



# 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*

## Loving Thoughts

Thinking of the noble Lord, we dearly appreciate His sublime method,  
Everywhere, divine love touches every heart,  
Everywhere, people practice the righteous dharma to attain equilibrium,  
Accepting the deep transformations, we understand the will of Heaven.

*Vi Kien*

## Baby Tam Talking To You

*from 26 November 2000 to 2 December 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. *How do we characterize the energy of compassionate love?*
2. *Where does suffering originate?*
3. *What does it mean to return to compassionate love?*
4. *Is it true that the cranial psychic center is the place where energy concentrates and projects out to harmonize with the universal center of energy?*
5. *Why does a meditation practitioner always think dearly of the spiritual Way?*
6. *Is the relationship between man and the universe important?*
7. *What should we do to regulate our nervous system?*



<p><b>Atlantic City, 26 November 2000, 1:40 AM</b>  Q: <i>How do we characterize the energy of compassionate love?</i></p> <p>A: The energy of compassionate love is characterized by an empty heart, void of argumentation, rivalry, and intransigence.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Unifying our energies, we turn toward purity,  Those who argue without practicing are fighting  needlessly,  Where is joy in this temporary life?  Fighting causes suffering and only blocks the energies.</i></p>
<p><b>Atlantic City, 27 November 2000, 7:30 AM</b>  Q: <i>Where does suffering originate?</i></p> <p>A: Suffering comes from bad habits and creates entanglements and karma that are very hard to break in order to attain full detachment.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Suffering results from harming one's mind and body,  Having a restless mind and body means to dig one's own  grave,  Eating recklessly only weakens the mind,  It's hard to invoke the Nam-Mo mantra in an impure body.</i></p>
<p><b>Atlantic City, 28 November 2000, 5:50 AM</b>  Q: <i>What does it mean to return to compassionate love?</i></p> <p>A: In order to return to compassionate love, we must engage ourselves to practice meditation with diligence.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Balanced energy brings spiritual transformations,  We correct our mistakes with an awakened  consciousness,  Compassion brings spiritual awakening and continuous  progress,  Learning with a serene heart, we understand the spiritual  evolution.</i></p>
<p><b>Atlantic City, 29 November 2000, 6:40 AM</b>  Q: <i>Is it true that the cranial psychic center is the place where energy concentrates and projects out to harmonize with the universal center of energy?</i></p> <p>A: The cranial psychic center is the place where spiritual energy concentrates in accordance with one's own level and ability to practice.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Spiritual practice helps us to focus our energy,  Radiating energy, we return to the righteous path of  Buddha,  Awakening our consciousness, we strive towards full  detachment,  Understanding the social and spiritual paths, we practice  to save our soul.</i></p>
<p><b>Atlantic City, 30 November 2000, 9:00 AM</b>  Q: <i>Why does a meditation practitioner always think dearly of the spiritual Way?</i></p> <p>A: A meditation practitioner always reminds himself of the spiritual Way in order to practice with diligence and develop himself spiritually.</p>	<p style="text-align: center;"><b><u>Psalm,</u></b></p> <p style="text-align: center;"><i>With the righteous dharma, we purify our energy,  We have the freedom and ability to resolve our deep  karma,  Developing our soul, we learn from the spiritual evolution,  True love blooms in our heart, void of expectations.</i></p>
<p><b>Atlantic City, 1 December 2000, 4:45 AM</b>  Q: <i>Is the relationship between man and the universe important?</i></p> <p>A: Between man and the universe, there is a continuous and important flow of energy.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>The spiritual adept knows about his own serenity,  Communicating with the Lord constantly, his mind gains  clarity,  Granted by the Lord, pure energy is never lacking,  With the cyclical breathing, we are healthy and  understand our path clearly.</i></p>

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**Atlantic City, 2 December 2000, 3:25 AM**

Q: *What should we do to regulate our nervous system?*

A: In order to regulate our nervous system, we must keep our mouth closed, tongue curled up, incisors against incisors, and mentally invoke the mantra Nam Mo A Di Da Phat. Our saliva will flow throughout our body, our blood circulation will become balanced, and our mind and body will be peaceful. We will understand that only when our spiritual consciousness relates with heaven and earth, then our life will become peaceful.

**Psalm**

*Everywhere, the Lord gives us spiritual opportunities,  
Remembering Heaven, we practice to return to our true  
origin,  
Compassionate love and spiritual virtue grow equally,  
Our soul is free to advance and learn from the spiritual  
teachings.*



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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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