



# The Life Energy Development Weekly

12 November, 2000

Email: [maioro@yahoo.com](mailto:maioro@yahoo.com)  
[www.vovi.org](http://www.vovi.org)

*Published in concurrence with The Viet LED Weekly 280*

*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*

## Courage and Practice

We practice with sincerity and courage on the clear spiritual path,  
In this earthly world, humans always entangle themselves in rivalries,  
Even the most educated fall into agitation,  
Causing suffering to themselves and hindering them to reach purity.

*Vi Kien*

## Baby Tam Talking To You

*from 10 September 2000 to 16 September 2000*

Copyright © 2000 by Lương Sĩ Hằng & VoVi Association of Canada. All rights reserved.

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 should we do to accomplish great spiritual work?*
2. *What does it mean that all sentient beings are unified according to the same principle?*
3. *Why, in the end, do all meditation practitioners want peace?*
4. *Where is the shore of enlightenment in order to detach ourselves of all worldly matters?*
5. *How will spiritual opportunities return?*
6. *How can we communicate with each other on the spiritual plane?*
7. *How do we realize a life philosophy?*



<p><b>Atlantic City, 10 September 2000, 1:45 AM</b>  Q: <i>What should we do to accomplish great spiritual work?</i></p> <p>A: In order to accomplish great spiritual work, we must rely on the will and determination of the people.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Divine destiny provides spiritual opportunities,  With determination, we accomplish the assigned tasks,  Advancing together, we practice to build a strong  community,  Together, we work in harmony with the divine destiny.</i></p>
<p><b>Atlantic City, 11 September 2000, 7:00 AM</b>  Q: <i>What does it mean that all sentient beings are unified according to the same principle?</i></p> <p>A: When all sentient beings are unified, it means that one has completely detached oneself from all profane matters.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Practice to reach the goal and know your earlier root,  With an awakened consciousness, we advance together  without difficulty,  Releasing our karma, we practice and progress on our  own,  Understanding the earthly world, we turn to spirituality and  free ourselves of worries.</i></p>
<p><b>Atlantic City, 12 September 2000, 1:30 AM</b>  Q: <i>Why, in the end, do all meditation practitioners want peace?</i></p> <p>A: In the end, all meditation practitioners wish to have peace and realize love and spiritual virtue.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>With love, we surmount all difficulties,  Spiritual practice clears the heart and mind, and  dissipates all worries,  We only harm ourselves by causing difficulties to others,  Understanding the value of serenity, we keep our strong  resolve.</i></p>
<p><b>Atlantic City, 13 September 2000, 2:45 AM</b>  Q: <i>Where is the shore of enlightenment in order to detach ourselves of all worldly matters?</i></p> <p>A: In order to know the shore of enlightenment and detach ourselves of all worldly matters, we must practice with order, discipline, and sincerity. Only then will we achieve full detachment in order to advance spiritually.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>With a sincere heart, we practice to attain self-  knowledge,  On the clear and righteous path, we learn about  purity,  Invoking the mantra Nam Mo continually, our  consciousness awakens easily,  With a sincere heart, we practice and progress with  sincerity.</i></p>
<p><b>Atlantic City, 14 September 2000, 2:24 AM</b>  Q: <i>How will spiritual opportunities return?</i></p> <p>A: Spiritual opportunities will return through surprising encounters.</p>	<p style="text-align: center;"><b><u>Psalm,</u></b></p> <p style="text-align: center;"><i>Through divine providence, we reunite unexpectedly,  Expressing our joyful hearts through poems,  We are thankful for the good providence,  With joy and happiness, we rejoice over the unexpected  encounter.</i></p>
<p><b>Atlantic City, 15 September 2000, 5:55 AM</b>  Q: <i>How can we communicate with each other on the spiritual plane?</i></p> <p>A: We communicate with each other on the spiritual plane through the sphere of energy.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>With a pure mind, we communicate naturally,  Noble thoughts abound without discrimination,  We practice the righteous dharma to return to our true  origin,  With persistence and determination, we release the  impure energy.</i></p>

---

**Atlantic City, 16 September 2000, 2:30 AM**

Q: *How do we realize a life philosophy?*

A: We realize a life philosophy after enduring grief and suffering.

**Psalm**

*How sublime is the noble philosophy,  
We learn with a serene heart to understand its depth,  
Practicing with sincerity, we advance spiritually,  
Thanks to the sublime Truth, we release our karma to  
progress spiritually.*



---

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*

---