



# 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*

## Sublime Purity

We practice with perseverance to savor the sublime purity,  
Maintaining our equilibrium, we face both joy and sadness,  
Detached of social and spiritual matters, we awaken our consciousness,  
Progressing in silence, we influence others through our behavior.

*Luong Vi Kien*

## Baby Tam Talking To You

*from 27 February, 2000 to March 4, 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. *What are the benefits of communicating with each other?*
2. *What do meditation practitioners love and respect?*
3. *Is there any benefit in dividing people and causing dissensions?*
4. *What is the proper way to develop the spiritual consciousness?*
5. *Should we continue or interrupt the travel?*
6. *Does the warm climate bring any benefit?*
7. *Can the relation between Heaven and Earth, i.e., the law of constant karmic transformations be interrupted?*



<p><b>Perth, 27 February 2000, 3:04 AM</b>  Q: <i>What are the benefits of communicating with each other?</i></p> <p>A: The diffusion of positive news is very beneficial to mankind, and will help the development of benevolence.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>The divine love brings warmth everywhere,  Reminded to love each other, we work constructively,  United, we are determined to develop our benevolence,  Practicing the true dharma, we direct our heart toward the  heavenly sphere.</i></p>
<p><b>Perth, 28 February 2000, 5:12 AM</b>  Q: <i>What do meditation practitioners love and respect?</i></p> <p>A: Meditation practitioners love and respect the true words of The Buddhas and The Immortals.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>We choose to follow the words of truth with sincerity,  From within to outward, the pure principle is flowing  abundantly,  Our true soul is light and pure within serenity,  We strive to develop our compassion and spiritual virtue  naturally.</i></p>
<p><b>Perth, 29 February 2000, 3:45 AM</b>  Q: <i>Is there any benefit in dividing people and causing dissensions?</i></p> <p>A: To divide people and generate discord in order to create new factions and destroy one's opponents is a major crime.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>The soul imprisons itself more every day,  Causing suffering to others, it remains agitated,  Failing to resolve the challenges, they destroy their  spiritual heart,  Devising heavy plots, they keep falling into new errors.</i></p>
<p><b>Perth, 01 March 2000, 8:18 AM</b>  Q: <i>What is the proper way to develop the spiritual consciousness?</i></p> <p>A: To develop the spiritual consciousness, we must meditate many hours so that we can naturally restore our birthless nature.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Turning toward purity and lightness, we practice with  sincerity,  Restoring our serenity, we understand the law of  birthlessness,  With an awakened consciousness, we learn infinitely,  Holding to our sincere nature, we practice with a genuine  heart.</i></p>
<p><b>Perth, 02 March 2000, 6:12 AM</b>  Q: <i>Should we continue or interrupt the travel?</i></p> <p>A: We practice the VoVi method to be strong and healthy. There is no need to interrupt the travel.</p>	<p style="text-align: center;"><b><u>Psalm,</u></b></p> <p style="text-align: center;"><i>Five hours of flight bring us to Cairns,  Whether it rains or shines, we arrive swiftly,  How joyful to meet each other again,  Neither the sun nor rain can disturb our serenity.</i></p>
<p><b>Cairns, 03 March 2000, 4:46 AM</b>  Q: <i>Does the warm climate bring any benefit?</i></p> <p>A: The warm climate fits perfectly to those who are born in warm countries.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Harmonizing with Heaven, we enjoy in silence,  Serenely we practice meditation and turn toward the Lord,  The path is widely open for an awakened consciousness,  Developing our true soul, we live in contentment and  calmness.</i></p>

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**Cairns, 04 March, 3:13 AM**

*Q: Can the relation between Heaven and Earth, i.e., the law of constant karmic transformations be interrupted?*

*A: The law of constant karmic transformations, or the relation between Heaven and Earth is never interrupted.*

**Psalm**

*We continually practice with sincerity and perseverance,  
Day and night, we perceive the peaceful divine blessings,  
Always present is The Lord's benevolent guidance,  
Returning to our true origin, we live in joy and  
understanding.*



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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