



# 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*

## Courage and Practice

Practice with courage to awaken yourself and love humanity,  
Release all worries and devote yourself to spiritual perfection,  
The Lord grants us His infinite love and the opportunity for spiritual union,  
As our spiritual consciousness develops, we'll enjoy peace and harmony.

*Vi Kien*

## Baby Tam Talking To You

*from 29 October 2000 to 4 November 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. *What should we do to persevere in the spiritual practice?*
2. *Does a spiritual adept gain any benefit from seeking self-interest?*
3. *Is there anything new in the sphere of purity?*
4. *Why are we happy when we feel light and pure?*
5. *How can a human understand many things when his five organs are completely concealed?*
6. *Is there any benefit for us to direct our hearts and minds toward the same goal?*
7. *Is the deep love among spiritual adepts boundless?*



<p><b>Atlantic City, 29 October 2000</b>  Q: <i>What should we do to persevere in the spiritual practice?</i></p> <p>A: In order to persevere in the spiritual practice, we must maintain our serenity and realize humbleness and patience.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Our mind is determined in spite of sufferings and adversities,  Practicing with a sincere heart, we continue without deviation,  Returning to our true origin, we are void of agitation,  Loving and respecting the noble Lord, we accept to learn the deep lessons.</i></p>
<p><b>Atlantic City, 30 October 2000</b>  Q: <i>Does a spiritual adept gain any benefit from seeking self-interest?</i></p> <p>A: A spiritual adept who seeks self-interest will increase his greediness and carnal desires.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>They realize their dreams by taking advantage of spirituality,  Greediness and desires cause restlessness and lack of clarity,  With a blinded mind, they advance aimlessly,  Holding on to greediness, they cause karma and immerse in self-glory.</i></p>
<p><b>Atlantic City, 31 October 2000</b>  Q: <i>Is there anything new in the sphere of purity?</i></p> <p>A: The foundation of the earth's civilization resides in the sphere of purity. The more we are able to enter this sphere, the more we will understand how many things are achieved from emptiness.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Understanding comes naturally with no need of research,  The spiritual consciousness develops in a straight and clear way,  We understand that goodness comes from the pure origin,  This is true civilization, void of tortuous ways.</i></p>
<p><b>Atlantic City, 1 November 2000</b>  Q: <i>Why are we happy when we feel light and pure?</i></p> <p>A: This is a state of happiness, purity and lightness, where all things return to emptiness.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>With great lightness, we breathe in the spiritual energy,  We truly understand our inner self by learning with serenity,  Advancing on the righteous path, we know no worries,  Practicing love and forgiveness, we advance resolutely.</i></p>
<p><b>Atlantic City, 2 November 2000</b>  Q: <i>How can a human understand many things when his five organs are completely concealed?</i></p> <p>A: Even though the five organs are concealed, the human breath relates with the pure energy of the universe. Therefore, a human can understand many things from inward to outward.</p>	<p style="text-align: center;"><b><u>Psalm,</u></b></p> <p style="text-align: center;"><i>Pure energy abounds everywhere,  Transforming into words as it traverses all spheres,  Within Earth and Heaven, humans converse lively,  Words come from self-awakening to release all worries.</i></p>
<p><b>Philadelphia, 3 November 2000</b>  Q: <i>Is there any benefit for us to direct our hearts and minds toward the same goal?</i></p> <p>A: When we direct our hearts and minds toward the same goal, we generate a lively love and compassion within the spirit of service for the common good.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Returning to serenity, our hearts and minds harmonize,  With sincerity, we release our blindness and passions,  Expressing our affection, we understand the social and spiritual paths,  Entering the spiritual sphere, our souls harmonize naturally.</i></p>

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**Philadelphia, 4 November 2000**

Q: *Is the deep love among spiritual adepts boundless?*

A: The love and affection among spiritual adepts is boundless. They always love and respect each other.

**Psalm**

*Our deep spiritual love develops with the spiritual energy,  
How wonderful to perfect ourselves on both social and  
spiritual paths,  
Learning continuously, we understand our path clearly,  
We exchange and learn together affectionately.*



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Translated by Xuan Mai

Please contact [maioro@yahoo.com](mailto:maioro@yahoo.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*

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