



# 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*

## Diligent Practice

Cultivating ourselves spiritually with diligence, we will liberate ourselves from the  
sphere of blinded passions and errors,  
Practicing with determination, we will understand the deep and mystic spirituality,  
With serenity, we are not agitated when ascending higher,  
Practicing within true sincerity, we will advance and release our blinded passions  
and errors.

*Vi Kien*

## Baby Tam Talking To You

*From 28 March to 3 April 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) *Why do earthly people like spiritual adepts?*
- 2) *Why are there people on this earth who like to exaggerate and harm others with their criticisms and wicked thoughts, but who wrongly believe that they are good people?*
- 3) *Should a practitioner of the Vo-Vi Method of Meditation (Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha) apply patience and resignation?*
- 4) *What kind of people usually has a changeable character?*
- 5) *How does one build a resolute mind?*
- 6) *Does a meditation practitioner gain any benefit from modifying the spiritual method?*
- 7) *What should one do to become one with all states and return to one's true origin?*



<p><b>Singapore, 28 March 1998 3:20 AM</b></p> <p><i>Q: Why do earthly people like spiritual adepts?</i></p> <p>A: Earthly people like spiritual adepts, because a spiritual adept who practices meditation is able to eradicate greediness, anger, infatuation, excessive joy, sorrow, and sensual desires with his own efforts. Therefore, he is trustworthier than earthly people.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Giving words of wisdom with calmness and flexibility, One turns within to correct one's mistakes and cultivate the soul, Within emptiness, one feels the love vibrations, Understanding the Divine Principle, one avoids all evil deeds.</i></p>
<p><b>Sydney, 29 March 1998 4:45 AM</b></p> <p><i>Q: Why are there people on this earth who like to exaggerate and harm others with their criticisms and wicked thoughts, but who wrongly believe that they are good people?</i></p> <p>A: Jealous people are people who lack a spiritual mind. Therefore, they only cause destruction and can never be constructive.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Those who criticize others without discernment, Do not cultivate themselves spiritually and do not know themselves, Unable to harm others with their evil thoughts, their heart becomes agitated, They only smear themselves and are no longer pretty.</i></p>
<p><b>Singapore, 30 March 1998 3:00 AM</b></p> <p><i>Q: Should a practitioner of the Vo-Vi Method of Meditation (Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha) apply patience and resignation?</i></p> <p>A: it is very important that a practitioner of the Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha practices patience and resignation. Only then will he thoroughly understand the true philosophy of a spiritual adept. Otherwise, he will only increase his anger, infatuation, resentment, sorrow, and unhappiness.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>The spiritual consciousness remains dark and the mind is like a dimmed lamp, Delusion arises from not understanding the lessons of agitation, Unable to realize the great vow, one builds evil karma, Learn with a serene heart to dispel all blindness.</i></p>
<p><b>Singapore, 31 March 1998 4:20 AM</b></p> <p><i>Q: What kind of people usually have a changeable character?</i></p> <p>A: Those people who lack a spiritual mind and are hot-tempered, usually have a changeable character and always want to be the master of others.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Constantly changing their character, they remain agitated, Creating more hardship and sufferings, they waste their efforts, Their ignorant mind cannot understand life adversities, Stagnating on the spiritual path, they keep going in circles.</i></p>

**Psalm**

*Achieve true practice by serving others tirelessly,  
Be resolved to perfect your spiritual consciousness  
without any rivalry,  
We unify with human compassion when reaching  
equilibrium,  
Let's practice with diligence and sincerity to advance  
toward purity and beyond.*

**Sydney, 1 April 1998 8:25 AM**

Q: *How does one build a resolute mind?*

A: A resolute mind comes from a resolute spirit of service. Sincerity and determination are essential.

**Psalm**

*The soul wanders on earth and never attains  
enlightenment,  
Unable to advance, one has difficulty to perfect oneself  
spiritually and causes more entanglements,  
Creating new karma, one has no way to escape,  
Let's practice diligently and with perseverance to  
return to emptiness on our own.*

**Sydney, 2 April 1998 3:50 AM**

Q: *Does a meditation practitioner gain any benefit from modifying the spiritual method?*

A: The spiritual method results from the achievements of the predecessors in their spiritual practice. One must follow their teachings exactly in order to release the karma of the spiritual consciousness. Otherwise, one will fall into the familiar bad habits, and will never be able to abandon one's preconceived opinions.

**Psalm**

*We lose the fortunate opportunities when our soul  
cannot develop,  
It is difficult to change those who are not aware of their  
wise mind,  
They are unable to resolve the resentment in their  
hearts,  
Let's learn and train within equanimity to regain the  
fortunate spiritual opportunities.*

**Sydney, 3 April 1998 3:20 AM**

Q: *What should one do to become one with all states and return to one's true origin?*

A: In order to become one with all states and return to one's true origin, one must cultivate oneself spiritually with one's own efforts to purify oneself. Only then will one be able to dissipate the karmic forces and illuminate the light of one's inner consciousness. Otherwise, one's sensual desires and greediness will keep increasing, and one will become authoritarian and want to control others. As a result, one will commit even more sins without one's knowledge.



**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.