



# 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*

## Liveliness

Heaven and earth give us a lively and truthful love,  
We turn within to appreciate true divine love and spiritual virtue,  
As our consciousness awakens, we understand that there is existence within  
non-existence,  
The wise mind understands this temporary world with its unending sufferings.

*Vi Kien*

## Baby Tam Talking To You

*from 13 May 2001 to 19 May 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. *Why don't humans know how to love each other?*
2. *How can we reach harmony in the world?*
3. *What should we do when our red blood cell count is too high?*
4. *What should we do to gain clarity of mind?*
5. *Why does a spiritual adept talk in a confused manner?*
6. *Why does a spiritual adept have a restless mind and heart?*
7. *Why do the teachings of Buddha help the soul going upward and not downward?*



**Psalm**

*Those who dislike each other know no harmony,  
Living in suffering, they are isolated and lack purity,  
Burdened by agitation, they seek to return to the true  
origin,  
Lacking pureness and serenity, they cannot practice in  
harmony.*

**Montreal, 13 May 2001, 3:15 AM**

Q: *Why don't humans know how to love each other?*

A: As human beings, we should live in accordance with the karmic opportunities.

**Psalm**

*Practicing with sincerity, we develop our spiritual mind,  
Learning pureness and virtue, we understand the  
evolution path,  
The divine Grace always flows continuously,  
To see our true heart, we turn to the Lord with sincerity.*

**Montreal, 14 May 2001, 5:55 AM**

Q: *How can we reach harmony in the world?*

A: In order to achieve harmony in the world, every person must understand that they are living with Heaven, Earth, and spirituality. They should perfect themselves and advance with their own efforts to reach equilibrium in their inner consciousness. They should turn their mind directly toward the original principle of the universe.

**Psalm**

*High blood pressure burdens the chest and causes  
irregular breathing,  
Without clarity of mind, one cannot understand the divine  
subtleties,  
Undergoing constant changes, one lives in agitation,  
Restless, the heart pumps with difficulty.*

**Montreal, 15 May 2001, 3:35 AM**

Q: *What should we do when our red blood cell count is too high?*

A: When the red blood cell count is too high, one should take medicine regularly to reduce its level and return to the normal state.

**Psalm**

*Receiving the pure energy of Heaven and Earth,  
We develop our spiritual energy to return to emptiness,  
Understanding the social path, we grow our compassion,  
With a sincere heart, we dissipate all worries and  
sadness.*

**Montreal, 16 May 2001, 7:10 AM**

Q: *What should we do to gain clarity of mind?*

A: In order to gain clarity of mind, we should work with dedication day and night.

**Psalm**

*With lowered energy, our temper is unsettled,  
Practice with diligence and sincerity to release your  
sadness,  
With a wise and clear mind, we return to the unique path,  
Practicing and progressing together, we evolve gradually.*

**Montreal, 17 May 2001, 5:05 AM**

Q: *Why does a spiritual adept talk in a confused manner?*

A: A spiritual adept talks in a confused manner because his nervous system is imbalanced.

<p><b>Montreal, 18 May 2001, 2:29 AM</b>  Q: <i>Why does a spiritual adept have a restless mind and heart?</i></p> <p>A: A spiritual adept lacks serenity in his heart and mind because he does not practice sufficiently the silent invocation of the mantra Nam Mo A Di Da Phat. Therefore, his spiritual consciousness is not well balanced.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Swept away in the sea of karmic adversities,  They suffer constantly, unable to advance spiritually,  Lacking wisdom, they are unaware of the divine love,  Those who learn constantly, will hold the reigns tightly.</i></p>
<p><b>Montreal, 19 May 2001, 7:17 AM</b>  Q: <i>Why do the teachings of Buddha help the soul going upward and not downward?</i></p> <p>A: The teachings of Buddha help the soul going upward only because they guide it towards serenity and infinite progress.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Practice to progress on your own thanks to the infinite  teachings of Buddha,  With a sincere heart, release your impurities and open  your mind,  The awakened consciousness no longer causes agitation,  We'll be able to guide humanity infinitely.</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*