



# 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

## Liveliness

With liveliness, we rejoice together and discover the value of the spiritual path,  
God grants us His beautiful love, so that we may train and rectify ourselves with our  
own efforts,

Reviving our true soul, we have the opportunity for self-awakening,  
Learning with a sincere heart, we clearly see the value of truth.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*From 9 February to 15 February 1997*

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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) *From where is the original human nature being born?*
- 2) *What does it mean to rejoice within joy and serenity?*
- 3) *When does The Almighty Lord shine His Light?*
- 4) *What forms a pure heart?*
- 5) *Where does the sublime dharma reside?*
- 6) *Is there anything special between man and the universe?*
- 7) *What does enlightenment mean?*



**Sydney, 9 February 1997, 5:20 AM**

*Q: From where is the original human nature being born?*

A: The original human nature is born when we are born originally, and is going through rebirths in accordance with the law of cause and effect.

**Psalm**

*At the beginning, there is the cycle of births and rebirths,  
Our spiritual evolution is clearly determined by the law of cause and effect,  
Our karmic relations accompany us and lead us to spiritual awakening,  
Our soul is not destroyed and remains always clear.*

**Sydney, 10 February 1997, 4:00 AM**

*Q: What does it mean to rejoice within joy and serenity?*

A: To rejoice within joy and serenity means that we have accepted to release the karma in our inner consciousness in order to evolve spiritually. We are no longer disoriented in our consciousness, and we truly develop our own intuitive knowledge.

**Psalm**

*Keeping our mouth shut, we practice the spiritual method and release our impurities in silence,  
Not holding to earthly and impure attachments, we advance constantly with our own efforts,  
We take refuge in our soul and astral body within the sphere of agitation,  
Learning and training ourselves on our own, we no longer commit errors.*

**Sydney, 11 February 1997 3:30 AM**

*Q: When does The Almighty Lord shine His Light?*

A: When The Almighty Lord shines His Light, there is both good and evil, depending on the desires and passions of humanity. There is purity inside impurity, and there is impurity inside purity in order to guide the soul in its spiritual progression in accordance with the law of cause and effect.

**Psalm**

*Humanity progresses in the first place through the law of cause and effect,  
Developing our soul with sincerity, we will release our sorrow,  
Concentrating our seminal essence energy and vital breath energy with our spiritual practice, we clearly see our consciousness of spiritual knowledge,  
Cultivating ourselves spiritually with diligence and perseverance, we will reach tranquility on our own.*

**Sydney, 12 February 1997 3:55 AM**

*Q: What forms a pure heart?*

A: When our flow of energy is truly directed to the World Above, it will dissipate all impurities in our inner consciousness, so that our heart becomes pure and clear.

**Psalm**

*We practice and develop ourselves spiritually to see the path clearly,  
The higher sphere has opened and we should advance to get there in a timely manner,  
When our true soul shines brilliantly, we will return to our unique origin,  
Cultivating our serenity with perseverance, our soul will fly on its own.*

**Sydney, 13 February 1997 2:25 AM**

Q: *Where does the sublime dharma reside?*

A: The sublime dharma resides in our true spiritual heart and develops infinitely. Our flow of energy is pulled upward from the cranial psychic center. We should keep practicing in this manner in order to arrive at our goal.

**Psalm**

*With spiritual practice, we will develop ourselves  
infinitely,  
Releasing our sorrow and worries, we will advance  
gradually,  
We should abandon profane matters resolutely and  
not take in more agitation,  
Practicing the spiritual method in a relaxed manner,  
we will help our mind and body.*

**Sydney, 14 February 1997 5:25 AM**

Q: *Is there anything special between man and the universe?*

A: In the profane eyes, man and the universe are two different spheres. But when we look at our inner consciousness, there is a very close relationship. The survival of man and all living creatures follow the same vibrations (as the universe). They equally develop their center of energy, such as rest and activities. There is a very close relationship, at each breath, the oxygen nourishes all creatures, and let them develop according to their existing direction and abilities. On the other hand, the soul develops independently. It evolves through ups and downs according to the law of purity and impurity in its spiritual practice and progression. To be resolute means purity, to be attached means impurity, to attain equilibrium means to release one's karma. Therefore, a spiritual adept should mentally invoke the mantra Nam-Mo-A-Di-Da-Phat to develop the vibrations of the original principle in his inner consciousness. His soul will develop on its own to reach the higher spheres and free itself from the earthly world.

**Psalm**

*Harmonizing ourselves with serenity, we make  
progress through our karmic human relations,  
Awakening our consciousness, we will advance and  
surmount obstacles with equanimity,  
This is now a unique opportunity for spiritual  
enlightenment,  
We accept to develop ourselves spiritually without  
creating worries.*

**Sydney, 15 February 1997, 5:00 AM**

Q: *What does enlightenment mean?*

A: Enlightenment means that the spiritual adept is able to see and understand clearly in his consciousness, and his intuitive knowledge develops itself endlessly.

**Psalm**

*Unblocking our intuitive knowledge, we will save our  
body,  
Awakening our consciousness, we cultivate ourselves  
spiritually and become lighter with our own efforts,  
Seeing the spiritual path clearly, we avoid the six  
roads of reincarnation,  
Surmounting all spheres, we will illuminate our mind  
on our own.*



**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.*