



# 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

## Love and Hate

Love and Hate cause conflicts and generate bad stories,  
The karmic opportunity for divine guidance is very miraculous,  
Whether we blame Heaven and Earth, we will have to pray,  
Continuous laments will only nurture our sorrow.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 6 April to 12 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) *What are true words?*
- 2) *How do we evolve?*
- 3) *Why should we suffer?*
- 4) *How long do we suffer in hell?*
- 5) *How do we return to our pure origin?*
- 6) *How do we clearly see the spiritual journey?*
- 7) *How do we love and respect the Lord?*



**Psalm**

*To make progress with spiritual practice and to attain the dharma means to speak the Truth,  
Developing our equilibrium, we will keep going forward,  
Understanding Heaven and Earth thoroughly, we are void of entanglements,  
We receive the opportunity of infinite guidance from the Lord in our spiritual evolution.*

**Montreal, 6 April 2006 3:00 AM**

Q: *What are true words?*

A: True words are the Truth.

**Psalm**

*Opening our mind and developing our wisdom, we no longer harbor wishes,  
With a sincere heart, we guide the suffering people with full devotion,  
Developing ourselves spiritually, we mentally invoke the mantra Nam-Mo,  
Through the transformations of the universe, we will naturally enter the sphere of energy.*

**Montreal, 7 April 2006 3:10 AM**

Q: *How do we evolve?*

A: We evolve through both social and spiritual life.

**Psalm**

*We augment our own suffering with our blinded passions and errors,  
Unable to open our heart and mind, we do not have the spiritual opportunity,  
With our infatuation, we generate restlessness and build our own grave,  
Entombing ourselves in suffering, we will descend to hell.*

**Montreal, 8 April 2006 3:15 AM**

Q: *Why should we suffer?*

A: We suffer because we lack spiritual cultivation.

**Psalm**

*In misery, they suffer, cry and wail loudly,  
Their mind and wisdom are blocked by agitation,  
Practicing the spiritual method with austerity, we will awaken our consciousness and sow good karmic opportunities,  
We need to perfect ourselves spiritually to evolve further with love and respect toward the Lord.*

**Montreal, 9 April 2006, 3:20 AM**

Q: *How long do we suffer in hell?*

A: We will suffer continuously in hell.

**Psalm**

*Developing our wise mind, we clearly analyze the dharma,  
In our spiritual journey, we perceive the opportunity of infinite guidance from the Lord,  
Learning with a sincere heart, we seek the Truth,  
Rectifying ourselves to evolve further, we clearly see our spiritual journey.*

**Montreal, 10 April 2006, 3:30 AM**

Q: *How do we return to our pure origin?*

A: We return to our pure origin by practicing the righteous dharma.

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**Montreal, 11 April 2006 3:35 AM**

Q: *How do we clearly see the spiritual journey?*

A: We clearly see the spiritual journey by practicing the righteous dharma.

**Psalm**

*Practicing the righteous dharma, we clearly see how to cultivate ourselves spiritually,  
We no longer mix up social relations with spiritual opportunities,  
Returning to our pure origin through meditative knowledge, we clearly see the noble and lowly levels,  
Our heart turned to spiritual cultivation, we will awaken our own consciousness, and receive the fortunate opportunity of divine guidance.*

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**Montreal, 12 April 2006 3:50 AM**

Q: *How do we love and respect the Lord?*

A: We love and respect the Lord by practicing the righteous dharma.

**Psalm**

*Facing the immensity of Heaven and Earth, we thoroughly comprehend heaven and earth,  
Learning continuously, we awaken our consciousness and dissipate our infatuation on our own,  
The Lord provides us infinite guidance without end,  
Practicing the righteous dharma, we diligently cultivate ourselves with perseverance.*



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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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