



The Life Energy Development Weekly

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Email: ledenglish@gmail.com
www.vovinet.org

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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

Determination

Determined to detach ourselves from human relations, our body becomes
lively,
Rejoicing together, we are reunited to purify ourselves and unblock our
energy,
With a sincere heart, we devote ourselves to spiritual improvement and
develop our consciousness on our own,
With a resolute will, let's rectify ourselves to work constructively and
advance spiritually.

Vi Kien

Baby Tam Talking To You

From 3 June 2000 to 9 June 2000

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 does the flux of energy from the heart, liver, and kidneys relate to each other?*
- 2) *What should one do in order to advance toward serenity?*
- 3) *Do the North and South poles bring any benefit?*
- 4) *What causes pain and fatigue?*
- 5) *Why does love continue to flow abundantly in the whole world?*
- 6) *Is there any benefit in plotting schemes to cause destruction?*
- 7) *Is there any benefit when love and affection from both sides is lasting long?*



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| <p>Montreal, 3 June 2000 5:05 AM</p> <p>Q: How does the flux of energy from the heart, liver, and kidneys relate to each other?</p> <p>A: The flux of energy from the heart, liver, and kidneys relate to each other through an intimate evolution.</p> | <p><u>Psalm</u></p> <p><i>Pure energy flows freely when achieving the original principle, Energies are unified and flow harmoniously in the same rhythm, Releasing impurities, one focuses one's energy and becomes pure and liberated, With equanimity, one evolves and turns toward the supernatural.</i></p> |
| <p>Montreal, 4 June 2000</p> <p>Q: What should one do in order to advance toward serenity?</p> <p>A: In order to advance toward serenity, one should practice the dharma with perseverance.</p> | <p><u>Psalm</u></p> <p><i>With a sincere heart, one patiently advances and devotes oneself to spiritual perfection with one's own efforts, With perseverance and faithfulness, one lives in peace and joy, God's love does not abandon the determined spiritual adept, With a sincere heart, one achieves success on one's own and is no longer ignorant.</i></p> |
| <p>Montreal, 5 June 2000</p> <p>Q: Do the North and South poles bring any benefit?</p> <p>A: The North and South poles form a balance in our body.</p> | <p><u>Psalm</u></p> <p><i>Evolving within equilibrium, we guide our soul, As we evolve deeply, we see our character clearly, Having the opportunity to understand ourselves, we advance with assiduity, Let's analyze on our own whether our journey is light or heavy.</i></p> |
| <p>Montreal, 6 June 2000</p> <p>Q: What causes pain and fatigue?</p> <p>A: Pain and fatigue come from a careless diet. When one eats a lot of meat, uric acid will accumulate with time.</p> | <p><u>Psalm</u></p> <p><i>Eating many acid-forming foods, acid accumulates with time, Causing pain in the joints, one has no peace, Whatever plot one devises, this leads nowhere, Accepting to be resolute, one will achieve goodness on one's own.</i></p> |
| <p>Atlantic City, 7 June 2000</p> <p>Q: Why does love continue to flow abundantly in the whole world?</p> <p>A: Love continues to flow thanks to those with a true spiritual heart who practice and guide each other without stopping.</p> | <p><u>Psalm</u></p> <p><i>Let's realize Divine Love in a clear and lucid manner, Let's evolve within love and respect to see our journey clearly, Let's learn calmly with a wise consciousness, Developing our true soul, we clearly express true love.</i></p> |

Atlantic City, 8 June 2000

Q: *Is there any benefit in plotting schemes to cause destruction?*

A: Those who plot schemes to cause destruction only destroy themselves. A true spiritual adept does not need to cause destruction, since the law of cause and effect will do the punishment.

Psalm

*The energy law of cause and effect gives a clear judgment,
All around the universe, birth alternates with rebirth,
The Great Compassion brings transformations to build for spiritual progress,
Providing guidance and liberation in a clear manner, it brings evolution in all domains.*

Atlantic City, 9 June 2000

Q: *Is there any benefit when love and affection from both sides is lasting long?*

A: Long lasting affection is very beneficial for a constructive love; one will remind each other to nurture a constructive spirit.

Psalm

*With love, we help and remind each other to succeed,
With love, respect, and remembering each other, we practice with a sincere heart,
With love and respect, we do not abandon the noble love,
Awakened, we practice on both mental and physical planes with our own efforts.*



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.