



# The Life Energy Development Weekly

29 June, 2003

Email: [maioro@yahoo.com](mailto:maioro@yahoo.com)  
[www.vovi.org](http://www.vovi.org)

*Published in concurrence with The Viet LED Weekly 416*

*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*

## Mastering the Four Directions

Mastering all directions of the universe, we return to our true origin,  
With unity and compassion, we advance on our own,  
Releasing our impurities, we make good spiritual progress,  
Serving others with a sincere heart, we restore our balance and fully develop  
our spiritual energy.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 20 April 2003 to 26 April 2003*

Copyright © 2001-2003 by Luong Si Hang & VoVi Association of Canada. All rights reserved.

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 can we meditate well and regularly?*
2. *What are the consequences when one wants to be good but fails to practice well?*
3. *What is wisdom?*
4. *Where does harmony and balance come from?*
5. *Why do we have to release our blinded passions?*
6. *How can we understand our own selves?*
7. *How can we devote ourselves to spiritual self-improvement with determination?*



**Sydney, 20 April 2003, 3:15 AM**

Q: How can we meditate well and regularly?

A: We should spiritually commit our mind and thoughts to meditation in order to be successful.

**Psalm**

*Perfecting ourselves, we advance deeply through our own efforts,  
Transforming ourselves continuously, we dissolve our sorrow on our own,  
Thoroughly understanding the spiritual path, we develop ourselves positively,  
Practicing with sincerity and diligence, we clarify our mind quickly.*

**Sydney, 21 April 2003, 7:35 AM**

Q: What are the consequences when one wants to be good but fails to practice well?

A: Everyone wants to be good, but they don't practice well. These people will only encounter failures.

**Psalm**

*Wanting to be good but lacking practice only augments our agitation,  
Generating blinded passions and cheating ourselves, we grieve in our hearts,  
Without a compassionate heart, our love relations are agitated,  
Lacking wisdom, we only hurt others' feelings.*

**Sydney, 22 April 2003, 12:35 AM**

Q: What is wisdom?

A: Wisdom means spiritual awakening and knowledge which allows us to surmount difficulties.

**Psalm**

*Through spiritual awakening and knowledge, we understand thoroughly with our wise mind,  
With a thorough knowledge, we see the divine order and feel peace inward,  
Achieving balance in our true spiritual consciousness, we surmount difficulties on the spiritual path,  
Experiencing deep transformations, we turn within to analyze our awakened consciousness.*

**Sydney, 23 April 2003, 9:00 AM**

Q: Where does harmony and balance come from?

A: Harmony and balance come after life's actions and reactions.

**Psalm**

*To achieve balance and harmony, we must release blinded passions and intransigence,  
With a clear and wise mind, we analyze and awaken our consciousness,  
We are no longer restless because of passions and agitation,  
Practicing with diligence and sincerity, we fully develop our spiritual energy.*

**Psalm**

*Releasing our blinded passions, our mind becomes clear, and understands things harmoniously, Understanding the principle of the universe, we surmount difficulties on our own, The Lord blesses us with the divine principle at times of transformations, Perfecting ourselves spiritually, we advance together and our heart becomes light and compassionate.*

**Sydney, 24 April 2003, 4:50 AM**

*Q: Why do we have to release our blinded passions?*

A: We have to release our blinded passions because our mind does not have a clear judgement.

**Psalm**

*Returning to our origin through meditative knowledge, we must practice on our own, Loving and respecting the noble Heaven, we awaken ourselves and turn to purity, Balancing both social and spiritual duties, we awaken our spiritual consciousness, Loving and respecting the Lord and Buddha, we practice with a sincere heart.*

**Sydney, 25 April 2003, 6:50 AM**

*Q: How can we understand our own selves?*

A: We must encounter conflicts in the course of our spiritual practice in order to be able to understand ourselves.

**Psalm**

*With determination, we practice on our own to perfect our mind and body, Judging clearly our social and spiritual life, we practice and advance with sincerity, Returning to our pure origin, we avoid causing agitated relations, Developing ourselves spiritually, we practice with efforts to achieve spiritual perfection.*

**Sydney, 26 April 2003, 5:35 AM**

*Q: How can we devote ourselves to spiritual self-improvement with determination?*

A: In order to dedicate ourselves to spiritual perfection with determination, we must practice arduously and diligently on our own and mind our own affairs.



**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.*

**Letter from the Editor**

**Voyages On Earth**

“Voyages on Earth” is translated from the Vietnamese translation of the original Chinese spiritual document for readers to open their minds and try to understand many facets of truth. This book is a companion to the already published book “Voyages to Hell”. It serves to awaken many other human beings who don't know the law of cause and effect.

The Taiwanese use of mediums described in this book should not be confused with VoVi. For further information about the original version of this book, please write to:

SHENG TE MAGAZINE ASSOCIATION  
20 Ching Dao Rd, Section 4  
Tai Chung, Taiwan R.O.C.

**Notes:**

*The attached translation is a rough draft of the book “Voyages on Earth”. A final edited version will be formally published at a later date.*

TO BE CONTINUED NEXT WEEK