



# 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*

## Clarity

With clarity, we practice to develop ourselves and advance together,  
Overflowing with spiritual virtue and merit, we will advance and surmount obstacles  
on our own,

Uniting human compassion, we advance equally with our mind and body,  
Releasing intransigence and blinded passions, we will find joy everywhere.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 4 September 2004 to 10 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) *What should we do in order to achieve patience and resignation?*
- 2) *What is emptiness?*
- 3) *What does it mean when the mind is empty?*
- 4) *Why is there nothing to worry about?*
- 5) *What is the original cause of worries?*
- 6) *Why is our heart agitated?*
- 7) *Why do we accumulate too many external matters in our heart?*



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**Hawaii, 4 September 2004 3:30 AM**

Q: *What should we do in order to achieve patience and resignation?*

A: In order to achieve patience and resignation, we must turn our mind toward emptiness.

**Psalm**

*Practicing patience and resignation, we turn toward  
true emptiness on our own,  
Love and forgiveness are all one,  
Sincerely, we help others and provide infinite guidance  
and practice on our own to obtain results,  
Transforming our spiritual heart, we will release our  
blindness on our own.*

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**Hawaii, 5 September 2004 4:35 AM**

Q: *What is emptiness?*

A: Emptiness means vacuum.

**Psalm**

*True emptiness means that we no longer have  
worries,  
Awakening our consciousness, we turn to spirituality  
and find true freedom,  
Practicing equally on the social and spiritual paths, we  
return to our unique origin,  
Practicing with diligence and sincerity, we have no  
need to spy on.*

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**Las Vegas, 6 September 2004 7:05 AM**

Q: *What does it mean when the mind is empty?*

A: When the mind is empty, it means that we have no worries.

**Psalm**

*Void of worries, we continue to advance toward  
emptiness,  
Releasing blinded passions and intransigence, we  
continue to sow good seeds,  
We no longer expect that social and spiritual matters  
are mutually united,  
And direct our mind toward the noble heaven, in the  
sphere of emptiness.*

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**Las Vegas, 7 September 2004 6:00 AM**

Q: *Why is there nothing to worry about?*

A: We should not listen to stories that should stay out of our ears. When we are not attracted by the external world, there is nothing to worry about.

**Psalm**

*Bringing quietude to our mind and body, we have no  
worries,  
Through deep spiritual transformations, we dissipate  
our own sorrow,  
With a wise mind, we see the path of righteous  
dharma clearly,  
Releasing our blinded passions and intransigence, we  
will enter with our own heart.*

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**Psalm**

*We form desires because of our own greediness,  
With greedy expectations, we act in vain and become  
more agitated,  
Correcting ourselves, we will awaken our  
consciousness to achieve harmony inward and  
outward,  
Undergoing infinite transformations, we no longer carry  
hopes and expectations.*

**Las Vegas, 8 September 2004 8:40 AM**

*Q: What is the original cause of worries?*

A: The original cause of worries is greediness.

**Psalm**

*Agitated, we fully forget our mind and body,  
With unending sufferings, we become sorrowful,  
Our karma of mind and body evolves continuously,  
Only when we sincerely turn to the World Above will  
we attain peace and harmony.*

**Las Vegas, 9 September 2004 6:43 AM**

*Q: Why is our heart agitated?*

A: Our heart is agitated because we accumulate too many external matters.

**Psalm**

*Blinded by profane life, we like to gossip and generate  
turbulence,  
We bring hardship and suffering to ourselves because  
our heart commits errors,  
We are unable to resolve our own torments,  
Blinded by passions and errors, we are full of self-  
pride and continue our own mistakes.*

**Las Vegas, 10 September 2004 8:32 AM**

*Q: Why do we accumulate too many external matters in our heart?*

A: We accumulate too many external matters in our heart because we like to gossip and meddle into others' affairs.



**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.*