



# 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*

## Serenity

Determined to cultivate ourselves and advance spiritually, we will return to  
serenity,  
Awakening our true soul, we will attain knowledge and wisdom on our own,  
In our clear evolution, we will transform ourselves and progress  
accordingly,  
Dispersing darkness in our earthly and spiritual life, we will attain wisdom  
on our own.

*Vi Kien*

## Baby Tam Talking To You

*From 7 July 2000 to 13 July 2000*

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) *Like a faraway echo, divine love is shining upon us. Where does it shine?*
- 2) *Is there any benefit when we look at the sunlight?*
- 3) *Why is our mind not clear and alert?*
- 4) *When we draw a long path with our finger, which one is longer, the finger or the path?*
- 5) *What does it mean when we are still agitated and have desires?*
- 6) *To steal material goods is already difficult. What would it be when one devises plots to steal spiritual goods?*
- 7) *What will happen to our character when we have not yet developed the flux of energy on our cranial psychic center?*



<p><b>Monaco, 7 July 2000 7:15 AM</b></p> <p><i>Q: Like a faraway echo, divine love is shining upon us. Where does it shine?</i></p> <p>A: Divine love is shining upon us like a faraway echo, at our cranial psychic center, when it becomes illuminated.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Like a jewel, divine love spreads its light everywhere, Opening ourselves to receive Heaven's love, we will open up in a timely manner, With a bright mind and a wise heart, we will have the fortunate opportunity to attain the spiritual path, Loving and respecting the Lord and Buddha, we understand the words of truth.</i></p>
<p><b>Monaco, 8 July 2000 3:00 AM</b></p> <p><i>Q: Is there any benefit when we look at the sunlight?</i></p> <p>A: When we look at the sunlight, we will realize the strength of our eyes. Only when both the Yin and Yang flows of energy are concentrated, are we able to see with our eyes.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Like our eyesight, we have to focus our energy in order to liberate ourselves in our spiritual practice, Developing ourselves, we will return to our true nature and advance quickly, Starting with a sincere heart, we will return to our unique origin, Let's practice with diligence and sincerity to awaken our true heart!</i></p>
<p><b>Monaco, 9 July 2000 10:05 AM</b></p> <p><i>Q: Why is our mind not clear and alert?</i></p> <p>A: Our mind is not clear and alert when our heart is not serene, and we think wrongly about others.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Without spiritual cultivation, one has difficulty to attain purity and serenity, Unaware of adversities and sufferings, one wrongly believes to save oneself, Lacking serenity and feeling agitated, one sows evil karma, Let's practice with sincerity and diligence to understand the beginning and end!</i></p>
<p><b>Monaco, 10 July 2000 2:10 AM</b></p> <p><i>Q: When we draw a long path with our finger, which one is longer, the finger or the path?</i></p> <p>A: The finger is longer than the path, because the finger can draw a path several times. Obviously, the finger must be longer.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>On a long path, we will advance forward several times, When we practice continuously, our spiritual will improve more, Let's practice to advance toward purity and lightness and return to our unique origin, A continuous practice will always be longer.</i></p>

**Monaco, 11 July 2000 6:40 AM**

Q: What does it mean when we are still agitated and have desires?

A: When we alternate between serenity and agitation, it means that we lack peace and tranquility. Our heart is not yet resolute.

**Psalm**

*Lacking sincerity, we will harm our mind and heart on our own,  
Immersed in continual agitation, we will have difficulty to seek our true self,  
As our own character does not improve, we still yearn for sexual desires,  
Feeling sorrow and lacking happiness, we have difficulty to seek the spiritual path.*

**Monaco, 12 July 2000 3:00 AM**

Q: To steal material goods is already difficult. What would it be when one devises plots to steal spiritual goods?

A: Stealing spiritual goods is even much more difficult!

**Psalm**

*It won't last when one devises plots to steal others,  
The law of cause and effect is very efficient, and will punish the consciousness,  
Unable to terminate lust and agitation on one's own,  
One lacks perseverance and will hold on to sorrow.*

**Monaco, 13 July 2000 8:15 AM**

Q: What will happen to our character when we have not yet developed the flux of energy on our cranial psychic center?

A: When our cranial psychic center has not yet opened, our character will be very shallow, and our thinking is very inconsiderate, which will harm both our mind and body. We will be greedy, full of lustful desires, and unrighteous.

**Psalm**

*Unable to develop our heart and mind, our consciousness is mired in agitation and blinded passions,  
With greediness and lust, we are unable to see the direct flux of energy,  
Our body is agitated because our consciousness has not yet awakened,  
Let's practice patience and resignation in order to open ourselves to a new era!*



**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.