



# 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

With a lucid mind, we clearly analyze the path of purity and impurity,  
To achieve our great vow, we should practice diligently to attain tranquility on our  
own,  
According to the original principle granted by God, we come from the same origin,  
By practicing and developing ourselves spiritually, we are no longer foolish.

*Vi Kien*

## Baby Tam Talking To You

*From 3 January to 9 January 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 in order to resolve the procrastination in our inner consciousness?*
- 2) *How can one pray for favors since it means to be agitated?*
- 3) *What should we do when the disturbances on the planet earth are causing an unbalanced climate?*
- 4) *What should we do in order to have a good circulation in our inner organs?*
- 5) *Is it correct when we have not practiced yet, but speak about understanding the Vo-Vi method thoroughly?*
- 6) *What should we do in order to know that we are the children of the Infinite Lord?*
- 7) *What does it mean to return to our true nature from all kinds of forms?*



<p><b>Paris, 3 January 1998 3:55 AM</b></p> <p><i>Q: What should we do in order to resolve the procrastination in our inner consciousness?</i></p> <p>A: In order to resolve the procrastination in our inner consciousness, we must apply order from outward to inward (inner consciousness). When we make a promise, we must fulfill it and should not abandon our word. Only then will we hope to restore order in a natural and spontaneous manner.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>On our own, we work constructively from inward to outward, Evolving continuously, we harbor neither wishes nor expectations, Earthly life is temporary, and spiritual practice should come first, With our own efforts, we cultivate ourselves spiritually to make progress without praying for favors.</i></p>
<p><b>Paris, 4 January 1998 2:35 AM</b></p> <p><i>Q: How can one pray for favors since it means to be agitated?</i></p> <p>A: To pray for favors is not as worthy as to practice the spiritual method that one already holds in one's hands. One will then have the opportunity to return to one's own spontaneous serenity.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Through spiritual practice, we will understand ourselves and transform our spiritual journey, Understanding clearly the principle granted by God, we will save ourselves, Analyzing clearly the earthly and spiritual paths, we will transform our love and advance accordingly, Through spiritual practice, we develop our spiritual heart and clearly see our nature.</i></p>
<p><b>Paris, 5 January 1998 4:15 AM</b></p> <p><i>Q: What should we do when the disturbances on the planet earth are causing an unbalanced climate?</i></p> <p>A: An unbalanced climate causes an unsettled climate. Humans should awaken their consciousness on their own. They should reduce their personal level of carnal desires and greediness. They should turn toward Heaven and Earth, devote themselves to spiritual practice and perfection within sincerity to reduce their greediness and carnal desires. When the air on earth is less polluted, it will become pure and benevolent, and the climate will become more balanced and harmonious.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Reducing greediness and carnal desires, we also reduce anger and resentment, Turning toward the World Above, purity and benevolence, we practice in stages, No longer causing agitation, the divine course of events will improve, As the original energy becomes steady, we will comprehend the divine grace clearly.</i></p>
<p><b>Paris, 6 January 1998 6:15 AM</b></p> <p><i>Q: What should we do in order to have a good circulation in our inner organs?</i></p> <p>A: In order to have a good circulation in our inner organs, we must practice the exercise of continuous breathing without retention correctly: filling the navel, the chest, up to the head; then our circulation will be regulated in our organism, we will eat well, sleep well, and meditate well.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Releasing and analyzing the pure and impure energy as pre-arranged, We will undoubtedly attain a lucid mind and a wise heart, Harmonizing with the energy of heaven and earth, we return to one unique origin, With equanimity, we practice diligently to advance continuously with our own efforts.</i></p>

**Paris, 7 January 1998 2:35 AM**

*Q: Is it correct when we have not practiced yet, but speak about understanding the Vo-Vi method thoroughly?*

A: On this earth, when we have not practiced something, we will be unable to understand it thoroughly. We need to practice in order to be able to verify.

**Psalm**

*Practicing with joy, we will understand thoroughly and our true consciousness will awaken,  
Abandoning our earthly heart, we release our sorrow with our own efforts,  
Unifying with divine love, we are no longer agitated,  
Practicing within sincerity, we will achieve tranquility on our own.*

**Monaco, 8 January 1998 3:15 AM**

*Q: What should we do in order to know that we are the children of the Infinite Lord?*

A: In order to know that we are the children of the Infinite Lord, we should develop the flow of energy of our true consciousness with our own efforts. Then, we will see that the level of evolution in the sphere of energy is infinite. We should have faith in our inherent ability and keep evolving infinitely. We will have a place to rest in the future and our soul will no longer fall into decadence.

**Psalm**

*With a tranquil body, our mind will shine in all aspects,  
Communicating with the Lord, our heart is devoted to spiritual perfection, and we are no longer disorderly,  
Expanding our true nature, we are no longer agitated,  
With perseverance, we practice diligently to return to our spiritual homeland by our own efforts.*

**Monaco, 9 January 1998 2:20 AM**

*Q: What does it mean to return to our true nature from all kinds of forms?*

A: To return to our true nature from all kinds of forms means that we must return to emptiness. All things start from emptiness; from emptiness come all things.

**Psalm**

*Light governs the transformation of all creatures,  
We readily understand that within non-being, there is being,  
Achieving harmony, our consciousness comprehends the spiritual opportunity for the beautiful divine love,  
Not worrying about hardship and sufferings, we will advance and surmount obstacles on our own.*



**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.