



# 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*

## **Opening The Spiritual Heart**

Opening our mind and spiritual heart, we turn within for self-analysis,  
Achieving a true spiritual cultivation, our mind feels inner peace,  
Let's unify with divine love in a lively manner,  
The more we devote ourselves to spiritual cultivation, the more we develop  
our insight, and our mind attains greater tranquility.

*Vi Kien*

## **Baby Tam Talking To You**

*From 3 October to 9 October 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) *What causes the pure mind to be brightly illuminated?*
- 2) *What should one do to cultivate one's spiritual mind and perfect one's nature?*
- 3) *How can we receive the blessings of the Lord of Great Compassion?*
- 4) *What kind of relation causes new questions to arise every day?*
- 5) *What should one do to progress on the spiritual path?*
- 6) *Where is the mystical sphere?*
- 7) *What should one do to direct one's mind toward the World Above?*



<p><b>Las Vegas, 3 October 1998 6:40 AM</b></p> <p><i>Q: What causes the pure mind to be brightly illuminated?</i></p> <p>A: The pure mind is brightly illuminated by the deep and unending spiritual light that shines everywhere.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Tirelessly engaging themselves to serve others with full devotion, Spiritual adepts are loved and respected, and their mind is at leisure, The vast ocean and noble heaven come from the same origin of serenity, Regaining inner calm with our own efforts, we do not differentiate among rich and poor.</i></p>
<p><b>Las Vegas, 4 October 1998 6:50 AM</b></p> <p><i>Q: What should one do to cultivate one's spiritual mind and perfect one's nature?</i></p> <p>A: In order to cultivate one's spiritual mind and perfect one's nature, one must strive for self-improvement. One must abandon the evil heart and realize love and forgiveness. Eventually, one will be able to develop the compassionate heart. One should practice and not speak about theory alone. When there is conflict, one should resolve it harmoniously and with openness. Then, the soul will make good progress in its spiritual evolution.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Vowing to devote ourselves to spiritual perfection with poise and equanimity, We practice the true dharma to dissipate our blindness, Now, we have the invaluable opportunity for spiritual cultivation, Let's practice with diligence to release our ignorance.</i></p>
<p><b>Las Vegas, 5 October 1998 6:20 AM</b></p> <p><i>Q: How can we receive the blessings of the Lord of Great Compassion?</i></p> <p>A: The Lord of Great Compassion bestows His blessings upon the Vo-Vi practitioner who has truly reached serenity after the hours of meditation. The spiritual adept will experience the abundant flow of spiritual energy within his mind and body and feel an infinite happiness.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Let's practice meditation to develop ourselves on the Middle Path, Releasing infatuation and passion, we will advance infinitely, Let's practice the true dharma to have the opportunity to provide infinite guidance to others, Let's develop ourselves on the Middle Path without worrying about becoming crazy.</i></p>
<p><b>Las Vegas, 6 October 1998 3:50 AM</b></p> <p><i>Q: What kind of relation causes new questions to arise every day?</i></p> <p>A: The mind brings up new questions every day through the relation between the cranial psychic center and the shining of spiritual energy. New questions arise every day with a very clear answer, generated from the compassionate and serene light.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Quietude arises from a compassionate heart, Releasing worries and sorrow, the mind becomes enlightened, Let's practice equally on the social and spiritual paths with an awakened consciousness, Returning to emptiness, lightness, and purity, we achieve greater enlightenment.</i></p>
<p><b>Las Vegas, 7 October 1998 6:45 AM</b></p> <p><i>Q: What should one do to progress on the spiritual path?</i></p> <p>A: To progress on the spiritual path, one must develop a serene heart, i.e., one must resolutely abandon the profane heart loaded with rivalry and calculation.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Determined to advance on the spiritual path within harmony, We practice with diligence to progress even further, Understanding this temporary world, we turn our heart toward spirituality, Let's resolutely abandon our profane heart without any pity.</i></p>

**Las Vegas, 8 October 1998 9:00 AM**

Q: *Where is the mystical sphere?*

A: In order to reach the mystical sphere, one must accept to undergo a constant and rigorous process of purification. Eventually, the soul will be able to reach the true sphere of purity, lightness and brightness.

**Psalm**

*The strong concentration of spiritual energy will transform everything,  
Unifying with the universal energy, the soul releases all passions,  
The heart and mind no longer agitated by the pure and impure,  
Achieving purification both inward and outward, we will follow the divine law on our own.*

**Las Vegas, 9 October 1998 5:10 AM**

Q: *What should one do to direct one's mind toward the World Above?*

A: In order to direct one's mind toward the World Above, one must practice the Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha with diligence. One will build the habit of directing one's spiritual energy toward the World Above instead of going downward and following one's desires for lust and greediness.

**Psalm**

*Energy contains both the pure and impure,  
Let's practice to unblock the impure energy and preserve the pure energy.  
Abandoning intransigence and blinded passions without any regret,  
Let's practice within serenity to swiftly return to the true origin.*



**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.