



# 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*

## Lack of wisdom

Lacking wisdom, our holy soul cannot advance,  
Understanding social and spiritual duties, we turn within for self-perfection.  
Evolving with calmness, we need to advance in purity,  
Releasing sorrow and worries, our heart returns to goodness and serenity.

*Vi Kien*

## Baby Tam Talking To You

*from 23 September 2001 to 29 September 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. *What does it mean to "practice with courage"?*
2. *How does the center of energy of the universe shine upon us?*
3. *Does the scorching heat on earth have any influence on humanity?*
4. *What causes resentment?*
5. *How do we heal an unbalanced nervous system?*
6. *Is there any benefit when we understand that we practice in harmony with heaven and earth?*
7. *Why can't we open our spiritual mind in spite of long years of practice?*



<p><b>Atlantic City, 23 September 2001, 9:00 AM</b>  Q: <i>What does it mean to "practice with courage"?</i></p> <p>A: To practice with courage means that we have thoroughly understood the common path.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Awakening our consciousness, we practice and progress on the spiritual path,  Practicing with sincerity, we attain purity and calmness,  Working together for the common good, we advance on the same path,  Practicing together, we turn within to release all sadness.</i></p>
<p><b>Atlantic City, 23 September 2001</b>  To: <i>Dear Mr Hoang Thi Tho</i></p> <p>Sincerely guiding others with your songs,  Now in high age, you are leaving this earth,  Everywhere, people are touched by your heart,  Compassion and infinite guidance show clearly the path.</p> <p>With respect,  Luong Si Hang (Vi Kien)</p>	
<p><b>Atlantic City, 24 September 2001, 8:55 AM</b>  Q: <i>How does the center of energy of the universe shine upon us?</i></p> <p>A: The center of energy of the universe shines when the flow of spiritual energy of the practitioner is united with the divine energy.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>With a serene heart, we unify with the sphere of pure energy,  Awakening our consciousness, we advance on our own,  Releasing our impurities, we develop our wise mind,  With a clear heart and bright eyes, we turn within for self-analysis.</i></p>
<p><b>Atlantic City, 25 September 2001, 8:15 AM</b>  Q: <i>Does the scorching heat on earth have any influence on humanity?</i></p> <p>A: The scorching heat on earth has an important influence on humanity. It will generate violence and cruelty committed by humans against humans.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>The awakened consciousness transforms anger and passion into goodness,  Dissolving our resentment, we reunite with the Lord,  Through self-awakening, we remain serene and peaceful,  With compassion and serenity, our heart will conquer all obstacles.</i></p>
<p><b>Atlantic City, 26 September 2001, 3:05 AM</b>  Q: <i>What causes resentment?</i></p> <p>A: Resentment comes from an agitated heart, because the individual cannot express his anger.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Resentment comes from competing with others and causes agitation,  Creating suffering and passion, the mind darkens,  Blame ourselves that we still remain angry,  As we are unable to purify ourselves, impure energy invades our body.</i></p>

<p><b>Atlantic City, 27 September 2001, 9:30 AM</b>  <i>Q: How do we heal an unbalanced nervous system?</i></p> <p>A: The nervous system is unbalanced because the person likes to gossip and mingle into the affairs of others instead of correcting himself in order to evolve spiritually.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Turning outward, our life is agitated and difficult,  Releasing sorrow and worries, we perfect ourselves,  As our true soul evolves, we return to righteousness,  Practicing the true dharma, we naturally attain wisdom.</i></p>
<p><b>Atlantic City, 28 September 2001, 7:30 AM</b>  <i>Q: Is there any benefit when we understand that we should practice in harmony with heaven and earth?</i></p> <p>A: Only when we practice in harmony with heaven and earth, will our spirit of tolerance and harmony truly develop.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Practicing the true dharma with sincerity, we understand ourselves,  Through harmonization with heaven and earth, we adapt ourselves to the spiritual path,  Practicing with diligence and sincerity, we see our path clearly.</i></p>
<p><b>Atlantic City, 29 September 2001, 8:50 AM</b>  <i>Q: Why can't we open our spiritual mind in spite of long years of practice?</i></p> <p>A: We can't open our mind in spite of long years of practice because we sleep more than meditate. A sleeping mind cannot develop itself. If we practice meditation and turn ourselves toward serenity to perfect ourselves, our mind will develop and obtain good results.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>We practice to reach self-awakening and true knowledge,  Releasing sorrow and worries, we avoid new blindness,  The world and human community have not yet awakened,  With a serene heart, we develop ourselves and turn within for self-perfection.</i></p>



Translated by Xuan Mai

**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*