



# 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*

## A Wise Mind

When our wise mind is bright and clear, we have developed ourselves in  
our spiritual practice,  
Undergoing deep transformations, we will provide guidance to all regions,  
With a clear understanding of both social and spiritual paths, we have the  
opportunity of infinite guidance,  
Cultivating ourselves spiritually with diligence to make progress, our heart  
and mind are serene.

*Vi Kien*

## Baby Tam Talking To You

*From 28 February 2002 to 6 March 2002*

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 do people like certain people and dislike others?*
- 2) *What should one do in order to perfect oneself spiritually according to the Vo-Vi method?*
- 3) *What does "School of Zen" mean?*
- 4) *What kind of opportunity is the opportunity of spiritual cultivation?*
- 5) *How does the law of karmic retribution occur?*
- 6) *How can we cure people's greed?*
- 7) *Why does a human being have to be subject to sexual desires?*



<p><b>1) Monaco, 28 February 2002 9:20 AM</b></p> <p>Q: <i>Why do people like certain people and dislike others?</i></p> <p>A: People like certain people and dislike others because their consciousness of harmony has not yet opened up.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>When we have not attained the state of contemplative meditation, our consciousness is not enlightened yet, Our wise mind is darkened and we often feel annoyed, When we have not yet reached awakening and clarity of mind, it is difficult to achieve compassion, With a difficult character, we often feel annoyed.</i></p>
<p><b>2) Monaco, 1 March 2002, 2:55 AM</b></p> <p>Q: <i>What should one do in order to perfect oneself spiritually according to the Vo-Vi method?</i></p> <p>A: In order to perfect oneself spiritually according to the Vo-Vi method, one should practice with perseverance and great efforts to achieve equilibrium.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Practicing with perseverance and great efforts, we will develop ourselves on our own, With a clear analytical mind, we will transform ourselves and advance perfectly, Practicing equally on both social and spiritual paths, we work constructively to advance, Loving and respecting ourselves as well as others, we develop ourselves on our own.</i></p>
<p><b>3) Monaco, 2 March 2002, 3:57 AM</b></p> <p>Q: <i>What does "School of Zen" mean?</i></p> <p>A: "School of Zen" means a branch of the meditation dharma.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Developing a branch of the meditation dharma, our mind transforms and becomes spiritual, Practicing within sincerity, our true compassion will appear, With equanimity and serenity, let's return to our unique origin, Developing our true compassion, we will understand the dharma even more.</i></p>
<p><b>4) Monaco, 3 March 2002, 8:35 AM</b></p> <p>Q: <i>What kind of opportunity is the opportunity of spiritual cultivation?</i></p> <p>A: The opportunity of spiritual cultivation means that one has encountered sufficient suffering to grow tired of the past, and one becomes resolute to choose the spiritual path.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Tired of the past, we must choose the spiritual path, Conscious that worldly life is a scene of imprisonment, Which turns our true soul into disarray and agitation, as we lose our self-control, With all kinds of passions and errors, we cause our ignorance.</i></p>
<p><b>5) Monaco, 4 March 2002, 2:05 AM</b></p> <p>Q: <i>How does the law of karmic retribution occur?</i></p> <p>A: The law of karmic retribution appears through unfavorable consequences.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>The consequences are unfavorable because of their cruelty, Plagued by incurable illnesses, they encounter unfortunate events, Both their soul and astral body are obscured without a way to escape, It is difficult to reason with those who welcome impure energy in their bodies.</i></p>

**6) Monaco, 5 March 2002, 3:40 AM**

*Q: How can we cure people's greed?*

A: In order to cure people's greed, we must wait for the transformations of the celestial mechanism. Only then will people have the opportunity to become resolute to cultivate themselves spiritually with their own efforts.

**Psalm**

*Greediness harms people's hearts and minds,  
The body granted by The Lord will no longer flourish,  
Being agitated, one will sow cruelty,  
When greediness is aroused, one is no longer healthy.*

**7) Monaco, 6 March 2002, 2:55 AM**

*Q: Why does a human being have to be subject to sexual desires?*

A: A human being with a physical body must have a sexual drive in accordance with the immutable law of constant birth and rebirth.

**Psalm**

*Sexual desires lead to births and rebirths, and one  
must bear the karma created,  
On earth, people follow the law of the lessons of love,  
When our energies are unified, we will have the  
opportunity for infinite guidance,  
Thinking of new ingenious ideas, we strive to practice  
with our own efforts.*



**Notes:**

*Translated by Xuan Mai.*

*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.