



# 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

## Practice with Courage

Practicing with courage, we will comprehend the deep philosophy on our own,  
We will understand clearly God's wonderful blessings,  
Practicing the true dharma, we will practice and advance together,  
With a bright and lucid spiritual heart, we know that we are on the same boat.  
*Vi Kien*

## Baby Tam Talking To You

*From 23 August to 29 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) *How do we achieve spiritual progress?*
- 2) *Is it blissful to be a human being?*
- 3) *Why do people's hearts want greediness and lust?*
- 4) *How does our lucid knowledge develop?*
- 5) *What should we do in order to attain purity?*
- 6) *What does "existence" mean?*
- 7) *What does it mean, "to open up and become enlightened"?*



**Atlantic City, 23 August 1997 2:20 AM**

*Q: How do we achieve spiritual progress?*

A: We achieve spiritual progress when we at first completely change our character. From thoughts to actions, we become more amiable in all facets; we extinguish all anger, passions, sadness and resentment. We have a quick intuition, and we can respond rapidly without wickedness or cruelty.

**Psalm**

*Void of agitation and delusion, our mind is at leisure,  
With an awakened consciousness and a calm heart,  
we can easily advance,  
Developing ourselves spiritually in depth, we are not  
hesitant,  
Awakening our benevolent heart, we no longer harbor  
expectations.*

**Atlantic City, 24 August 1997 4:10 AM**

*Q: Is it blissful to be a human being?*

A: It is blissful for everyone to be a human being. To sustain our life, we receive the light and blessings of Heaven and Earth. There is always a realm of serenity in each inner consciousness, but we need to accept to cultivate ourselves spiritually and purify ourselves with a true method capable of harmonizing with the original energy of the universe. Only with practice and spiritual development will we understand the original principle of Heaven and Earth, which is lively and unique. Only then will we achieve serenity and lucidity. We should abandon the external habits that we have accumulated since our birth till today, so that we could understand the original principle of birthlessness of Heaven and Earth. Only then will we feel happiness and our consciousness will be enlightened. We practice a method for all methods, and we will reduce in our life the tediousness which blocks our intuitive knowledge. Our spiritual virtue will abound, we will understand ourselves and others, and we will enter into the sphere of spiritual energy for further development with our own efforts. Only then, will we truly comprehend what happiness is! The opportunity to be a human being is priceless, and we should advance toward infinity in order to understand where the Almighty Lord may reside? We should cultivate ourselves spiritually and advance with determination in order to see our own nature more clearly. Only then will we accept to engage ourselves in the service and guidance of humanity in a fearless way.

**Psalm**

*Understanding the original principle thoroughly, we  
see our pure citadel clearly,  
The supernatural infrastructure is wonderful and  
unique,  
Our intelligent mind undergoes transformations to  
advance further,  
As our mind shines brilliantly like a sunrise, we turn  
within to analyze ourselves.*

**Atlantic City, 25 August 1997 6:20 AM**

*Q: Why do people's hearts want greediness and lust?*

A: Greediness and lust also belong to the law of evolution such as: A deaf person wants to hear, a mute person wants to speak, a blind person wants to see, this is a natural law in life. The meditation practitioner must develop his intuitive knowledge in order to be able to see the roots of the whole matter. Eventually, he will be able to see clearly his own capacity of patience and resignation.

**Psalm**

*Keeping our mouth shut, we practice in silence,  
Developing our intuitive knowledge, we see our  
spiritual itinerary clearly,  
Freed of karmic debts and karmic relations, we will  
advance with our own efforts and a sincere heart,  
Enlightening our mind and seeing our nature, we  
achieve even greater lucidity.*

**Atlantic City, 26 August 1997 3:30 AM**

Q: *How does our lucid knowledge develop?*

A: Our lucid knowledge develops from the concentration of our intellectual mind, and harmonizes with the true and divine nature that we have achieved with our own efforts after many days of practicing the dharma. It is truly natural and spontaneous, our compassionate heart will shine brightly, and we will respect our physical body and nurture our soul in order to perfect ourselves spiritually and advance accordingly.

**Psalm**

*With spiritual practice, we achieve lucid knowledge,  
and we analyze and practice on our own,  
Developing our spiritual heart and mind, we turn  
toward the sphere of purity,  
Respecting the dharma, we practice with sincerity to  
succeed on the spiritual path,  
With perseverance, we advance solidly and purify  
ourselves with our own efforts.*

**Atlantic City, 27 August 1997 5:10 AM**

Q: *What should we do in order to attain purity?*

A: In order to attain purity, we must resolutely abandon our calculating behavior, and end our rivalries and competition with earthly people. Only then will we be able to understand that the soul capacity is infinitely deep and large.

**Psalm**

*Awakening our soul, we develop ourselves spiritually  
and live a balanced life,  
Abandoning cruelty and wickedness, we are not  
arrogant,  
Neither attached to earthly nor spiritual relations,  
On our own, we cultivate our lucidity and existence.*

**Washington DC, 28 August 1997 2:54 AM**

Q: *What does "existence" mean?*

A: "Existence" means to continually understand our own selves and improve us in order to advance.

**Psalm**

*On our own, we attain wisdom and spiritual  
awakening, without holding to worries and sorrow,  
Unaffected by either life or death, we continue to  
advance and surmount obstacles,  
Practicing equally on the social and spiritual paths, we  
return to our unique origin,  
Keeping our serenity, we live a temporary life in  
tranquility.*

**Washington DC, 29 August 1997 3:00 AM**

Q: *What does it mean, "to open up and become enlightened"?*

A: "To open up and become enlightened" means to open our spiritual heart and mind. We accept to serve each other mutually, we rejoice and harmonize well with others, and our spiritual virtue abounds. We voluntarily abandon our calculating and miserly behavior, we love and respect each other, and we practice in a good manner for the great common cause.

**Psalm**

*Rejoicing and living together, we feel even happier,  
Resolving our spiritual difficulties, we open the way for  
spiritual progress,  
Unifying with our true soul, our consciousness  
becomes awakened,  
Practicing the method to develop ourselves spiritually,  
we will attain even greater enlightenment.*



**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.