



# The Life Energy Development Weekly

4 March, 2000

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*Published in concurrence with The Viet LED Weekly 244*

*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*

## Self-Awakening

Through self-awakening, we release our karma and renew ourselves,  
Thinking of Buddha and the Immortals, we diligently perfect ourselves,  
With persistence, we maintain our spontaneous nature and serenity,  
To understand the noble principle and discover the wonders of spirituality.

*Luong Vi Kien*

## Baby Tam Talking To You

*from 2 January, 2000 to 9 January, 2000*

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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,

Be Tam

### Questions

1. *The second day of the Year 2000 is the happiest one, because people think that they have escaped the calamities. Is this correct?*
2. *Is there any benefit when all things are simplified?*
3. *Does the law of cause and effect bring any benefits?*
4. *Why do people have to enter into agreements in order to restore peace?*
5. *Why do we stagnate even though we have practiced for a long time already?*
6. *Why are the human courage and vital energy unlimited?*
7. *Where do greed and lust originate?*



**Montreal, 2 January 2000, 3:35 AM**

*Q: The second day of the Year 2000 is the happiest one, because people think that they have escaped the calamities. Is this correct?*

A: On the second day of the year 2000, the sun keeps shining brightly. Everyone continues to work calmly for the good of humanity. People keep inventing to respond to the demands of the market. All things will become easier, and barriers will be lifted. People will be able to practice and advance quickly in daily life.

**Psalm**

*With the concentration of pure energy, accomplishments  
succeed naturally,  
Understanding the sphere of energy, we advance swiftly,  
Our awakened consciousness develops in all aspects,  
We practice meditation with ease and advance rapidly.*

**Montreal, 3 January 2000, 3:50 AM**

*Q: Is there any benefit when all things are simplified?*

A: Big matters will turn into small ones; small matters will turn into empty ones. If we follow the will of Heaven in our spiritual progression, our soul will awaken more easily. Everyone will be able to adopt the common spiritual path and advance equally.

**Psalm**

*The deep spiritual principle is void of worries,  
With spiritual energy, matters are resolved instantly,  
When energy flows freely, we unify with our true nature,  
Freed of worries, we handle all matters with thoroughness  
and simplicity.*

**Montreal, 4 January 2000, 6:40 AM**

*Q: Does the law of cause and effect bring any benefits?*

A: The law of cause and effect governs creation and destruction, success and failure, depending on whether a good or bad cause was sown at the origin. It only helps the spiritual evolution.

**Psalm**

*We gain equilibrium and insight thanks to the spiritual  
opportunity,  
The wise mind is able to resolve worldly affairs quickly,  
Success or failure depends on the attainment of the true  
consciousness,  
We advance on the righteous spiritual path to achieve  
self-knowledge.*

**Montreal, 5 January 2000, 8:45 AM**

*Q: Why do people have to enter into agreements in order to restore peace?*

A: Humans have a divine nature. They must unify with the sphere of purity and lightness, so that their consciousness can achieve full detachment and evolve more rapidly. A spiritual adept must achieve full detachment, so that his soul will become pure and light, and able to leave the physical body tied to greed and lust, in order to make good progress.

**Psalm**

*With a clear discernment of social and spiritual duties,  
we devote ourselves to spiritual practice,  
Dissolving sorrow and all blindness,  
Our wisdom grows continuously with spiritual awakening,  
Appreciating the deep love of Heaven and Earth, we  
liberate ourselves from the bodily prison.*

**Montreal, 6 January 2000, 7:15 AM**

*Q: Why do we stagnate even though we have practiced for a long time already?*

A: Those who practice without making progress are more greedy than diligent in their practice. Therefore, they always feel stagnating.

**Psalm**

*The mind refuses to turn to spiritual cultivation,  
Slowness and procrastination lead to delusion,  
Those who practice with determination attain inner  
balance,  
Those who are choosy and hesitate remain ignorant.*

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**Montreal 7 January 2000, 5:00 AM**

Q: *Why are the human courage and vital energy unlimited?*

A: The human courage and vital energy harmonize with the universe and develop in a perfect manner, without any borders. A spiritual adept practices without the barrier of time and space. The sphere of energy is always lively. A spiritual adept who practices a righteous dharma will dedicate his life to serve humanity with an unlimited faith. He always hopes to reach inner calm, wisdom, and righteousness.

**Psalm**

*The enlightened heart develops wise thoughts,  
With discernment, we see the spiritual path clearly,  
Treating others equally and selflessly,  
We keep a serene heart to advance spiritually.*

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**Las Vegas, 9 January 2000, 7:40AM**

Q: *Where do greed and lust originate?*

A: Greed and lust originate from entertaining one's sensuous desires. With time, these desires become a habit of greed and lust, and are very hard to rectify. As a result, they will generate karmic forces.

**Psalm**

*Hampered by karmic forces, they cannot progress  
spiritually,  
With an agitated heart, they cause turbulence and lose  
clarity,  
Good deeds do not come from greedy desires,  
As adults, they suffer by burdening their mind and body.*



Translated by Xuan Mai

Please contact [xuanmai00@hotmail.com](mailto:xuanmai00@hotmail.com) if you wish to receive the English LEDs via email, or if you want to join the English translation team, or contribute an article about your own spiritual experience. Your comments and contributions are welcome. Thank you.

**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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**IMPORTANT ANNOUNCEMENT ABOUT THE CONGRESS "Serenity"  
PRAGUE – July 16 –19, 2000**

Dear Vo-Vi friends,

If you plan to stay additional nights before or after the convention(i.e. –July 14 or 15, and July 19 or 20), or if you wish to participate in the Tours after the convention(City tour on July 19, Karlovy-Vary tour on July 20), please notify our organization committee by March 31st at the latest.

We may not be able to guarantee your room reservations after this date.

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Many thanks,

Organization Committee of Vo-Vi Conferences