



# 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 Practice

Practicing with sincerity, we will have the opportunity for divine guidance,  
Understanding that living in the earthly world is like being in chains,  
Pulled by karmic forces, we create emotional relations which bring  
agitation,  
With a sincere heart, let's cultivate ourselves spiritually to analyze and  
amend ourselves on our own.

*Vi Kien*

## Baby Tam Talking To You

*From 9 May 2002 to 15 May 2002*

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) *Why are anger and resentment locked in the liver?*
- 2) *Is there any benefit in devising plots for personal gains?*
- 3) *How do purity and lightness affect the inner consciousness?*
- 4) *How do we feel when missing news from our kind and loved ones?*
- 5) *Is there any benefit in practicing a righteous dharma?*
- 6) *Do we make progress when we practice together in the same direction?*
- 7) *What will happen when a person overflows with anger and resentment?*



<p><b>1) Montreal, 9 May 2002, 9:40 AM</b></p> <p>Q: <i>Why are anger and resentment locked in the liver?</i></p> <p>A: Anger and resentment are locked in the liver because our energy does not circulate properly.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>We are responsible for blocking our energy and harboring anger and resentment, If we cannot unblock our energy, we won't succeed, Unable to understand the original principle, we turn within to discuss on our own, Let's practice the cyclical breathing to liberate ourselves – Let's return to practice to make progress, Freeing ourselves of our entanglements, we will return to calmness on our own.</i></p>
<p><b>2) Montreal, 10 May 2002, 9:00 AM</b></p> <p>Q: <i>Is there any benefit in devising plots for personal gains?</i></p> <p>A: Those who devise plots for personal gains will block their energy as a consequence.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Those who devise plots to kill and harm others are unable to practice and unblock their energy, On our own, let's purify our consciousness and judge ourselves with clarity, The Truth is eternal – we must return to our unique origin, With a sincere heart, let's dedicate ourselves to spiritual guidance, and achieve wisdom on our own.</i></p>
<p><b>3) Montreal, 11 May 2002, 6:50 AM</b></p> <p>Q: <i>How do purity and lightness affect the inner consciousness?</i></p> <p>A: Purity and lightness bring deep inner peace to the inner consciousness.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Pure and light, we will return to our true spiritual heart very easily, Our mind and heart return to emptiness without busy attachments, Our consciousness no longer carries a heavy burden, With a serene heart, we feel light, pure, and confident.</i></p>
<p><b>4) Montreal, 12 May 2002, 9:52 AM</b></p> <p>Q: <i>How do we feel when missing news from our kind and loved ones?</i></p> <p>A: When missing news from our kind and loved ones, we'll feel worried and anxious.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Without news from our kind and loved ones, we feel worried, Looking forward to hearing from them, our heart is sad, Thinking of the noble Lord with His infinite guidance, Let's perfect ourselves with serenity to build our sublime spiritual heart.</i></p>

**5) Montreal, 13 May 2002, 3:45 AM**

Q: *Is there any benefit in practicing a righteous dharma?*

A: Practicing a righteous dharma is very beneficial and will facilitate spiritual development.

**Psalm**

*Practicing a righteous dharma is very beneficial,  
Developing ourselves spiritually, we see true love  
clearly,  
Practicing with diligence and dedication to make  
progress, we gain greater wisdom,  
Learning continuously, we judge ourselves on our  
own.*

**6) Montreal, 14 May 2002, 6:30 AM**

Q: *Do we make progress when we practice together in the same direction?*

A: When we practice together in the same direction, we will certainly be able to develop the great common cause.

**Psalm**

*With a devoted heart, we practice together to advance  
further,  
Liberating ourselves from all boundaries with a clear  
mind, we awaken ourselves to achieve compassion,  
Through self-knowledge, we understand our illusory  
dreams and regain peace,  
Returning to our true nature, our consciousness learns  
infinitely.*

**7) Montreal, 15 May 2002, 8:50 AM**

Q: *What will happen when a person overflows with anger and resentment?*

A: Those who overflow with anger and resentment will become ill, and their nervous system will become agitated.

**Psalm**

*Those who overflow with anger and resentment will  
suffer more,  
With a restless mind and body, they are unable to  
practice well,  
Lacking spiritual progress, their mind has more  
worries,  
Let's abandon our profane heart to achieve serenity on  
our own.*



**Notes:**

*Translated by Xuan Mai (Hue-Mai).*

*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.