



# 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*

## **Spontaneity**

With spontaneity, we analyze and purify ourselves to advance on the path of spiritual perfection,

Devoting ourselves to spiritual cultivation, we hold no worries,  
Now we are free from karmic relations, karmic debts, and earthly emotions,  
Gaining insight naturally, we become sincere and kind on our own.

*Vi Kien*

## **Baby Tam Talking To You**

*From 12 September to 18 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) *Why should a true spiritual adept return to emptiness?*
- 2) *What should one do in order to swiftly return to one's spiritual root?*
- 3) *What does it mean to awaken and return to the spiritual path?*
- 4) *Where does the fundamental nature of mankind reside?*
- 5) *How can one prove the true development of the soul?*
- 6) *What does it mean to have the blissful opportunity to be reunited on the spiritual plane?*
- 7) *Why are the casinos always full of guests?*



**Las Vegas, 12 September 1998 2:30 AM**

*Q: Why should a true spiritual adept return to emptiness?*

A: A true spiritual adept strives to return to the true origin. All matters start from emptiness, thus one should practice the Vo Vi method to release impurities and return to emptiness. One must be determined to detach oneself from money, love, and karmic relations, in order to attain purity and lightness in the inner consciousness.

**Psalm**  
*Dissolving infatuation and intransigence, we turn within  
for self-analysis,  
With a lucid mind and a clear judgment, we clearly  
understand the deep philosophy,  
Wisdom grows continually as our consciousness  
awakens,  
As our aura shines like a sunrise, we turn within to  
commune with the Lord silently.*

**Montreal, 13 September 1998 3:20 AM**

*Q: What should one do in order to swiftly return to one's spiritual root?*

A: In order to return to our spiritual root, we must practice the Practical Method of VoVi Esoteric Science and Dharma of Buddha with diligence and sincerity. We must be determined to abandon the seven passions and six desires as well as all karmic relations in our inner consciousness. Our mind should be free of prejudices. We will practice the dharma and advance on the spiritual plane in accordance with the heavenly will.

**Psalm**  
*Practicing the right dharma, one overcomes all  
obstacles,  
As the true heart develops, one attains self-  
awakening,  
Practicing equally on the social and spiritual paths  
without any regret,  
One perfects oneself to evolve further and lives within  
peace and harmony.*

**Las Vegas, 14 September 1998 1:30 AM**

*Q: What does it mean to awaken and return to the spiritual path?*

A: To awaken and return to the spiritual path means that everyone turns their mind toward the World Above and follows one common direction. When the soul unifies with the equilibrium of Heaven and Buddha, there will only be light and no more darkness.

**Psalm**  
*Restoring equilibrium, we return to the spiritual path,  
With equanimity and a serene heart, we are no longer  
undecided,  
Returning to our true origin in the sphere of emptiness,  
We realize true compassion and express words of  
Truth.*

**Las Vegas, 15 September 1998 1:30 AM**

*Q: Where does the fundamental nature of mankind reside?*

A: The fundamental nature of mankind resides in the center of energy of the universe. It is formed by the pure and benevolent energy of Heaven and Earth. Therefore, man has a resilient nature to withstand adversities. Both the soul and astral body reside in the microcosm, which is the physical body. They live together peacefully, and progress within the deep divine love on both social and spiritual planes. They are able to judge and thoroughly understand all basic functions of the soul like seeing, hearing, and speaking within a certain limit. Only through spiritual practice will one have the opportunity to progress toward infinity. The mind will clearly distinguish the pure and impure, from practice to theory.

**Psalm**  
*Understanding the material world, one develops true  
compassion,  
Realizing spirituality, one dissolves all internal sorrow,  
Loving and respecting the noble Lord with a constant  
faith,  
One practices the true dharma to regain inner calm.*

**Las Vegas, 16 September 1998**

*Q: How can one prove the true development of the soul?*

A: In order to prove that the soul truly exists, one must practice the dharma in a correct manner. One will develop one's inner consciousness through the flow of energy that is focused on the cranial psychic center. One will feel how the energy pulls upward right at the central point on the top of the head. One must be sincere and develop the spiritual energy in a righteous and independent manner. One should not pray for favors and one should advance with one's own efforts and courage through a diligent practice in order to reach the goal. The soul will develop toward infinity.

**Psalm**  
*Practice to develop the spiritual energy,  
Within silence, restore your equilibrium and serenity,  
Practice to develop your energy at the cranial psychic  
center,  
Delusion will fade away and you'll understand your  
true self.*

**Las Vegas, 17 September 1998**

*Q: What does it mean to have the blissful opportunity to be reunited on the spiritual plane?*

A: To have the blissful opportunity to be reunited on the spiritual plane means that we practice the same dharma and evolve together in an orderly manner. Our energy rises upward in a harmonious way, and we are happily reunited with each other. We understand each other through each phase of development, and we also understand Heaven and Buddha better than before.

**Psalm**  
*Understanding ourselves and others, our heart fills  
with gratitude,  
Releasing anger and passion, we dismiss all  
resentment,  
With the good spiritual opportunity, we advance with  
confidence in our earthly relations,  
Loving peace and harmony, we strive to return to our  
true nature.*

**Las Vegas, 18 September 1998 3:10 AM**

*Q: Why are the casinos always full of guests?*

A: All things in this earthly world are temporary. People like to enjoy themselves and want to become rich. Therefore, many like a free government. Eventually, people must leave this earth empty-handed and accept the law of karmic retribution. If there are winnings, there must be losses. Whatever they gain will be lost eventually. Only those who awaken their consciousness and turn to spirituality will have the opportunity to liberate themselves. Money cannot save your life. An illness can wipe out all possessions and riches before the person departs from this earth. Everyone must learn from the principle of existence and non-existence in all domains. Eventually, they will understand the law of cause and effect, and devote themselves to spiritual cultivation.

**Psalm**  
*An enlightened mind understands this earthly world  
clearly,  
The alternating existence and non-existence teach us  
detachment,  
Holding on to riches leads to failure and agitation,  
Develop your soul to dissolve all delusion.*



**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.