



# 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

## Direct knowledge

Direct knowledge means we develop our wisdom with our own efforts,  
With a serene heart, we purify ourselves and release our blinded passions,  
Loving and respecting all creatures living together,  
We develop ourselves and clearly appreciate the Creator.

Respectfully,  
Vi Kien

## Baby Tam Talking To You

from 3 April 2004 to 9 April 2004

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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. *Why are we patient?*
2. *How do we believe in God?*
3. *What should we do in order to understand all matters thoroughly?*
4. *How can we love and forgive others?*
5. *What is compassion?*
6. *What should we do in order to have faith?*
7. *What should we do in order to have a sincere heart?*



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**Sydney, 3 April 2004 2:48 AM**

Q: *Why are we patient?*

A: We are patient in order to achieve good results.

**Psalm**

*We are patient in order to achieve results,  
Practicing with sincerity and diligence, we will reach  
harmony naturally,  
Understanding the original principle thoroughly, we  
gain a deeper insight,  
Sincere with ourselves, we will surmount obstacles  
with our own efforts.*

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**Sydney, 4 April 2004 5:57 AM**

Q: *How do we believe in God?*

A: We believe in God by being honest and sincere.

**Psalm**

*Only with a sincere love and belief will we achieve  
results,  
Returning to our pure origin, we will gain a clear  
insight,  
Understanding social and spiritual matters, we do not  
cause agitation,  
Unifying with human compassion, we are flexible to  
unblock our energy.*

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**Sydney, 5 April 2004 7:04 AM**

Q: *What should we do in order to understand all matters  
thoroughly?*

A: In order to understand all matters thoroughly we must  
practice the dharma until we reach serenity.

**Psalm**

*Returning to purity through meditative knowledge, our  
mind will become wiser gradually,  
With a clear mind, we open our heart and contribute  
our share,  
Evolving infinitely, we progress with our own efforts,  
Clearly understanding our own spiritual book, we will  
be able to explain all matters thoroughly.*

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**Sydney 6 April 2004 5:54 AM**

Q: *How do we love and forgive others?*

A: We love and forgive others with our own compassionate  
heart.

**Psalm**

*With a compassionate heart, we love and forgive  
others,  
Releasing our sorrow and worries, we do not hold any  
anger,  
Understanding our spiritual path clearly, we abandon  
thoughts of greediness,  
Developing our compassionate heart, we will advance  
with our kindness.*

**Psalm**

*With a compassionate heart we do not nurture aimless thoughts,  
Developing our compassion, we will transform ourselves and attain purity,  
Helping and saving others is never a waste,  
Maintaining love and constructiveness, we do not change direction.*

**Sydney, 7 April 2004 6:25 AM**

Q: *What is compassion?*

A: Compassion means that we should know how to love and work constructively.

**Psalm**

*Returning to purity through meditative knowledge, we naturally achieve kindness,  
Developing ourselves, we understand the deep spiritual philosophy,  
Practicing with sincerity on both social and spiritual paths without interruption,  
With a diligent and sincere practice, we will open our spiritual mind.*

**Sydney, 8 April 2004 5:19 AM**

Q: *What should we do in order to have faith?*

A: In order to have faith we must be sincere.

**Psalm**

*Turned to the World Above, we believe in God's blessings,  
Advancing on our own, we have plenty of faith,  
Through deep transformations on the path of knowledge and spirituality,  
We return to purity through meditative enlightenment and can leave our body easily.*

**Sydney, 9 April 2004 3:09 AM**

Q: *What should we do in order to have a sincere heart?*

A: In order to have a sincere heart we must turn toward the World Above.



**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.*