



# 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 Commitment

Committed to cultivate ourselves spiritually, we return to the pure sphere,  
Releasing sorrow and worries, we naturally achieve equilibrium,  
Evolving continuously, the soul transforms itself and attains awakening,  
Freed of passions and blindness, we return to purity.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 6 October 2002 to 12 October 2002*

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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. *Are loyalty and honesty required for a meditation practitioner?*
2. *What does it mean to reach spiritual awakening and return to the spiritual heart?*
3. *How can we release our impurities and understand our inner self through love and compassion?*
4. *What does it mean that divine love is infinite?*
5. *Does the Vo-Vi conference bring any benefit?*
6. *What does it mean when both heart and mind are devoted to spiritual cultivation?*
7. *How do we reach mystical union?*



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| <p><b>Montreal, 6 October 2002, 9:25 AM</b><br/> Q: Are loyalty and honesty required for a meditation practitioner?</p> <p>A: Loyalty and honesty are very necessary for a meditation practitioner.</p>   | <p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Devoted to improve ourselves spiritually, we practice diligently,<br/> With an awakened consciousness, we perfect ourselves gradually,<br/> Without laziness, we return to our origin,<br/> With a sincere heart, we practice diligently to regain spiritual energy.</i></p>   |
| <p><b>Montreal, 7 October 2002, 10:27 AM</b><br/> Q: What does it mean to reach spiritual awakening and return to the spiritual heart?</p> <p>A: To reach spiritual awakening and to return to the spiritual heart means that one understands that to be involved into others' affairs is a wrongdoing.</p> | <p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>To meddle into others' affairs means gossiping,<br/> Burdening our heart, we harm ourselves and never awaken,<br/> Worrying needlessly, we harm our own heart,<br/> Releasing our sorrow and worries, we live with our soul.</i></p>   |
| <p><b>Montreal, 8 October 2002, 4:20 AM</b><br/> Q: How can we release our impurities and understand our inner self through love and compassion?</p> <p>A: To release our impurities and understand our inner self through love and compassion, we must practice and use our inner consciousness.</p>       | <p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Through love and compassion, we purify ourselves with the true heart,<br/> Loving and respecting the noble Lord, we advance with our own efforts,<br/> As our soul evolves, we return to our origin,<br/> Through self-awakening, we turn within for self-knowledge.</i></p>   |
| <p><b>Hull, 9 October, 12:50 AM</b><br/> Q: What does it mean that divine love is infinite?</p> <p>A: Divine love is infinite, because it always exists in our mind.</p>  | <p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Divine love is lively and infinite,<br/> With an awakened consciousness, we engage ourselves into spiritual perfection and vow to contribute our share,<br/> Advancing infinitely, we dissipate all illusory dreams,<br/> With a serene heart, we practice diligently to gain clairvoyance.</i></p>                          |
| <p><b>Hull, 10 October 2002, 7:50 AM</b><br/> Q: Does the Vo-Vi conference bring any benefit?</p> <p>A: The Vo-Vi conference has great benefits. We have the opportunity to meet each other and remind each other of necessary things.</p>  | <p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Practicing with determination, our heart and mind are devoted to spiritual cultivation,<br/> Releasing our passion and stubbornness, we rid ourselves of ignorance,<br/> Developing our true soul, we understand the dharma clearly,<br/> Practicing with sincerity and diligence, we turn within for self-analysis.</i></p> |

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| <p><b>Montreal, 11 October 2002, 1:25 AM</b><br/> Q: What does it mean when both heart and mind are devoted to spiritual cultivation?</p> <p>A: Both our heart and mind are turned to spiritual cultivation when we attain self-awakening.</p> | <p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Through self-awakening, we create good spiritual opportunities for self-advancement,<br/> With sincerity, we dissipate our own worries,<br/> Returning to our true origin, we unify with the Lord,<br/> With the immense divine love, we understand thoroughly and guide infinitely.</i></p>             |
| <p><b>Montreal, 12 October 2002, 8:50 AM</b><br/> Q: How do we reach mystical union?</p> <p>A: In order to reach mystical union, we must return to our true origin in the sphere of energy.</p>  | <p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Returning to our true origin in the sphere of energy, we practice to advance thoroughly,<br/> Understanding the earthly world, we dissipate our own sorrow,<br/> Achieving equilibrium in the sphere of energy,<br/> We practice with diligence and serenity to analyze the mystical subtleties.</i></p> |



**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.*

**Letter from the Editor**

## Voyages On Earth

"Voyages on Earth" is translated from the Vietnamese translation of the original Chinese spiritual document for readers to open their minds and try to understand many facets of truth. This book is a companion to the already published book "Voyages to Hell". It serves to awaken many other human beings who don't know the law of cause and effect.

The Taiwanese use of mediums described in this book should not be confused with VoVi. For further information about the original version of this book, please write to:

SHENG TE MAGAZINE ASSOCIATION  
20 Ching Dao Rd, Section 4  
Tai Chung, Taiwan R.O.C.

**Notes:**

*The attached translation is a rough draft of the book "Voyages on Earth". A final edited version will be formally published at a later date.*

The Voyages On Earth publication will resume next week.  
Thanks for your understanding.