



# The Life Energy Development Weekly

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Email: [maioro@yahoo.com](mailto:maioro@yahoo.com)  
[www.voviweb.org](http://www.voviweb.org)

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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

## Intelligence And Wisdom

With spiritual practice we will enlighten our mind to achieve wisdom and intelligence,  
Through deep spiritual transformations, we will provide to all spheres guidance,  
Understanding social and spiritual matters thoroughly, we will have the opportunity  
for infinite divine guidance,  
As we practice diligently to achieve spiritual progress, our mind and body are  
serene.

Respectfully,  
Vi Kien

## Baby Tam Talking To You

from 28 August 2004 to 3 September 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) *Is there any benefit in directing our mind toward lust and carnal desires?*
- 2) *What is the consequence of lust and agitation?*
- 3) *What does it mean when the mind is confused?*
- 4) *When can one take a firm decision?*
- 5) *What is infinite evolution?*
- 6) *Do we need to have clarity of mind when deciding on an issue?*
- 7) *What should we do in order to achieve thorough understanding?*



<p><b>Los Angeles, 28 August 2004 4:50 AM</b>  Q: <i>Is there any benefit in directing our mind toward lust and carnal desires?</i></p> <p>A: Directing our mind toward lust and carnal desires will only harm our mind and body.</p>	<p style="text-align: center;"><b>Psalm</b></p> <p style="text-align: center;"><i>Directing our mind toward lust and carnal desires  harms our mind and body,  Dissipating the original principle, we have difficulty to  judge wisely,  Failing to learn successfully, our destiny will change,  Lacking purity and lightness, we lose the opportunities.</i></p>
<p><b>Los Angeles, 29 August 2004 9:40 AM</b>  Q: <i>What is the consequence of lust and agitation?</i></p> <p>A: The consequence of lust and agitation means that the heart and mind will lose equilibrium and become helpless.</p>	<p style="text-align: center;"><b>Psalm</b></p> <p style="text-align: center;"><i>Lust and agitation make the heart and mind confused  and helpless,  Holding to romantic memories brings sorrow and  obscures the mind,  Unable to attain wisdom and understanding, one  suffers every hour,  Agitation and disorder cause romantic fantasy.</i></p>
<p><b>Los Angeles, 30 August 2004 11:25AM</b>  Q: <i>What does it mean when the mind is confused?</i></p> <p>A: A confused mind means that one is unable to take a decision.</p>	<p style="text-align: center;"><b>Psalm</b></p> <p style="text-align: center;"><i>Confused, the heart and mind cannot harmonize,  Unable to practice spiritual cultivation and to evolve  spiritually, the body remains agitated,  Angered with oneself, one causes one's own suffering  and disharmony,  With a restless heart and body, one creates one's own  disorientation.</i></p>
<p><b>Honolulu, 31 August 2004 7:45 AM</b>  Q: <i>When can one take a firm decision?</i></p> <p>A: After a period of extreme agitation, one will take a firm decision.</p>	<p style="text-align: center;"><b>Psalm</b></p> <p style="text-align: center;"><i>Following extreme sorrows and hardship one will take  a firm decision,  A spiritually inclined soul will progress toward infinity,  Clearly understanding social and spiritual matters, one  will pardon the turbulence,  Thinking of the noble Heaven, one will release  impurities in one's inner heart.</i></p>

**Honolulu, 1 September 2004 6:35 AM**

Q: *What is infinite evolution?*

A: Infinite evolution means an unending evolution.

**Psalm**

*Turned toward spiritual evolution, we strive to attain  
infinite serenity,  
Through the unending transformations we awaken  
ourselves and gain wisdom,  
Practicing equally on both social and spiritual planes  
with a wise mind, we will advance spiritually,  
Returning to unity in the universe, we will gain wisdom  
on our own.*

**Honolulu, 2 September 2004 6:35 AM**

Q: *Do we need to have clarity of mind when deciding on an issue?*

A: It is advisable to have clarity of mind when deciding upon any issue.

**Psalm**

*In order to make a decision, we should know clearly,  
When the inner consciousness is balanced, we will  
understand the good values,  
Understanding all matters thoroughly, we will naturally  
be compassionate,  
With determination, we will resolve spiritual and social  
karmic opportunities.*

**Honolulu, 3 September 2004 6:20 AM**

Q: *What should we do in order to achieve thorough understanding?*

A: To achieve thorough understanding, we should pay attention to everything.

**Psalm**

*With a thorough understanding we will provide infinite  
guidance and help the progress of all peoples,  
When we practice thoroughly, we can receive the  
divine blessings and reflect our rays of energy  
immediately,  
Releasing our impurities and resolving all issues, we  
awaken our own consciousness,  
Practicing thoroughly, we will advance on our own and  
communicate with the Lord easily.*



**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.*