



# 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*

## Enlightening The Mind

Enlightening our mind, we will understand gradually and return to our origin,  
Through deep spiritual transformations, we will advance in stages,  
Releasing sorrow and worries, we will gain spiritual knowledge on our own,  
Reaching constant meditative contemplation, we analyze the subtleties of the  
dharma.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 15 August 2004 to 21 August 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 the original vital energy?*
- 2) *What does spiritual evolution mean?*
- 3) *From where does pure energy originate?*
- 4) *What is pure and noble?*
- 5) *What is involvement?*
- 6) *How can we see the connections?*
- 7) *Why is there constant agitation?*



**Atlantic City, 15 August 2004 6:15 AM**

Q: What is the original vital energy?

A: The original vital energy means to cultivate our spiritual evolution.

**Psalm**

*With spiritual practice we will evolve spiritually and  
gain wisdom on our own,  
Purifying our mind and dissipating blinded passions,  
we all evolve together,  
Developing our enlightened mind, we will reach true  
compassion and equilibrium,  
Understanding heaven and earth, we will elevate  
ourselves from low to high.*

**Atlantic City, 16 August 2004, 4:32 AM**

Q: What does spiritual evolution mean?

A: Spiritual evolution means to change from being impure to becoming pure and noble.

**Psalm**

*After extreme hardship we will evolve and turn toward  
purity,  
The noble heaven does not abandon suffering people,  
The sphere of energy provides the divine Grace and  
we should enter on our own,  
Releasing anger and blinded passions, we silently  
invoke the Nam-Mo mantra.*

**Atlantic City, 17 August 2004 4:43 AM**

Q: From where does pure energy originate?

A: Pure energy originates from the cranial psychic center upward.

**Psalm**

*The energy of the spiritual heart projects out and  
progresses infinitely,  
Through infinite transformations, we will gain self-  
knowledge and liberate ourselves,  
Clearly judging the sphere of energy from the pure to  
the impure,  
Opening our consciousness, we awaken ourselves  
and advance toward thorough knowledge.*

**Atlantic City, 18 August 2004 9:05 AM**

Q: What is pure and noble?

A: Pure and noble means not being involved with impurities.

**Psalm**

*Enlightening our mind and seeing our character, we  
will reach purity and harmony on our own,  
As our soul evolves and becomes awakened, we will  
surmount obstacles on our own,  
Purifying our soul and astral body to advance  
spiritually, we will return to our unique origin,  
With a sincere heart, we will advance and perfect  
ourselves spiritually, abandoning our corrupt  
character.*

<p><b>Atlantic City, 19 August 2004 7:14 AM</b>  Q: <i>What is involvement?</i></p> <p>A: Involvement means that there is always a connection.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Through uninterrupted connections, we will advance  toward equality,  Returning to our original path, we all have the same  true heart,  With God's lively love, we will develop ourselves with  our own efforts,  Resolving our difficulties with a sincere heart, we will  return to the unique origin.</i></p>
<p><b>Atlantic City, 20 August 2004 7:40 AM</b>  Q: <i>How can we see the connections?</i></p> <p>A: There is a constant agitation when there are connections.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>The connections bring constant agitation and  continuous transformations,  Going on the wrong path, we will always feel restless,  Unable to gain equilibrium and thorough knowledge,  we cannot practice meditation,  With all kinds of disturbances, we can hardly attain  tranquility.</i></p>
<p><b>California, 21 August 2004 3:50 AM</b>  Q: <i>Why is there constant agitation?</i></p> <p>A: There is constant agitation because of too many karmic forces.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Karmic forces come continually, causing changes and  turmoil,  With a restless heart and mind, we need to develop  our own aura,  Humans suffer and are unable to understand  themselves,  Their mind remains agitated, void of serenity, because  of karmic forces.</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.*