



# 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

## God's Love and His Infinite Guidance

God's Love and His infinite guidance are more precious than gold,  
Judging clearly the sphere of dharma, we will enter it on our own,  
Uniting our human compassion, with flexibility, we will achieve our goal,  
Understanding heaven and earth thoroughly, we will analyze with a righteous mind.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 11 September 2004 to 17 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) *Why do people like to gossip?*
- 2) *Why do people want to destroy others?*
- 3) *Is there any benefit when we are smarter than others?*
- 4) *Why is it harmful when we do not know how to love ourselves?*
- 5) *Why do we harm ourselves when we do not know ourselves?*
- 6) *How can we save ourselves?*
- 7) *What does it mean when our body and viscera are in equilibrium?*



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**Bayce Canyon, 11 September 2004 9:30 AM**

Q: *Why do people like to gossip?*

A: People like to gossip because they want to destroy others.

**Psalm**

*Those who destroy others will destroy themselves,  
When we accept to correct ourselves, our heart will be  
serene and content,  
Understanding heaven and earth thoroughly, we will  
open up ourselves,  
Developing ourselves, we will awaken our  
consciousness and achieve thorough knowledge.*

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**Salt Lake City, 12 September 2004 3:08 AM**

Q: *Why do people want to destroy others?*

A: People want to destroy others so that they can profit themselves.

**Psalm**

*Those who lack clarity of mind will bring harm upon  
themselves,  
Devoted to spiritual cultivation, we should maintain our  
serenity and choose to be silent,  
Understanding that God and Buddha provide us with  
good opportunities,  
We awaken our own consciousness and develop  
ourselves to achieve thorough knowledge.*

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**Salt Lake City, 13 September 2004 3:10 AM**

Q: *Is there any benefit when we are smarter than others?*

A: We will not be better than others, on the other hand, we will only harm ourselves when we do not know how to love ourselves.

**Psalm**

*Using a smart mind to oppress others will bring  
suffering to everyone!  
Thinking of God and Buddha, we cultivate our serenity  
to liberate ourselves from our own graves,  
On the path of righteous dharma, we will undergo  
deep transformations,  
Opening our heart and enlightening our mind, we will  
practice the dharma with wisdom.*

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**Yellow Stone, 14 September 2004 6:30 AM**

Q: *Why is it harmful when we do not know how to love ourselves?*

A: Not knowing how to love ourselves means to forget our spiritual root.

**Psalm**

*Instead of helping ourselves, we neglect ourselves,  
With a sorrowful heart, we turn within to analyze and  
understand that our body,  
Having taken refuge in Buddha and his teachings, we  
did not practice sufficiently,  
Neglecting ourselves, we only cause our own  
ignorance and stupidity.*

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**Psalm**

*Turned to the World Above, we search for our true  
spiritual root,  
Taking refuge in Buddha and his teachings, we neither  
feel weakened nor tired,  
Restoring peace and balance to our mind and body,  
we continue to search for our true selves,  
Eventually, we will unify with Buddha's infinite dharma.*

**Yellow Stone, 15 September 2004 2:06 AM**

Q: *Why do we harm ourselves when we do not know ourselves?*

A: To forget our profane character and to turn toward the World Above means to save ourselves.

**Psalm**

*Restoring equilibrium to our body and viscera, we save  
ourselves from a perilous situation,  
Practicing thoroughly, we will achieve results and  
understand the nuances of the dharma,  
We have the fortunate opportunity to meet the dharma  
to train and perfect ourselves spiritually,  
When our consciousness awakens, we will naturally  
be happy.*

**Las Vegas, 16 September 2004**

Q: *How can we save ourselves?*

A: We save ourselves when our body and viscera are in equilibrium.

**Psalm**

*When we love and respect God and Buddha, our  
viscera are in equilibrium,  
Releasing sorrow and worries, we awaken ourselves  
to attain wisdom,  
Uniting our human compassion, we will overcome  
agitated matters,  
Developing our wise mind, we will transform ourselves  
and develop our aura.*

**Anaheim, 17 September 2004 10:45 AM**

Q: *What does it mean when our body and viscera are in equilibrium?*

A: When our body and viscera are in equilibrium, we will feel peace and attain spiritual awakening.



**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.*