



# 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*

## Lacking Wisdom

Those who lack wisdom have difficulty to practice and achieve spiritual perfection,  
With the infinite Grace from Heaven, we practice with our own efforts to attain pureness,  
Developing our wisdom, we return to true practice,  
Practicing the method with diligence, we'll advance rapidly.  
*Vi Kien*

## Baby Tam Talking To You

*from 11 May 2002 to 17 May 2002*

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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 purity and lightness influence the inner consciousness?*
2. *How do we feel when missing news from our kind and loved ones?*
3. *Is there any benefit in practicing a righteous dharma?*
4. *Is there any progress in practicing the same path and following the same direction?*
5. *What will happen when a person overflows with anger and resentment?*
6. *Is there any benefit in practicing with determination to achieve spiritual progress?*
7. *Is there any benefit in abandoning material matters and to devote oneself to spiritual perfection?*



**Montreal, 11 May 2002, 6:50 AM**

Q: How do purity and lightness influence the inner consciousness?

A: Purity and lightness bring deep inner peace to the inner consciousness.

**Psalm**

*Pure and light, we'll return to the true spiritual heart very easily,  
Our mind and heart return to emptiness without busy attachments,  
Our consciousness no longer carries a heavy burden,  
With a serene heart, we feel light, pure, and confident.*

**Montreal, 12 May 2002, 9:52 AM**

Q: How do we feel when missing news from our kind and loved ones?

A: When missing news from our kind and loved ones, we'll feel worried and anxious.

**Psalm**

*Without news from our loved ones, we feel worried,  
Looking forward to hearing from them, our heart is sad,  
Thinking of the noble Lord with His infinite guidance,  
With serenity, we perfect ourselves to build our sublime spiritual heart.*

**Montreal, 13 May 2002, 3:45 AM**

Q: Is there any benefit in practicing a righteous dharma?

A: Practicing a righteous dharma is very beneficial and will facilitate spiritual development.

**Psalm**

*Practicing a righteous dharma is very beneficial,  
Developing ourselves, we see true love clearly,  
Practicing with diligence, we gain greater understanding,  
Learning continuously, we turn within for self-analysis,  
Loving and respecting the Lord and the Buddha, we practice to advance together,  
Practicing the righteous dharma, we regain our true compassionate nature.*

**Montreal, 14 May 2002, 6:30 AM**

Q: Is there any progress in practicing the same path and following the same direction?

A: When practicing the same path and following the same direction, we'll certainly develop the great common cause.

**Psalm**

*With a devoted heart, we practice on the same path and advance together,  
Releasing our impurities, we regain wisdom and awaken ourselves to achieve compassion,  
Understanding our inner dreams, we find true peace,  
Returning to our true origin, our consciousness learns infinitely.*

**Psalm**

*Those who overflow with anger and resentment will suffer more,  
With a restless mind and body, they are unable to practice well,  
Lacking spiritual progress, they have greater worries,  
Abandoning our profane heart, we'll naturally achieve serenity.*

**Montreal, 15 May 2002, 8:50 AM**

*Q: What will happen when a person overflows with anger and resentment?*

A: Those who overflow with anger and resentment will become ill and their nervous system will become agitated.

**Psalm**

*Practice with determination to advance and avoid errors,  
With spiritual progress, we are naturally kind and loving,  
Opening our compassionate heart, we practice together to progress,  
With perseverance, we work constructively to help people from all means.*

**Montreal, 16 May 2002, 3:10 AM**

*Q: Is there any benefit in practicing with determination to achieve spiritual progress?*

A: Those who practice with determination in order to achieve spiritual progress will gain great benefits and won't be misled onto the wrong path.

**Psalm**

*Practice with determination and self-reliance for the common benefit,  
Perfect yourselves spiritually in silence to advance toward infinity,  
Practicing thoroughly, we awaken ourselves and return to our true origin,  
Releasing our sorrow and worries, we vow to contribute our part.*

**Montreal, 17 May 2002, 4:20 AM**

*Q: Is there any benefit in abandoning material matters and to devote oneself to spiritual perfection?*

A: To abandon material matters and to devote oneself to spiritual perfection, i.e., to practice with determination and with one's own efforts, will bring great benefits for both the mind and body.



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.*