



# 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*

## Spiritual Evolution

As we evolve and undergo deep spiritual transformations, we turn within to analyze ourselves,

Developing our wisdom, we continue to live in tranquility,  
Releasing our blinded passions and intransigence, we are no longer irresolute,  
Learning with lucidity, we preserve and respect the dharma.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 11 June to 17 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) *Is a love story long or short?*
- 2) *What is the correct way to shorten the path of spiritual perfection?*
- 3) *How can we make progress?*
- 4) *What is the right way to practice?*
- 5) *Which task is the most difficult?*
- 6) *Who is the person who practices in the most righteous manner?*
- 7) *Is there any benefit in being impatient?*



**Montreal, 11 June 2005 3:40 AM**

Q: *Is a love story long or short?*

A: A love story and karmic relationship only lasts for a short period.

**Psalm**

*A love story lasts a short period in order to awaken  
our consciousness,  
On the other hand, the story of Heaven and Buddha is  
very long,  
Evolving continuously, it is filled with memories,  
respect and love,  
By practicing the spiritual method, we will clearly  
understand each stage of spiritual evolution.*

**Montreal, 12 June 2005 4:30 AM**

Q: *What is the correct way to shorten the path of spiritual perfection?*

A: By practicing with continuity, we will be able to shorten our path of spiritual perfection.

**Psalm**

*Only with a sincere spiritual heart will we ascend to  
higher levels,  
Practicing with flexibility, our spiritual consciousness  
achieves equilibrium,  
Learning continuously, we will understand the dharma  
thoroughly,  
As our spiritual path widens, we will surmount  
obstacles on our own.*

**Montreal, 13 June 2005 4:10 AM**

Q: *How can we make progress?*

A: We will only make progress by practicing the spiritual method.

**Psalm**

*Only by returning to our pure and unique origin, will we  
advance spiritually,  
Rectifying ourselves with diligence, we will advance  
toward purity, and achieve equilibrium,  
Releasing our sorrow and worries, we will contribute  
our own share,  
Developing our wisdom and clarity of mind, we will  
gradually analyze the dharma.*

**Montreal, 14 June 2005 4:15 AM**

Q: *What is the right way to practice?*

A: We should practice with continuity.

**Psalm**

*Practicing in a righteous manner, we will advance  
rapidly,  
Releasing our sorrow and worries, we will see the  
spiritual wonders clearly,  
Void of sorrow and agitation, we feel the sublime  
dharma,  
Practicing with a sincere heart and making spiritual  
progress, we expand our spiritual understanding.*

**Montreal, 15 June 2005 3:10 AM**

Q: *Which task is the most difficult?*

A: The most difficult task is not to be willing to achieve full determination.

**Psalm**

*We will succeed when we are sincerely determined,  
Practicing the righteous dharma, we will surmount  
obstacles on our own,  
Practicing with austerity, our mind and body will  
become tranquil and know the direction to go,  
With a sincere heart, we practice patience and  
resignation to advance on the spiritual path.*

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**Montreal, 16 June 2005 4:40 AM**

Q: *Who is the person who practices in the most righteous manner?*

A: Only a person who encounters the most difficulties is willing to repent himself and devote himself to spiritual perfection.

**Psalm**

*Only by encountering difficulties will we make efforts,  
Practicing with sincerity and diligence, we search for  
the spiritual path on our own,  
Unblocking our energy, we will awaken our own  
consciousness and start a new life on our own,  
We will transform our mind and body under the  
agitated circumstances.*

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**Montreal, 17 June 2005 2:10 AM**

Q: *Is there any benefit in being impatient?*

A: Being impatient has no benefit and only causes harm.

**Psalm**

*We do not waver by unfounded impatience,  
We can clearly witness that life and death happen  
without a reason,  
We are fully determined to cultivate ourselves  
spiritually and will not step back,  
The divine light shines strongly and shows the path  
clearly.*



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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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