



# 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 Achievement

Through our own spiritual achievement, we return to our unique origin,  
The more we practice the righteous dharma, the more enlightened we  
become,  
Understanding both social and spiritual life, we practice and advance on both  
planes,  
Practicing meditation with diligence, we release our sorrow and worries.  
*Vi Kien*

## Baby Tam Talking To You

*from 9 June 2002 to 15 June 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 results will we obtain when our heart is directed toward spiritual improvement?*
2. *Why will we gain peace and tranquility after the period of agitation?*
3. *What should we do to awaken our consciousness and reach enlightenment?*
4. *What do the transformations of the celestial mechanism mean?*
5. *Why do we practice meditation in order to advance and develop ourselves toward infinity?*
6. *What is righteous knowledge?*
7. *How can we achieve calmness and serenity?*



**Atlantic City, 9 June 2002, 3:50 AM**

Q: *What results will we obtain when our heart is directed toward spiritual improvement?*

A: When our heart is directed toward spiritual improvement, we'll encounter more good fortune.

**Psalm**

*Directing our heart toward spiritual improvement, we'll  
gain peace and tranquility,  
Achieving results, we enlighten ourselves and see our  
path clearly,  
Releasing the karma in our mind and body, we save  
ourselves,  
Returning to meditative knowledge, we truly return to  
serenity.*

**Atlantic City, 10 June 2002, 10:00 AM**

Q: *Why will we gain peace and tranquility after the period of agitation?*

A: After the period of action and reaction, we'll gain peace and serenity.

**Psalm**

*The celestial mechanism is transforming the path of  
spiritual evolution,  
Practicing meditation with diligence, we resolve our inner  
sorrow,  
Loving and respecting the noble Lord, our heart is void of  
agitation,  
With a sincere heart, we progress spiritually, and our soul  
and astral body traverse all difficulties.*

**Atlantic City, 11 June 2002, 8:40 AM**

Q: *What should we do to awaken our consciousness and reach enlightenment?*

A: In order to awaken our consciousness and reach enlightenment, we must engage ourselves in correcting our mistakes and perfecting ourselves spiritually.

**Psalm**

*To awaken our consciousness and reach enlightenment,  
we must devote ourselves to spiritual practice,  
With a sincere heart, we perfect ourselves to release  
passion and blindness,  
Loving and respecting the Lord and the Buddha, we are  
free of passion and intransigence,  
Dissipating blindness and illusions, we practice and adapt  
ourselves to all circumstances.*

**Atlantic City, 12 June 2002, 12:00 AM**

Q: *What do the transformations of the celestial mechanism mean?*

A: Transformations of the celestial mechanism mean transformations which affect everyone.

**Psalm**

*We need to practice to advance and develop our  
generosity,  
Human emotions are stirred up everywhere,  
Under adverse circumstances, we turn within to devote  
ourselves to spiritual improvement,  
Calmly, we practice with diligence and apply ourselves to  
meditative contemplation.*

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| <p><b>Atlantic City, 13 June 2002, 11:40 AM</b><br/> <i>Q: Why do we practice meditation to advance and develop ourselves toward infinity?</i></p> <p>A: We practice meditation to advance and develop ourselves toward infinity, so that we are able to liberate ourselves from our karmic forces.</p>                      | <p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>With spiritual practice, we develop ourselves toward infinity,<br/> Developing the sphere of spiritual energy, we contribute our share,<br/> Awakened, we see that our spiritual evolution has no limit,<br/> Practicing with diligence and silence, we develop our spiritual energy.</i></p>                                  |
| <p><b>Atlantic City, 14 June 2002, 5:35 AM</b><br/> <i>Q: What is righteous knowledge?</i></p> <p>A: Righteous knowledge means to understand our own mistakes.</p>   | <p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Understanding our mistakes, we silently practice to advance spiritually,<br/> Correcting ourselves with a clear mind, we release our worries,<br/> Loving and respecting the noble Lord, we follow the path of serenity,<br/> Understanding clearly both social and spiritual planes, we naturally return to kindness.</i></p> |
| <p><b>Atlantic City, 15 June 2002, 6:20 AM</b><br/> <i>Q: How can we achieve calmness and serenity?</i></p> <p>A: In order to achieve calmness and serenity, we must abandon all intransigence and rivalries inside our inner consciousness. Only then will our spiritual energy become abundant and return to serenity.</p> | <p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>When spiritual energy is abundant, the body is balanced,<br/> Awakening our consciousness, we remain calm and avoid cruelties,<br/> Understanding thoroughly the law of impermanence on this earth,<br/> Keeping a serene soul and body, we return to the original Truth.</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.*