



# 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*

## Self Practice

By practicing with our own efforts, we will make progress on our own very clearly,  
Cultivating ourselves equally on the social and spiritual planes, we will know the  
path of evolution clearly,

Working constructively for ourselves, we shall step onward diligently,  
Developing our wisdom, we will acquire clarity of mind on our own.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 25 November to 1 December 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 it beneficial during our lifetime or at our death?*
- 2) *What is the purpose of practicing the Vo-Vi method diligently?*
- 3) *Why is there being and non-being?*
- 4) *What is the purpose of being diligent?*
- 5) *What is the opportunity?*
- 6) *What is determination?*
- 7) *Why do we love and respect the noble Heaven?*



**Psalm**

*Turned to the World Above, we will evolve in a very  
light and pure manner,  
Developing ourselves infinitely, we will dissipate our  
blinded passions on our own,  
Our consciousness is clearly aware of each step  
forward,  
Practicing with diligence and a sincere heart, we will  
surmount and traverse obstacles with our own efforts.*

**San Diego, 25 November 2005 2:16 AM**

Q: *Is it beneficial during our lifetime or at our death?*

A: We will encounter good luck during our lifetime as well as at our death.

**Psalm**

*When we strive to practice with diligence, we will  
obtain results on our own,  
Loving and respecting the noble Heaven, we will  
unblock ourselves and evolve spiritually,  
We believe that the noble Heaven does not abandon  
us,  
Practicing with diligence and a sincere heart, we will  
surmount difficulties and cross the other shore on our  
own.*

**San Diego, 26 November 2005 7:50 PM**

Q: *What is the purpose of practicing the Vo-Vi method diligently?*

A: We practice diligently in order to achieve results with our own efforts.

**Psalm**

*Being and non-being help the people in their spiritual  
cultivation,  
Learning continuously, we will avoid imprisonment,  
The deep transformations are very miraculous,  
Loving Heaven and understanding Buddha, we will  
understand the depth.*

**San Diego, 27 November 2005 8:00 AM**

Q: *Why is there being and non-being?*

A: There is being and non-being to educate the people.

**Psalm**

*It is essential to cultivate ourselves spiritually with  
great diligence to advance,  
Purifying our soul to advance further, we transform  
ourselves with our own efforts,  
Turned to the World Above, we think of Heaven and  
do not lose the opportunity,  
With a calm heart, we are serene and save ourselves.*

**San Diego, 28 November 2005, 12:45 AM**

Q: *What is the purpose of being diligent?*

A: We should cultivate ourselves spiritually with diligence in order to care for our soul.

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**San Diego, 29 November 2005 6:53 PM**

Q: *What is the opportunity?*

A: It means the opportunity to evolve further at that particular time.

**Psalm**

*At each step, we develop our wisdom and create opportunities,  
Determined to devote ourselves to spiritual cultivation,  
we should step onward,  
Returning to our spiritual heart, we awaken ourselves  
and know ourselves clearly,  
Loving and respecting the noble Heaven, we shall  
return to our unique origin.*

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**San Diego, 30 November 2005 7:04 PM**

Q: *What is determination?*

A: Determination means not to repeat the same mistakes.

**Psalm**

*If we commit errors and redo the mistakes, we are not  
yet able to change ourselves,  
We will be tossed by the waves of karma as we strive  
to cultivate ourselves spiritually and advance with our  
own efforts,  
Developing our sincere nature with spiritual practice,  
we will ascend higher in stages,  
With a sincere heart, we practice diligently to develop  
ourselves and advance far.*

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**San Diego, 1 December 2005, 7:16 PM**

Q: *Why do we love and respect the noble Heaven?*

A: We love and respect the noble Heaven because it is our evolution path.

**Psalm**

*Practicing the true dharma, it is easy to have  
determination,  
Developing ourselves on the social and spiritual  
planes, we can surmount the obstacles clearly,  
We will learn the word of harmony on our own,  
Practicing the true dharma, our heart is filled with love.*



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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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