



# 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

## Determination

Determined to devote ourselves to spiritual perfection, we advance rapidly,  
The earthly world with its temptations only induces rivalries,  
Leading us to agitation, unable to attain purity,  
With an unbalanced nervous system, we can't succeed easily.

*Vi Kien*

## Baby Tam Talking To You

*from 03 September 2000 to 09 September 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. *Facing the coldness of human emotions, when will we feel warmth?*
2. *Is it harmful to eat excessively?*
3. *What does it mean to have a fearless heart and spirit?*
4. *When do compassionate love and spiritual virtue appear?*
5. *Is it possible for us to meet each other whether we are close or far apart when we practice with a sincere heart?*
6. *Is the mind clear and wise when the heart is sincere?*
7. *Where does compassionate love originate?*



<p><b>Montreal, 03 September 2000, 3:15 AM</b>  Q: <i>Facing the coldness of human emotions, when will we feel warmth?</i></p> <p>A: When you practice the righteous dharma, you will regain your equilibrium and feel warmth and harmony.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Restoring balance to our consciousness, we practice in silence</i></p> <p style="text-align: center;"><i>Abandoning our profane heart, our mind will brighten,</i>  <i>Both spiritual and social opportunities help us to progress,</i>  <i>As our energy flows freely, we attain serenity and dissipate all blindness.</i></p>
<p><b>Atlantic City, 04 September 2000, 4:15 AM</b>  Q: <i>Is it harmful to eat excessively?</i></p> <p>A: Those who eat excessively will gain strength, but they will also have to suffer.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>We only harm ourselves by burdening the mind and body,</i>  <i>Excessive eating tortures the body and causes restlessness,</i>  <i>Knowing how to limit ourselves is best,</i>  <i>Releasing our impurities, we think of the Lord and practice with sincerity.</i></p>
<p><b>Atlantic City, 06 September 2000, 12:05 AM</b>  Q: <i>What does it mean to have a fearless heart and spirit?</i></p> <p>A: To have a fearless heart and spirit means to work for the development of the common good with determination and an unswerving will.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>With a sincere heart, we are determined to perfect ourselves,</i>  <i>Thinking of the Lord and the Buddha, we release our blindness,</i>  <i>Keeping a serene heart, we return to oneness,</i>  <i>Practicing the true dharma, we perfect ourselves.</i></p>
<p><b>Atlantic City, 06 September 2000, 6:40 AM</b>  Q: <i>When do compassionate love and spiritual virtue appear?</i></p> <p>A: Compassionate love and spiritual virtue appear when we know how to forgive and truly love others.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>We feel an immense love with our sincere heart,</i>  <i>Compassion motivates us to help ourselves and others,</i>  <i>With a generous heart, we will advance easily,</i>  <i>Practicing with sincerity, we will return to purity.</i></p>
<p><b>Atlantic City, 07 September 2000, 2:55 AM</b>  Q: <i>Is it possible for us to meet each other whether we are close or far apart when we practice with a sincere heart?</i></p> <p>A: When we practice with a sincere heart and advance on a common path, we will be able to meet each other in the sphere of spiritual energy.</p>	<p style="text-align: center;"><b><u>Psalm,</u></b></p> <p style="text-align: center;"><i>Awakened, we practice to advance together in a timely manner,</i>  <i>Developing our spiritual heart, we advance from all corners,</i>  <i>Void of agitation, our consciousness now awakens,</i>  <i>Serving humanity, we turn toward the Almighty Lord.</i></p>
<p><b>Atlantic City, 08 September 2000, 5:55 AM</b>  Q: <i>Is the mind clear and wise when the heart is sincere?</i></p> <p>A: When the heart is sincere, the mind is very clear and wise. We will advance with courage and guide both our pure and impure sides.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>The pure and impure unify to awaken the true soul,</i>  <i>The divine sky and universe undergo gradual transformations,</i>  <i>Returning to the true origin, we keep our tranquility,</i>  <i>With clarity and wisdom, we know no fury.</i></p>

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**Atlantic City, 09 September 2000, 6:55 AM**

Q: *Where does compassionate love originate?*

A: Compassionate love develops from the energy of the universe.

**Psalm**

*Love springs from the root of benevolence,  
Giving the mind clarity with the universal energy,  
Flowing continually throughout the human existence,  
Vital energy streams with abundance in the body.*

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Translated by Xuan Mai

Please contact [maioro@yahoo.com](mailto:maioro@yahoo.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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