



# 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*

## Respectful Thinking

We think respectfully of the noble Lord and the sublime dharma,  
Everywhere, He shines His light of benevolence,  
Let's practice the righteous dharma to succeed everywhere,  
With flexibility, we understand deeply the will of Heaven.  
*Vi Kien*

## Baby Tam Talking To You

*From 13 June to 19 June 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) *Is it true that all beings have an equal life?*
- 2) *How can we harm ourselves?*
- 3) *What does it mean to encounter true love?*
- 4) *What is the pure and noble principle?*
- 5) *What does it mean to "achieve serenity to guide others infinitely"?*
- 6) *What should we do to learn the dharma of eternal life?*
- 7) *Why should the Truth be round in order to be correct?*

<p><b>San Jose, 13 June 1998 7:05 AM</b></p> <p>Q: <i>Is it true that all beings have an equal life?</i></p> <p>A: All beings have an equal life through their breathing that connects them to Heaven and Earth. A spiritual adept sees even more clearly that life is temporary. People fight and compete against each other for personal interests and powers, but eventually everyone must arrive at the same end, which is Illness and Death. They must abandon all karmic forces, and leave this earth with empty hands, without being able to hold on to anything. A true spiritual adept is aware of this matter and naturally detaches himself from all entanglements in his inner consciousness. The right Way is to direct one's mind toward serenity for spiritual perfection.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Loving the Lord and remembering Buddha, we show a fine example on our own, Let's practice the Dharma with our own efforts to open the spiritual path, With a clear mind and wise judgment, we do not hold to any attachment, Practicing with perseverance and diligence, we lead a modest life.</i></p>
<p><b>San Jose, 14 June 1998 1:15 AM</b></p> <p>Q: <i>How can we harm ourselves?</i></p> <p>A: To form a bad habit is to harm ourselves unknowingly.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Lacking a spiritual consciousness, we lead a chaotic life, Having to accept suffering and adversities, we lose the good opportunities, Progress is difficult when our mind lacks lucidity, We cannot improve our character when we do not understand the original principle thoroughly.</i></p>
<p><b>San Jose, 15 June 1998 2:15 AM</b></p> <p>Q: <i>What does it mean to encounter true love?</i></p> <p>A: To encounter true love means that the inner consciousness enjoys a deep satisfaction without actively seeking it. The heart is neither sorrowful nor joyous. One expresses the truth without any calculations.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Cultivating serenity, both our mind and heart are peaceful, As a result, we rejoice together and are free of worries, With a spiritual heart, we will encounter plenty of good relations, Developing a deep compassion, we will overcome all difficulties on our own.</i></p>
<p><b>Montreal, 16 June 1998 6:15 AM</b></p> <p>Q: <i>What is the pure and noble principle?</i></p> <p>A: The pure and noble principle means that one is completely detached of all worldly matters.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Let's rise toward the sphere of infinity, Detached of earthly matters, our soul understands the transformations in each domain, Let's practice with joy and serenity to reach infinite awakening, Let's practice with sincerity to achieve the dharma and understand each domain.</i></p>

<p><b>Montreal, 17 June 1998 6:15 AM</b></p> <p><i>Q: What does it mean to “achieve serenity to guide others infinitely”?</i></p> <p>A: In order to “achieve serenity to guide others infinitely”, one must abandon all karmas in one’s consciousness. One must have a lucid mind and a wise heart. One will practice and shine a benevolent energy everywhere, like the rays of sunshine.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>The bright and enlightened mind disperses pure energy everywhere, Advancing on the Right Path, we will attain purity and lightness, Analyzing clearly our social and spiritual life, we will achieve loving understanding, As we progress with confidence on the spiritual path, we will constantly increase our spiritual knowledge.</i></p>
<p><b>Montreal, 18 June 1998 6:05 AM</b></p> <p><i>Q: What should we do to learn the dharma of eternal life?</i></p> <p>A: In order to learn the dharma of eternal life, we must learn the principle of The Lord and the Buddha. It means that we must release all impurities in our inner consciousness and inner organs in order to harmonize with the original principle that we are currently living in. Then, we will be able to develop ourselves equally in all aspects.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Relieved from our burdens, we will advance harmoniously in all domains, Turned toward purity and releasing our impurities, we will communicate with the Lord on our own, Let’s realize the true dharma as our consciousness awakens, Understanding the noble Lord, our heart is free of sorrow and worries.</i></p>
<p><b>Montreal, 19 June 1998 6:00 AM</b></p> <p><i>Q: Why should the Truth be round in order to be correct?</i></p> <p>A: The Truth is formed from the realities of Heaven and Earth. It is composed of the pure energy of Heaven and Earth, thus it can only be round and never distorted.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>The sphere of energy is clearly defined and never entangled, We will advance infinitely within sincerity and order, Returning to the source of our pure origin, we are void of agitation, Conforming to the principle of the Middle Path, we are determined to progress without slipping back.</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.