



# 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

## Spiritual Evolution

To achieve a deep spiritual evolution, we must practice on our own,  
Thanks to God's love and His infinite guidance, we are filled with fortunate  
opportunities,

With love and respect, we work constructively and advance together,  
Learning continuously, we will achieve understanding on our own.

*Vi Kien*

## Baby Tam Talking To You

*From 21 March 2002 to 27 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) *Is there any benefit when the whole country is filled with anger and frustration?*
- 2) *What's the need to dispute and fight for a piece of land?*
- 3) *Where does the soul come from?*
- 4) *What should we do in order to practice and develop ourselves to return to emptiness?*
- 5) *What should we do to reduce our agitation when our heart is agitated?*
- 6) *What produces a happy reunion?*
- 7) *How does the day of happy reunion come about?*



<p><b>1) Monaco, 21 March 2002, 9:25 AM</b></p> <p><i>Q: Is there any benefit when the whole country is filled with anger and frustration?</i></p> <p>A: Anger and frustration from the whole country will cause division between the people and the government.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Anger and frustration cause unrest and trouble, Lacking equilibrium, one can become ill unexpectedly, With a restless mind and character, one becomes more agitated, Not understanding the future, it will be hard to survive.</i></p>
<p><b>2) Monaco, 22 March 2002, 1:15 AM</b></p> <p><i>Q: What's the need to dispute and fight for a piece of land?</i></p> <p>A: Those who dispute and fight for a piece of land demonstrate their greediness.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>What's the need to dispute the divine treasures, Analyzing clearly the sphere of forms and colors, we will awaken our consciousness in a timely manner, Those who regret their material possessions and dispute them only increase their sufferings, With a serene heart, let's turn to spiritual cultivation and take notes inwardly.</i></p>
<p><b>3) Monaco, 23 March 2002, 1:25 AM</b></p> <p><i>Q: Where does the soul come from?</i></p> <p>A: The soul descends from the thirty third level of heaven to inhabit the body.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Our original homeland resides very far away, With determination, we ascend higher to return to our true selves, The sphere of energy helps us in our practice and spiritual advancement, Practicing with diligence and equanimity, we turn within for self-analysis.</i></p>
<p><b>4) Monaco, 24 March 2002, 10:00 AM</b></p> <p><i>Q: What should we do in order to practice and develop ourselves to return to emptiness?</i></p> <p>A: When we practice and develop ourselves to return to emptiness, we will feel very light both in our mind and body.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Returning to emptiness, we breathe with ease to advance toward purity, Understanding our true consciousness, we naturally attain wisdom, Thinking of the noble Lord, we work constructively for the common progress, Practicing with sincerity, we naturally attain wisdom.</i></p>
<p><b>5) Monaco, 25 March 2002, 4:25 AM</b></p> <p><i>Q: What should we do to reduce our agitation when our heart is agitated?</i></p> <p>A: When our heart is agitated, we should turn our consciousness toward the Lord and Buddha. We will then achieve peace and harmony, and we won't commit any cruelty.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Practicing with diligence, we will enlighten our consciousness, Releasing our sorrow and worries, we understand ourselves, Our clear and wise mind clearly sees the spiritual path, Practicing the true dharma, we see our true nature clearly.</i></p>

**6) Monaco, 26 March 2002, 4:10 AM**

Q: *What produces a happy reunion?*

A: The thoughts of Vo-Vi practitioners produce a happy reunion.

**Psalm**

*Our spiritual thoughts and wise minds bring about the positive transformations,  
Serving others with sincerity, our spiritual mind develops quickly,  
Providing others the opportunity for infinite guidance, we practice to perfect our mind and heart,  
Whether we are beginners or experienced, we all awaken our consciousness quickly.*

**7) Frankfurt, 27 March 2002, 7:00 AM**

Q: *How does the day of happy reunion come about?*

A: The day of happy reunion comes about through the hearts of Vo-Vi practitioners who send their thoughts to this reunion.

**Psalm**

*Reunited, we rejoice everywhere,  
Practicing the true dharma, we turn our consciousness toward The Lord,  
Realizing the Great Way, we practice with a sincere heart to make progress,  
Attaining happiness together, our life is wonderful.*



**Notes:**

*Translated by Xuan Mai (Hue-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.