



# 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*

## True Nature

Cultivating our true nature and the good spiritual opportunity, we are not agitated,  
Turning our consciousness toward serenity, we return to emptiness on our own,  
Our greedy heart limits us and prevents us from making progress,  
With an awakened consciousness, we attain awakening and explain clearly on our own.  
*Vi Kien*

## Baby Tam Talking To You

*From 12 December to 18 December 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 are we serene?*
- 2) *Where does the source of infinite guidance reside?*
- 3) *Where does the direction of spiritual evolution reside?*
- 4) *Why do people have different characters, even though they enjoy together the same original energy of Heaven and Earth?*
- 5) *What should we do in order to surmount the barrier of energy in the World Above?*
- 6) *How will the brain become when our heart is sincere?*
- 7) *What kind of breath is the last breath?*



**Montreal, 12 December 1998 4:08 AM**

Q: *Why are we serene?*

A: We are serene in order to learn the supernatural knowledge of the World Above.

**Psalm**

*With spiritual practice, we achieve clarity of mind and right judgment,  
Awakening our consciousness, we are serene and turn within to analyze ourselves,  
Returning to the spiritual path, we understand clearly earthly life, and awaken our consciousness on our own,  
Freed of errors and infatuation, we become enlightened on our own.*

**Montreal, 13 December 1998 6:24 AM**

Q: *Where does the source of infinite guidance reside?*

A: The source of infinite guidance resides in the sphere of emptiness and serenity, and it always shines the light of compassion and sublime dharma.

**Psalm**

*We are not confused as our mind and body evolve,  
Our spiritual heart overcomes the earthly world and advances by its own efforts to surmount obstacles,  
With an awakened consciousness and a wise heart, we attain even greater wisdom,  
Practicing with diligence and a sincere heart, we will achieve tranquility by our own efforts.*

**Montreal, 14 December 1998 7:55 AM**

Q: *Where does the direction of spiritual evolution reside?*

A: The direction of spiritual evolution resides at the cranial psychic center, and this infinitely light and pure area will provide us infinite guidance within constructiveness.

**Psalm**

*Returning to our pure origin, we understand from beginning to end,  
Loving and respecting serenity, we do not hold to sorrow,  
Our heart yearns for divine love and infinite guidance,  
Only by elevating ourselves will we form the spiritual boat.*

**Montreal, 15 December 1998 2:00 AM**

Q: *Why do people have different characters, even though they enjoy together the same original energy of Heaven and Earth?*

A: Though living together, people have different characters, and cause actions and reactions. Eventually, they see the errors from both sides, and will accept to correct their mistakes and advance accordingly. If we are tired of the earthly world, the best solution is to devote ourselves to spiritual perfection. We cultivate ourselves spiritually to understand our own mistakes and repent them on our own, and to eradicate greediness and anger by our own efforts.

**Psalm**

*With spiritual practice, we awaken ourselves and contribute our common share,  
Developing ourselves spiritually, we will acquire independence on our own,  
Heaven and universe return to the same root,  
With a sincere heart, we practice diligently to develop our generosity.*

**Montreal, 16 December 1998 5:53 AM**

*Q: What should we do in order to surmount the barrier of energy in the World Above ?*

*A: In order to conquer the original principle of naturalness, we should practice the spiritual method with great efforts to release the impure and preserve the pure energy. In a natural way, we will be able to unify our energy, develop our spiritual mind and open our spiritual consciousness.*

**Psalm**

*Opening our spiritual mind and developing our consciousness, we return to our true nature on our own,  
Returning to the source of our pure origin, we do not commit any errors,  
As we elevate ourselves beautifully, we will communicate with divine love,  
On our own, we silently understand the deep original principle.*

**Montreal, 17 December 1998 7:18 AM**

*Q: How will the brain become when our heart is sincere?*

*A: When our heart is sincere, our brain will be tranquil and become illuminated thanks to the guidance and blessings from the World Above.*

**Psalm**

*Returning to the spiritual opportunity and spiritual roots,  
We dare not forget to maintain our sincere and noble mind and thoughts,  
Practicing equally on the earthly and spiritual paths, we devote ourselves to spiritual perfection to advance on our own,  
Analyzing in a clear and righteous manner, we understand our foundation clearly.*

**Montreal, 18 December 1998 6:41 AM**

*Q: What kind of breath is the last breath?*

*A: The last breath is the breath when we abandon with determination the earthly emotions with their darkness and ingratitude in order to evolve to another sphere and start a new life.*

**Psalm**

*Only by distancing ourselves from the earthly world will we understand the words of truth,  
With spiritual practice and awakening, we throw away our chains,  
Binding ourselves, we will not be able to advance,  
Understanding both earthly and spiritual matters clearly, we are free of anxiety.*



**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.