



# The Life Energy Development Weekly

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Email: [maioro@yahoo.com](mailto:maioro@yahoo.com)  
[www.vovi.org](http://www.vovi.org)

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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*

## Life Energy

With the brilliant light offered by the Lord's love, we all evolve together,  
When we practice thoroughly, we understand our true selves and achieve  
harmony on our own,  
Realizing that in this lifetime, spirituality is not afar,  
We analyze the karmic relations and the opportunities for compassionate  
love clearly and harmoniously.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 7 September 2003 to 13 September 2003*

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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. *Do humans need to detach themselves from agitation?*
2. *What does it mean to reach balance and harmony?*
3. *What is spiritual energy?*
4. *Do loyalty and trustworthiness bring any benefit?*
5. *Is there any benefit in working constructively with a sincere heart?*
6. *Why is one unable to abandon cruelty?*
7. *Why does one harm oneself when causing difficulties and suffering and indulging in lust and abuse?*



**Atlantic City, 7 September 2003 8:30 AM**

Q: Do humans need to detach themselves from agitation?

A: As humans, we truly need to detach ourselves from agitation which is unnecessary.

**Psalm**

*Practicing the essential, we can easily commune with  
the Lord,  
When we strive to see our character and enlighten our  
mind, we will reach peace and tranquility,  
Contributing our spiritual part in the hours of progress,  
We release our worries and sorrow to free ourselves of  
sadness.*

**Montreal, 8 September 2003, 7:25 AM**

Q: What does it mean to reach balance and harmony?

A: To reach balance and harmony means that we have opened up the energy in our spiritual heart.

**Psalm**

*Reaching balance and harmony, our spiritual energy  
will develop,  
Practicing and progressing in a clear manner, we will  
enlighten our spiritual heart,  
Returning to the spiritual teachings of Buddha, we will  
transform ourselves and reach higher,  
As our life energy develops, we will unify ourselves  
with compassionate love.*

**Montreal, 9 September 2003, 2:35 AM**

Q: What is spiritual energy?

A: Spiritual energy means the flow of bright energy pulling upward from the cranial psychic center. This is called the energy of the spiritual heart.

**Psalm**

*Thanks to the Lord's infinite guidance, we transform  
ourselves in stages,  
Judging social and spiritual matters wisely, we  
advance and understand our position clearly,  
Attaining spiritual virtue, we will understand the  
spiritual dharma with lucidity,  
Practicing the true dharma, we'll never need to stop.*

**Montreal, 10 September 2003, 4:15 AM**

Q: Do loyalty and trustworthiness bring any benefit?

A: Loyalty and trustworthiness are very beneficial for the spiritual practitioners.

**Psalm**

*Trustworthiness and loyalty are primary to advance on  
our own spiritually,  
Together, we devote ourselves to work for a good  
direction,  
Loving and respecting the spiritual heart, we do not  
hold to blinded passions,  
Developing ourselves in a deep manner, we  
understand the wonderful spiritual subtleties.*

**Psalm**

*Working sincerely and constructively is more precious than gold,  
Understanding that worldly affairs eventually return to emptiness, our mind and thoughts are peaceful,  
Working constructively for the common good, we are united in our discussions,  
Working sincerely and constructively, we easily reach harmony in our spiritual practice.*

**Montreal, 11 September 2003, 5:35 AM**

Q: *Is there any benefit in working constructively with a sincere heart?*

A: Those who work constructively with a sincere heart will gain great benefits.

**Psalm**

*The inner consciousness has lost its balance and is restless,  
Causing agitation, one cannot see the spiritual path clearly,  
To cause difficulties and suffering and to indulge in lust and abuse only harms oneself,  
Lacking a compassionate heart, one is unable to advance with clarity.*

**Montreal, 12 September 2003, 3:55 AM**

Q: *Why is one unable to abandon cruelty?*

A: One is unable to abandon cruelty because one's inner consciousness has lost its equilibrium.

**Psalm**

*With honesty and sincerity, we build a good spiritual opportunity,  
With a clear judgment of social and spiritual matters, we understand our own limits,  
Karmic relations are temporary and hinder spiritual progress,  
As our heart turns toward spirituality, we transform ourselves and enter a new sphere.*

**Montreal, 13 September 2003, 3:15 AM**

Q: *Why does one harm oneself when causing difficulties and suffering and indulging in lust and abuse?*

A: To cause difficulties and suffering and to indulge in lust and abuse means to harm oneself.



**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.*