



# 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

## Thorough Understanding

With a thorough understanding, we love and respect the noble Heaven,  
Heavenly transformations are profound and full of nuances,  
Achieving inner unity, we have the opportunity to awaken our consciousness,  
Serenely, we build the supreme principle through spiritual practice.

Respectfully,  
Vi Kien

## Baby Tam Talking To You

from 25 January 2004 to 31 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 is serenity?*
2. *Do worldly affairs cause any harm?*
3. *Why are people greedy?*
4. *Why do we always see ourselves as poor?*
5. *Why do we aspire for fame?*
6. *What does it mean to carry the burden of sorrow and hardship?*
7. *Why are we unable to free ourselves from agitation?*



**Disneyland, 25 January 2004**

Q: *What is serenity?*

A: Serenity means to forget all worldly affairs.

**Psalm**

*Forgetting worldly affairs, we will achieve peace and  
freshness,  
Developing ourselves spiritually, we will smile brightly,  
Entering the sphere of energy, our face is rosy,  
Everywhere, we develop both social and spiritual  
relations.*

**Disneyland, 26 January 2004**

Q: *Do worldly affairs cause any harm?*

A: Worldly affairs always involve greediness and worries.

**Psalm**

*The world changes constantly with greediness,  
suffering and hardship,  
Lacking wisdom, our mind cannot be at rest,  
Unable to balance social and spiritual matters, we are  
unable to awaken our consciousness,  
Without a clear mind, we are unable to distinguish  
opportune times.*

**Singapore, 27 January 2004**

Q: *Why are people greedy?*

A: People are greedy because they fear poverty.

**Psalm**

*With greediness, we gain suffering, but fear poverty,  
Lacking possessions, we worry and suffer even more,  
Practicing no virtuous conduct, we burden our mind,  
Resulting in even greater suffering and a poorer heart.*

**Singapore, 28 January 2004**

Q: *Why do we always see ourselves as poor?*

A: We always see ourselves as poor because we want to achieve greater ambitions than others.

**Psalm**

*Due to ambitions and greediness, we see that we are  
too poor,  
Without a quiet mind, we suffer even more,  
Our mind and body are restless because of our high  
ambitions,  
Greedy about everything, we cause deeper  
entanglements.*

**Singapore, 29 January 2004**

Q: *Why do we aspire for fame?*

A: Aspiring for fame will only cause agitation.

**Psalm**

*Aspiring for fame causes agitation and darkens the  
mind,  
Bearing sorrow and hardship, we are unable to build  
our spiritual position,  
With constantly agitated thoughts, we lost our order,  
Unable to purify ourselves, we cannot advance and  
are disturbed constantly.*

**Singapore, 30 January 2004**

Q: *What does it mean to carry the burden of sorrow and hardship?*

A: To carry the burden of sorrow and hardship means that we keep causing heartaches to ourselves without knowing why we are suffering.

**Psalm**

*We hold to sorrow without knowing the reason,  
Torturing our mind and body, we only bring garbage to  
the heart,  
Silently suffering, our mind is even more agitated,  
Those who love and respect the noble Heaven will  
ascend on their own to higher spheres.*

**Singapore, 31 January 2004**

Q: *Why are we unable to free ourselves from agitation?*

A: We are unable to free ourselves from agitation because we lack determination.

**Psalm**

*Sorrow and suffering come from a worried mind,  
With a sincere heart, we turn to the world above and  
see clearly within and outward,  
As our soul advances continuously, we see our own  
results,  
Opening our heart and mind, we cultivate our true  
soul.*



**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.*