



# 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*

## Enthusiasm

Serving others with enthusiasm, we'll reach inner peace,  
In silence, we analyze our sufferings, trials and hardships,  
As we transform ourselves, we practice with an awakened consciousness,  
Understanding the divine principle, we'll attain harmony.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 12 January 2003 to 18 January 2003*

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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 should we do in order to regain human compassion?*
2. *What should we do in order to bring happiness to everyone?*
3. *What should we do in order to develop ourselves spiritually?*
4. *What should we do in order to reach equilibrium?*
5. *Do those who lack wisdom gain any benefit?*
6. *How can one harm oneself?*
7. *What does it mean to squander one's energy?*



**Perth, 12 January 2003**

Q: *What should we do in order to regain human compassion?*

A: In order to regain human compassion, we must practice patience, tolerance, and resignation, and be humble.

**Psalm**

*In order to regain human compassion, we must be patient  
and humble,  
With love and forgiveness, our heart naturally achieves  
harmony,  
Working constructively with a sincere heart, nothing is too  
far,  
With the lively human love, we'll return to our origin.*

**Perth, 13 January 2003**

Q: *What should we do in order to bring happiness to everyone?*

A: In order to bring happiness to everyone, we should serve others with a sincere heart.

**Psalm**

*Serving others with a sincere heart, we live happily  
together,  
Understanding human love is truly a profound experience,  
Learning continually, we awaken our consciousness and  
devote ourselves to spiritual cultivation,  
Loving and respecting all creatures, we release our  
blinded passions.*

**Perth, 14 January 2003**

Q: *What should we do in order to develop ourselves spiritually?*

A: In order to develop ourselves spiritually, we must practice the righteous dharma.

**Psalm**

*To develop ourselves spiritually, we must practice,  
Perfecting ourselves, we evolve and advance on the path  
toward purity,  
Avoiding errors and blinded passions, we turn within to  
contain ourselves,  
Balancing our social and spiritual duties, we advance  
rapidly with our own efforts.*

**Perth, 15 January 2003**

Q: *What should we do in order to reach equilibrium?*

A: In order to reach equilibrium, we must concentrate our energy to develop the cranial psychic center at the top of the head.

**Psalm**

*Developing our cranial psychic center, we'll advance,  
With determination, we devote ourselves to spiritual  
perfection and release our worries,  
As our soul develops, we'll have the opportunity for infinite  
guidance,  
Practicing with a serene heart, we'll return to tranquility.*

**Psalm**

*Those who lack wisdom cannot advance spiritually,  
To act with violence brings no benefit and only regression,  
With blocked energy, they cannot advance and are unable  
to practice meditation,  
Causing new karma, they are unable to purify their  
meridians.*

**Perth, 16 January 2003**

*Q: Do those who lack wisdom gain any benefit?*

A: Those who lack wisdom are violent, but have no real substance .

**Psalm**

*To squander one's energy means to harm oneself,  
Burdening oneself, one only causes harm and imprisons  
oneself,  
Lacking purity, one takes in impure energy causing  
melancholy,  
Without an awakened consciousness, one sinks deeper  
into darkness.*

**Perth, 17 January 2003**

*Q: How can one harm oneself?*

A: To squander one's energy means to harm oneself.

**Psalm**

*The necessary thing is to advance spiritually,  
Transforming ourselves through spiritual practice, we  
surmount obstacles on our own,  
Releasing our passions and intransigence, we dissipate  
our own worries,  
Returning to emptiness and serenity, we turn within to  
analyze ourselves and overcome our difficulties.*

**Perth, 18 January 2003**

*Q: What does it mean to squander one's energy?*

A: To squander one's energy means to do unnecessary things.



**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.*

**ANNOUNCEMENT FROM THE VOVI ASSOCIATION OF CANADA**

Dear Master Tam and Dear VoVi Friends,

At the meeting on December 1st, 2002, in the presence of Master Tam, the majority of VoVi friends in Montreal (more than 2/3) have voted to move to a new location – more suitable for the VoVi meditation center.

Following that decision, starting from **March 1st, 2003**, the meditation center “Return to Health and Spirituality” and the headquarters of the VoVi Association of Canada are now relocated at:

4216 Wellington St, #208  
MONTREAL – QUEBEC H4G 1W2  
CANADA  
Phone: (514) 362-0259  
(located in front of the subway stop De L'Eglise)

Respectfully yours,  
PHAN CAO THANG  
President