



# 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

## Enlightened Mind

As our mind opens up and becomes enlightened, we will live in greater tranquility,  
We will undergo deep spiritual transformations on the path of righteous dharma,  
Developing ourselves spiritually, we will understand the dharma clearly,  
Practicing with diligence and sincerity, our spiritual mind will radiate light.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 19 July to 25 July 2005*

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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) *What does it mean "not having a strong spiritual will"?*
- 2) *Will one achieve spiritual success with a short journey?*
- 3) *What does it mean to know worldly life?*
- 4) *Why is it difficult for a human to advance spiritually?*
- 5) *Is life very short for a human being?*
- 6) *Which karmic opportunity is the most beautiful?*
- 7) *What is true knowledge?*



**San Diego, 19 July 2005 2:10 AM**

Q: What does it mean “not having a strong spiritual will”?

A: Not having a strong spiritual will means that our heart is not resolute.

**Psalm**

*If we lack resolution, it is difficult for our heart to be serene,  
When our heart is not serene, the Tao cannot be achieved,  
With a disorderly journey, it is difficult to have a clear mind,  
Through deep spiritual transformations, we are resolute to detach ourselves from worldly matters.*

**San Diego, 20 July 2005 2:23 AM**

Q: Will one achieve spiritual success with a short journey?

A: With a short journey, one does not have enough patience to achieve spiritual success.

**Psalm**

*Perfecting ourselves, we will evolve spiritually and reach peace and serenity in our heart,  
Developing our own nature, we will attain knowledge and wisdom with our own efforts,  
Through deep spiritual transformations, we clearly understand the spiritual wonders,  
Practicing with sincerity, we clearly understand the celestial mechanism.*

**San Diego, 21 July 2005 9:45 AM**

Q: What does it mean to know worldly life?

A: To know worldly life means to know the present survival.

**Psalm**

*Knowing ourselves and knowing others, we will clearly attain peace,  
If we lack spiritual virtue and do not cultivate ourselves spiritually, we will only create irresolution for ourselves,  
Unable to evolve spiritually, we do not value the spiritual path,  
Thanks to the fortunate opportunity, we are reunited and will avoid irresolution.*

**San Diego, 22 July 2005 9:45 AM**

Q: Why is it difficult for a human to advance spiritually?

A: Because one clings to too many worldly matters.

**Psalm**

*Agitation and blinded passions come from lack of wisdom,  
Unable to liberate ourselves and to advance spiritually, we are subject to the cycle of worldly karmas,  
Correcting ourselves and cultivating ourselves spiritually with our own efforts, we will clearly see the mystical wonders,  
We will evolve deeply on both social and spiritual planes.*

**San Diego, 23 July 2005 9:55 AM**

Q: Is life very short for a human being?

A: Excessive worries cause agitation.

**Psalm**

*Handling worldly and spiritual matters with a clear and wise mind, we live in a peaceful body,  
Loving and respecting suffering people, our compassionate love radiates,  
Having learned the worldly and spiritual lessons, we live in tranquility,  
Practicing meditation with diligence and a sincere heart, we have no irresolution.*

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**San Diego, 24 July 2005 7:45 AM**

Q: Which karmic opportunity is the most beautiful?

A: The divine karmic opportunity is the most beautiful.

**Psalm**

*Descending on earth, our soul never rests,  
In an orderly body, our wise mind develops,  
Developing ourselves spiritually without interruption,  
we will have the karmic opportunity to liberate  
ourselves from worldly worries,  
Enlightening ourselves and seeing our spiritual heart,  
we will attain serenity.*

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**San Diego, 25 July 2005 8:00 AM**

Q: What is true knowledge?

A: True knowledge means to achieve total awakening and knowledge.

**Psalm**

*With a clear understanding, we are resolute and  
analyze wisely on our own,  
Thinking respectfully of the noble heaven, we will  
encounter good opportunities,  
Getting rid of our anger and blinded passions, we will  
awaken ourselves and be contented,  
With a pure conduct, we will open up our spiritual path.*



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**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.*

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