



# 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*

## Spiritual Profoundness

Attaining equilibrium, we develop spiritual profoundness,  
Now we understand the earthly world and its attachments,  
Facing the multiple karmas, our consciousness awakens,  
Cultivating our serenity, we truly see our mind and body.

*Vi Kien*

## Baby Tam Talking To You

*from 8 July 2001 to 14 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. *What should we do to become pure and light?*
2. *How can we escape from the sorrows of the world?*
3. *What causes spiritual awakening?*
4. *Why should a human being fear poverty?*
5. *What should we do in order to truly love and respect ourselves?*
6. *What causes hunger and poverty?*
7. *How do we cultivate a compassionate heart?*



<p><b>Atlantic City, 8 July 2001, 6:25 AM</b>  <i>Q: What should we do to become pure and light?</i></p> <p>A: In order to become pure and light, we must practice a strict vegetarian diet and abandon all sexual activities and sensuous desires. We should be determined to direct our mind toward the World Above and devote ourselves to spiritual practice.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>With a sincere heart, we seek full detachment and spiritual progress,  Releasing worries and sorrow, we dissipate our sadness,  Developing our intuitive knowledge, we achieve purity,  Unifying our soul and astral body, we live peacefully.</i></p>
<p><b>Atlantic City, 9 July 2001, 5:15 AM</b>  <i>Q: How can we escape from the sorrows of the world?</i></p> <p>A: In order to escape from the sorrows of the world, we must be determined to advance spiritually, and avoid all agitation caused by our desires and passions.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Purifying our soul, we avoid new errors,  Bravely, we face the world's sorrows,  With determination, we keep purifying our true soul,  Sincerely, we practice with diligence to overcome all obstacles.</i></p>
<p><b>Atlantic City, 10 July 2001, 8:55 AM</b>  <i>Q: What causes spiritual awakening?</i></p> <p>A: In order to reach spiritual awakening and devote ourselves to spiritual practice, we must encounter strong adversities.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Awakening our spiritual mind, we turn toward the sphere of emptiness,  Practicing with courage and determination, we dissolve our own blindness,  Bravely, we advance to develop ourselves spiritually,  Returning to emptiness, purity and lightness, we dissipate passions and blindness.</i></p>
<p><b>Atlantic City, 11 July 2001, 8:40 AM</b>  <i>Q: Why should a human being fear poverty?</i></p> <p>A: Human beings are always greedy and afraid of poverty.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Filled with sensuous desires, they are agitated and fear poverty,  Failing to succeed, they keep running after money,  Harming their own people and country, they stagnate only,  With an unrighteous mind and body, they nurture their greed for money.</i></p>
<p><b>Atlantic City, 12 July 2001, 9:30 AM</b>  <i>Q: What should we do in order to truly love and respect ourselves?</i></p> <p>A: In order to truly love and respect ourselves, we must maintain our faith and practice in a righteous manner.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Loving and respecting the Lord and the Buddha, we perfect ourselves,  Releasing sorrow and worries, we return to righteousness,  Liberating our mind and body, we seek our true origin,  With a sincere heart, we develop ourselves within serenity.</i></p>

<p><b>Atlantic City, 13 July 2001, 5:15 AM</b>  Q: <i>What causes hunger and poverty?</i></p> <p>A: Hunger and poverty come from the minds of people who lack co-operation. The more greedy people are, the more troubles they will cause.</p>	<p style="text-align: center;"><b>Psalm</b></p> <p style="text-align: center;"><i>Lacking abilities, they still want to become rich,  Continuous problems cause pain and suffering,  They are unable to unite their own people,  Without order and calmness, they can't cooperate with others.</i></p>
<p><b>Atlantic City, 14 July 2001, 3:40 AM</b>  Q: <i>How do we cultivate a compassionate heart?</i></p> <p>A: To cultivate a compassionate heart, we must practice extreme patience and humility.</p>	<p style="text-align: center;"><b>Psalm</b></p> <p style="text-align: center;"><i>True wisdom comes from our sincere heart,  Naturally, we'll practice love and forgiveness,  Transformations arise from spiritual virtue and compassion,  Returning to our origin, we achieve greater wisdom.</i></p>



Translated by Xuan Mai

**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.*

**Important News for VoVi Congress "COURAGE and PRACTICE", September 27 – November 3, 2001**

- 1) If you have bought your airline ticket, please notify the Organization Committee about your flight arrival and departure (time, flight number, airline), so that we have sufficient time for planning. Please notify us before **September 15, 2001** so that we can estimate the number of guests and make proper arrangements with the Hotel.  
Contact: email: [maioro@yahoo.com](mailto:maioro@yahoo.com), fax: 305-946-8200, or mail to PO Box 5234, Oroville, CA 95966
- 2) We have mailed all congress guides to our participants. In case you have not received your congress guide, please notify us immediately.
- 3) If you need to stay additional nights at the Hotel and have not yet registered, please contact us as soon as possible, since we have already provided the rooming list to the hotel.

Thank you for your attention,

The Organization Committee

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