



# 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*

## Fortunate Opportunity

The fortunate opportunity for Heaven's guidance is more precious than gold,  
Developing ourselves spiritually, we lead a tranquil life on our own,  
Spiritual opportunities and social relations are part of the spiritual evolution,  
Practicing with a sincere heart and diligence, we will provide guidance to all  
spheres.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 4 June to 10 June 2005*

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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) *What is the purpose of living in tranquility?*
- 2) *Why do people feel lonely?*
- 3) *Which one is useful, the long way or the short way?*
- 4) *Is there any benefit when we seek personal profit?*
- 5) *Which task is necessary?*
- 6) *What kind of work is necessary?*
- 7) *Which way is the short way?*



<p><b>Toronto, 4 June 2005 1:00 AM</b>  Q: <i>What is the purpose of living in tranquility?</i></p> <p>A: We live in tranquility to serve humanity.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>By serving others, we will know that we are healthy,  Living peacefully, we no longer have illnesses,  Developing ourselves spiritually, we will serve others,  Learning with a calm heart, we will create harmony.</i></p>
<p><b>Toronto, 5 June 2005 12:03 AM</b>  Q: <i>Why do people feel lonely?</i></p> <p>A: Because they lack spiritual practice and do not know the value of Heaven and Earth which have given humans infinite guidance.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Lacking spiritual practice, people do not know the value of Heaven and Earth,  They have difficulty to distinguish and understand truth from falsehood,  Failing to learn successfully, they only understand earthly matters,  Practicing the true dharma, we vow to contribute our share.</i></p>
<p><b>Toronto, 6 June 2005 1:25 AM</b>  Q: <i>Which one is useful, the long way or the short way?</i></p> <p>A: Both long and short ways are useful depending on the matter at hand.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Whether it is a long or short way, we need to advance equally,  Practicing with a sincere heart, we will acquire kindness on our own,  Returning to our pure origin, we live in peace and tranquility,  Undergoing deep spiritual transformations, we love and respect a kind heart.</i></p>
<p><b>Toronto, 7 June 2005 1:50 AM</b>  Q: <i>Is there any benefit when we seek personal profit?</i></p> <p>A: To seek personal profit will bring benefits, but after a while, one will acquire the habit of greediness.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>By seeking personal profit, one will become greedy after a while,  We should avoid greediness by searching for our true selves and advancing spiritually on our own,  Worries will harm us and create bad habits,  Unable to search for our true consciousness, we cannot dissipate sorrow in our heart.</i></p>
<p><b>Toronto, 8 June 2005 2:40PM</b>  Q: <i>Which task is necessary?</i></p> <p>A: To save a human life is necessary.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>It is necessary to cultivate our soul spiritually,  Evolving infinitely, we will surmount obstacles on our own,  Resolving our own difficulties, all things will be better,  Undergoing spiritual transformations with a calm heart, we will attain eternity on our own.</i></p>

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**Montreal, 9 June 2005 2:00PM**

Q: *What kind of work is necessary?*

A: It is essential to work constructively for the common good.

**Psalm**

*With spiritual practice, we will improve and rectify both  
our mind and body,*

*With clarity of mind and a wise heart, we will advance  
gradually,*

*By purifying ourselves and practicing the spiritual  
method with our own efforts, we will return to our  
unique origin,*

*Determined to cultivate ourselves spiritually and to  
rectify ourselves, we will advance in stages.*

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**Montreal, 10 June 2005 12:20 AM**

Q: *Which way is the short way?*

A: The temporary way is the short way.

**Psalm**

*Whether short or long, this is the path of agitation and  
calculations,*

*We should practice and advance on our own by  
rectifying ourselves and enlightening our  
consciousness,*

*Failing to accomplish our great vow, our heart will  
become agitated,*

*Practicing thoroughly, we will release our impurities  
and analyze the dharma with our spiritual practice.*



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**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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