



# 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

## Harmony

Achieving harmony, together, we devote ourselves to spiritual perfection and live  
like a family,  
Distinguishing between purity and impurity, one would only go astray,  
Disagreeing with each other from East to West, the situation will become more  
difficult,  
Practicing the true dharma, we will surmount obstacles on our own.

*Vi Kien*

## Baby Tam Talking To You

*From 22 November to 28 November 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 the great common cause mean?*
- 2) *What should we do in order to deduce a matter clearly and wisely?*
- 3) *Do humans need health?*
- 4) *What is the fortunate karmic opportunity which leads us to cultivate ourselves spiritually in the direction of spiritual development of the Vo-Vi method?*
- 5) *Is the natural scenery different from the man-made scenery?*
- 6) *When will it be a good occasion granted by Heaven and Earth?*
- 7) *Is there any benefit when we express a great vow?*



<p><b>San Jose, 22 November 1997 6:50 AM</b></p> <p>Q: <i>What does the great common cause mean?</i></p> <p>A: The great common cause means that we sincerely wish to practice together within constructiveness and absolutely seek no personal profit. We offer our help when there is work to be done, without the need to plot schemes and generate agitation. Only then will we truly practice spiritual cultivation on both social and spiritual paths.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>With spiritual practice, we develop ourselves and make spiritual progress, Helping others in a clear and wise manner, we see our itinerary of progress clearly, Practicing equally on both social and spiritual paths in life's battlefield, We release our infatuation and intransigence, and gain even greater wisdom.</i></p>
<p><b>San Jose, 23 November 1997 2:35 AM</b></p> <p>Q: <i>What should we do in order to deduce a matter clearly and wisely?</i></p> <p>A: In order to deduce any matter clearly and wisely, we must completely harmonize with it. Only then will we be able to clearly determine the original principle of this matter, how it was caused, and whether it came from serenity or agitation.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>We must engage ourselves in order to be able to examine a matter in a clear and wise manner, Accomplishing things clearly, we turn within to analyze ourselves, Whether at a high or low level, we all practice virtue to make progress, Rectifying ourselves, we evolve spiritually and see our itinerary clearly.</i></p>
<p><b>Madison, 24 November 1997 7:25 AM</b></p> <p>Q: <i>Do humans need health?</i></p> <p>A: Humans really need health within the original principle of naturalness and spontaneity. Only then will our consciousness be happy and tranquil.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>To live happily, we should have a healthy body, By developing our soul will we truly know ourselves, Harmonizing joyfully with heaven and earth, our mind receives the divine light, Spiritual energy is purity and lightness, and knowing our itinerary clearly.</i></p>
<p><b>Madison, 25 November 1997 3:00 AM</b></p> <p>Q: <i>What is the fortunate karmic opportunity which leads us to cultivate ourselves spiritually in the direction of spiritual development of the Vo-Vi method?</i></p> <p>A: This is a fortunate karmic opportunity from our anterior lives during which we already practiced a spiritual method. Now we have the opportunity to continue our spiritual development. The spiritual practitioner will feel happy and knows he is going in the right direction. He will understand more and more every day, and he will never change his mind.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>The more we devote ourselves to spiritual perfection, the more we advance and understand that we all practice together, We will achieve the results of peace and tranquility, Practicing equally on both social and spiritual paths, we are not confused, We no longer hold on to infatuation, intransigence, and division.</i></p>

**Madison, 26 November 1997 2:50 AM**

*Q: Is the natural scenery different from the man-made scenery?*

A: The scenery made by human minds is different from the natural scenery, because the scenery made by humans is created by their lucid and orderly minds and their constructive work. The natural scenery is formed in a natural way and is achieved from the union of all aspects and states of energy. The natural scenery is fresh and lively, and purer and lighter than the man-made scenery.

**Psalm**

*On earth, people want to reach higher from their low level,  
The supernatural structure is very magical,  
The magnificent creation forms a beautiful painting,  
By respecting and loving these creations, humans will open their spiritual depth.*

**Madison, 27 November 1997 2:00 AM**

*Q: When will it be a good occasion granted by Heaven and Earth?*

A: We should devote ourselves to spiritual perfection and progress with a sincere heart in order to see when there is a propitious timing, and a harmonious agreement between earth and man. This will be the right time when God grants us the opportunity to help ourselves and save humanity. We must apply the opportunity at the right time in order to advance further.

**Psalm**

*The common cause is not a personal affair, but the affair of everyone,  
Heaven and Earth give us beautiful opportunities,  
Guiding and saving everyone, so that they may devote themselves to spiritual perfection, we will attain spiritual merit,  
Practicing and advancing together, we will become even nicer.*

**Madison, 28 November 1997 12:00 AM**

*Q: Is there any benefit when we express a great vow?*

A: After practicing in a righteous manner and perceiving that the spiritual practice is beneficial for ourselves and we may be able to influence the people after us, we should express the great vow as the motto for the evolution of our soul. We should indicate the path to take in order to evolve further. It will be very beneficial for our mind and body.

**Psalm**

*Through spiritual practice, we perceive that we are seeking our true selves with our own efforts,  
Evolving incessantly, we will advance deeply on our own,  
Never abandoning the spiritual path, we advance and work constructively,  
Cultivating ourselves spiritually with diligence and perseverance, we seek our true selves with our own efforts.*



**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.