



# The Life Energy Development Weekly

7 September 2008

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*Published in concurrence with The Viet LED Weekly 687*

*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*

## In A Straight Way

Advancing in a straight way without hindrance,  
On our own, we develop our wisdom and awaken our consciousness,  
Practicing in common, we reach harmony and progress together,  
Within order, we return to our pure origin and eradicate our greediness.

*Vi Kien*

## Baby Tam Talking To You

*From 21 November to 27 November 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 build naturalness and spontaneity?*
- 2) *What does it mean to "seek and traverse on one's own"?*
- 3) *Why do humans have to complain and lament loudly?*
- 4) *Can the human brain understand all things?*
- 5) *How can the human brain evolve deeply?*
- 6) *Why do we return to emptiness?*
- 7) *Is there any benefit in contributing our work for the common cause?*



**Atlantic City, 21 November 1998 6:55 AM**

Q: *How can we build naturalness and spontaneity?*

A: Naturalness and spontaneity from inward to outward complement each other within serenity and form an intimate naturalness. We will feel the lightness of Heaven and Earth, and comprehend that the services provided by Heaven and Earth have a clear cause and reason. A spiritual adept who lacks serenity will go against the current of spiritual evolution; he will turn outward and become agitated, and he will have difficulty in devoting himself to spiritual cultivation and progress accordingly.

**Psalm**

*Lacking spiritual depth, one will cause worries and sorrow,  
Unaware of the sufferings and hardships, one lives an agitated life,  
Going through periods of quietude and disturbances, one loses the opportunity to learn and train oneself spiritually,  
Authoritarian and stubborn, one wants to seek and traverse on one's own.*

**Atlantic City, 22 November 1998 2:45 AM**

Q: *What does it mean to "seek and traverse on one's own"?*

A: To seek and traverse on one's own means to arrive at an unexpected place, i.e., one arrives at this place in a spontaneous and natural way. At that time, one's consciousness will change completely, and one will be able to handle any circumstance that may occur.

**Psalm**

*Devoting ourselves to spiritual practice, we do not complain and lament loudly,  
In order to evolve deeply, we should achieve harmony,  
Practicing equally on the social and spiritual paths, our consciousness attains awakening,  
Understanding the deep spiritual love, we know that we live under the same roof.*

**Atlantic City, 23 November 1998 5:05 AM**

Q: *Why do humans have to complain and lament loudly?*

A: Humans have to complain and lament loudly because they lack serenity and do not understand their own position: What should they do when they arrive on earth, and where will they go? They see that they are bound by their life circumstances with its actions and reactions caused by earthly emotions. Therefore, they have to complain and lament loudly, and cry for help.

**Psalm**

*Not knowing the position of our soul, we remain unsteady,  
Going through births and rebirths, the soul should learn and advance at each hour,  
From our birth until our hair turns grey,  
Not knowing ourselves, we will remain unsteady.*

**Atlantic City, 24 November 1998 5:45 AM**

Q: *Can the human brain understand all things?*

A: The human brain can relate more to the vibrations of serenity, naturalness, and spontaneity. If we accept to devote ourselves to spiritual perfection and correcting our mistakes, we will become lighter and purer every day. From there, we will build our faith and act accordingly.

**Psalm**

*We are able to evolve deeply thanks to the human brain,  
Let's practice within sincerity to achieve true freshness,  
Sowing opportunities for infinite spiritual guidance, we earn the love and respect of everyone,  
With the Vo-Vi Method, we will advance in a timely manner.*

**Atlantic City, 25 November 1998 3:45 AM**

*Q: How can the human brain evolve deeply?*

A: Only when our brain accepts to practice the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat in order to release the karma of our heart and turn toward emptiness, will we understand the depth of spirituality, and that all things on earth eventually return to emptiness. Eventually, we will advance toward the light of equilibrium in order to learn and train ourselves further.

**Psalm**

*Thanks to the deep spiritual evolution, we understand  
from beginning to end,  
We comprehend deeply that there is a start and finish,  
Unifying with human compassion in an instant,  
We understand God and Buddha, and return rapidly  
on our own.*

**Atlantic City, 26 November 1998 4:50 AM**

*Q: Why do we return to emptiness?*

A: When we accept to return to emptiness, we clearly see that all things on this earth come from emptiness. Naturalness and spontaneity are the true origin.

**Psalm**

*On our own, we must follow the cycle of births and  
rebirths,  
Realizing that we are unable to succeed whether  
inward or outward,  
We understand that our heart and image are agitated  
by desires,  
Let's return to our unique origin without expectations.*

**Atlantic City, 27 November 1998 3:00 AM**

*Q: Is there any benefit in contributing our work for the common cause?*

A: Contributing our work for the common cause will bring great benefits to future generations, and our spiritual merit will be boundless. God and Buddha will attest to our sincerity, like we are offering to God and Buddha ever-blooming flowers, which will never wither for thousand years. Our work will be truly meaningful, and our constructive efforts truly worthy.

**Psalm**

*Let's practice to direct our thoughts and minds to our  
origin,  
On our own, let's sever our ties to worldly ways,  
Let's love and feel with sincerity,  
Let's contribute with a sincere heart to return to our  
origin with our own efforts.*



**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.