



# The Life Energy Development Weekly

3 June, 2001

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*Published in concurrence with The Viet LED Weekly 309*

*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*

## Releasing Impurities

Releasing our impurities, we return to the righteous path and enter the  
sphere of emptiness,  
Learning continuously, we awaken our consciousness,  
Understanding the Six Vibratory Words, we develop our spiritual mind,  
Devoted to spiritual perfection, we sincerely invoke the mantra Nam-Mo.

*Vi Kien*

## Baby Tam Talking To You

*from 1 April 2001 to 7 April 2001*

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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. *Where does flexibility come from?*
2. *Can the human mind communicate with the flow of energy from the Great Compassion?*
3. *Where does man's greediness come from?*
4. *What should we do when our mind is completely obscured?*
5. *Where does the true principle reside?*
6. *What will happen when one assumes responsibility for spiritual work without having the ability?*
7. *What does it mean when foreign spirits control one's thoughts?*



<p><b>Monaco, 1 April 2001, 8:35 AM</b>  Q: <i>Where does flexibility come from?</i></p> <p>A: As a result of spiritual understanding and practice, we gain the good habit of being flexible.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>We practice and advance with the right rhythm of energy,  Dissipating our inner sorrow and worries,  With a wise mind, we keep advancing,  Practicing meditative contemplation, we regain our tranquility.</i></p>
<p><b>Monaco, 2 April 2001, 8:20 AM</b>  Q: <i>Can the human mind communicate with the flow of energy from the Great Compassion?</i></p> <p>A: When the human mind is serene, it will be able to communicate with the serene light of the Great Compassion.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>With serenity, our kind heart will connect with the energy of Great Compassion,  When compassion develops, it affects both our mind and body,  On the clear path, our mind and heart shine brilliantly,  With sincerity, we thank the Lord for His Divine Grace and Love.</i></p>
<p><b>Monaco, 3 April 2001, 4:20 AM</b>  Q: <i>Where does man's greediness come from?</i></p> <p>A: Man's greediness comes from the fear of poverty.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Fearing poverty, they develop their greedy nature,  Building their passionate habit, they lose their purity,  Without serenity, they live in agitation,  Holding to wrong beliefs, they cannot advance quickly.</i></p>
<p><b>Monaco, 4 April 2001, 3:05 AM</b>  Q: <i>What should we do when our mind is completely obscured?</i></p> <p>A: When our mind is completely obscured, we must practice with our own efforts to release our impure energy and focus our mind on the center of energy of the universe.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>With spiritual practice, we release our impurities and brighten our mind,  Returning to our true nature, we save ourselves,  As true adepts, we develop our wisdom within self-awakening,  With a serene heart, we judge our own progress.</i></p>
<p><b>Monaco, 5 April 2001, 3:00 AM</b>  Q: <i>Where does the true principle reside?</i></p> <p>A: The original principle of spiritual energy resides at the center of energy of the universe.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>The deep principle resides within the human brain,  Similarly, the universe brings deep transformations,  With spiritual practice we attain wisdom and true knowledge,  As our soul evolves, we return to our true and kind nature.</i></p>
<p><b>Monaco, 6 April 2001, 4:05 AM</b>  Q: <i>What will happen when one assumes responsibility for spiritual work without having the ability?</i></p> <p>A: When one assumes spiritual work without possessing the ability, one will encounter many karmic adversities, which will hinder one's spiritual progress.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Without the spiritual opportunity, the mind is blocked,  Lacking wisdom, it remains imprisoned,  Bouncing against failures, one becomes agitated,  Only compassionate love and spiritual virtue will bring success.</i></p>

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**Monaco, 7 April 2001, 4:20 AM**

Q: *What does it mean when foreign spirits control one's thoughts?*

A: When one believes something, that thing will exist. When one does not believe it, it won't exist. Whichever direction your heart takes, it will learn its lesson there and follow its inner calling.

**Psalm**

*We are responsible for the direction of our mind and our own lessons,  
Going through the pure and impure, we'll attain wisdom,  
Developing our spiritual path with an awakened consciousness,  
We practice the true dharma to gain greater knowledge.*



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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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