



# 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 Practice

With spiritual practice we will save ourselves, breathing thoroughly with the exercise of cyclical breathing without retention,  
Awakening ourselves, we judge social and spiritual matters clearly,  
Understanding deeply the noble Heaven, we comprehend the words of Truth,  
Practicing the righteous dharma, we see the noble Heaven clearly.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 9 May 2004 to 15 May 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 does development mean?*
2. *What is new?*
3. *What is a new life?*
4. *What is new in this material world?*
5. *What do "greediness and lust" mean?*
6. *What will happen when we want something but cannot satisfy our desire?*
7. *What should we do when we enter the door but are not greeted?*



**Singapore, 9 May 2004 8:30 AM**

Q: *What does development mean?*

A: Development means to change and renew.

**Psalm**

*Through change and renewal, we advance toward  
courage and practice,  
Returning to our pure origin, we will achieve results on  
our own with our sincere heart,  
With calmness and serenity, we do not vacillate,  
With the deep spiritual transformations, we see the  
spiritual wonders.*

**Singapore, 10 May 2004 5:25 AM**

Q: *What is new?*

A: Inventions and creativity are new.

**Psalm**

*A newly invented creation shines brilliantly,  
Returning to our pure origin, we accomplish our own  
formation,  
Understanding social and spiritual matters thoroughly,  
we transform ourselves and return to purity,  
Seeing the original principle of Heaven very clearly.*

**Singapore, 11 May 2004, 3:40AM**

Q: *What is a new life?*

A: When a new human being is born, his soul starts a new life.

**Psalm**

*In this temporary world, a newborn has a new life,  
Suffering and hardship originate in our heart and we  
only harm ourselves  
With time, we utilize our wisdom to create habits,  
Devising all kinds of plots, we lose our equilibrium.*

**Singapore, 12 May 2004 4:15 AM**

Q: *What is new in this material world?*

A: In this material world, human emotions are enveloped in greediness and lust.

**Psalm**

*Pulled by greediness and lust, we have to advance in  
stages,  
With a miserable face and sorrowful mind, we see our  
punishment clearly,  
Failing on both social and spiritual planes, our heart is  
agitated,  
Receiving God's love, we strive to attain wisdom on  
our own.*

**Singapore, 13 May 2004, 5:15AM**

Q: What do "greediness and lust" mean?

A: Greediness and lust mean that we have all kinds of desires.

**Psalm**

*Led by greediness and lust, people cannot make  
spiritual progress,  
Awakening our consciousness and keeping a serene  
heart, we resolve our own worries,  
Repenting our mistakes, we naturally feel tranquility,  
Stumbling on life's obstacles, we lose loyalty and  
trustworthiness.*

**Frankfurt, 14 May 2004 1:10 AM**

Q: What will happen when we want something but cannot satisfy our desire?

A: When we want something but cannot satisfy our desire, we must become agitated.

**Psalm**

*Unable to satisfy our desires, we must become greedy  
and lustful,  
Agitated by greediness and lust, we lie to ourselves,  
Unable to succeed, we augment our cruelty,  
Those who understand thoroughly and devote  
themselves to spiritual cultivation will achieve leisure  
and tranquility.*

**Frankfurt, 15 May 2004, 5:15 AM**

Q: What should we do when we enter the door but are not greeted?

A: When we enter the door but are not greeted, we should understand the sign of warning. We should perfect our spiritual mind and character immediately in order to avoid turbulence.

**Psalm**

*Only after finishing to learn the lesson will we awaken  
our soul,  
Practicing and progressing on our own, we do not  
devise any plots,  
Resolving difficulties on the social and spiritual planes,  
we ascend higher on our own,  
Learning continuously, we will surmount obstacles on  
our own.*



**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.*