



# 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

Practicing the righteous dharma, we will gain tranquility naturally,  
Understanding this earthly world, we keep learning the lessons to gain compassion,  
Expounding the spiritual philosophy, we will feel tranquility,  
Understanding the spiritual philosophy thoroughly, we will purify our heart to  
become compassionate.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 16 December 2004 to 22 December 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 changing the truth by saying more?*
- 2) *Is there any benefit in harming our opponent?*
- 3) *Do we achieve any result if we lack patience?*
- 4) *Do we obtain any results when we practice extreme patience and resignation?*
- 5) *Is there any benefit in loving and respecting the noble Heaven?*
- 6) *What can we learn when we turn ourselves toward Heaven?*
- 7) *Is there any benefit in being attracted to external matters?*



**San Diego, 16 December 2004 6:05 AM**

Q: *Is there any benefit in changing the truth by saying more?*

A: To say more only harms the opponent.

**Psalm**

*To change the truth by saying more or less only harms  
the mind and body,  
Since our mind advances in the wrong direction, we  
have no peace,  
Unable to complete the lessons, our soul will evolve in  
another direction,  
Our heart will not be serene and we know no  
tranquility.*

**San Diego, 17 December 2004 10:55 AM**

Q: *Is there any benefit in harming our opponent?*

A: Those who harm their opponent will be subject to the law of karmic retribution.

**Psalm**

*Those who sow bad seeds will harvest evil results,  
Loving and respecting the noble Heaven, we turn to  
purity on our own,  
Through infinite spiritual evolution, we will sow good  
thoughts,  
How precious is the opportunity to return to our pure  
origin and serenity!*

**San Diego, 18 December 2004 6:28 AM**

Q: *Do we achieve any result if we lack patience?*

A: We do not achieve any good results when we lack patience.

**Psalm**

*Practicing patience and resignation, we will obtain  
good results,  
Developing our wisdom, we will surmount obstacles on  
our own,  
With meditation, our heart becomes light and pure,  
and we open up our true heart,  
Spiritually, we develop ourselves in accordance with  
our flexibility and understanding.*

**San Diego, 19 December 2004 6:45 AM**

Q: *Do we obtain any results when we practice extreme patience and resignation?*

A: We will get very good results when we practice extreme patience and resignation.

**Psalm**

*Judging social and spiritual matters with clarity, we will  
feel abundant energy on our own,  
Releasing our sorrow and worries, we will resolve  
difficulties on our own,  
With a constant flexibility, we awaken our own  
consciousness,  
Understanding God and Buddha, we practice patience,  
purity, and harmony.*

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**San Diego, 20 December 2004 10:36 AM**

Q: *Is there any benefit in loving and respecting the noble Heaven?*

A: We will develop our spiritual mind when we love and respect the noble Heaven.

**Psalm**

*With a thorough spiritual knowledge, we will understand the original principle of Heaven on our own,*

*Learning infinitely, our mind is at leisure,  
The whole universe will return to one unique origin,  
Practicing with diligence and a serene heart, we turn ourselves toward Heaven.*

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**San Diego, 21 December 2004 7:35 AM**

Q: *What can we learn when we turn ourselves toward Heaven?*

A: When we turn ourselves toward Heaven with a sincere heart, we will learn about the infinite spiritual evolution.

**Psalm**

*Loving and respecting the noble heaven, we will develop our spiritual heart and mind,  
Returning to our origin through meditative knowledge, we will awaken our true heart,  
We will have the opportunity for divine guidance through deep spiritual transformations,  
Developing our mind and body, we will advance and enter on our own.*

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**Atlantic City, 22 December 2004 7:43 PM**

Q: *Is there any benefit in being attracted to external matters?*

A: Being attracted to external matters will only cause karma of the heart.

**Psalm**

*We should not listen to rumors and stories,  
We will only commit errors, causing agitation and difficulties,  
We should eliminate the flood of karmic relations,  
Opening our compassionate heart widely, we will analyze and harmonize with the dharma.*



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**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.*

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