



# 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*

## Unification

Through our human relations, we awaken our consciousness and turn to  
spiritual practice,  
With a sincere heart, we practice diligently to regain inner peace,  
Loving all creatures, our heart becomes compassionate,  
Developing ourselves spiritually, we achieve the dharma of inner peace.  
*Vi Kien*

## Baby Tam Talking To You

*from 6 April 2002 to 12 April 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. *Why do people always compete against each other in this earthly world?*
2. *What should we do in order to be able to leave the physical body and travel to other planes with our soul?*
3. *What does it mean to see our character when achieving serenity?*
4. *Is there any benefit in being resolute?*
5. *Is there any harm when we lack clarity of mind?*
6. *How can humans realize compassion?*
7. *What is the responsibility of compassionate people?*



**Psalm**

*In this earthly world, there are always lessons of wealth and fame,  
Observing the human nature, we turn within for self-analysis,  
Seeing that rivalries and possessions are temporary, we awaken our consciousness,  
Those who lose their equilibrium will become passionate and angry.*

**Paris, 6 April 2002, 4:00 AM**

*Q: Why do people always compete against each other in this earthly world?*

A: In this earthly world, people always compete against each other because of fame and self-interest.

**Psalm**

*The heavenly scene is light, pure, fresh, and brilliant,  
Transcending our body and mind, we feel the brilliant light,  
Balancing both social and spiritual duties, we'll encounter good opportunities,  
Advancing with a sincere heart, we love and respect the Lord.*

**Monaco, 7 April 2002, 5:10 AM**

*Q: What should we do in order to be able to leave the physical body and travel to other planes with our soul?*

A: In order to leave the physical body and travel to other planes with our soul, we must build a good habit. When closing our eyes, we'll see that our soul resides in a different place like a young boy facing a pure, light and illuminated scene.

**Psalm**

*Seeing our consciousness clearly, we reproach ourselves,  
Lacking spiritual practice, we fail to achieve results,  
Unable to reach our goal, we cannot attain wisdom,  
Maintaining lustful desires, we won't gain pure energy.*

**Monaco, 8 April 2002, 7:47 AM**

*Q: What does it mean to see our character when achieving serenity?*

A: To see our character when achieving serenity means to clearly see our wrong deeds.

**Psalm**

*Resolute to improve ourselves spiritually by our own efforts, we concentrate ourselves on practice,  
Feeling deep joy, we live in peace and harmony,  
Understanding thoroughly both social and spiritual worlds, we return to our true origin,  
Releasing sorrow and worries, our consciousness returns to purity.*

**Monaco, 9 April 2002, 12:35 AM**

*Q: Is there any benefit in being resolute?*

A: Being resolute is very beneficial.

**Psalm**

*Lacking balance, our mind is unclear and unwise,  
Battling with impure energies, we commit our own blunders,  
With a lazy body and mind, one cannot reach tranquility,  
Be resolute to perfect yourselves spiritually to avoid errors.*

**Paris, 10 April 2002, 7:40 AM**

*Q: Is there any harm when we lack clarity of mind?*

A: Those who lack clarity of mind will cause great harm to both their mind and body.

**Monaco, 11 April 2002, 8:05 AM**

Q: How can humans realize compassion?

A: Humans can realize compassion through their participation.

**Psalm**

*To achieve unification, we should participate and help  
each other,  
Conflicts in the world will lead to timely progress,  
Those who don't achieve their great vows will encounter  
agitation,  
With a serene heart, we vow to be resolute and loyal.*

**Monaco, 12 April 2002, 3:25 AM**

Q: What is the responsibility of compassionate people?

A: Compassionate people have the responsibility of serving others with full dedication.

**Psalm**

*With a serene heart, we serve others selflessly  
everywhere,  
Turning our heart toward Heaven, we'll ascend higher,  
Our spiritual heart is filled with the opportunity for infinite  
guidance,  
Understanding both social and spiritual worlds thoroughly,  
we practice the silent invocation of Nam-Mo.*



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.*