



# 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*

## Universal Harmony

Universal harmony in the world evolves in one circle,  
Developing our spiritual heart and mind, we purify ourselves,  
The original principle granted by Heaven provides a flexible way to liberate  
oneself,  
Let's practice with a serene heart and perfect ourselves spiritually to open  
our meridians.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 27 October 2002 to 2 November 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 dedicate ourselves in spiritual practice to achieve spiritual progress?*
2. *What does it mean to have a compassionate soul?*
3. *What should we do in order to return to our true and serene nature?*
4. *What should we do in order to receive good opportunities?*
5. *Are good opportunities blessed by the Lord?*
6. *How can we keep a serene heart?*
7. *Can human pleasures lead to blinded passions?*



<p><b>Hilton Suite Toronto, 27 October 2002, 7:35 AM</b>  <i>Q: How do we dedicate ourselves in spiritual practice to achieve spiritual progress?</i></p> <p>A: In order to dedicate ourselves in spiritual practice to achieve spiritual progress, we must practice the true dharma.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Dedicating ourselves in spiritual practice, we return to the true dharma,  Purifying our soul, we practice and progress on our own,  Our wise mind continuously comprehends the spiritual path,  With sincerity and diligence, we turn within to practice the true dharma.</i></p>
<p><b>Montreal, 28 October 2002, 8:50 AM</b>  <i>Q: What does it mean to have a compassionate soul?</i></p> <p>A: To have a compassionate soul means to serve others with true dedication.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Those who serve others with full dedication are saints and angels,  Developing their souls, they appreciate the dharma,  Balancing social and spiritual matters, we understand more clearly,  Through self-awakening, we develop ourselves to enter the sphere of energy.</i></p>
<p><b>Atlantic City, 29 October 2002, 9:45 AM</b>  <i>Q: What should we do in order to return to our true and serene nature?</i></p> <p>A: In order to return to our true and serene nature, we must practice with determination to perfect ourselves and progress spiritually, and overcome the seven passions and six desires. Only then will we truly receive good opportunities.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Practicing a method for self-improvement, we save ourselves and perfect ourselves with dedication,  Understanding that the earthly world is a circle of blindness,  Passions and agitation only hinder spiritual practice and disturb the heart,  Practicing thoroughly, we achieve self-knowledge and self-perfection.</i></p>
<p><b>Atlantic City, 30 October, 10:15 AM</b>  <i>Q: What should we do in order to receive good opportunities?</i></p> <p>A: In order to receive good opportunities, we must practice the righteous dharma with a sincere heart.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>To receive good opportunities, we must practice austerity and turn our heart and thoughts to spiritual perfection,  Releasing our sorrow and worries, we dissipate our own blindness,  Through self-knowledge, we save ourselves and progress on our own,  Serving others with sincerity, we abandon blinded passions.</i></p>
<p><b>Atlantic City, 31 October 2002, 11:00 AM</b>  <i>Q: Are good opportunities blessed by the Lord?</i></p> <p>A: Good opportunities are always blessed by the Lord.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>The Lord grants the development of our spiritual heart and mind,  Through divine guidance, our soul advances very rapidly,  Accepting frugality and cultivating spiritual virtues, we return to our true origin,  Practicing with diligence and sincerity, we return to the homeland quickly.</i></p>

<p><b>Atlantic City, 1 November 2002, 8:15 AM</b>  <i>Q: How can we keep a serene heart?</i></p> <p>A: We must maintain order and discipline in our inner consciousness in order to attain serenity.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>With order, we return to our pure origin and think lovely of the Lord,  With love and affection, we are open and generous everywhere,  The lively divine love is expressed through our words,  Through self-awakening, we'll advance in a timely manner.</i></p>
<p><b>Atlantic City, 2 November 2002, 1:20 AM</b>  <i>Q: Can human pleasures lead to blinded passions?</i></p> <p>A: Human pleasures can lead to blinded passions and agitation.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Human pleasures can lead to self-delusion,  Practicing with serenity to develop ourselves spiritually,  we know the path of return,  Content within emptiness, we return to purity and knowledge,  With determination, we achieve detachment to avoid blinded passions.</i></p>



**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.*

**Letter from the Editor**

## Voyages On Earth

“Voyages on Earth” is translated from the Vietnamese translation of the original Chinese spiritual document for readers to open their minds and try to understand many facets of truth. This book is a companion to the already published book “Voyages to Hell”. It serves to awaken many other human beings who don't know the law of cause and effect.

The Taiwanese use of mediums described in this book should not be confused with VoVi. For further information about the original version of this book, please write to:

SHENG TE MAGAZINE ASSOCIATION  
20 Ching Dao Rd, Section 4  
Tai Chung, Taiwan R.O.C.

**Notes:**

*The attached translation is a rough draft of the book “Voyages on Earth”. A final edited version will be formally published at a later date.*

**The Voyages On Earth's publication will continue next week.  
Thank you for your understanding.**