



# 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

## Pure Heart

With a pure heart, we will see our path of spiritual cultivation and progress,  
We will save ourselves by developing ourselves spiritually,  
This is a good karmic relation and we will clearly see the true path with God's love,  
Transforming ourselves infinitely, we will achieve our return quickly.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 9 October to 15 October 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 is equilibrium?*
- 2) *Where does our spirit come from?*
- 3) *How does the formation happen?*
- 4) *Does cold weather cause any harm?*
- 5) *What should we do in order to achieve progress in our spiritual cultivation and mediation practice?*
- 6) *What should we do when knowing about the noble Heaven?*
- 7) *Is there any benefit in spiritual practice?*



**Atlantic City, 9 October 2005, 5:06 AM**

Q: *What is equilibrium?*

A: Equilibrium means harmonization of the body.

**Psalm**

*Equilibrium means that the body is in good harmony,  
Through deep spiritual transformations, we will  
awaken our soul,  
Releasing our sorrow and worries, we have no regret,  
Practicing the righteous dharma, we will bring  
transformations in all areas.*

**Atlantic City, 10 October 2005 2:10 AM**

Q: *Where does our spirit come from?*

A: Our spirit comes from the original principle of Heaven and Earth.

**Psalm**

*The original principle of Heaven and Earth forms our  
spirit,  
Advancing deeply through spiritual transformations, we  
turn within to examine ourselves,  
Practicing the true dharma with a sincere heart, we will  
make progress,  
Understanding Heaven and Earth clearly, we have the  
virtue of kind people.*

**Atlantic City, 11 October 2005 12:30 AM**

Q: *How does the formation happen?*

A: The formation happens when the spiritual adept keeps his mind turned to the World Above.

**Psalm**

*Turned to the World Above, we awaken ourselves and  
understand the original principle of Heaven,  
Learning with a sincere heart, we will express  
ourselves in true words,  
The truth remains eternal throughout the lifetimes and  
helps us to advance in a timely manner,  
Developing our spiritual mind and wisdom, we will  
express ourselves in true words.*

**Badona, 12 October 2005, 2:30 AM**

Q: *Does cold weather cause any harm?*

A: People become more intelligent when facing cold weather.

**Psalm**

*Cold weather helps people to achieve stability,  
The climate supports the spiritual evolution,  
Understanding worldly and spiritual life thoroughly, we  
will examine and ponder on our own,  
Resolving matters clearly and wisely, we will make  
progress accordingly.*

**Psalm**

*Practicing with perseverance and efforts, we will  
analyze the mystical dharma,  
We will clearly see from the impure to the pure,  
We should maintain steadfastly our wise mind and  
clear judgment,  
We will develop ourselves infinitely in the sphere of  
emptiness.*

**San Diego, 13 October 2005, 10:07 PM**

*Q: What should we do in order to achieve progress in our  
spiritual cultivation and mediation practice?*

A: In order to achieve progress in our spiritual cultivation  
and meditation practice, we must spend many efforts.

**Psalm**

*The deep philosophy causes transformations in each  
area,  
Understanding clearly Heaven and Earth, we hear the  
call to the Celestial Palace,  
Comprehending that true spiritual cultivation means  
true knowledge,  
We clearly analyze and wisely judge our path of  
spiritual progress.*

**San Diego, 14 October 2005 10:18 PM**

*Q: What should we do when knowing about the noble  
Heaven?*

A: If we know about the noble Heaven, we should try to  
arrive there with our own efforts.

**Psalm**

*With spiritual practice, we will advance and lead a  
tranquil life,  
Developing ourselves spiritually, we will illuminate our  
heart and progress with our own efforts,  
Unifying with human compassion, we will develop our  
true spiritual heart,  
Knowing ourselves and others, we live in happiness  
and tranquility.*

**San Diego, 15 October 2005, 1:07 AM**

*Q: Is there any benefit in spiritual practice?*

A: We will only achieve true results with spiritual practice.



**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.*