



# 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

## Enlightening The Heart

Enlightening our heart, we awaken our own consciousness and free ourselves of  
infatuation and sorrow,

Developing ourselves spiritually, we will advance promptly toward our return,  
By learning and practicing the spiritual method, we will understand the deep  
philosophy,

Understanding earthly and spiritual matters clearly, we will return (to our origin)  
quickly with our own efforts.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 22 January to 27 January 2006*

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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 does "tardiness" mean?*
- 2) *Do we succeed if we cultivate ourselves spiritually with tardiness?*
- 3) *What kind of obstacles do we surmount?*
- 4) *What kind of tasks do we carry out with our infatuation and intransigence?*
- 5) *Does superstition bring any benefit?*
- 6) *What is a good way to transform ourselves?*
- 7) *Is there any benefit in loving and respecting our Master?*



**Psalm**

*With tardiness, practicing the spiritual method does not bring progress,  
We should practice the method correctly without deviation,  
Achieving spiritual progress, we live in a spontaneous manner,  
Practicing with sincerity and diligence, we harbor no sadness.*

**San Diego, 22 January 2006 1:30 AM**

*Q: What does "tardiness" mean?*

A: Tardiness means not to devote oneself fully to spiritual cultivation.

**Psalm**

*Undergoing deep transformations, we practice the true dharma,  
Surmounting obstacles, we will attain tranquility and harmony with our own efforts,  
With clarity of mind and an enlightened consciousness, we will overcome the difficulties on our own,  
Developing our intelligence, we will understand the path of progress clearly.*

**San Diego, 22 January 2006 (bis) 1:35 AM**

*Q: Do we succeed if we cultivate ourselves spiritually with tardiness?*

A: Those who cultivate themselves spiritually with tardiness will be tormented by the demon of laziness.

**Psalm**

*Infatuation and intransigence will harm both our mind and body,  
With serenity, we will release our infatuation and dissipate our intransigence,  
Returning to our origin from a multitude of forms, we will advance and purify our mind and body,  
Taking refuge in the Dharma of Buddha, we vow to contribute our share.*

**San Diego, 23 January 2006, 6:20 PM**

*Q: What kind of obstacles do we surmount?*

A: We surmount the obstacles of infatuation and intransigence.

**Psalm**

*Analyzing clearly our spiritual path, we live a tranquil and temporary life,  
Releasing our sorrow and worries, we will advance toward our spiritual opportunity,  
Practicing with a righteous knowledge, we constantly practice the mental invocation,  
With determination and sincerity, we will release our sorrow.*

**San Diego, 24 January 2006 6:30 PM**

*Q: What kind of tasks do we carry out with our infatuation and intransigence?*

A: Infatuation and intransigence mean to follow single-mindedly one direction without making progress.

**San Diego, 25 January 2006 6:35 PM**

Q: Does superstition bring any benefit?

A: Superstition means to blindly believe in a certain way.

**Psalm**

*They blindly believe in a certain way without an escape,  
By practicing and making spiritual progress, we will gain a wise judgment and understand earthly and spiritual matters clearly,  
When our body is in equilibrium, we will advance on our own,  
Releasing our infatuation and intransigence, we will have the opportunity to achieve results on our own.*

**San Diego, 26 January 2006 0:19 AM**

Q: What is a good way to transform ourselves?

A: It is good to transform ourselves infinitely.

**Psalm**

*Only deep spiritual transformations are truly miraculous,  
To fully unblock our path of spiritual energy and be able to travel freely is more precious than gold,  
Practicing with diligence and sincerity, we have no expectations,  
Practicing the meditation method, our character is calm and pure.*

**San Diego, 27 January 2006 0:30 AM**

Q: Is there any benefit in loving and respecting our Master?

A: It is very beneficial to love and respect the virtue of spiritual cultivation of our Master.

**Psalm**

*Loving and respecting the virtue of spiritual cultivation of our Master,  
We correct ourselves with sincerity to achieve results soon,  
Guiding our soul without any confusion,  
We practice the true dharma and are not aimless.*



**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 Vo-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.*