



# 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*

Unable to harmonize with the spiritual principle and God`s love,  
We devote ourselves diligently to spiritual perfection to attain serenity and  
detachment on our own,  
Loving and respecting our physical body without being agitated,  
We understand God`s love clearly and achieve relaxation on our own.

*Vi Kien*

## Baby Tam Talking To You

*From 20 December to 26 December 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 should we do when we sincerely want to devote ourselves to spiritual perfection and make progress?*
- 2) *Is there any benefit when we fully engage ourselves to serve others?*
- 3) *What generates mutual love and respect?*
- 4) *What is the difference between earthly reasoning and spiritual energy?*
- 5) *What kind of people are those who seek spirituality?*
- 6) *How should we love and respect God?*
- 7) *How can we understand that our body is formed by the pure energy of Heaven and Earth?*



<p><b>Las Vegas, 20 December 1997 1:50 AM</b></p> <p><i>Q: What should we do when we sincerely want to devote ourselves to spiritual perfection and make progress?</i></p> <p>A: If we sincerely want to devote ourselves to spiritual perfection and make progress, we should strive for full detachment in our consciousness; we should be sincere, neither lie nor cheat, and not pray for favors, in order to build courage and strength for our spiritual perfection and progress.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Resolute in our spiritual perfection, we are not sorrowful, Cultivating ourselves spiritually with a sincere heart and diligence, we live in peace and tranquility, Practicing within serenity, we do not hold to earthly matters, Practicing equally on the earthly and spiritual paths, we surmount obstacles with our own efforts.</i></p>
<p><b>Las Vegas, 21 December 1997 4:55 AM</b></p> <p><i>Q: Is there any benefit when we fully engage ourselves to serve others?</i></p> <p>A: When we fully engage ourselves to serve others, we will bring joy to everyone.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>It is a true joy when our tasks are accomplished, By conquering difficulties, we create the spiritual savor, Unifying with God`s love, we are no longer suffering, As the sun rises and spreads its light, everyone will be happy.</i></p>
<p><b>Las Vegas, 22 December 1997 4:00AM</b></p> <p><i>Q: What generates mutual love and respect?</i></p> <p>A: Mutual love and respect come from our spiritual heart. Otherwise, if it comes from our earthly nature, we will lack lucidity and have no heart; we will be rude and disorderly. When we do not succeed on the spiritual path, our earthly life will also fail.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Lacking lucidity, one destroys oneself and is agitated every day, Unable to discuss the spiritual principle thoroughly, on one`s own, one will remain in a circle, With an obscured mind, the spiritual consciousness cannot awaken, Obtaining no success in one`s spiritual practice, one keeps expecting and praying for favors.</i></p>
<p><b>Las Vegas, 23 December 1997 0:55 AM</b></p> <p><i>Q: What is the difference between earthly reasoning and spiritual energy?</i></p> <p>A: Earthly reasoning always contains intransigence and infatuation, while spiritual energy is always perfectly round. Truth cannot be distorted.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Analyzing the spiritual principle clearly, we see our itinerary of progress clearly, When our energy is round, we are happy and beautiful; we examine matters clearly; Developing and unblocking ourselves, we will advance according to our level, Resolute in our spiritual perfection, we see the beautiful spiritual principle.</i></p>

<p><b>Las Vegas, 24 December 1997 4:35 AM</b></p> <p>Q: <i>What kind of people are those who seek spirituality?</i></p> <p>A: Those who seek spirituality are people who have experienced sufferings and injustices in their inner consciousness.</p>	<p style="text-align: center;"><b>Psalm</b></p> <p><i>Overcoming sufferings and the agitated earthly world, We turn within to correct ourselves, perfect ourselves spiritually, and release our impurities, Abandoning infatuation and agitation, the consciousness will awaken, Returning to serenity, we will see our true spiritual heart.</i></p>
<p><b>Los Angeles, 25 December 1997 4:25 AM</b></p> <p>Q: <i>How should we love and respect God?</i></p> <p>A: Only meditation practitioners who practice diligently truly love and respect God and Buddha. They will evolve from being in suffering to becoming optimistic.</p>	<p style="text-align: center;"><b>Psalm</b></p> <p><i>Understanding all creatures thoroughly, we turn within to discuss and examine by ourselves, Resolving difficulties in our soul to advance further, we feel tranquility, Practicing equally on the earthly and spiritual paths, we return to our unique origin, Deeply understanding our true consciousness, we awaken ourselves and achieve tranquility.</i></p>
<p><b>Atlantic City, 26 December 1997 4:35 AM</b></p> <p>Q: <i>How can we understand that our body is formed by the pure energy of Heaven and Earth?</i></p> <p>A: The essence of the universe creates impure karmic relations. As a concrete example, we must learn lessons of impurity and release impurities; by our own efforts, our consciousness should perceive the path of spiritual self-cultivation and self-progress.</p>	<p style="text-align: center;"><b>Psalm</b></p> <p><i>Immersed in the scenes of sufferings, we attain enlightenment by our own efforts, Resolving difficulties in our soul, we see our progress clearly, Learning the Tao with a spiritual heart, we resolve matters with lucidity, With equanimity and serenity, we will achieve even greater lucidity.</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.*