



# The Life Energy Development Weekly

28 July, 2002

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*Published in concurrence with The Viet LED Weekly 369*

*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 Awakening

As our consciousness awakens, our soul is reunited with our astral body,  
Practicing with diligence and serenity, we turn within to enlighten ourselves,  
Loving and respecting all creatures, we harmonize with all,  
With sincerity, we develop ourselves to reach enlightenment.

*Vi Kien*

## Baby Tam Talking To You

*from 25 May 2002 to 31 May 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. *How do we establish a loving relationship among each other?*
2. *What should we do in order to establish a constant relationship with the center of energy of the universe?*
3. *Where does the spiritual mind develop?*
4. *What should we do in order to acquire a wise mind and a bright heart?*
5. *What forms our pure original nature?*
6. *What does it mean to have a pure and light heart and mind?*
7. *Is it possible to dissipate all hatred and anger by practicing continuously the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat?*



<p><b>Montreal, 25 May 2002, 3:10 AM</b>  <i>Q: How do we establish a loving relationship among each other?</i></p> <p>A: We establish a loving relationship among each other by helping each other continuously in a constructive manner.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Returning to our original serenity, we enlighten ourselves,  Transforming ourselves, we turn to spiritual perfectio and  practice with our own efforts,  Developing ourselves continuously, we return to our  unique origin,  Improving ourselves, we preserve our pure energy.</i></p>
<p><b>Montreal, 26 May 2002, 1:45 AM</b>  <i>Q: What should we do in order to establish a constant relationship with the center of energy of the universe?</i></p> <p>A: In order to establish a constant relationship with the center of energy of the universe, we must regularly direct our spiritual heart to our psychic center on the top of the head. Only then will we be able to truly understand spiritual matters.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Turned to the middle sphere of Heaven, we judge with  clarity,  Developing our sphere of energy, we see our path clearly,  Advancing in stages, our consciousness reaches  awakening,  With a serene heart, we turn within to judge with clarity.</i></p>
<p><b>Montreal, 27 May 2002, 5:05 AM</b>  <i>Q: Where does the spiritual mind develop?</i></p> <p>A: The spiritual mind develops at the psychic center in the middle of the forehead.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Developing our heart and mind, we regain our inner  peace,  The path to the sphere of purity is clear and bright, without  agitation,  Releasing our impurities, we comprehend the deep divine  love and return to our origin,  With a balanced mind and body, we restore our body of  energy.</i></p>
<p><b>Montreal, 28 May 2002, 8:05 AM</b>  <i>Q: What should we do in order to acquire a wise mind and a bright heart?</i></p> <p>A: In order to acquire a wise mind and a bright heart, we should practice humbleness, and direct our mind toward the Lord when practicing the meditation exercises. We will then obtain good results.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Turned to the Lord, we practice meditation to alleviate  hardship and suffering,  Developing our spiritual heart and mind, we regain  serenity,  Through spiritual practice, our energy flows freely to  restore heath and tranquility,  Correcting our mistakes, we improve ourselves  continuously.</i></p>

**Psalm**

*Our pure original nature is essentially emptiness,  
We cause our own path of perdition because of our  
agitated thoughts,  
Procrastinating, we do not meditate and cannot achieve  
spiritual awakening,  
Practicing with our own efforts, we'll advance and avoid  
tortuous paths.*

**Montreal, 29 May 2002, 6:55 AM**  
Q: *What forms our pure original nature?*  
  
A: Our pure original nature is formed from habits.

**Psalm**

*We practice to progress spiritually and return to  
emptiness,  
Our heart is light and free of worries,  
As our consciousness awakens, we acquire wisdom and  
free ourselves of agitation,  
Practicing with diligence and a sincere heart, we develop  
our pure energy.*

**Montreal, 30 May 2002, 5:00 AM**  
Q: *What does it mean to have a pure and light heart and  
mind?*  
  
A: To have a pure and light heart and mind means to  
truly return to emptiness.

**Psalm**

*With compassion, we provide infinite guidance to  
humanity so they advance on their own,  
Releasing our sorrow, we release our inner worries,  
Awakening our consciousness, we'll also awaken all  
spheres,  
With diligence and serenity, we practice to kindly help  
others.*

**Montreal, 31 May 2002, 9:20 AM**  
Q: *Is it possible to dissipate all hatred and anger by  
practicing continuously the silent invocation of the  
mantra Nam-Mo-A-Di-Da-Phat?*  
  
A: By practicing continuously the silent invocation of the  
mantra Nam-Mo-A-Di-Da-Phat we'll be able to develop  
our great spiritual mind. We will then realize  
compassion in order to help and guide others on earth.



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.*