



# 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*

## Clear Judgment

With a clear judgment, it is easy to understand and handle the situation,  
Developing our wise mind, we will transform ourselves to attain purity,  
Through infinite transformations, we will return to unity and make progress,  
Practicing with diligence and sincerity, we will achieve success with our heart.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 10 March to 16 March 2005*

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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) *How can we be moderate?*
- 2) *Is there any harm when we eat lightly with some hunger left?*
- 3) *What should we do in order to have a peaceful country where people live in harmony?*
- 4) *Why does a human being become ill?*
- 5) *What are karmic forces?*
- 6) *What is worry?*
- 7) *Why do people have fears and worries?*



**San Diego, 10 March 2005 3:10 AM**

Q: *How can we be moderate?*

A: We should only eat moderately.

**Psalm**

*Eating moderately, without being excessively full,  
Our body and mind will be less agitated, and void of  
blinded passions,  
Opening our heart and mind, we will awaken our own  
consciousness and devote ourselves to spiritual  
cultivation,  
With a transformed mind, we return to our spiritual  
heart to develop ourselves and advance spiritually.*

**San Diego, 11 March 2005 11:57 PM**

Q: *Is there any harm when we eat lightly with some hunger left?*

A: It is very beneficial for a diabetic to eat lightly with some hunger left.

**Psalm**

*Eating lightly with some hunger left will prevent the rise  
of insulin,  
Practicing meditation in an orderly manner will let us  
ascend higher more easily,  
Returning to emptiness, we will see our own agitation,  
Awakening our own consciousness, we like to  
maintain detachment and emptiness.*

**San Diego, 12 March 2005 4:10 AM**

Q: *What should we do in order to have a peaceful country where people live in harmony?*

A: In order to have a peaceful country where people live in harmony, every citizen should learn greatest patience and resignation, so that they can all evolve together.

**Psalm**

*With greatest patience and resignation, we will  
advance together,  
Learning infinite lessons, we will lead a tranquil life on  
our own,  
Through deep spiritual transformations, we will  
advance on the evolution path,  
Practicing patience and resignation, we will advance  
and surmount obstacles on our own.*

**San Diego, 13 March 2005 2:53 AM**

Q: *Why does a human being become ill?*

A: A human being becomes ill because of imprudent eating.

**Psalm**

*It is common to see people getting ill,  
Those who eat imprudently must take care of  
themselves,  
Karmic forces pursue them incessantly to repay the  
debts,  
With a sincere heart, they should admit the sins they  
have committed.*

**San Diego, 14 March 2005 2:47 AM**

Q: *What are karmic forces?*

A: Karmic forces are greedy desires accumulated since numerous existences.

**Psalm**

*Karma pursues man through his whole restless life,  
Giving challenges to humans in their continuous  
reincarnations,  
Tranquility and agitation alternate unpredictably  
according to the karmic forces,  
Their unstable temper causes their body to suffer.*

**San Diego, 15 March 2005 7:40 AM**

Q: *What is worry?*

A: Worry means to direct one's mind on one matter.

**Psalm**

*Worry means to direct one's mind toward impurity,  
One has difficulty to devote oneself to spiritual  
practice, to advance spiritually, and to release one's  
blindness,  
Unable to return to unity, one will have difficulty to  
achieve the spiritual opportunity,  
Practicing with diligence and sincerity, we will no  
longer be ignorant.*

**San Diego, 16 March 2005 12:16 AM**

Q: *Why do people have fears and worries?*

A: People have fears and worries because they have committed wrongdoings to harm others.

**Psalm**

*We must become agitated and worried when  
committing wrongdoings to harm others,  
We should awaken our consciousness on our own and  
return to our spiritual heart,  
Everywhere, we will meet people without making a  
fuss,  
Our soul will advance in this transient body, and our  
spiritual heart remains steady.*



**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.*