



# 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

## Self-Knowledge

Seeing our passions and blindness, we turn within to perfect ourselves,  
Holding to life's temporariness only slows our spiritual practice,  
Lacking wisdom, we remain impure and have no compassion,  
Practice to return to your pure heart and understand yourself.

*Vi Kien*

## Baby Tam Talking To You

*from 28 January 2001 to 4 February 2001*

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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 spirituaconsciousness.

Respectfully Yours,

Baby Tam

### Questions

1. *Do we make progress when our mind and heart develop harmoniously?*
2. *Why do karmic forces accumulated from many lifetimes always cling to us?*
3. *What does it mean neither to believe nothing nor to believe everything?*
4. *Does a meditation practitioner need to pray for protection from the Lord and the Buddha?*
5. *What should we do in order to achieve great harmony in the world?*
6. *Is there anything special in this earthly world?*
7. *What should one do in order to advance on the path of spiritual training?*



**Psalm**

*Through spiritual practice, our heart and mind  
communicate harmoniously,  
We understand the subtle divine principle deeply,  
Balancing spiritual and social duties, we see our path  
clearly,  
With a serene heart, we develop ourselves to gain  
thorough knowledge.*

**Atlantic City, 28 January 2001, 8:20 AM**

*Q: Do we make progress when our mind and heart  
develop harmoniously?*

A: When our mind and heart develop harmoniously  
along with our spiritual heart, we truly advance into the  
sphere of energy.

**Psalm**

*Karmic forces control our social and spiritual life,  
A restless heart and mind lead to adversities,  
Without commitment, spiritual practice brings no progress,  
There is no peace with conflicting social and spiritual  
interests.*

**Atlantic City, 29 January 2001, 4:35 AM**

*Q: Why do karmic forces accumulated from many  
lifetimes always cling to us?*

A: Karmic forces which we have accumulated since  
many lifetimes always cling to us and can cause mishap  
at any time.

**Psalm**

*This earthly world eventually returns to emptiness,  
Void of expectation, we see that the material alternates  
with the non-material,  
Possessions come and go, and do not last,  
Practice to return to serenity and abandon all  
expectations.*

**Atlantic City, 30 January 2001, 4:00 AM**

*Q: What does it mean neither to believe nothing nor to  
believe everything?*

A: In this earthly world, existence alternates with non-  
existence. So, things exist when we believe in them,  
and things don't exist when we don't believe in them.

**Psalm**

*Our mind directed towards the Lord, we resolve our  
difficulties,  
Seeking true knowledge, we cultivate our pure energy,  
Returning to our true consciousness, we enjoy the divine  
purity,  
With an enlightened mind, we reach our true position with  
our own efforts.*

**Atlantic City, 1 February 2001, 3:40 AM**

*Q: Does a meditation practitioner need to pray for  
protection from the Lord and the Buddha?*

A: A meditation practitioner only needs to practice the  
meditation exercises in order to release his impure  
energy.

**Psalm**

*The Lord and the Buddha provide spiritual opportunities,  
Those who understand their soul know the Path clearly,  
With an awakened consciousness, we return to true love,  
Releasing passion and intransigence, we achieve peace  
and harmony.*

**Atlantic City, 2 February 2001, 7:08 AM**

*Q: What should we do in order to achieve great  
harmony in the world?*

A: In order to achieve great harmony in the world, we  
must meditate to understand the root of the cycle of  
constant births and rebirths, and we should practice the  
spiritual method in a righteous manner.

<p><b>Atlantic City, 3 February 2001, 6:25 AM</b>  Q: <i>Is there anything special in this earthly world?</i></p> <p>A: In this earthly world, people unknowingly conflict with each other. After arguing needlessly, they fight against each other.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>After the painful fights, they finally see their errors,  There is no glory but suffering and horror,  Anger and cruelty do not lead to progress,  Burdening their heart and mind, they destroy all kindness.</i></p>
<p><b>Atlantic City, 4 February 2001, 8:40 AM</b>  Q: <i>What should one do in order to advance on the path of spiritual training?</i></p> <p>A: In order to advance on the path of spiritual training, one should practice the spiritual method with correctness and diligence.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>True spiritual adepts practice diligently to release their impurities,  Abandoning all impurities, they turn within for self-perfection,  With a strong faith, they achieve success certainly,  Returning to the pure dharma, they cultivate their purity.</i></p>



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*