



# 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

## Concentration of Energy For Progress

As we unify with our true soul, we practice and advance with our own efforts,  
Practicing within sincerity, we turn within to make discernment on our own,  
Earthly and spiritual matters are mixed without a clear boundary,  
With an awakened consciousness and a serene heart, we will clearly see the pure  
intentions.  
*Vi Kien*

## Baby Tam Talking To You

*From 29 August to 4 September 1998*

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) *How can we perceive the sublime purity of the Almighty Lord?*
- 2) *What should we do in order to develop the mystical (esoteric) science of our inner consciousness?*
- 3) *What does it mean that Heaven and Earth are undergoing a period of winnowing?*
- 4) *How can we know about our own righteousness?*
- 5) *What should we do in order to arrive at the celestial sphere?*
- 6) *What does it mean, "hundreds of flowers are blooming"?*
- 7) *Why are there "hundred" people but "thousand" of calculating characters?*



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**Vancouver, 29 August 1998 4:55 AM**

*Q: How can we perceive the sublime purity of the Almighty Lord?*

A: The fact that we can see, hear, and understand in our consciousness proves that all creatures are aware that purity and lightness are shining upon them. The divine blessings come from the sphere of lightness and purity; we are able to receive them, but we are not yet ready to practice and develop ourselves to attain lightness and purity. How can we then comprehend and unify ourselves with the original principle of the Almighty Lord in order to devote ourselves to spiritual perfection?

**Psalm**

*Those who do not practice are truly blinded,  
Unable to advance and cultivate ourselves spiritually,  
we build up our ignorance,  
Failing to open our hearts widely, we become weak  
and narrow-minded,  
Let's practice within sincerity to release our ignorance.*

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**Vancouver, 30 August 1998 2:05 AM**

*Q: What should we do in order to develop the mystical (esoteric) science of our inner consciousness?*

A: In order to develop the mystical science of our inner consciousness, we must practice the dharma, develop the sphere of energy in our consciousness on our own, and achieve equilibrium in our spiritual consciousness. Then we will very easily turn to the World Above. We will only enjoy true peace and tranquility when our consciousness is devoted to spiritual cultivation.

**Psalm**

*With a lucid mind and a clear judgment, we will  
emanate light on our own,  
Harmonizing with all spheres, we develop our spiritual  
consciousness,  
With equanimity and a serene heart, we follow the  
original principle,  
Aware of the spiritual depth, we understand clearly all  
domains.*

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**Vancouver, 31 August 1998 4:35 AM**

*Q: What does it mean that Heaven and Earth are undergoing a period of winnowing?*

A: The period of winnowing of Heaven and Earth means that the climate will change continually until it reaches stability. As far as a spiritual adept is concerned, we must practice the dharma in a correct manner, and liberate ourselves on our own from the impure state to the pure state. We must practice in order to be able to adapt to the challenges, our soul will awaken, and we will be determined to devote ourselves to spiritual cultivation and progress.

**Psalm**

*Let's practice to advance and surmount obstacles on  
our own,  
Judging earthly and spiritual matters clearly, we  
resolve matters swiftly,  
Loving and respecting the dharma, we practice with  
sincerity and have the opportunity to attain awakening,  
Reviving ourselves in a lively manner, we will attain  
tranquility on our own.*

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**Legend of The Sea, 1 September 1998 2:40 AM**

*Q: How can we know about our own righteousness?*

A: In order to know about our own righteousness, we must practice in an orderly manner and be determined. We will then no longer be involved in entanglements of the external world.

**Psalm**

*Let's practice both with our heart and mind in this  
universe,  
Determined to devote our heart to spiritual perfection,  
we turn to purity on our own,  
Let's realize good energy in our consciousness,  
We will understand the depth of serenity in a clear  
manner.*

**Legend of The Sea, 2 September 1998 3:40 AM**

*Q: What should we do in order to arrive at the celestial sphere?*

A: In order to arrive at the celestial sphere, we must resolutely abandon love, money, and karmic relations. We should neither be passionate nor intransigent in order to see clearly the path to go and the steps to take, and understand the mystical nature of our inner consciousness. We will meet the Immortals who are pure and light, and we will be able to predict many new things. Through our practice, we will clearly see and distinguish the celestial sphere and the earthly world, and clearly determine what is pure and what is impure.

**Psalm**

*As our mind and body develop, we turn within to  
analyze and practice on our own,  
Understanding our true soul, we reach the sphere of  
purity,  
Remembering with regret the pure celestial scenery  
and its beauty,  
We practice the true dharma to unblock ourselves and  
cause neither fights nor rivalries.*

**Legend of The Sea, 3 September 1998 4:25 AM**

*Q: What does it mean, "hundreds of flowers are blooming"?*

A: "Hundreds of flowers are blooming", means that good seeds are planted. The meditation practitioner has received a good dharma and meditates well. When we engage ourselves to practice with diligence and turn to the World Above, we will ascend higher in a regular manner, our smile will be bright and open, and we will have a good spiritual itinerary.

**Psalm**

*On our own, we will get the habit of practicing and  
developing ourselves,  
The spiritual path is clear, and we have no worries,  
Our lucid mind constantly accumulates more light,  
As our true love appears, we will attain tranquility on  
our own.*

**Legend of The Sea, 4 September 1998 3:15 AM**

*Q: Why are there "hundred" people but "thousand" of calculating characters?*

A: Everyone lives together, but every person has a different level and understanding, and each person differs with their karmic relations and their nuances. In order to unify with the original energy of Heaven and Earth, we should devote ourselves to spiritual cultivation. We will practice together and advance together toward the serene place that already exists in our true consciousness.

**Psalm**

*Loving and respecting the Lord and Buddha, we  
advance in joy toward purity,  
Let's develop our soul to help us in all domains,  
Let's unify with human compassion in our awakened  
consciousness,  
We will rapidly practice within joy and serenity!*



**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.