



# 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

## Fortunate Karmic Opportunity

Thanks to the fortunate karmic opportunity, we receive guidance from the Lord to understand social and spiritual matters thoroughly,  
Learning incessantly, we will awaken our own consciousness,  
Through self-awakening and awareness of the righteous dharma, we will avoid errors,  
Taking refuge in the dharma of Buddha, our heart is serene.  
*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*From 20 July to 1 August 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) *Where do we go in an infinite progress of our spiritual journey?*
- 2) *Which karmic relation would cause suffering?*
- 3) *Who is true and who is false?*
- 4) *Is there any benefit in practicing the righteous dharma?*
- 5) *Why are our heart and mind restless?*
- 6) *What is the benefit of spiritual practice and spiritual evolution?*
- 7) *What is the benefit of developing our spiritual heart and mind?*



**Psalm**

*With a compassionate heart, we awaken ourselves  
and rejoice in harmony on our own,  
Developing our spiritual heart and mind, we will  
advance far,  
Learning and practicing like a Buddha, our mind  
attains harmony on its own,  
Developing ourselves infinitely, we will surmount  
obstacles on our own.*

**El Cajon, 20 July 2006**

*Q: Where do we go in an infinite progress of our spiritual journey?*

A: An infinite progress of our spiritual journey means that it never ends.

**Psalm**

*Involved in romantic love, they lack self-determination,  
The heart is agitated, because one has difficulty to  
advance spiritually and attain calmness,  
The heart and mind are restless and lack  
determination,  
It is difficult to take refuge in the dharma of Buddha  
and lift the veil (of ignorance).*

**El Cajon, 28 July 2006**

*Q: Which karmic relation would cause suffering?*

A: A love karmic relation between man and woman would cause suffering.

**Psalm**

*Lacking spiritual practice, our heart is still agitated,  
When our lucid mind is blocked, we cannot achieve  
the spiritual opportunity,  
Practicing in a correct manner, we will clarify our mind  
on our own,  
Within emptiness, there exists the spiritual opportunity  
for divine guidance.*

**El Cajon, 28 July 2006 (bis)**

*Q: Who is true and who is false?*

A: To cultivate oneself spiritually and practice a spiritual method to attain self-awakening is to be true, to theorize without spiritual practice is to be false.

**Psalm**

*Thanks to the fortunate karmic opportunity and divine  
guidance, we will return to our unique origin,  
Cultivating ourselves spiritually with diligence and a  
sincere heart, blessings will come back to us naturally,  
Taking refuge in the Dharma of Buddha, our heart is  
tranquil,  
Learning and training ourselves with equanimity, our  
heart will attain the dharma.*

**El Cajon, 29 July 2006**

*Q: Is there any benefit in practicing the righteous dharma?*

A: By practicing in a correct manner, our heart will be tranquil.

**Psalm**

*Practicing together, we will have the opportunity for  
divine guidance,  
Learning and cultivating ourselves spiritually with a  
sincere heart, we will advance joyfully together,  
Thinking respectfully of the noble Heaven, we will  
release sorrow and worries on our own,  
With a lively compassionate love, we will encounter  
good karmic opportunities.*

**El Cajon, 30 July 2006**

*Q: Why are our heart and mind restless?*

A: It is difficult to resolve the agitation of heart and mind.

<p><b>Thailand, 31 July 2006</b></p> <p>Q: <i>What is the benefit of spiritual practice and spiritual evolution?</i></p> <p>A: We practice in order to make progress.</p>	<p style="text-align: center;"><b>Psalm</b></p> <p style="text-align: center;"><i>Understanding the beautiful love relation between Heaven and Earth, We awaken our own consciousness to attain a thorough knowledge, With our own efforts and a sincere heart, we will attain the relations to Heaven and Buddha, Developing our lucid mind, we will gain wisdom on our own.</i></p>
<p><b>1 August 2006</b></p> <p>Q: <i>What is the benefit of developing our spiritual heart and mind?</i></p> <p>A: It is necessary to develop our spiritual heart and mind.</p>	<p style="text-align: center;"><b>Psalm</b></p> <p style="text-align: center;"><i>Determined to correct ourselves, we will attain the dharma, Taking refuge in the Dharma of Buddha, we will have the opportunity for divine guidance, Practicing the righteous dharma, we turn within to understand thoroughly, Through our practice, we will see the social and divine relations.</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.*