



# The Life Energy Development Weekly

28 December, 2003

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Published in concurrence with *The Viet LED Weekly 442*

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

## Human Relations

Lively human love creates natural relations,  
Through them, we have the opportunity to advance and return to unity,  
With a serene heart, we learn and advance gradually,  
Developing our sphere of spiritual energy, we achieve our position naturally.

Respectfully,  
Vi Kien

## Baby Tam Talking To You

from 19 October 2003 to 25 October 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. Do compassionate love and spiritual virtue bring any benefit?
2. What should we do if we wish to return to our pure origin?
3. What should we do in order to correct ourselves and achieve equilibrium?
4. What should we do in order to attain our goal?
5. What does it mean to love and respect all creatures?
6. How do we develop our compassionate heart?
7. What is universal harmony?



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**San Francisco, 19 October 2003 5:50 AM**

Q: Do compassionate love and spiritual virtue bring any benefit?

A: Those who practice compassionate love and spiritual virtue will greatly benefit their minds and bodies.

**Psalm**

*Compassionate love and spiritual virtue benefit all,  
As our soul advances, we appreciate the development  
of our compassion,  
With patience and humility, we save the world and turn  
within to gain inner wisdom,  
Returning to our pure origin, we see the path clearly.*

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**San Francisco, 20 October 2003, 3:40 AM**

Q: What should we do if we wish to return to our pure origin?

A: In order to return to our pure origin, we must be sincere and honest.

**Psalm**

*Returning to the original principle, we release our  
impurities and advance with sincerity,  
Through deep transformations, we live in  
communication with the Lord,  
Purifying ourselves continuously with our own efforts,  
we feel tranquility,  
With sincerity, we practice and advance endlessly.*

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**San Francisco, 21 October 2003, 5:00 AM**

Q: What should we do in order to correct ourselves and achieve equilibrium?

A: In order to correct ourselves and achieve equilibrium, we must abandon all our bad habits.

**Psalm**

*With resolution, we perfect ourselves and attain  
equilibrium,  
With a sincere heart, we practice diligently and accept  
to be silent,  
Returning to our pure origin, our heart is enlightened,  
Practicing meditation, we awaken our consciousness  
and gain inner wisdom.*

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**San Francisco, 22 October 2003, 12:45 AM**

Q: What should we do in order to attain our goal?

A: In order to attain our goal, we must practice extreme patience and humility.

**Psalm**

*With a sincere heart we serve others and reach inner  
harmony,  
Understanding matters from close and afar, we resolve  
difficulties on our own,  
With infinite guidance, we save the world and develop  
our spiritual energy,  
With a sincere heart we work constructively and  
analyze clearly on our own.*

**Psalm**

*Loving and respecting all creatures, we develop ourselves through meditation,  
Releasing our sorrow and worries, we awaken ourselves and reach serenity,  
With constant flexibility, we awaken ourselves and become kinder,  
Developing our insight in both social and spiritual matters, we communicate with the Lord easily.*

**San Francisco, 23 October 2003, 4:01 AM**

*Q: What does it mean to love and respect all creatures?*

A: To love and respect all creatures means that we should develop our compassionate heart.

**Psalm**

*Returning to purity and serenity, we enlighten our mind with our own efforts,  
Transforming ourselves incessantly, we return to unity,  
Learning infinitely, we awaken ourselves and gain inner wisdom,  
On the lively spiritual journey, we analyze the dharma clearly.*

**San Francisco, 24 October 2003, 7:05 AM**

*Q: How do we develop our compassionate heart?*

A: We develop our compassionate heart by practicing extreme patience and humility.

**Psalm**

*Committed to cooperation, we live joyfully together,  
Showing our true spiritual heart, we see the value of spirituality clearly,  
Loving and respecting the noble Lord, we do not regress,  
Practicing together, we advance spiritually and devote ourselves to spiritual training with our own efforts.*

**San Francisco, 25 October 2003, 4:15 AM**

*Q: What is universal harmony?*

A: Universal harmony means that everyone participates.



**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.*