



# 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*

## Successful Practice

With a successful practice, we attain self-knowledge and return to Heaven with our own efforts,

Unblocking ourselves on the social and spiritual planes through spiritual practice, we will understand the words of truth clearly,

We turn our mind toward the energy of the universe to transform ourselves,

Cultivating ourselves spiritually with our own efforts, we will awaken our consciousness and attain tranquility.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 15 June to 21 June 2006*

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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 do we achieve?*
- 2) *Why do we need the fortunate spiritual opportunity?*
- 3) *Where will we evolve?*
- 4) *Where is infinity?*
- 5) *What does it mean "to learn continuously"?*
- 6) *Why do we need to think respectfully of the noble heaven?*
- 7) *How do we achieve the return?*



<p><b>El Cajon, 15 June 2006</b>  Q: <i>What do we achieve?</i></p> <p>A: We achieve success.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Achieving success, we will unite with Heaven and Earth,  Our heart is calm and serene, and we love and respect God and Buddha,  Thinking respectfully of the Divine Father, our heart is fully relaxed,  With the lively Divine Love, we learn the words of truth.</i></p>
<p><b>El Cajon, 16 June 2006</b>  Q: <i>Why do we need the fortunate spiritual opportunity?</i></p> <p>A: We need the fortunate spiritual opportunity to evolve spiritually.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Evolving deeply, we return to unity with determination,  As we evolve with Heaven, we will guide the human hearts,  Unifying with human compassion, we will advance together,  Attaining a true consciousness, we will shine our light to guide others.</i></p>
<p><b>El Cajon, 17 June 2006</b>  Q: <i>Where will we evolve?</i></p> <p>A: We will evolve toward infinity.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>With a pure heart, we turn to the World Above toward infinity,  Filled with the divine principle, we will advance with magnanimity,  We undergo deep and wonderful transformations,  Balancing our duties equally on both social and spiritual planes, our heart will attain equilibrium.</i></p>
<p><b>El Cajon, 18 June 2006</b>  Q: <i>Where is infinity?</i></p> <p>A: Infinity is a place that we cannot reach.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Everywhere we awaken our consciousness and cultivate ourselves spiritually with our own efforts,  Surmounting the obstacles in social and spiritual life, we will advance toward infinity,  With serenity, we will understand clearly both social and spiritual life,  Practicing the righteous dharma, we will have the opportunity for divine guidance.</i></p>

**Psalm**

*Loving and respecting the noble Heaven, we will never  
abandon God,  
We clearly see the fortunate opportunity with the divine  
blessings,  
Awakening our consciousness, we devote ourselves to  
spiritual cultivation, and our mind becomes more  
enlightened,  
With the existing favorable circumstances, we cultivate  
ourselves spiritually and advance with our own efforts,  
Thinking respectfully of the noble Heaven, our heart is  
completely tranquil.*

**El Cajon, 19 June 2006**

*Q: What does it mean "to learn continuously"?*

A: To learn continuously means to learn till infinity.

**Psalm**

*Evolving deeply through social and spiritual life, we  
will return to unity,  
Undergoing deep transformations, we will understand  
the spiritual wonders clearly,  
We will return rapidly when we practice the true  
dharma with serenity,  
The micro- and macro-universe will return to the same  
origin.*

**El Cajon, 20 June 2006**

*Q: Why do we need to think respectfully of the noble  
heaven?*

A: We will return to heaven when we think respectfully of  
the noble heaven.

**Psalm**

*We practice the true dharma without tardiness,  
Our soul devotes itself to spiritual cultivation, our mind  
is absorbed in the beautiful scenery,  
Returning to the heavenly sphere with our own efforts,  
we will learn all kinds of lessons,  
Perfecting ourselves spiritually and advancing with our  
own efforts, we do not want to leave.*

**El Cajon, 21 June 2006**

*Q: How do we achieve the return?*

A: We achieve the return by practicing the righteous  
dharma.



**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 Vo-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.*