



# 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*

## Infinity

With an infinite spiritual consciousness, we will regain good karmic opportunities,  
Perfecting ourselves spiritually, we will live in peace,  
Uniting our human emotions, we will achieve spiritual success,  
Developing our wise mind, we will analyze and find harmony on our own.  
*Vi Kien*

## Baby Tam Talking To You

*From 28 March 2002 to 3 April 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) *What is the great common cause?*
- 2) *Is there any benefit in practicing the Vo-Vi method with perseverance and diligence?*
- 3) *How do we form a happy reunion?*
- 4) *How can we enlighten our mind and see our character?*
- 5) *What should we do in order to realize love and forgiveness?*
- 6) *What does it mean to have an obscure mind?*
- 7) *What should we do in order to have true love?*



<p><b>1) Frankfurt, 28 March 2002, 3:50 AM</b></p> <p>Q: <i>What is the great common cause?</i></p> <p>A: To work for the great common cause means to work for the benefit and service of all with full dedication.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Serving others with sincerity, we all rejoice and progress together, Releasing our sorrow and worries, we will perceive compassion, Our wisdom grows infinitely as we advance and work constructively, Practicing with diligence and perseverance, our heart and mind are at peace.</i></p>
<p><b>2) Frankfurt, 29 March 2002, 3:15 AM</b></p> <p>Q: <i>Is there any benefit in practicing the Vo-Vi method with perseverance and diligence?</i></p> <p>A: Practicing the Vo-Vi method with perseverance and diligence will bring great benefits to both mind and body.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Practicing with sincerity, we improve ourselves spiritually, Awakening our consciousness, we develop our spiritual heart and release our blindness on our own, With the silent invocation of the mantra Nam-Mo, we develop our spiritual heart to return to the unique origin, Practicing the righteous dharma, we are no longer ignorant.</i></p>
<p><b>3) Frankfurt, 30 March 2002, 10:00 AM</b></p> <p>Q: <i>How do we form a happy reunion?</i></p> <p>A: A happy reunion comes from the pure energy granted by Heaven and Earth.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Reunited on both social and spiritual planes, we advance together with joy, Learning continuously, we feel inner peace, With an awakened consciousness, we are aware of the lively human compassion, Serving others with sincerity, we feel peace and harmony.</i></p>
<p><b>4) Frankfurt, 31 March 2002, 4:00 AM</b></p> <p>Q: <i>How can we enlighten our mind and see our character?</i></p> <p>A: We must practice a spiritual method to cultivate our serenity. When our mind is enlightened and our heart is wise, we will clearly see our own bad character and bad habits. We will then accept to perfect ourselves spiritually by repenting our mistakes and confessing our sins.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Seeing clearly our mistakes, we sincerely turn within to perfect ourselves, On our own, we must analyze clearly the path of darkness, By harming ourselves, we will never improve, Maintaining our troublesome character, we will ignore spirituality and won't correct our mistakes.</i></p>

**5) Frankfurt, 1 April 2002, 8:20 AM**

Q: *What should we do in order to realize love and forgiveness?*

A: In order to realize love and forgiveness, we must practice extreme patience and resignation.

**Psalm**

*We must have compassion to love and forgive  
Providing humans with infinite guidance, The Lord  
helps in a timely manner,  
Practicing patience and resignation, we enlighten our  
consciousness,  
With a serene heart, we silently observe our spiritual  
awakening.*

**6) Paris, 2 April 2002, 3:00 AM**

Q: *What does it mean to have an obscure mind?*

A: Those with an obscure mind are foolish.

**Psalm**

*Lacking wisdom and intelligence, they don't  
understand themselves,  
With a blocked energy, they cannot comprehend their  
path thoroughly,  
Wrongly believing that they have attained self-  
awakening, they are unable to release their impurities,  
Being agitated, they cannot understand their true soul.*

**7) Paris, 3 April 2002, 3:15 AM**

Q: *What should we do in order to have true love?*

A: In order to have true love, we must be orderly and sincere.

**Psalm**

*We must be an orderly person before attaining true  
love,  
As our soul evolves incessantly, we awaken our  
spiritual heart,  
Loving and respecting each other, we work  
constructively for the common progress,  
Serving others with sincerity, our heart feels deep  
compassion.*



**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.