



# 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

## Purification

Developing our spiritual heart and mind, we practice with devotion,  
This sphere of the pure and impure constantly provokes actions and  
reactions,  
Unable to resolve the challenges, we'll cause agitation,  
True spiritual adepts turn within to release their impurities and practice with  
devotion.

*Vi Kien*

## Baby Tam Talking To You

*from 5 February 2001 to 11 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 spiritual consciousness.

Respectfully Yours,

Baby Tam

### Questions

1. *Humans are born with a harmonious nature, but why do people criticize each other?*
2. *Why do people become sick?*
3. *What does it mean to practice charitable deeds and to receive good fortune in return?*
4. *Where does the deep spiritual love originate?*
5. *Is there anything special in the life of a human being?*
6. *How can energy project out of the head?*
7. *What benefits does a meditation practitioner obtain from being faithful and honest?*



**Psalm**

*Those who criticize each other need to progress on their own,  
Gaining insight in social and spiritual matters, they will attain spiritual wisdom,  
Time will clarify the deep reason for these clashes,  
Those who meditate diligently will advance spiritually.*

**Atlantic City, 5 February 2001, 3:15 AM**  
Q: *Humans are born with a harmonious nature, but why do people criticize each other?*  
A: After people criticize each other, they will have the opportunity to come closer to each other.

**Psalm**

*With a blocked circulation, illness becomes a worry,  
Lacking order, the physical body is uneasy,  
Without a regular flow of pure energy, toxins accumulate,  
Practicing the true dharma, we will overcome all difficulties.*

**Atlantic City, 6 February 2001, 4:10 AM**  
Q: *Why do people become sick?*  
A: When people eat in a disorderly manner, their blood circulation will be affected, and they can become sick easily.

**Psalm**

*Saving others means to save ourselves during adversities,  
Practicing faithfully, we feel inner harmony,  
Advancing on both social and spiritual paths, we return to serenity,  
With love and respect towards the Lord and the Buddha,  
our heart stays empty.*

**Atlantic City, 7 February 2001, 8:45 AM**  
Q: *What does it mean to practice charitable deeds and to receive good fortune in return?*  
A: When we help others, we will get help in adverse circumstances.

**Psalm**

*United with our pure soul, we develop a deep spiritual love,  
Practicing with sincerity, our mind gains greater clarity,  
We judge worldly matters in a clear and righteous way,  
Correcting our mistakes, we return to our origin to see our true self.*

**Atlantic City, 8 February 2001, 4:00 AM**  
Q: *Where does the deep spiritual love originate?*  
A: The deep spiritual love originates from the concentration of spiritual energy at the head.

**Psalm**

*The physical body is governed by the soul,  
Suffering and hardship are very illusory,  
Now we understand the lively divine love,  
Through adversities, we return to the righteous path of emptiness.*

**Atlantic City, 9 February 2001, 3:05 AM**  
Q: *Is there anything special in the life of a human being?*  
A: As humans, we live without knowing who we are.

**Psalm**

*Those who practice diligently will release their impurities,  
With a strong faith and determination, results come quickly,  
Achieving equilibrium, we advance with our own efforts,  
Understanding social and spiritual matters clearly, we live in greater purity.*

**Atlantic City, 10 February 2001, 7:30 AM**  
Q: *How can energy project out of the head?*  
A: We must practice the spiritual method with diligence and perseverance; we should use our mind to invoke the mantra Nam Mo A Di Da Phat regularly in order to release the impure energy and preserve the pure energy. We will then release our impurities. Results can only be achieved through our commitment and devoted efforts in practicing the method.

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**Atlantic City, 11 February 2001, 1:40 AM**

Q: *What benefits does a meditation practitioner obtain from being faithful and honest?*

A: Faith and honesty are of great benefit for a meditation practitioner in order to strengthen his will for spiritual perfection.

**Psalm**

*Faith and honesty help us to advance directly on the path,  
Communicating with the Lord, we understand our path of  
evolution,*

*Developing our wisdom, we advance spiritually,  
Dissolving our sorrow, we abandon all inner worries.*



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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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