



# 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*

## Love and Respect

With love and respect, we advance courageously and our life is pure,  
Cultivating ourselves spiritually and advancing with our own efforts, we gain a clear  
understanding,  
That there is the opportunity for divine guidance as we harvest the fruits of our  
deeds,  
Understanding the Truth clearly, we feel inner peace.

*Vi Kien*

## Baby Tam Talking To You

*From 11 October to 17 October 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) *Is the meditation practice necessary for our daily life?*
- 2) *What does lucidity mean?*
- 3) *Why can a meditation practitioner who has attained lightness and purity know in advance that certain good or bad events will happen?*
- 4) *Why is it very easy for humans to die nowadays?*
- 5) *Where does the sincere heart reside?*
- 6) *What is most precious in the human mind on earth?*
- 7) *When we think of The Lord and Buddha, do we receive their guidance?*



<p><b>Montreal, 11 October 1997 11:10 AM</b></p> <p><i>Q: Is the meditation practice necessary for our daily life?</i></p> <p>A: The meditation practice is very necessary for our daily life. Only with spiritual practice will we destroy the demon of laziness in our inner consciousness. It is very important to practice meditation with diligence. Through the spiritual practice, we will develop ourselves spiritually.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Respecting the dharma and loving our body, we turn within to perfect ourselves, Practicing with diligence and great efforts, we will attain enlightenment on our own, With love and respect, we work constructively as the need arises, Practicing with a sincere heart, we will know our own selves.</i></p>
<p><b>Montreal, 12 October 1997 3:55 AM</b></p> <p><i>Q: What does lucidity mean?</i></p> <p>A: Lucidity means that our heart and mind are always clear, and we remember with certainty all what we have promised and must do, and we never refuse once we have made the promise.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>With a calm heart and serenity, we do not act carelessly, With lightness and clarity, we neither delay nor procrastinate, Releasing impurities and opening our consciousness, we do not make silly promises, Practicing within joy, we become open-minded and know how to appreciate ourselves.</i></p>
<p><b>Montreal, 13 October 1997 2:25 AM</b></p> <p><i>Q: Why can a meditation practitioner who has attained lightness and purity know in advance that certain good or bad events will happen?</i></p> <p>A: A spiritual adept is truly light and pure thanks to the energy of his consciousness which helps to develop his intuitive knowledge and wisdom. He knows that an unfortunate event will happen because his soul and astral body possess a very swift intuitive knowledge. In a blink of an eye, he can understand whether there will be a good or bad event. In summary, it comes from the original principle of pure or impure flow of energy.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>The earthly world is agitated and differentiates among wealth and poverty, In the sphere of energy, we can judge clearly within a full breath cycle, Our consciousness is related to the universe and awakens on its own, Without the need for discussion, we know whether there will be success or failure.</i></p>

**Montreal, 14 October 1997 1:00 AM**

*Q: Why is it very easy for humans to die nowadays?*

A: For humans, life is very fragile. Today we exist, and tomorrow, we could die. This is a common law arranged by Heaven and Earth. The human population grows more and more each day, and it is very easy to become victims of pollution because the air is no longer as pure as it was in older times. Therefore, all countries are concerned that our existence will be shortened by environmental pollution. Millions of people could die because of the large population. As our greediness increases, there will be more and more difficulties. Storms and accidents will certainly occur, and life and death are part of life's impermanence. On the other hand, spiritual adepts are more fortunate. Since they reduce their greediness and carnal desires, they will be able to save themselves partially. Our soul will feel less confused at the time of death, because we have practiced and developed ourselves spiritually during our life, and directed our mind toward the path of liberation. Buddha will attest to our sincerity, and we will have a place to continue our spiritual perfection and development when we die.

**Psalm**

*Releasing our worries, our consciousness will become  
pure and light,  
Resolving the spiritual matters, we advance and  
practice with our own efforts,  
We are no longer confused and have the opportunity  
to attain awakening,  
Developing our lucid mind, we will achieve success  
with our own efforts.*

**Montreal, 15 October 1997 5:55 AM**

*Q: Where does the sincere heart reside?*

A: Sincerity, affection, and compassion reside in the lucid consciousness of the practitioner on earth. We should look at the truth and love and respect the spiritual virtue of the other party. On this earth, we like to venerate Buddha because we venerate His virtue, and not His statue. Earthly people wrongly believe that Buddha has the power to provide protection, which is going against His philosophy of releasing one's own karma.

**Psalm**

*On our own, we imagine and cause errors and  
agitation,  
When we have difficulty to understand clearly, we  
have difficulty to follow,  
When we correct ourselves and perfect ourselves  
spiritually, our consciousness will become righteous,  
Turning to the light and pure Heaven, we no longer  
harbor expectations.*

**Montreal, 16 October 1997 4:10 AM**

*Q: What is most precious in the human mind on earth?*

A: The most precious thing is to cultivate ourselves spiritually and develop our soul in order to save ourselves. During our human existence, we have to endure numerous hardships and trials; we must sweat and shed tears in exchange of a bowl of rice granted to us by Heaven and Earth. This is truly an extraordinary achievement in the human existence, and everyone must struggle and put aside savings during their life.

**Psalm**

*On our own, we struggle and practice in order to make  
progress,  
Resolving our difficulties, we release our worries with  
our true consciousness,  
Working constructively, we evolve in a timely manner,  
As our soul feels the deep emotions, we can  
communicate rapidly.*

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**Montreal, 17 October 1997 6:05 AM**

*Q: When we think of The Lord and Buddha, do we receive their guidance?*

*A: In order to think of The Lord and Buddha, we must practice the spiritual method in a correct and righteous manner. We should release the impure energy and preserve the pure energy. When our body and mind are peaceful, we will have the opportunity to receive the pure light and compassionate energy of The Lord and Buddha, so that we can live in tranquility and contentment.*

**Psalm**

*Practicing within sincerity, we arrange our life with our own efforts,  
Cultivating ourselves equally on the social and spiritual paths, we do not commit errors,  
As we advance spiritually, our consciousness and appearance will improve,  
Loving and respecting all creatures, we understand the majesty of Heaven.*



**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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