*

**Cairns, 15 March 2000, 3:21 AM**

*Q: Is there any benefit in fighting for a piece of land?*

A: To fight for a piece of natural land that belongs to Heaven and Earth means greediness, and those who do so have committed an unlawful act.

**Psalm**

*Those who fight to acquire unlawful possessions only  
obscure their minds,  
Their heart and mind cannot enlighten and stagnate  
forever,  
They are unable to attain clarity in each detail,  
We must develop our spiritual mind to see our true nature.*

**Cairns, 16 March 2000, 2:13 AM**

*Q: Is there a need to worry day and night about the work of The Lord and The Buddha?*

A: The work of The Lord and The Buddha will succeed in gradual stages.

**Psalm,**

*Returning to our true nature, we comprehend the love of  
The Lord and The Buddha,  
United in joy, our mind remains peaceful,  
Undergoing a constant training, we have a good spiritual  
opportunity,  
As our peace radiates, we create true peace everywhere.*

<p><b>Cairns, 17 March 2000, 3:34 AM</b>  <i>Q: Why does every development eventually have to return to emptiness?</i></p> <p>A: We go from emptiness to material success, and from material success we return to emptiness. This is the natural law of Heaven and Earth.</p>	<p style="text-align: center;"><b><u>Psalm</u></b>  <i>Creation and destruction are normal laws,  Whether things come and go, we nurture our compassion,  The divine love will never end,  Realizing true love, we build a fine example for others.</i></p>
<p><b>Cairns, 18 March 2000, 6:04 AM</b>  <i>Q: How can we end our bad character and bad habits?</i></p> <p>A: Bad habits originate from the karmic forces accumulated since many lifetimes. We need to devote ourselves to spiritual practice and correct our mistakes with determination in order to eradicate them. We should turn our mind toward The Lord and The Buddha to awaken our consciousness and detach ourselves from all karmic forces.</p>	<p style="text-align: center;"><b><u>Psalm</u></b>  <i>With a detached mind and body, we turn within for self-knowledge,  Balancing our spiritual and social duties, we advance in a subtle manner,  Our wisdom never ends with our strong determination,  We practice with diligence and sincerity to understand our own self.</i></p>



Translated by Xuan Mai

Please contact [xuanmai00@hotmail.com](mailto:xuanmai00@hotmail.com) if you wish to receive the English LEDs via email, or if you want to join the English translation team, or contribute an article about your own spiritual experience. Your comments and contributions are welcome. Thank you.

**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 Vô-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.*