



# The Life Energy Development Weekly

2 September, 2001

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*Published in concurrence with The Viet LED Weekly 322*

*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*

## Great Harmony

Everywhere in the world, we see great harmony,  
Developing our true heart, we advance timely,  
Breathing in the pure energy, we are void of agitation,  
With a serene heart, we greet the words of Truth.

*Vi Kien*

## Baby Tam Talking To You

*from 1 July 2001 to 7 July 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. *How do we purify our mind?*
2. *What does it mean when the original principle is present everywhere?*
3. *What should we do to develop our heart and mind?*
4. *What should we do to concentrate our spiritual energy?*
5. *How do we achieve a sincere will to perfect ourselves spiritually?*
6. *How do we determine if we have a clear mind?*
7. *How do we achieve equality and justice?*



<p><b>Atlantic City, 1 July 2001, 5:20 AM</b>  Q: <i>How do we purify our mind?</i></p> <p>A: In order to purify our mind, we should practice a spiritual method and keep our mind directed toward one definite path.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Directing our mind toward serenity, we release our impurities,  With a clear argumentation, our mind attains greater wisdom,  Learning continuously with an awakened consciousness,  We keep a serene heart and expand our knowledge.</i></p>
<p><b>Atlantic City, 2 July 2001, 5:35 AM</b>  Q: <i>What does it mean when the original principle is present everywhere?</i></p> <p>A: The original principle is present everywhere thanks to the transformation of pure energy.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>The universe evolves to become purer,  Developing ourselves spiritually, we see the righteous path clearly,  Keeping good thoughts in our spiritual and social life,  We develop ourselves and purify our mind and body.</i></p>
<p><b>Montreal, 3 July 2001, 4:50 AM</b>  Q: <i>What should we do to develop our heart and mind?</i></p> <p>A: In order to develop our heart and mind, we must turn toward serenity and practice patience and humility.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>By practicing patience and humility, we develop our spiritual mind,  Practicing the precious dharma, we correct our own mistakes,  Aiming at achieving inner calm, we practice diligently,  With a serene heart, we advance continuously.</i></p>
<p><b>Atlantic City, 4 July 2001</b>  Q: <i>What should we do to concentrate our spiritual energy?</i></p> <p>A: In order to concentrate our spiritual energy, we must direct our mind toward the center of energy of the universe. All things will be resolved in a light and easy manner.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Awakening our consciousness through meditative contemplation, we understand our own self,  Releasing worries and sorrow, we turn within for self-analysis,  With a wise heart and mind, we release our impurities,  Practicing with diligence and sincerity, we discover our magical inner world.</i></p>
<p><b>Atlantic City, 5 July 2001, 4:40 AM</b>  Q: <i>How do we achieve a sincere will to perfect ourselves spiritually?</i></p> <p>A: A sincere will to perfect ourselves spiritually comes from the strong desire to achieve spiritual progress.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Determined to liberate our soul, we'll reach our goal,  Purifying our mind, we advance rapidly,  We should practice meditation with diligence and persistence,  Returning to the serenity of Buddha, we'll reach our goal.</i></p>

<p><b>Atlantic City, 6 July 2001, 3:15 AM</b>  Q: How do we determine if we have a clear mind?</p> <p>A: We determine if we have a clear mind when encountering obstacles.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Practicing with courage and determination, we develop  our spiritual mind,  Devoting ourselves to spiritual practice, we avoid new  mistakes,  Returning to our intuitive knowledge with a pure mind,  We awaken ourselves and correct our mistakes.</i></p>
<p><b>Atlantic City, 7 July 2001, 8:20 AM</b>  Q: How do we achieve equality and justice?</p> <p>A: We achieve equality and justice through the compassionate heart of each individual.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>The heart decides of all matters,  With equality and compassion, we no longer fight each  other,  With a natural union, our path is pure and light,  Building the spiritual work, we develop our lightness.</i></p>



Translated by Xuan Mai

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**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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