



# 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 Development

Clearly distinguishing social and spiritual matters, we advance on both  
planes equally,  
Learning infinitely, we surmount obstacles and understand the dharma  
thoroughly,  
With a constant flexibility, we work positively and make progress,  
Understanding the Lord and Buddha, we turn within to analyze the spiritual  
subtleties.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 11 January 2004 to 17 January 2004*

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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 should we do in order to attain serenity?*
2. *How do we unveil ourselves?*
3. *Does the brain change when we develop our spiritual mind?*
4. *What are the benefits of having clarity of mind?*
5. *For whom do we work positively and achieve good results?*
6. *How can we have a fresh and bright face?*
7. *What should we do in order to attain equilibrium?*



**Disneyland, 11 January 2004**

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

A: In order to attain serenity, we must be determined to fully detach ourselves of all unnecessary things.

**Psalm**

*Only with a sincere heart do we maintain our  
determination to work positively,  
Through self-awakening, we have the opportunity to  
commune with the Lord and advance silently,  
Following one single direction, we are not agitated,  
With a sincere heart, we perfect ourselves spiritually to  
unveil ourselves.*

**Disneyland, 12 January 2004**

Q: *How do we unveil ourselves ?*

A: We unveil ourselves by opening up our spiritual mind.

**Psalm**

*Unveiling ourselves, we open up our spiritual mind and  
advance ,  
Developing our true consciousness and gaining  
wisdom, we naturally attain benevolence,  
Loving and respecting the noble heaven, we  
communicate with the Lord with our own efforts,  
As heaven and earth evolve harmoniously, pure  
energy develops.*

**Disneyland, 13 January 2004**

Q: *Does the brain change when we develop our spiritual mind?*

A: When our spiritual mind develops, our head feels light, and our thoughts are clear and wise.

**Psalm**

*Developing our wise mind, we naturally gain insight  
and harmony,  
Undergoing constant transformations, we achieve self-  
awakening,  
With a lively mind, we no longer sow agitated  
thoughts,  
Clearly distinguishing social and spiritual matters, we  
advance with a sincere heart.*

**Disneyland, 14 January 2004**

Q: *What are the benefits of having clarity of mind?*

A: Having clarity of mind, we will be able to work positively and achieve good results.

**Psalm**

*Returning to our pure origin and meditative knowledge,  
we develop our spiritual level,  
Understanding the whole universe with a clear  
consciousness,  
We release worries and sorrow, and respect  
ourselves,  
Developing wisdom and clarity of mind, we see the  
spiritual path clearly.*

**Disneyland, 15 January 2004**

Q: For whom do we work positively and achieve good results?

A: We work positively and achieve good results for ourselves and will have a good influence on everybody.

**Psalm**

*Working positively, we harmonize with others,  
Practicing with diligence and perseverance, we feel  
even more refreshed,  
Returning to our pure origin, we smile silently,  
Awakening our own true consciousness, we learn from  
others,  
With an awakened true consciousness, we feel  
rejuvenated.*

**Disneyland, 16 January 2004**

Q: How can we have a fresh and bright face?

A: When we practice in a righteous manner, our face will be fresh and bright.

**Psalm**

*Communicating with the pure energy, we look bright  
and fresh,  
With peace and serenity, we live in joy and happiness,  
Sowing opportunities for infinite guidance, we live a  
bright and happy life,  
Evolving continuously, our spiritual mind becomes  
illuminated.*

**Disneyland 17 January 2004**

Q: What should we do in order to attain equilibrium?

A: In order to attain equilibrium, we must practice the meditation method with diligence.

**Psalm**

*Opening up the original principle, we attain wisdom on  
our own,  
Expanding our spiritual journey, we return to our origin,  
With a calm heart, we attain serenity and awaken  
ourselves gradually,  
With a constant flexibility, we return to our origin,  
Practicing thoroughly, we obtain results and advance  
gradually.*



**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.*