



# 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*

## Infinite Guidance

Thanks to the divine infinite guidance, we practice happily in the sphere of  
energy,  
Everywhere we feel unity and the Lord's generosity,  
Returning to our unique origin, we develop our mind and body,  
Cultivating our true soul with diligence, we timely return to inner harmony.  
*Vi Kien*

## Baby Tam Talking To You

*from 12 January 2002 to 18 January 2002*

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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 transcend into pureness?*
2. *Is there any benefit to cultivate oneself spiritually with sincerity?*
3. *Why does man fear poverty?*
4. *What does it mean to be in accord on the social and human planes?*
5. *Why is the blood circulation irregular?*
6. *Why do profane people find difficulties in every task?*
7. *How do circumstances turn into good spiritual opportunities?*



**Psalm**

*Bowing before Buddha, we return to serenity and  
advance steadily,  
Resolving anger and passion, we progress toward our  
origin,  
Releasing our impurities, we acquire wisdom and build  
our spiritual foundation,  
With a serene heart, we nurture calmness and are free of  
worries.*

**Dallas, 12 January 2002, 4:05 AM**

Q: *What does it mean to transcend into pureness?*

A: To transcend into pureness means to advance steadily with determination.

**Psalm**

*Advancing with a sincere heart, we have no worries,  
Following Buddha's path, our heart is tranquil and our  
direction righteous,  
Purifying ourselves, we become wiser and save  
ourselves,  
Serene and filled with pure energy, we have no worries.*

**Dallas, 13 January 2002, 5:40 AM**

Q: *Is there any benefit to cultivate oneself spiritually with sincerity?*

A: To cultivate oneself spiritually with sincerity has great benefits for mind and body.

**Psalm**

*Humans are greedy and fear poverty,  
They are responsible for living in an agitated world,  
Learning continuously, we awaken our consciousness,  
Understanding this transient world, we turn within for self-  
knowledge.*

**Dallas, 14 January 2002, 4:25 AM**

Q: *Why does man fear poverty?*

A: Man fears poverty because of his greediness.

**Psalm**

*Accord on social and human planes means good fortune,  
Resolving matters in a timely and harmonious manner,  
We practice a common spirit of service within joy and  
order,  
Working with a sincere heart, we are no longer ignorant.*

**Dallas, 15 January 2002, 8:15 AM**

Q: *What does it mean to be in accord on the social and human planes?*

A: To be in accord on the social and human planes means to achieve a good harmony.

**Psalm**

*To lack order causes an irregular blood flow,  
Those who practice incorrectly are themselves faulty,  
Carrying diseases, they are unable to practice,  
Harming themselves, they feel weakness everywhere.*

**Dallas, 16 January 2002, 4:05 AM**

Q: *Why is the blood circulation irregular?*

A: Blood circulation is irregular because of lack of discipline in the diet.

<p><b>Dallas, 17 January 2002, 8:05 AM</b>  Q: <i>Why do profane people find difficulties in every task?</i></p> <p>A: Profane people find difficulties in every task because they still lack familiarity.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Unfamiliar with the tasks, they suffer and face difficulties,  Those who practice with diligence know neither sorrow  nor worries,  Taking the opportunity to guide others infinitely, we live a  complete and quiet life,  Learning continuously, we feel even greater tranquility.</i></p>
<p><b>Houston, 18 January 2002, 4:25 AM</b>  Q: <i>How do circumstances turn into good spiritual opportunities?</i></p> <p>A: Circumstances turn into good spiritual opportunities in a spontaneous and natural manner.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Births and rebirths alternate in a natural manner,  The human body grows rapidly and we'll advance  accordingly,  With a clear mind, we understand the righteous character,  Harmonizing with all spheres, we attain wisdom and  clarity.</i></p>




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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.*

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