



# 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*

## **Awakening The Consciousness**

Awakening our consciousness, we rectify ourselves and have the opportunity for  
infinite divine guidance,  
With a serene heart and mind, we practice the silent invocation of the mantra Nam-  
Mo,  
The profane world is dark and ungrateful, and hard to either enter or exit,  
Releasing our sorrow and worries, we will understand the strategy.  
*Respectfully,*  
*Vi Kien*

## **Baby Tam Talking To You**

*from 25 November 2004 to 1 December 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) *How can we understand what happened in anterior lives?*
- 2) *What is cause and effect?*
- 3) *Why do we practice the righteous dharma?*
- 4) *Why is our body restless?*
- 5) *Why do we need to evolve spiritually?*
- 6) *Why do we need to return to our spiritual origin?*
- 7) *Why do we devote ourselves to spiritual perfection?*



**Montreal, 25 November 2004 8:10 AM**

Q: *How can we understand what happened in anterior lives?*

A: The correct way is to analyze whether good or bad things are happening in the present life.

**Psalm**

*In the present life, good or bad happens depending on previous karma,  
By practicing virtue and merit in the present life, we will have the opportunity to succeed,  
Serving others with equality, we will perfect ourselves spiritually and advance rapidly,  
Progressing infinitely, we will transform ourselves and attain light and purity.*

**Montreal, 26 November 2004 12:10 AM**

Q: *What is cause and effect?*

A: The law of cause and effect means that we have planted the seed (cause) in anterior lives.

**Psalm**

*Cause and effect result from planted seeds in anterior lives,  
With an empty mind, we will attain spiritual knowledge and diligently perfect ourselves,  
With one single self-awakening, we will return to our divine nature,  
Releasing our sorrow and worries, we vow to devote ourselves to spiritual practice.*

**Montreal, 27 November 2004 10:15 PM**

Q: *Why do we practice the righteous dharma?*

A: We practice the righteous dharma in order to evolve further.

**Psalm**

*We practice the righteous dharma to evolve further,  
Returning to our origin through meditative awakening, we will analyze and harmonize with the dharma,  
Working constructively with a sincere heart, we will examine and surmount difficulties on our own,  
With flexibility, we will transform ourselves and harmonize with the whole universe.*

**Montreal, 28 November 2004 6:05 AM**

Q: *Why is our body restless?*

A: Our body is restless because it is agitated.

**Psalm**

*Unable to practice and advance spiritually, we are undecided and fearful,  
Failing to evolve spiritually, we cannot attain the inner light,  
Lacking serenity, it is very difficult for our energy to circulate freely,  
Attacked from both inside and outside, everywhere we are agitated.*

**Psalm**

*Evolving spiritually, we direct our thoughts to the World  
Above to return to our spiritual origin,  
Learning with a serene heart, we will avoid karmic  
retributions,  
Practicing the righteous dharma, we will advance  
gradually,  
Loving and respecting the noble Heaven, we will  
achieve unity and success on our own.*

**Montreal, 29 November 2004 2:01 AM**

*Q: Why do we need to evolve spiritually?*

A: We need to evolve spiritually in order to return to our spiritual origin.

**Psalm**

*When we can freely return to our origin, we will perfect  
ourselves spiritually with ease,  
Developing our heart and mind, we will release our  
own blindness,  
Practicing thoroughly, we will achieve results on our  
own and return to our true nature,  
Learning incessantly, we will abandon our stupidity  
with our own efforts.*

**Montreal, 30 November 2004 6:50 AM**

*Q: Why do we need to return to our spiritual origin?*

A: We return to our spiritual origin in order to perfect ourselves spiritually.

**Psalm**

*We perfect ourselves spiritually to release all  
impurities and advance further,  
Resolving spiritual and social matters thoroughly, we  
will analyze the subtleties of the dharma,  
Expanding our wisdom, we will develop ourselves,  
Evolving continuously, we will turn ourselves to  
heaven.*

**Montreal, 1 December 2004 4:55 PM**

*Q: Why do we devote ourselves to spiritual perfection?*

A: We devote ourselves to spiritual perfection to help our soul with its spiritual evolution.



**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.*