



# 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*

Carrying out our ignorance by causing disturbances,  
We block our energy and harm our own body,  
Not understanding earthly and spiritual life, our emotions are agitated,  
Lacking spiritual practice, we will be like drunk.  
*Vi Kien*

## Baby Tam Talking To You

*From 31 January to 6 February 1998*

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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 be loyal and faithful with the spiritual path?*
- 2) *What should we do in order to be a good person?*
- 3) *What should we do in order to maintain the stringent rules of meditation practice?*
- 4) *How can we restore our equilibrium?*
- 5) *Why do people with an ample material life cause more greediness and lust than destitute people?*
- 6) *Why are there seasons for rituals and businesses on earth?*
- 7) *What should we do in order to widen our path?*



<p><b>Monaco, 31 January 1998 2:35 AM</b></p> <p><i>Q: What should we do in order to be loyal and faithful with the spiritual path?</i></p> <p>A: In order to be loyal and faithful with the spiritual path, we should practice the spiritual method regularly. It is not different from earthly people who are granted by The Lord rice to eat in order to sustain their daily life. The spiritual path does not differ from a spiritual meal necessary for our life. We should keep living with it till our last breath in order to serve both our mind and body in the evolution cycle.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>In order to attain depth, we must achieve harmony in our mind and body, Realizing our spiritual consciousness, we live a meaningful life, Earthly life means actions within temporary circumstances, With a happy heart, we save ourselves and live a fulfilled life.</i></p>
<p><b>Monaco, 1 February 1998 5:55 AM</b></p> <p><i>Q: What should we do in order to be a good person?</i></p> <p>A: In order to be a good person, we must be able to blend with suffering and thoroughly understand the suffering of miserable people.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Rejoicing in our deep comprehension, we turn within to analyze and research, Our thoughts are filled with the deep and subtle principle, Helping others with a kind heart, our heart provides infinite guidance, Awakening our consciousness with our own efforts, we will save others.</i></p>
<p><b>Monaco, 2 February 1998 12:45 AM</b></p> <p><i>Q: What should we do in order to maintain the stringent rules of meditation practice?</i></p> <p>A: In order to maintain the stringent rules of spiritual cultivation and practice, we must carry out what is necessary for our mind and body, and not carry out what is not necessary, i.e., whatever can harm our mind and body.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Constructive work is essential for our spiritual progress, Let's abandon our profane heart and not cause worries, Awakening our own consciousness, we will achieve success on our own, We need to cultivate ourselves spiritually and make progress without worrying or being sorrowful.</i></p>
<p><b>Monaco, 3 February 1998 3:45 AM</b></p> <p><i>Q: How can we restore our equilibrium?</i></p> <p>A: In order to restore our equilibrium like the one at our birth, we must practice the spiritual method to release our impure energy and conserve our pure energy. We will then restore our equilibrium; we will no longer be greedy and have desires like in the past; we will advance toward the sphere of emptiness in order to live with God and Buddha.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Developing ourselves with a generous heart, we release blinded passions in our consciousness, With a wise mind, we analyze clearly and return to the right path, As our consciousness transforms itself, the heavenly land will shine brilliantly, With a calm heart and serenity, we will release our blinded passions.</i></p>

<p><b>Monaco, 4 February 1998 4:15 AM</b></p> <p><i>Q: Why do people with an ample material life cause more greediness and lust than destitute people?</i></p> <p>A: Those who have an ample material life want to live and fear death. Having warmth and a filled stomach cause lustful desires. One would turn more toward the body, and gradually lose one's soul. One would think to be intelligent and talented and one will very easily commit errors in one's actions.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Money, riches, fame cause errors and passions, Dissipating one's true nature, one will have difficulty to return, When we forget the heavenly sphere and divine love, they will disappear, Being authoritarian and pesky, one would suffer in all domains.</i></p>
<p><b>Monaco, 5 February 1998 7:45 AM</b></p> <p><i>Q: Why are there seasons for rituals and businesses on earth?</i></p> <p>A: On earth, there are seasons for both rituals and businesses in accordance with heaven and earth. They develop in the direction of pure energy, which differs in each case.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Practicing with joy, we will evolve in accordance with the deep spiritual direction, We will understand clearly the wonders through rituals and prayers, Divine blessings are granted by God to guide our common progress, Achieving peace, we unite in order to return quickly with our own efforts.</i></p>
<p><b>Monaco, 6 February 1998 4:10 AM</b></p> <p><i>Q: What should we do in order to widen our path?</i></p> <p>A: In order to widen the path for our soul and body, we must cultivate ourselves spiritually with our own efforts. We should equally develop our wisdom and spiritual merits in our spiritual perfection, so that all things may happen peacefully in the future.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Developing our compassion, we do not commit errors, True talent means to work constructively for our own sake, To return to the three jewels is the path of spiritual progress, Developing ourselves in all aspects, we no longer commit errors.</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.