



# 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*

## Pure and Calm

With purity and calmness, we turn to Heaven and open up our spiritual heart,  
Divine compassion gives infinite guidance to humans for spiritual evolution,  
With a sincere heart, we help ourselves and others infinitely and achieve harmony  
on our own,  
With the divine opportunity from Heaven and Buddha, we return to the heavenly  
sphere.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 28 May to 3 June 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) *What is respect?*
- 2) *What does it mean to think of someone with love and affection?*
- 3) *What is considered precious and loving?*
- 4) *Why do we think of someone with love and affection?*
- 5) *What does it mean that "there is no birth and no death"?*
- 6) *Why do we have to be greedy?*
- 7) *What is the need for spiritual cultivation when we have food and clothing?*



**San Diego, 28 May 2005 11:01 AM**  
Q: What is respect?

A: Respect is very useful.

**Psalm**

*To enlighten our spiritual heart and to see our own character means to be trustworthy,  
Heaven's light shines brilliantly and very clearly,  
It gives the human heart infinite guidance to become pure and enlightened,  
With an enlightened heart and seeing our own character, we understand social and spiritual matters thoroughly.*

**San Diego, 29 May 2005 6:00 PM**  
Q: What does it mean to think of someone with love and affection?

A: To think of someone with love and affection means to love with sincerity.

**Psalm**

*To think of someone with love and affection is to love sincerely,  
When we thoroughly understand our abundant love and affection,  
We will evolve deeply and develop our spiritual path on our own,  
Developing our wisdom and clarity of mind, we will love and respect ourselves.*

**Toronto, 30 May 2005 12:10 AM**  
Q: What is considered precious and loving?

A: Things that are precious are loving.

**Psalm**

*The good divine opportunity is truly precious and loving,  
Practicing the righteous dharma, we will have the opportunity for God's guidance,  
True practice means to return to our pure origin,  
Learning incessantly, we will turn to purity on our own.*

**Toronto, 31 May 2005**  
Q: Why do we think of someone with love and affection?

A: There are love and affection only when there is harmony and affinity between the two karmic relations.

**Psalm**

*Thanks to the good opportunity, we are reunited and express love and affection on our own,  
Developing our true soul, we will overcome our cruelty,  
Awakening our own consciousness, we are no longer anxious,  
Turning to purity, we release our impurities to reach eternity on our own.*

**Toronto, 1 June 2005**  
Q: What does it mean that "there is no birth and no death"?

A: There is no birth and no death, which means a natural evolution within spontaneity and naturalness.

**Psalm**

*The soul descends on earth in a spontaneous state,  
Returning to our origin through meditative knowledge, we attain tranquility on our own,  
There is neither birth nor death, and God grants us His divine blessings,  
Learning infinitely, we will surmount the obstacles on our own.*

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**Toronto, 2 June 2005 12:45 AM**  
Q: *Why do we have to be greedy?*

A: Because we have acquired a bad habit.

**Psalm**

*God will grant His blessings when we perfect  
ourselves to evolve spiritually,  
Learning incessantly, we will surmount the obstacles  
on our own,  
Cultivating ourselves equally on the social and spiritual  
planes, we will have the opportunity for God's  
guidance,  
Practicing the true dharma, we will overcome  
difficulties on our own.*

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**Toronto, 3 June 2005 12:50 AM**

Q: *What is the need for spiritual cultivation when we have  
food and clothing?*

A: Our possessions, food and clothing, come from the  
blessings granted by Heaven.

**Psalm**

*Only by practicing a spiritual method and turning to the  
World Above will we live in tranquility,  
Developing our pure heart, we will awaken our  
spirituality,  
Thanks to the divine opportunity and God's guidance,  
we will receive more goodness,  
Practicing the meditation exercises diligently, our soul  
will advance spiritually.*



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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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