

# 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.*

## Preface

With a thorough understanding, we fulfill our work satisfactorily,  
Returning to our serene nature, we practice with sincerity,  
Our heart unaffected by those who predict divine appearances,  
We keep developing the Lord's pure energy.

Luong Vi Kien

## Baby Tam Talking To You from December 5, 1999 to December 11, 1999

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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,

Be Tam

### Questions:

- 1) *What will happen after the upheavals caused by the celestial mechanism?*
- 2) *Where does the charitable heart originate?*
- 3) *Is there any benefit in devoting oneself to the practice of Vo-Vi meditation to find the path of deliverance?*
- 4) *How do external spirits invade our consciousness?*
- 5) *Is there any benefit in nurturing regret and remembrance in one's heart and mind?*
- 6) *Is there any benefit in accepting the mind's errancy?*
- 7) *What is the proper way to encourage others to devote themselves to spiritual perfection?*

Montreal, 05 December 1999, 6:00 AM

Q: *What will happen after the upheavals caused by*

*the celestial mechanism?*

A: After the celestial upheavals, the sun will rise and benevolent energy will spread everywhere.

**Psalm**

*Everywhere, the sunrise will bring renewed energy,  
Awakened, people will turn to spirituality,  
The consciousness now understands the heavenly  
trials,  
We exchange words of truth through mutual help  
and harmony.*

**Montreal, 06 December 1999, 9:15 AM**

*Q: Where does the charitable heart originate?*

A: The charitable heart originates from seeing scenes of misery and suffering that touch people's hearts.

**Psalm**

*The celestial mechanism weighs people from the  
depth of their hearts,  
Those who accept suffering and spiritual practice  
will develop themselves,  
Human love will appear in scenes of misery,  
Naturally, people will follow the call for charity.*

**Montreal, 07 December 1999, 2:45 AM**

*Q: Is there any benefit in devoting oneself to the practice of Vo-Vi meditation to find the path of deliverance?*

A: To practice with diligence to liberate one's soul is very beneficial.

**Psalm**

*Through the spiritual training, we accept to liberate  
ourselves,  
Releasing our sorrow, we readily offer to help,  
To develop the spiritual consciousness is a good  
opportunity,  
To regain joy and revival, we practice with great  
sincerity.*

**Montreal, 08 December 1999, 3:00 AM**

*Q: How do external spirits invade our consciousness?*

A: The foreign spirits invade our consciousness differently through the different perception of each mind. This phenomenon means "to be demoted".

**Psalm**

*The invisible spirits inhabit the mind according  
to their level of acceptance,  
They continue to receive this energy, wishing for  
purity,  
Lacking wisdom, their mind cannot discern the  
disturbance,  
The heavenly love keeps shining and providing  
guidance.*

**Montreal, 09 December 1999, 6:05 AM**

*Q: Is there any benefit in nurturing regret and remembrance in one's heart and mind?*

A: Those who nurture regret and remembrance in their mind lack determination and will have difficulty to concentrate in their spiritual practice.

**Psalm**

*Living in illusions, they are still ignorant,  
Unable to resolve matters tied to this limited world,  
They remain passionate and blinded with no  
spiritual progress,  
Let's practice with perseverance to attain self-  
knowledge.*

**Montreal, 10 December 1999, 5:20 AM**

*Q: Is there any benefit in accepting the mind's errancy?*

A: A fallible brain and nervous system harm both the mind and body. As a result, people will increase their greediness and sensuous desires.

**Psalm**

*The energy will lower with each state of agitation,  
The restless mind creates its own shackle,  
A sorrowful mind and heavy heart cannot progress  
spiritually,  
Burdening ourselves, we fail to unblock the impure  
energy.*

**Montreal, 11 December 1999, 9:40 AM**

*Q: What is the proper way to encourage others to devote themselves to spiritual perfection?*

A: To encourage others to turn to spirituality, we must first practice and perfect ourselves in order to get results. Only afterward should we encourage others.

**Psalm**

*To encourage others, we must practice to obtain  
results,  
We practice with our own efforts to release our  
worries,  
With good results, we continue to practice  
continuously,*

*With a constant practice, we analyze ourselves  
thoroughly.*

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Translated by Xuan Mai

Please contact **xuanmai00@hotmail.com** if you wish to receive the English LEDs via email, or if you want to join the English translation team, or contribute an article about your own spiritual experience. Your comments and contributions are welcome. Thank you.

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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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