



# 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

## Treachery

By betraying others, we harm ourselves and our body must suffer,  
We will have difficulty to cultivate ourselves spiritually, to make progress and to  
practice the silent invocation of Nam-Mo-A-Di-Da-Phat ,  
Returning to our old nature and our old way, our heart will suffer and be miserable,  
We will have difficulty to escape because of our agitation, and we will build our own  
grave.

Respectfully,  
Vi Kien

## Baby Tam Talking To You

From 23 February to 1 March 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) How can we achieve clarity of mind and wisdom?
- 2) What does the foundation of love mean?
- 3) Does the Vo-Vi practitioner need to consult astrology and physiognomy?
- 4) What does it mean to have a quiet mind and body?
- 5) What does it mean to take refuge in Buddha, to take refuge in the Dharma, and to take refuge in the Sangha?
- 6) What does haughtiness mean?
- 7) What does it mean to be pure and clear?



<p><b>Sydney, 23 February 1997, 5:20 AM</b></p> <p><i>Q: How can we achieve clarity of mind and wisdom?</i></p> <p>A: When we practice the righteous dharma, we will release the impure energy and preserve the pure energy. Our body and brains are light and pure, and we concentrate our pure energy right at the center of the brains, so our consciousness is always wise and clear.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Going through the various spheres, we practice and advance together, Releasing our sorrow and worries, we will dissipate our sadness, Unifying with our true soul, we will have the opportunity to attain spiritual knowledge, With a calm heart and serenity, we will attain tranquility on our own.</i></p>
<p><b>Sydney, 24 February 1997, 6:05 AM</b></p> <p><i>Q: What does the foundation of love mean ?</i></p> <p>A: All human beings possess the foundation of love, i.e., the original principle of mutual help and protection, like the sun which shines everywhere in all four directions. In order to realize the return to the fundamental nature of humans, we should love only and not foster hatred. This is called the "truth" which is always round and complete.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>With love and respect, we help others and provide guidance in all aspects, Loving each other in a uniform way, we will help our kin, We neither blame nor criticize others, With love and affection, we feel the sublime sweetness and awaken ourselves within the silent invocation of Nam-Mo-A-Di-Da-Phat.</i></p>
<p><b>Sydney, 25 February 1997 6:10 AM</b></p> <p><i>Q: Does the Vo-Vi practitioner need to consult astrology and physiognomy?</i></p> <p>A: A Vo-Vi practitioner who practices correctly the dharma and is able to project his soul out of his body, will escape the sphere of the five elements with their laws of affinity and dissimilarity. He does not need to consult astrology and physiognomy. He will harmonize within the sphere of emptiness to advance further, his soul will be bright, and he will surmount obstacles within joy and harmony. He will provide infinite guidance with compassion, and practice and advance in a supernatural way.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>We no longer have bad thoughts and become agitated through our grievances, Awakening our consciousness, we cultivate our spiritual heart and remain faithful, Analyzing and explaining social and spiritual matters within the righteous principle, We return to emptiness, purity, and lightness, and no longer have expectations.</i></p>
<p><b>Sydney, 26 February 1997 7:40 AM</b></p> <p><i>Q: What does it mean to have a quiet mind and body?</i></p> <p>A: To have a quiet mind and body means not to make up stories and plot for personal profit in any matter.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>To plot for personal profit will cause agitation and burden our heart With fathomless wickedness and constant fear, We will discover that the universe has no prejudice, Practicing the dharma to develop our sincere nature, we will unblock ourselves naturally.</i></p>

<p><b>Sydney, 27 February 1997 5:15 AM</b>  <i>Q: What does it mean to take refuge in Buddha, to take refuge in the Dharma, and to take refuge in the Sangha?</i></p> <p>A: To take refuge means to return to our true nature of purity and lightness, as Buddha has achieved himself. We are not burdened by any matter in our inner consciousness. To take refuge in the Sangha means to return to serenity and have a high spirit of service.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>We will restore our nature from a low level to a high and pure level,  Awakening ourselves, we release our impurities, and will achieve our return with a calm heart,  Failing to plot for profit, we are now determined  To practice the righteous dharma and no longer be misled by blinded passions.</i></p>
<p><b>Sydney, 28 February 1997 3:45 AM</b></p> <p><i>Q: What does haughtiness mean?</i></p> <p>A: Haughtiness means an arrogant person with self-pride, who is difficult to trust. He is full of greediness and lustful desires from his mind to his body.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Being arrogant causes misery and suffering, and we are unable to analyze and practice,  Our brains and soul cannot attain purity,  Lacking many spiritual opportunities, our consciousness will not progress,  Holding to our blinded passions and intransigence, we will have difficulty to achieve a quick return.</i></p>
<p><b>Sydney, 1 March 1997, 4:55 AM</b></p> <p><i>Q: What does it mean to be pure and clear?</i></p> <p>A: To be pure and clear means that our inner consciousness is fully detached and does not remember any matter on this earthly world. This is called “an empty mind”. When needed, we will understand everything and serve others well.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>With an empty mind, we live together within tranquility and stability,  Criticizing others is not good though we cannot hold ourselves,  Feeling uneasy in our body, we have no way to escape,  Attaining purity and releasing our impurity, we will feel even greater joy.</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.*