



# 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

## To Perfect One's Nature

It is important to perfect our nature; our heart esteems God and Buddha,  
Working constructively, one day, we will be able to thoroughly understand the  
spiritual teachings transmitted to us,

Attachments to worldly matters will defile the heart,  
Bringing pains and burdens into people's hearts, they will generate agitation.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 8 March to 14 March 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 it mean to keep a loyal heart?*
- 2) *What is ignorance?*
- 3) *Why should we have determination?*
- 4) *What does it mean to attain the Tao?*
- 5) *What kind of achievements do we attain inward and outward?*
- 6) *What do we understand?*
- 7) *What will we know from close and afar?*



**Psalm**

*Unifying with human compassion, we advance with our own efforts and perfect ourselves spiritually,  
Developing ourselves infinitely, we will release our blindness on our own,  
Knowing ourselves and others, we cultivate ourselves spiritually with self-awareness,  
Practicing with sincerity and our own efforts, we will release our ignorance.*

**San Diego, 8 March 2006 6:30 AM**

*Q: What does it mean to keep a loyal heart?*

A: To keep a loyal heart means to devote oneself to spiritual cultivation with determination.

**Psalm**

*Undergoing deep transformations, our consciousness attains awakening,  
We clearly differentiate among spiritual and social karmic relations,  
Undergoing deep transformations, we clearly see the spiritual wonders,  
By forging ourselves, our consciousness will awaken on its own.*

**San Diego, 9 March 2006 6:35 PM**

*Q: What is ignorance?*

A: Ignorance means to stay in-between not knowing and knowing .

**Psalm**

*Learning with a sincere heart, we no longer commit errors,  
Resolute to devote ourselves to spiritual perfection, we practice with our own efforts,  
Evolving continuously, we awaken our consciousness for further spiritual cultivation,  
Practicing the righteous dharma, our heart will attain the Tao (the Way).*

**San Diego, 10 March 2006, 4:30 AM**

*Q: Why should we have determination?*

A: We should have determination, i.e., we are resolute to advance and perfect ourselves spiritually.

**Psalm**

*Understanding the Tao thoroughly, we will practice and develop ourselves with our own efforts,  
We live in tranquility, in accordance with the original principle granted by Heaven,  
Social and spiritual karmic relations occur within liveliness,  
Practicing the righteous dharma, we will attain success inward and outward.*

**San Diego, 11 March 2006 5:12 AM**

*Q: What does it mean to attain the Tao?*

A: To attain the Tao means to understand the Tao (the Way).

<p><b>San Diego, 12 March 2006 2:52 AM</b></p> <p>Q: <i>What kind of achievements do we attain inward and outward?</i></p> <p>A: We can equally understand inward and outward.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Loving and respecting God and Buddha, we practice with our own efforts, We know ourselves and others, and that we are all worthy of respect, Practicing the true dharma, we will thoroughly understand the spiritual principle, Developing ourselves, we do not differentiate among low and high levels.</i></p>
<p><b>San Diego, 13 March 2006 3:01 AM</b></p> <p>Q: <i>What do we understand?</i></p> <p>A: We understand the Way of spiritual cultivation.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Returning to our pure origin through meditative knowledge, our heart will reach harmony on its own, We will understand the spiritual way thoroughly, Loving and respecting the noble Heaven, we live under the same roof, Practicing with diligence and sincerity, we will know from close and afar.</i></p>
<p><b>San Diego, 14 March 2006 3:10 AM</b></p> <p>Q: <i>What will we know from close and afar?</i></p> <p>A: We will know from close and afar matters in the present life.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>With pureness and lightness, we will awaken our own consciousness and attain harmony, With love and forgiveness, we work constructively to advance spiritually, Practicing with diligence and a sincere heart, we will live in tranquility, Practicing the righteous dharma, we will return to our true consciousness.</i></p>



**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.*