



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

Determination

With determination, we practice to clarify our mind and reach equilibrium,
With a pure heart, we practice diligently to attain inner harmony,
Our consciousness evolves through self-awakening,
With a sincere practice, our energy will be able to travel everywhere quickly.

Vi Kien

Baby Tam Talking To You

from 10 November 2001 to 16 November 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 do we need to devote ourselves to spiritual perfection?*
2. *What does it mean to practice a righteous dharma?*
3. *Is there any benefit in practicing with diligence and sincerity?*
4. *What should we do to attain faith and trustworthiness?*
5. *What causes profound love and remembrance?*
6. *How do we achieve the connection to the center of the body?*
7. *Is there any benefit in being rebellious?*



<p>Atlantic City, 10 November 2001, 8:40 AM <i>Q: Why do we need to devote ourselves to spiritual perfection?</i></p> <p>A: To devote ourselves to spiritual perfection means to correct our bad habits and to rectify our character.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Self-help means to enlighten our mind and to perfect our character, Releasing our karma, we return to serenity and lightness, Awakened, we are no longer disturbed by profane emotions, Practicing with sincerity, we advance spiritually to gain self-knowledge.</i></p>
<p>Atlantic City, 11 November 2001, 9:00 AM <i>Q: What does it mean to practice a righteous dharma?</i></p> <p>A: To practice a righteous dharma means to awaken one's consciousness and to practice the Vo-Vi method with righteousness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>With diligence, we practice to advance spiritually and save our soul, Through the practice of Truth, we see the results of the dharma, Progressing spiritually, we develop our spiritual mind, As we practice the righteous dharma, we gain greater wisdom.</i></p>
<p>Atlantic City, 12 November 2001, 3:00 AM <i>Q: Is there any benefit in practicing with diligence and sincerity?</i></p> <p>A: Those who practice with diligence and sincerity will improve their spiritual consciousness.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>Regaining our spiritual consciousness, we'll advance gradually, Our soul develops to return to emptiness, Through self-awakening, we achieve peace and tranquility, Freed of sadness and suffering, we'll advance gradually.</i></p>
<p>Atlantic City, 13 November 2001, 3:40 AM <i>Q: What should we do to attain faith and trustworthiness?</i></p> <p>A: In order to be faithful and trustworthy, we must develop our cranial psychic center to communicate with the universal energy.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>With a tranquil mind and body, we develop our spiritual consciousness, With a wise mind, we know how to restrain ourselves, Following the eternal Truth, we return to our origin, With serenity, we evolve spiritually to regain our true nature.</i></p>
<p>Atlantic City, 14 November 2001, 9:20 AM <i>Q: What causes profound love and remembrance?</i></p> <p>A: Profound love and remembrance comes from a permanent connection to the Lord.</p>	<p style="text-align: center;"><u>Psalm</u></p> <p><i>We now have achieved a permanent love connection, Our heart and spirit commune with the Lord and turn to the sphere of purity, Continuously, we learn with the infinite guidance of the Lord, Unifying our soul and astral body, we turn to the sphere of purity.</i></p>

Psalm

*Through alimention, the nervous system flows through
the body,
From pure to impure, energy helps to nurture the body,
Following the physical law, we'll return to our true origin,
Distinguishing clearly the sphere of forms and colors, we
turn within for spiritual perfection.*

Atlantic City, 15 November 2001, 11:20 AM
Q: How do we achieve the connection to the center of
the body?

A: The nervous system controls the center of the body
and circulates throughout the body.

Psalm

*Life's conflicts awaken the soul and inspire spirituality,
Those who devise plots will only fail and obscure their
mind,
Passion and agitation will harm both mind and body,
Building our spiritual foundation, we'll free ourselves from
the bodily prison.*

Atlantic City, 16 November 2001, 10:10 AM
Q: Is there any benefit in being rebellious?

A: There is no benefit in being rebellious.



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.*