



# 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

## Loving Relations And Karmic Debts

The loving relations and karmic debts granted by the Lord are more precious than gold,  
Loving each other, we happily discuss together in spite of hardship and suffering,  
When we practice thoroughly and unblock our energy, we would understand that the present life is suffering,  
Working constructively together, we will appreciate each other even more.  
*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

from 31 March to 5 April 2006

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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) *Can a human being save himself?*
- 2) *Why should earthly life cause suffering?*
- 3) *Why must we be greedy?*
- 4) *What do we discuss?*
- 5) *What does argumentation mean?*
- 6) *What should we do to attain true knowledge?*
- 7) *How do we receive the infinite guidance from the Lord?*



**Psalm**

*Eating and drinking excessively will harm the body,  
We should guard our mind and body for their proper  
and regular function,  
Applying ourselves to spiritual cultivation with austerity  
and virtue, we practice with our own efforts to attain an  
early awakening,  
Earthly matters are temporary and pursuing them will  
cause suffering.*

**Atlantic City, 31 March 2006 0:03 AM**

Q: *Can a human being save himself?*

A: Yes, a human being can save himself.

**Psalm**

*Money and love cause suffering without the  
awareness of our mind,  
Passion and blindness bring agitation, and we build  
our own grave,  
Only through repeated sufferings will we know that life  
is temporary,  
Unable to realize our dreams, we form the habit of  
greediness.*

**Atlantic City, 1 April 2006 7:00 PM**

Q: *Why should earthly life cause suffering?*

A: Those who pursue money will feel poor.

**Psalm**

*Habits cause our greedy nature,  
Causing suffering, they imprison our body and bring  
confusion,  
Blaming the Lord and Buddha, our mind is restless,  
Practicing the righteous dharma, we turn within to  
discuss with ourselves.*

**Atlantic City, 2 April 2006, 7:40 PM**

Q: *Why must we be greedy?*

A: We form a bad habit because of our excessive lust and greediness.

**Psalm**

*Unable to unblock our energy through spiritual  
practice, our mind remains unclear,  
Unable to unblock our energy through spiritual  
practice, our mind is filled with irritation,  
Unable to argument successfully, we sow evil  
thoughts,  
Practicing the righteous dharma, we will clarify our  
mind with our own efforts.*

**Atlantic City, 3 April 2006, 7:20PM**

Q: *What do we discuss?*

A: We discuss about matters that burden our mind and torment our heart.

**Psalm**

*Telling untruths without spiritual practice, one will not  
make progress,  
Being lazy and ignorant, one will sow evil thoughts,  
With a wrong argumentation, one will cause additional  
grief,  
Practicing the righteous dharma, one will attain true  
knowledge.*

**Montreal, 3 April 2006 1:00 AM**

Q: *What does argumentation mean?*

A: Argumentation means that one only speaks but does not practice.

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**Montreal, 4 April 2006 1:24 AM**

Q: *What should we do to attain true knowledge?*

A: To attain true knowledge, we must speak the truth.

**Psalm**

*The predecessors speak the truth so that the followers  
could advance,  
Perfecting our mind and body with our own efforts, we  
practice diligently,  
When we are truly honest and sincere, our spiritual  
journey will develop well,  
Unifying with human compassion, we will have the  
opportunity for divine guidance.*

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**Montreal, 5 April 2006 2:35 AM**

Q: *How do we receive the infinite guidance from the Lord?*

A: We receive the infinite guidance from the Lord through  
the pure light and energy.

**Psalm**

*The Almighty Lord provides infinite guidance with the  
pure light and energy,  
Spreading it everywhere to bring peace and stability,  
Day and night, equilibrium reigns within Heaven and  
Earth,  
The return to unification of the universe produces  
words of truth.*



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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 Vo-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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