



# 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

## Infinity

The spiritual path is infinite, and we need to devote ourselves to spiritual cultivation to advance spiritually,  
Only by developing ourselves spiritually, will we be able to live in tranquility,  
Loving and thinking of the noble Heaven, we will receive regular guidance from God,  
Learning incessantly, we will avoid errors and blinded passions.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 21 May to 27 May 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) *Is there any benefit when we practice and develop ourselves spiritually?*
- 2) *What is the correct way to practice?*
- 3) *What is the correct way to evolve spiritually?*
- 4) *What is the correct way to practice with diligence and sincerity?*
- 5) *What is the correct way to read books?*
- 6) *What does "patience and resignation" mean?*
- 7) *What is the most precious thing?*



**Psalm**

*Returning to our origin through meditative knowledge,  
we will attain wisdom on our own,  
Practicing the meditation exercises, we will see the  
spiritual path clearly,  
Awakening our own consciousness, we will  
understand social and spiritual matters thoroughly,  
Practicing the spiritual method to save ourselves, we  
see the spiritual path clearly.*

**San Diego, 21 May 2005 4:35 AM**

*Q: Is there any benefit when we practice and develop ourselves spiritually?*

A: When we practice and develop ourselves spiritually, we are making progress.

**Psalm**

*The correct way is to rectify our mistakes with earnest  
on our own,  
Undergoing deep spiritual transformations, we will  
understand things to the bottom,  
The original principle granted by Heaven does not  
change,  
Practicing with diligence and sincerity, we remain  
faithful without deviation.*

**San Diego, 22 May 2005 12:25 AM**

*Q: What is the correct way to practice?*

A: The correct way is to practice with regularity.

**Psalm**

*Sincerely we practice to advance within patience and  
resignation,  
Loving and thinking of the noble Heaven, we will  
transform ourselves in forms and colors,  
Having pity of ourselves, we must cultivate ourselves  
spiritually with our own efforts,  
Learning with a serene heart, we will save our body.*

**San Diego, 23 May 2005 2:34 AM**

*Q: What is the correct way to evolve spiritually?*

A: The correct way is to evolve through deep spiritual transformations.

**Psalm**

*The correct way is to practice with honesty,  
We learn infinitely from the dharma of tolerance and  
forgiveness,  
With a sincere heart, we learn till infinity,  
Let's return to our origin through meditative  
knowledge,  
And to the dharma of tolerance and forgiveness.*

**San Diego, 24 May 2005 7:30 AM**

*Q: What is the correct way to practice with diligence and a sincere heart?*

A: The correct way is to practice with honesty.

**Psalm**

*We read and analyze materials related to spiritual  
development,  
Learning continuously, we will enlighten ourselves with  
our own efforts,  
Releasing blinded passions and intransigence, our  
heart is truthful and sincere,  
On our head, we will develop the aureole.*

**San Diego, 25 May 2005 9:15 AM**

*Q: What is the correct way to read books?*

A: The correct way is to read books related to spiritual development.

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**San Diego, 26 May 2005 2:36 AM**

Q: What does "patience and resignation" mean?

A: Patience and resignation means that we should be bright and happy.

**Psalm**

*Only by opening our heart and spirit widely will we be  
bright and happy,  
Developing our soul, we present ourselves to all  
spheres,  
With love and forgiveness, we build our spiritual  
progress,  
Evolving with a serene heart, we dissipate our sorrow  
and worries.*

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**San Diego, 27 May 2005 1:55 AM**

Q: What is the most precious thing?

A: The most precious thing is spiritual cultivation.

**Psalm**

*Judging social and spiritual matters clearly, we  
understand true love,  
Loving and thinking of the noble heaven, we choose to  
be silent,  
Through the infinite transformations, we receive the  
Divine Blessings,  
Practicing the true dharma thoroughly, we turn our  
mind toward Heaven.*



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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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