



# 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*

## Rejoicing together

Rejoicing together, we accept the divine destiny and transform ourselves to attain  
purity,  
Awakening our consciousness, we devote ourselves to spiritual perfection and  
dissipate our sorrow on our own,  
The spiritual opportunity allows us to reach equilibrium within stability,  
Practicing the true dharma, we will surmount obstacles on our own.

*Vi Kien*

## Baby Tam Talking To You

*From 26 July to 1 August 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) *What does it mean when the energy on our head is developing?*
- 2) *Is there any benefit for our mind and body when we discuss and analyze the worldly news and events?*
- 3) *What forms the spirit of the soul?*
- 4) *What forms harmonization?*
- 5) *Why does the human brain contain hundreds of billions of cells?*
- 6) *Why do profane people wish to receive a lot of good luck before accepting to cultivate themselves spiritually?*
- 7) *What does it mean to be reunited within a deep affection?*



**Olympia, 26 July 1997 2:10 AM**

*Q: What does it mean when the energy on our head is developing?*

A: When the energy on our head is developing, we clearly know that our flux of energy is developing upward, our heart and mind open up and develop to a large extent, we will harmonize with all spheres very easily, and we will no longer nurture our consciousness of intransigence and infatuation.

**Psalm**

*Understanding the original principle, we advance gradually with a sincere heart,  
We are void of infatuation and are fond of nothing,  
Our heart will no longer respond to our procrastination,  
With equanimity, we cultivate our serenity to advance gradually.*

**Olympia, 27 July 1997 5:00 AM**

*Q: Is there any benefit for our mind and body when we discuss and analyze the worldly news and events?*

A: To analyze and discuss the worldly news and events only causes agitation to the mind and body. We should leave out external affairs and let them develop in the external world in accordance with their own actions and reactions. The meditation practitioner should observe the rule of leaving external affairs out of his mind. He should not bring them into his consciousness. Only by purifying his mind will he make progress, otherwise, he will be toiling in vain during his whole lifetime without being able to unblock himself.

**Psalm**

*Rowing the boat, we stop the oars when we are at leisure,  
We would still be able to follow the wind that blows through the boat,  
With a constant flexibility, our consciousness will awaken,  
After the agitated phase, things return to normal, and there is no need to run after the events.*

**Olympia, 28 July 1997 4:50 AM**

*Q: What forms the spirit of the soul?*

A: The spirit of the soul comes about when the three energies (seminal essence energy, vital breath energy and spiritual energy) are full and in equilibrium which shows the development of the soul. Our face is fresh and bright; when we speak, we would say words of truth with a fearless heart, in relation to the naturalness and spontaneity of Heaven and Earth. We can comfort people with words of truth at any time in a charitable way.

**Psalm**

*Through spiritual practice, we will develop our profound and noble thoughts,  
Awakening our consciousness, we devote ourselves to spiritual cultivation and understand the spiritual wonders clearly,  
With an abundant spiritual virtue and receiving the plentiful divine blessings, we are free of worries,  
With a serene heart and consciousness, we are free of suffering.*

**Vancouver, 29 July 1997 5:50 AM**

*Q: What forms harmonization?*

A: Harmonization comes from the union of energies from Heaven and Earth. We will develop our spiritual mind and attain wisdom with our own efforts and return to the origin of our contemplative knowledge. We will always have lucidity and wisdom.

**Psalm**

*Our heart and mind will develop infinitely,  
With a lucid and wise mind, we will advance gradually with our own efforts,  
Communicating constantly on the plane of energy, our consciousness will awaken,  
Learning with equanimity, we turn within to analyze on our own.*

<p><b>Vancouver, 30 July 1997 2:35 AM</b></p> <p><i>Q: Why does the human brain contain hundreds of billions of cells?</i></p> <p>A: The human brain is a source of light which communicates with the universe and is able to receive and send energy continuously. When this communication is blocked, the soul must depart the body to either evolve further in a higher sphere, or to be punished for its sins in the sphere of darkness according to the law of karmic retribution which differs for each soul.</p>	<p style="text-align: center;"><b>Psalm</b></p> <p><i>Pure energy brings transformations in the whole world, Providing help and guidance, it dissipates infatuation to cause a rapid evolution, With an awakened consciousness, we no longer hold to infatuation and agitated thoughts, With spiritual practice, we will make progress and evolve even faster.</i></p>
<p><b>Vancouver, 31 July 1997 5:50 AM</b></p> <p><i>Q: Why do profane people wish to receive a lot of good luck before accepting to cultivate themselves spiritually?</i></p> <p>A: Profane people live thanks to their senses (eyes, nose, ears, and mouth). They turn to the external world and want to have possessions, which causes greediness, and have difficulty to devote themselves to spiritual cultivation and attain harmony. Many people who join the practice of meditation for a period of time would eventually become discouraged, because they do not yet clearly see their true nature, and they only cause suffering for themselves without knowing it.</p>	<p style="text-align: center;"><b>Psalm</b></p> <p><i>Handling worldly affairs with greediness, they do not find good luck, Causing wind and rain, they lose their good spiritual opportunity, Sowing more agitation in their true soul, They have difficulty to eat and sleep, and continue to commit errors!</i></p>
<p><b>Vancouver, 1 August 1997 3:15 AM</b></p> <p><i>Q: What does it mean to be reunited within a deep affection?</i></p> <p>A: To be reunited within a deep affection means that the spiritual adept returns to a brilliant place which is birthless and eternal. This place is the origin of the soul.</p>	<p style="text-align: center;"><b>Psalm</b></p> <p><i>Returning to our origin, we clearly see our spiritual journey, We have departed without a piece of advice, Now our awakened consciousness has a deep comprehension of earthly life, Our soul devotes itself to spiritual cultivation and advances with its own efforts without worries.</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 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.*