



# 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*

## Awakening and Spiritual Knowledge

Through spiritual awakening, we clarify our mind and progress with our own efforts,

With a balanced social and spiritual life, our mind and body are tranquil,

Developing our true heart, we expand our fortunate opportunity,

Learning continuously, we naturally attain serenity.

*Vi Kien*

## Baby Tam Talking To You

*from 7 July 2002 to 13 July 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 is the pressure force of pure energy of heaven and earth generated?*
2. *Why does the soul have to endure hardship on the way to return to its origin?*
3. *Is there any benefit in devoting ourselves to spiritual improvement with determination?*
4. *Is there any benefit in devoting ourselves to spiritual improvement with a sincere heart?*
5. *Is there any benefit in being compassionate and helping a person in need?*
6. *How can we prevent incurable diseases?*
7. *What should we do in order to attain inner joy?*



**Psalm**

*Through our own efforts, we'll return to our origin and  
awaken our consciousness,  
We're fortunate to be able to perfect ourselves spiritually,  
To practice with sincerity means to accomplish a great  
task – we'll gain spiritual knowledge,  
With sincerity, we turn to the World Above and practice to  
surmount all difficulties.*

**Montreal, 7 July 2002, 8:55 AM**

*Q: How is the pressure force of pure energy of heaven  
and earth generated?*

A: The pressure force of the pure energy is generated  
naturally and spontaneously by Heaven and Earth.

**Psalm**

*To come or to go – we must attain detachment by  
ourselves,  
Everywhere, existence alternates with non-existence,  
Learning continuously, we avoid new karma and detach  
ourselves,  
Returning to our pure origin through meditative  
knowledge, we turn within for self-analysis.*

**Montreal, 8 July 2002, 3:20 AM**

*Q: Why does the soul have to endure hardship on the  
way to return to its origin?*

A: On the way to return to its origin, the soul must  
endure hardship and continue to advance according to  
the law of karmic retribution.

**Psalm**

*To devote ourselves to spiritual improvement with  
determination brings success easily,  
Perfecting ourselves with a sincere heart, we'll avoid  
creating new worries,  
Whether in a good or bad situation, we always advance  
with the Lord's guidance,  
With a serene mind and heart, we release our own  
worries.*

**Montreal, 9 July 2002, 7:50 AM**

*Q: Is there any benefit in devoting ourselves to spiritual  
improvement with determination?*

A: To devote ourselves to spiritual improvement with  
determination is very beneficial for both our mind and  
body.

**Psalm**

*Improving ourselves spiritually with a sincere heart, we'll  
encounter many opportunities,  
Awakening our consciousness, we maintain a serene  
heart and are never discouraged,  
Through constant transformations, we have the  
opportunity to attain spiritual awakening,  
With a serene heart, we improve ourselves and practice  
with our own efforts.*

**Montreal, 10 July 2002, 2:18 AM**

*Q: Is there any benefit in devoting ourselves to spiritual  
improvement with a sincere heart?*

A: Those who devote themselves to spiritual  
improvement with a sincere heart will have more  
spiritual opportunities.

**Psalm**

*By helping a person in need, we improve our mind and body,  
Opening our heart and mind, we free ourselves of worries,  
With the infinite divine guidance, we practice to develop our heart and mind,  
Releasing passion and intransigence, we naturally return to peace.*

**Montreal, 11 July 2002, 9:45 AM**

*Q: Is there any benefit in being compassionate and helping a person in need?*

*A: To be compassionate and help a person in need is very beneficial for our mind and body.*

**Psalm**

*We always feel happy and peaceful,  
With joy and good health, we appreciate the subtle dharma,  
Releasing our impurities continuously, we know how to love ourselves,  
Purifying our energy, we awaken ourselves and regain joy and tranquility.*

**Montreal, 12 July 2002, 4:55 AM**

*Q: How can we prevent incurable diseases?*

*A: We must always be happy as if we are never ill.*

**Psalm**

*Knowing earth and heaven, we naturally feel joy and harmony,  
Practicing with our own efforts, we appreciate the true dharma,  
Practicing with a sincere heart, we truly understand the words of truth,  
Seeing clearly the sphere of energy, we advance in a timely manner.*

**Montreal, 13 July 2002, 8:00 AM**

*Q: What should we do in order to attain inner joy?*

*A: In order to attain inner joy, we must practice with our own efforts in order to achieve equilibrium in our inner consciousness.*



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.*