



# The Life Energy Development Weekly

29 April, 2001

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Published in concurrence with *The Viet LED Weekly 304*

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

## Spontaneity

With spontaneity, we turn within to perfect ourselves and advance spiritually,  
Maintaining our practice and spiritual faith, we do not hold to worries,  
Detaching ourselves from worldly karmic attachments,  
We return to our true and kind nature, communicating with the Lord naturally.

*Vi Kien*

## Baby Tam Talking To You

*from 26 February 2001 to 3 March 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. What does it mean to make spiritual progress?
2. Is there any difficulty to travel across thousands of miles?
3. What should we do in order to obtain good results?
4. What is the original principle?
5. What causes an irritated mind?
6. What exists in the micro-universe?
7. What should we do to understand the teachings of Buddha thoroughly?



**Psalm**

*Awakening our consciousness through meditation, we naturally return to harmony,  
Learning continuously, we understand our own character,  
With a bright mind and strong determination, we advance with certainty,  
Looking at the high heavens, we turn to pureness and harmony.*

**Monaco, 26 February 2001, 3:45 AM**

*Q: What does it mean to make spiritual progress?*

A: To make spiritual progress means to understand oneself better.

**Psalm**

*Progressing together, we unify with the divine love,  
With a clear and wise mind, we develop ourselves according to the divine destiny,  
The world must follow the same path of spiritual evolution,  
Balancing our social and spiritual duties, we see our path clearly.*

**Monaco, 27 February 2001, 1:20 AM**

*Q: Is there any difficulty to travel across thousands of miles?*

A: In these modern times, we can resolve all problems of communications. Humans have used their brains to provide good facilities to serve the next people in a thorough way. Now, we only need peace and harmony in the world.

**Psalm**

*To open your spiritual heart, practice with sincerity,  
The divine path is widely open for our own progression,  
Performing our spiritual and social obligations, we advance with purity,  
To avoid mistakes, practice the true dharma correctly.*

**Monaco, 28 February 2001, 1:20 AM**

*Q: What should we do in order to obtain good results?*

A: In order to obtain good results, we must practice patience and resignation. We should practice the meditation method with correctness and remain humble, in order to achieve good results.

**Psalm**

*Going through the pure and impure, we rejoice together within harmony,  
Advancing on the same path, we open our hearts to learn and advance,  
We evolve through social and spiritual life with good opportunities,  
Developing wisdom and clarity of mind, our mind and heart are full of harmony.*

**Monaco, 29 February 2001, 3:40 AM**

*Q: What is the original principle?*

A: The original principle is based upon the equilibrium of Heaven and Earth which form the universal energy. Everything must return to emptiness to comply with the law of Heaven and Earth.

**Psalm**

*Lacking the spiritual opportunity, they do not develop their spiritual mind,  
Unable to release their impurities and attain wisdom, they make no progress,  
With an obscure mind, they have no way to escape,  
With a restless mind and heart, they cannot achieve wisdom.*

**Monaco, 1 March 2001, 1:45 AM**

*Q: What causes an irritated mind?*

A: Man usually becomes irritated because he lacks spiritual understanding. He is narrow-minded and likes to compete with others.

**Psalm**

*The original energy contains the law of Yin and Yang,  
The soul has opportunities to learn from both social and  
spiritual paths,  
The awakened consciousness enjoys the pure and subtle  
dharma,  
Developing true love, we understand how to love  
ourselves.*

**Monaco, 2 March 2001, 10:45 AM**  
Q: *What exists in the micro-universe?*

A: The micro-universe represents the human body which relates with the whole universe. It lives within the law of action and reaction of the Yin and Yang energies.

**Psalm**

*Practicing with sincerity, we advance toward the higher  
spheres,  
Releasing our sorrow and worries, we turn within for self-  
analysis,  
Developing ourselves constantly, we achieve equilibrium,  
Understanding the Lord and the Buddha, we commune  
with the higher spheres.*

**Monaco, 3 March 2001, 10:40 AM**  
Q: *What should we do to understand the teachings of Buddha thoroughly?*

A: In order to understand the teachings of Buddha thoroughly, we must practice the spiritual method that we have chosen with diligence and dedication. Only then will we arrive at the sphere of spiritual energy, and attain wisdom and enlightenment.



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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Directory: C:\WINDOWS\Temporary Internet Files\Content.IE5\GH01B3VN  
Template: C:\WINDOWS\Application Data\Microsoft\Templates\Normal.dot  
Title:  
Subject:  
Author: Dave Nguyen  
Keywords:  
Comments:  
Creation Date: 4/25/2001 7:11 PM  
Change Number: 18  
Last Saved On: 4/27/2001 5:32 PM  
Last Saved By: mai nguyen  
Total Editing Time: 115 Minutes  
Last Printed On: 4/27/2001 8:24 PM  
As of Last Complete Printing  
Number of Pages: 3  
Number of Words: 898 (approx.)  
Number of Characters: 5,121 (approx.)