



# 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*

## Enlightened Heart

With an enlightened heart, we practice to achieve the good karmic opportunities,  
Silently we cultivate ourselves spiritually to advance and attain purity with our own  
efforts,  
Returning to our pure origin through meditative knowledge, we will reach peace and  
harmony,  
With our spiritual practice, we will project light and shine everywhere.  
*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 9 August to 15 August 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) *Why is there a new incident every day?*
- 2) *What is the main task?*
- 3) *What is the most dangerous thing?*
- 4) *What does it mean to practice meditation with lucidity and diligence?*
- 5) *What does it mean to be eager to cultivate ourselves spiritually and make progress?*
- 6) *Why do we need to detach ourselves of earthly matters with resolution?*
- 7) *Is there any benefit in attentively contributing our share?*



<p><b>Singapore, 9 August 2005 7:00 AM</b>  Q: <i>Why is there a new incident every day?</i></p> <p>A: There is a new incident every day so that we can correct ourselves.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Every day there is a different incident,  To show the right action, and what we need to  accomplish on our own,  Clarity of mind and wisdom are our daily guidelines,  Practicing with a sincere heart and diligence, our heart  will become kind naturally.</i></p>
<p><b>Singapore, 10 August 2005 8:00 AM</b>  Q: <i>What is the main task?</i></p> <p>A: Eating is the main task.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>We eat and drink to sustain ourselves and advance  spiritually,  Developing our true soul, we will prove our spiritual will  on our own,  Uniting with human compassion, we all advance on  the same path,  We should focus on practicing meditation with  diligence and sincerity.</i></p>
<p><b>Singapore, 11 August 2005 6:55 AM</b>  Q: <i>What is the most dangerous thing?</i></p> <p>A: To cut one's breath is the most dangerous thing.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Failure and success are common happenings,  Our main task is to love and respect the noble heaven,  To develop ourselves spiritually, we should practice  meditation,  It is necessary to practice with lucidity and diligence.</i></p>
<p><b>Japan, 12 August 2005 6:10 AM</b>  Q: <i>What does it mean to practice meditation with lucidity  and diligence?</i></p> <p>A: To practice meditation with lucidity and diligence means  to practice with regularity and continuity.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Practicing with lucidity and diligence, we will improve  our spiritual heart,  Releasing anger and blinded passions, we will  dissolve our own sorrow,  Uniting with human compassion, we practice without  interruption,  Practicing the righteous dharma, we remember the  Divine Grace.</i></p>
<p><b>Japan, 13 August 2005 6:20 AM</b>  Q: <i>What does it mean to be eager to cultivate ourselves  spiritually and make progress?</i></p> <p>A: To be eager to cultivate ourselves spiritually and make  progress, we should practice continually and in a righteous  manner.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Clearly judging social and spiritual matters, we  practice with our own efforts,  Releasing our impurities, we educate ourselves to  advance rapidly on our own,  Practicing the righteous dharma, we do not dare to  abandon,  Thinking of the World Above, we practice to develop  ourselves spiritually.</i></p>

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**Japan, 14 August 2005 6:30 AM**

Q: *Why do we need to detach ourselves of earthly matters with resolution?*

A: We need to detach ourselves of earthly matters with resolution in order to devote ourselves more easily to spiritual perfection.

**Psalm**

*Detaching ourselves of earthly matters with resolution  
will help with spiritual cultivation,  
Abandoning worldly worries, we practice the dharma  
with our heart,  
Developing ourselves spiritually, we will perfect  
ourselves spiritually and advance easily,  
Practicing with diligence and sincerity, we will  
encounter goodness.*

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**Japan, 15 August 2005 7:20 AM**

Q: *Is there any benefit in attentively contributing our share?*

A: By attentively contributing our share, we will easily succeed.

**Psalm**

*Practicing the spiritual method, we will return to our  
pure origin and our truly kind thoughts,  
Releasing our sorrow and worries, we will respect  
ourselves,  
With a wise mind, we clearly judge the path of  
righteous enlightenment,  
Receiving the energy of the universe, our heart is pure  
and peaceful.*



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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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