



# 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 Development

We develop ourselves spiritually without agitation,  
Evolving deeply on the spiritual path, we turn within to analyze ourselves,  
Enlightening our heart and seeing our character, our mind is quiet,  
Awakening our own consciousness, our heart is serene and void of agitation.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 23 August to 29 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) *How do we find the path of spiritual evolution?*
- 2) *Where is the right place to learn?*
- 3) *Where is the place to return to purity?*
- 4) *Where is our origin?*
- 5) *What does infinite evolution mean?*
- 6) *Why does a human fear hunger?*
- 7) *Why is the greed of humans bottomless?*



**San Diego, 23 August 2005 4:05 AM**

Q: How do we find the path of spiritual evolution?

A: We find the path of spiritual evolution by practicing the spiritual method.

**Psalm**

*Taking refuge in the teachings of Buddha, we practice continuously,  
Releasing our sorrow and worries, we will save ourselves,  
Developing our mind and body, we will return to our unique origin,  
With a sincere heart, we cultivate ourselves spiritually to make progress and dissipate sorrow in our heart.*

**San Diego, 24 August 2005 3:30 PM**

Q: Where is the right place to learn?

A: The right place to learn is at the center of energy of the universe.

**Psalm**

*Developing ourselves infinitely, we will attain enlightenment on our own,  
On the path of goodness and divine guidance, we will develop our spiritual heart and mind,  
Practicing with a sincere heart and diligence, we will build our endurance,  
Through infinite spiritual transformations, we will attain knowledge and wisdom on our own.*

**San Diego, 25 August 2005, 4:50 PM**

Q: Where is the place to return to purity?

A: To return to purity means to return to the origin.

**Psalm**

*Learning with a sincere heart, our mind and body are light,  
Developing ourselves infinitely, we will attain knowledge and wisdom on our own,  
With an infinite flexibility, we are awakening our own consciousness now,  
Practicing thoroughly, we will develop ourselves spiritually for our own salvation.*

**San Diego, 26 August 2005 10:25 AM**

Q: Where is our origin?

A: Our origin is our spiritual root.

**Psalm**

*Practicing the spiritual method, we develop ourselves and value our mind and body,  
Our root lies in our spiritual faith and we should practice with our own efforts,  
Developing ourselves spiritually, our mind is peaceful,  
Practicing thoroughly, we awaken our own consciousness and our mind is wise and clear.*

**San Diego, 27 August 2005 7:15 AM**

Q: What does infinite evolution mean?

A: Infinite evolution is induced by a spiritual adept who practices the spiritual method diligently.

**Psalm**

*With a diligent spiritual cultivation, we will evolve infinitely,  
We understand that in this present world, we have the opportunity to learn spiritual lessons,  
With a transcendent consciousness, we will have an infinitely wise judgment,  
Practicing meditation with a sincere heart, we are no longer irresolute.*

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**Psalm**

**San Diego, 28 August 2005 12:04 AM**

Q: *Why does a human fear hunger?*

A: As humans, only our bowels know about hunger and satiety.

*Hunger and satiety are the affair of our bowels,  
A wise mind clearly judges social and spiritual matters,  
Lacking resolution in our social and spiritual relations,  
We should practice thoroughly to save ourselves and  
help our own body.*

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**Psalm**

**San Diego, 29 August 2005 3:56 AM**

Q: *Why is the greed of humans bottomless?*

A: The greed of humans is endless.

*Greed generates suffering, adversities and all kinds of  
perturbations,  
Unable to dissipate greed, we will cause more  
difficulties,  
Continuous nightmares will appear in our  
consciousness,  
All events and transformations are predestined for our  
return to emptiness and spiritual evolution.*



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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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