



# 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

## Respectful Thinking

Respectfully thinking of the noble Heaven, we will enter with our own efforts,  
Entering the universe of energy, we will understand from low to high,  
Practicing with sincerity and diligence, we will clearly understand which path to take,  
Attaining the fortunate karmic relations on our own, we harbor no expectations.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

from 1 June to 7 June 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 is the benefit of thinking of the noble Heaven with love and respect?
- 2) What does it mean to enlighten our mind and to see our nature?
- 3) What does it mean to return to our pure origin through meditative knowledge?
- 4) What does "spiritual awakening" mean?
- 5) What does wiliness mean?
- 6) What does it mean to be disloyal?
- 7) Do we need to learn from both social and spiritual matters?



**Psalm**

*To clearly understand social and spiritual matters is more precious than gold,  
Sincerely learning with our own efforts, we will cross over on our own,  
Returning to emptiness and true knowledge, our heart is tranquil,  
Improving ourselves to evolve spiritually, we achieve harmony on our own.*

**San Diego, 1 June 2006 7:06 AM**

*Q: What is the benefit of thinking of the noble Heaven with love and respect?*

A: By thinking of the noble Heaven with love and respect, we will open ourselves up widely.

**Psalm**

*On the spiritual journey, we undergo transformations to clarify our consciousness,  
Awakening our consciousness, we devote ourselves to spiritual cultivation to save ourselves,  
Experiencing less agitation on our journey, our mind will become enlightened,  
Practicing meditation and improving ourselves with sincerity, we will save our soul.*

**San Diego, 2 June 2006, 7:14 AM**

*Q: What does it mean to enlighten our mind and to see our nature?*

A: To enlighten our mind and to see our nature means to understand ourselves.

**Psalm**

*Awakening our consciousness means to understand all matters on our own,  
We clearly understand our errors and agitation,  
We clearly understand our path of spiritual progress,  
Achieving spiritual awakening and knowledge, we devote ourselves to spiritual cultivation and improve ourselves with our own efforts.*

**San Diego, 3 June 2006 7:21 AM**

*Q: What does it mean to return to our pure origin through meditative knowledge?*

A: To return to our pure origin through meditative knowledge means to return to spiritual awakening.

**Psalm**

*Knowing ourselves and others, we improve ourselves with our own efforts,  
Our heart and mind are no longer agitated, and can understand clearly,  
It is essential to practice meditation and to advance spiritually,  
After learning the lessons, we realize that the earthly world is temporary.*

**San Diego, 4 June 2006, 14:33 PM**

*Q: What does "spiritual awakening" mean?*

A: "Spiritual awakening" means to understand our mistakes on our own.

**Psalm**

*Unable to understand social and spiritual matters clearly, our heart becomes even more agitated,  
We do not speak truthfully and do not keep our promises,  
Being late, we have difficulty to believe and practice meditation,  
We do not know that God provides us infinite guidance through the spiritual opportunities.*

**San Diego, 5 June 2006 14:38 PM**

*Q: What does wiliness mean?*

A: Wiliness means not to speak truthful words.

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**San Diego, 6 June 2006 14:50 PM**

Q: *What does it mean to be disloyal?*

A: To be disloyal means to be untrustworthy.

**Psalm**

*God's spiritual opportunities are readily available, but  
we are not serene,  
We should learn with a calm heart to improve  
ourselves,  
The spiritual and social relations are undergoing  
transformations,  
By practicing the righteous dharma, we will surmount  
the obstacles with our own efforts.*

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**San Diego, 7 June 2006 14:56 PM**

Q: *Do we need to learn from both social and spiritual matters?*

A: We really need to learn in order to evolve spiritually.

**Psalm**

*Cultivating ourselves spiritually with diligence, we will  
learn on our own, and our heart will attain equilibrium,  
Awakening our consciousness, we will transform  
ourselves from low to high,  
We will enter into the sphere of universal energy on  
our own,  
Practicing the righteous dharma, we will understand  
both low and high levels clearly.*



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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 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 .*

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