



# 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 Heart

With a pure heart and the spirit of equality, we return to the path of spiritual progress,  
Forms and colors interact to advance through the pure and impure spheres,  
Undergoing infinite changes, we traverse all obstacles to reach the dharma,  
With a thorough practice, we will succeed on our own, and analyze the wonders of the dharma.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 2 December to 8 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) *How do we develop ourselves spiritually?*
- 2) *What does "infinite development" mean?*
- 3) *What does it mean to return to naturalness and spontaneity?*
- 4) *Which path is a shortcut?*
- 5) *Where will we arrive and where will we not?*
- 6) *What is free spiritual evolution?*
- 7) *What does it mean to cultivate ourselves spiritually and to advance with our own efforts?*



**Psalm**

**San Diego, 2 December 2005 7:22 PM**

Q: *How do we develop ourselves spiritually?*

A: We develop ourselves spiritually through self-awakening.

*Practicing the dharma, our mind will become clear and  
we will achieve the Way (Tao) naturally,  
Taking refuge in the dharma of Buddha, we will  
ascend higher with our own efforts,  
Returning to emptiness, we will advance on our own,  
open our heart and understand the dharma,  
Let's cultivate ourselves spiritually with a sincere heart  
to make progress, return to emptiness and reach  
higher levels.*

**Psalm**

**San Diego, 3 December 2005 5:44 PM**

Q: *What does "infinite development" mean?*

A: Infinite development means to return to naturalness.

*Let's practice until we attain naturalness and  
spontaneity,  
Closing our eyes, we will be immediately transported  
to a different place  
With spiritual practice, we will evolve and arrive to  
different places,  
We will undergo infinite transformations; our mind and  
body will be filled with light.*

**Psalm**

**San Diego, 4 December 5:53 PM**

Q: *What does it mean to return to naturalness and  
spontaneity?*

A: To return to naturalness and spontaneity means to return  
to our root.

*From our root, we are born within naturalness,  
Developing ourselves infinitely, we will advance and  
traverse all with our own efforts,  
On our lively path, we will sow good karmic relations,  
With serenity and a heart dedicated to spiritual  
cultivation, we will develop ourselves even more.*

**Psalm**

**San Diego, 5 December 2005, 6:02 PM**

Q: *Which path is a shortcut?*

A: The path of spiritual practice is the shortcut.

*We should practice in order to open our mind and our  
heart,  
With a determined will in our thinking, we will advance  
and unblock ourselves with our own efforts,  
Developing ourselves, we will build our own merit,  
When our brain vibrates regularly, we will open  
ourselves with our own efforts.*

**Psalm**

**San Diego, 6 December 2005 8:32 AM**

Q: *Where will we arrive and where will we not?*

A: We will arrive at a place of infinity, and we will not arrive  
at a place of obstruction.

*Entering meditative contemplation (Samadhi), we are  
light and forget all,  
Void of passions and blindness, we will advance and  
cultivate ourselves spiritually on our own,  
Enlightening our heart and seeing our character, our  
soul and astral body travel leisurely,  
With serenity, we awaken our soul and sow a good  
karmic opportunity.*

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**San Diego, 7 December 2005 7:10 AM**

Q: *What is free spiritual evolution?*

A: Free spiritual evolution means that there is no coercion.

**Psalm**

*In purity and wonder, we advance to attain purity and  
harmony,  
Undergoing deep spiritual evolution, we will advance  
far with our own efforts,  
As our universe comes to unity, our mind analyzes  
with harmony,  
Developing ourselves infinitely, we will surmount all  
with our own efforts.*

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**San Diego, 8 December 2005, 7:43 AM**

Q: *What does it mean to cultivate ourselves spiritually and  
to advance with our own efforts?*

A: In order to cultivate ourselves spiritually and to advance  
with our own efforts, we must practice the spiritual method.

**Psalm**

*Practicing the righteous dharma, we will liberate  
ourselves and analyze ourselves,  
Loving and respecting the noble Heaven, we will save  
ourselves,  
Repenting our mistakes, we will correct ourselves,  
liberate ourselves and analyze ourselves to advance  
further,  
Encountering no more obstacles, we live in peace and  
harmony.*



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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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