



# 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*

## Self-Awakening

Awakening ourselves, we liberate ourselves with our own efforts, and transform ourselves from beginning to end,  
Thanks to the constructive guidance of Buddha and the Immortals, we will achieve our return quickly,  
Let's keep our unending spontaneity and serenity,  
The noble and profound original principle allows us to clearly understand the spiritual wonders.

*Vi Kien*

## Baby Tam Talking To You

*From 12 July to 18 July 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) *If the human heart is never content, will it ever be content?*
- 2) *Do we need to talk a lot or little with the spiritual way of the heart?*
- 3) *When will human love appear?*
- 4) *Where is the liveliness of human love?*
- 5) *Why do humans fight and compete against each other for their living with full animation?*
- 6) *Do Heaven and Earth have anything special?*
- 7) *Is there any benefit if we do not busy ourselves with correcting our mistakes and cultivating ourselves spiritually, but only busy ourselves with becoming a king?*



**Atlantic City, 12 July 1997 4:50 AM**

*Q: If the human heart is never content, will it ever be content?*

A: Humans have a bottomless greediness. They never feel satisfied because of their greediness, instead of devoting themselves to the practice of releasing the karma in their heart. Therefore, they always feel occupied and tied up, and eventually go nowhere. They suffer, but wrongly believe that they are happy, and they are unable to understand their existing original abilities.

**Psalm**

*With the busy earthly emotions, our mind is not clear,  
Due to our confusion, we do not clearly see our own  
nature,  
We have no way to liberate ourselves from our earthly  
emotions and spiritual relations,  
By practicing the true dharma thoroughly to unblock  
ourselves, we will attain clarity of mind on our own.*

**Atlantic City, 13 July 1997 4:30 AM**

*Q: Do we need to talk a lot or little with the spiritual way of the heart?*

A: The spiritual way means equilibrium of the inner consciousness. We need to improve our character and cultivate our heart spiritually in order to understand the spiritual way clearly. On the other hand, if we talk about spiritual way, but do not correct our heart, we will never understand the spiritual way. We would be like a meditation practitioner who is immersed in unconsciousness, and unable to liberate the flux of energy of righteous knowledge from his head. Therefore, he would fall into intransigence and rivalry, and like to criticize others, but he would never accept to correct himself. He would waste both his social and spiritual life, and he would go nowhere during his whole lifetime.

**Psalm**

*Lacking thorough knowledge, we do not understand  
clearly the beginning and end, and become agitated,  
Reciting theories in an imitating way, we are unable to  
explain them clearly,  
Unable to succeed on the spiritual and social way, our  
heart becomes cruel,  
Refusing to learn in order to achieve equilibrium, we  
keep waiting with our expectations.*

**Montreal, 14 July 1997 4:25 AM**

*Q: When will human love appear?*

A: Human love will appear when we see the suffering of others, for example when seeing the corpse of a person being put into the coffin, we would feel the infinite suffering of the other party.

**Psalm**

*Human love appears in sorrow and tears,  
We would want to help, give advice, and build  
tranquility,  
When seeing suffering, our compassionate heart  
wishes to provide infinite guidance,  
For the sake of our friends and others, we wish to  
achieve peace.*

**Montreal, 15 July 1997 1:55 AM**

*Q: Where is the liveliness of human love?*

A: Human love is lively in the true consciousness of the spiritual adept. When he knows that the relationship among Heaven, Earth, and Man is always lively, he would accept to realize the foundation of compassionate love and spiritual virtue. Only when we understand that humans are of the same root, would we easily treat each other mutually with the consciousness of harmony.

**Psalm**

*We achieve the consciousness of harmony inward and outward,  
Rejoicing together with Heaven and Earth, we live with the same faith,  
Owing and paying our debts in this temporary world,  
we awaken our consciousness with our own efforts,  
We see the liveliness of God the Creator inward and outward.*

**Montreal, 16 July 1997 1:40 AM**

*Q: Why do humans fight and compete against each other for their living with full animation?*

A: Humans fight and compete against each other for their living with full animation because as humans, our soul wants to evolve to a new form. Therefore, after the actions and reactions, we need to achieve a new transformation, and we have to turn toward spirituality in order to evolve. When we understand this matter, we will no longer be confused, and we will face both life and death directly, our consciousness will always be happy when we practice within serenity and order, whether we are dead or alive.

**Psalm**

*Accepting to evolve spiritually, we see the spiritual journey clearly,  
Awakening our consciousness, our heart is devoted to spiritual practice and we will attain wisdom on our own,  
We will no longer be confused on the social and spiritual paths,  
With equanimity, we will evolve and attain wisdom on our own.*

**Montreal, 17 July 1997 2:05 AM**

*Q: Do Heaven and Earth have anything special?*

A: Heaven and Earth appear in all kinds of different forms and shapes, but they all uniformly live together within the original energy of Heaven and Earth, in the spirit of nurture and constructiveness. From a blade of grass to the human race, each color and nuance is clearly defined in accordance with the law of constant birth and rebirth of heaven and earth. All descend to earth in order to practice.

**Psalm**

*Our structure is uniform and our heart and spirit meet each other intimately,  
We develop ourselves through a common practice and evolve from a low to high level,  
We exchange with each other and make progress within the social and spiritual paths,  
Practicing with resolution, we will achieve a quick return with our own efforts.*

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**Montreal, 18 July 1997 5:45 AM**

*Q: Is there any benefit if we do not busy ourselves with correcting our mistakes and cultivating ourselves spiritually, but only busy ourselves with becoming a king?*

A: When we deviate by one inch, we would err by one mile. Spiritual cultivation means self-awakening, we should turn toward serenity to cultivate ourselves spiritually and make progress. Only then will we achieve good results in the future both on the social and spiritual planes. Otherwise, we will only imprison ourselves inside agitation and passions. We would no longer have a seat in the place of serenity, but would instead search for a place to sacrifice ourselves without gaining any benefit for our mind and body.

**Psalm**

*By practicing and correcting ourselves, we will be able to resolve our difficulties,*

*With a clear judgment on both social and spiritual paths, we will advance toward harmony with our own efforts,*

*If we are confused and do not practice, we will only augment our perturbation,*

*If we do not cultivate ourselves spiritually and advance, we will stay at the level of ghosts.*



**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 Vô-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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