



# 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

## Coming From Emptiness

The soul comes from emptiness and will eventually return to emptiness,  
To reach emptiness needs wisdom and being free of expectations,  
Aiming at emptiness as our goal is a good spiritual opportunity,  
Transforming ourselves with the righteous dharma, we keep a loyal  
faith.  
*Vi Kien*

## Baby Tam Talking To You

*From 19 December to 25 December 1998*

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) *Why do people love what they like and hate what they dislike?*
- 2) *Why are people who have not reached serenity unable to understand thoroughly their own circumstances?*
- 3) *What should we do when the celestial mechanism causes unexpected transformations?*
- 4) *How should we meditate to succeed with the dharma?*
- 5) *How can we be reunited with good spiritual opportunities?*
- 6) *Why should we consistently practice the spiritual method in order to obtain good results?*
- 7) *Are their dissertations correct when people who have not practiced the Vo-Vi method speak about spirituality based on their life?*



**Montreal, 19 December 1998 3:28 AM**

*Q: Why do people love what they like and hate what they dislike?*

A: As humans, we are infatuated in what we like and hate what we dislike, because we have not yet understood our own mind and body. We lack lucidity and serenity.

**Psalm**

*Without spiritual practice, we have difficulty to attain serenity and maintain our silence,  
Lacking respect toward humanity, we do not understand ourselves,  
Having no more affection, we become agitated,  
Planning to destroy others, we cause sorrow to ourselves.*

**Montreal, 20 December 1998 3:39 AM**

*Q: Why are people who have not reached serenity unable to understand thoroughly their own circumstances?*

A: People who have not yet practiced patience and resignation, are unable to understand the truth thoroughly. Therefore, they would speak carelessly and cause agitation to themselves, without bringing any benefit.

**Psalm**

*Thanks to the Vo-Vi method, our heart becomes wise and we practice with our own efforts,  
Correcting ourselves, we evolve and advance toward greater purity,  
Why don't we know that our soul is our main origin?  
To achieve serenity, we need to cultivate ourselves spiritually and truly value spiritual practice.*

**Montreal, 21 December 1998 4:25 AM**

*Q: What should we do when the celestial mechanism causes unexpected transformations?*

A: Celestial events cannot be disclosed, i.e., all events will happen unexpectedly. Even the government will be powerless. Looking at the truth, people will become touched and will save themselves. Humans have a divine nature and will not bow under any difficulty that may occur.

**Psalm**

*In silence, we cultivate our good spiritual opportunity,  
Advancing toward purity, we avoid making errors,  
Determined to abandon plots and desires, we advance together,  
Practicing together, we resolve the difficulties and seek our true nature by our own efforts.*

**Montreal, 22 December 1998 8:15 AM**

*Q: How should we meditate to succeed with the dharma?*

A: In order to succeed with the dharma, we must be determined and meditate within serenity.

**Psalm**

*Within tranquility, we see the original principle and understand ourselves clearly,  
Our heart is devoted to spiritual cultivation and serenity, and turns toward spirituality,  
Our awakened consciousness overflows with beautiful opportunities,  
Practicing with diligence and a sincere heart, we will attain lucidity on our own.*

**Montreal, 23 December 1998 8:07 AM**

Q: How can we be reunited with good spiritual opportunities?

A: We will be reunited with good spiritual opportunities by practicing the spiritual method with a sincere heart and obtaining results with our own efforts.

**Psalm**

*Returning to the source of our pure origin, our true consciousness will appear,  
Through spiritual practice, we will transform ourselves and advance with the deep and subtle principle,  
On our own, we see that there is spirituality in earthly life,  
Practicing together, we will advance together and discover our true consciousness.*

**Montreal, 24 December 1998 8:59 AM**

Q: Why should we consistently practice the spiritual method in order to obtain good results?

A: Spiritual practice means to develop ourselves with our own efforts; we will be able to act and understand on our own. We will advance and evolve further when we truly engage ourselves.

**Psalm**

*Through spiritual practice, we evolve spiritually and understand true compassion clearly,  
On our own, we make discoveries and release our illusions,  
Practicing within sincerity, our consciousness attains awakening,  
With perseverance and steadfastness, we will return to our true nature.*

**Montreal, 25 December 1998 4:23 AM**

Q: Are their dissertations correct when people who have not practiced the Vo-Vi method speak about spirituality based on their life?

A: The dissertations are only correct in accordance with their own vague life. On the other hand, a Vo-Vi practitioner speaks with the perceptions from his spiritual practice, which differ from a person who has not practiced. Vo-Vi practitioners who are the pioneers should practice patience in order to transmit the method to people following later with their innate naturalness and spontaneity. A Vo-Vi practitioner needs to practice and speaks the truth through his direct knowledge. He speaks in order to learn, and he engages himself to serve others in a clear manner.

**Psalm**

*Practicing within joy, we serve our heart, mind, and body,  
It is essential for us to advance and cultivate ourselves spiritually by our own efforts,  
We should contribute words of truth without malice,  
Only with spiritual practice, will we see the balance in the spiritual path.*



**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.