



# The Life Energy Development Weekly

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Email: [xuanmai00@hotmail.com](mailto:xuanmai00@hotmail.com)  
[www.vovi.org](http://www.vovi.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*

## Self-accomplishment

Practice with perseverance to receive the divine Grace,  
With an awakened consciousness, silently invoke the mantra Nam-Mo,  
Understanding the divine love, we develop ourselves spiritually,  
Achieving through our own efforts, we return to the great emptiness.

*Luong Vi Kien*

## Baby Tam Talking To You

*from 20 February, 2000 to 26 February, 2000*

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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. *Why do we need to return to our true origin?*
2. *What benefits do those who keep to their words and achieve concrete results bring to others?*
3. *Is there any benefit in devoting oneself to spiritual perfection with determination?*
4. *Why do demons and evil spirits like to destroy the spiritual work?*
5. *What benefits does one achieve from purifying the mind through spiritual practice?*
6. *How do warm and cold feelings relate to each other?*
7. *Do those who have achieved spiritual awakening still fear life and death?*



**Psalm**

*By seeing one’s true nature, one sees one’s greediness,  
Unending desires and ambitions are rooted in the mind,  
Failing to succeed with their plots, they shatter the divine  
love,  
Going on the wrong path, they keep burdening their heart  
and mind.*

**Melbourne, 20 February 2000, 4:40 AM**  
Q: *Why do we need to return to our true origin?*

A: We need to return to our true origin to better understand ourselves, and to correct our mistakes and improve ourselves.

**Psalm**

*With a sincere spirit of service, we understand the divine  
compassion,  
We are conscious of the Lord’s generosity and nobleness,  
The deep principle of pureness always prevails,  
We practice with diligence, sincerity, and openness.*

**Melbourne, 21 February 2000, 4:05 AM**  
Q: *What benefits do those who keep to their words and achieve concrete results bring to others?*

A: Those who keep to their words and achieve concrete results will bring significant benefits to the Great Common Cause.

**Psalm**

*Devoting ourselves to spiritual perfection, we learn about  
our true nature,  
Fulfilling both social and spiritual duties, we correct our  
mistakes,  
Progress means to truly appreciate the noble Lord ,  
We practice to attain purity and lightness, and self-  
understanding.*

**Sydney, 22 February 2000, 6:40 AM**  
Q: *Is there any benefit in devoting oneself to spiritual perfection with determination?*

A: To devote oneself to spiritual perfection with a determined mind is very beneficial for the future.

**Psalm**

*Defying the sincere heart, they delve in wrong  
argumentations,  
Erring in their spiritual practice, they keep involving  
themselves,  
Causing agitation to themselves, they do not progress  
spiritually,  
Unable to release their impurities, they do not follow the  
divine destiny.*

**Sydney, 23 February 2000, 7:40 AM**  
Q: *Why do demons and evil spirits like to destroy the spiritual work?*

A: Demons and evil spirits like to destroy the spiritual work because their energy is directed downward. They are attracted by greediness and lust, and completely disregard the law of cause and effect. As a result, they are further ingrained into lust and greediness.

**Psalm,**

*Developing a wise mind, we become more intelligent,  
Understanding both social and spiritual life, we advance  
with determination,  
Dissipating all worries and sorrow without waiting,  
We practice the true dharma thoroughly without worrying.*

**Sydney, 24 February 2000, 4:30 AM**  
Q: *What benefits does one achieve from purifying the mind through spiritual practice?*

A: Those who are able to purify their mind through spiritual practice are helping their spiritual evolution significantly.

**Psalm**

*Detaching from superficial relations, we turn within to truly  
love ourselves,  
The enlightened mind sees success and failure, truth and  
falsehood,  
Our energy reaches higher and perceives the divine love,  
We practice the spiritual method to truly see ourselves.*

**Perth, 25 February 2000, 4:15 AM**  
Q: *How do warm and cold feelings relate to each other?*

A: Warm relations remain, while cold relations will slowly dissipate. It is a constant motion, and we keep evolving within serenity.

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**Perth, 26 February 2000, 5:29 AM**

*Q: Do those who have achieved spiritual awakening still fear life and death?*

*A: When the spiritual mind is awakened, we no longer fear life and death. We always feel content and at peace.*

**Psalm**

*Harmonizing with the divine love, we live a peaceful life,  
Our awakened mind feels pureness and benevolence,  
Detached of karmic attachments, we progress leisurely in  
social and spiritual life,  
Releasing the impure energy, we overcome the difficult  
obstacles.*



Translated by Xuan Mai

Please contact [xuanmai00@hotmail.com](mailto: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.

**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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