



# 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

## Liveliness

With liveliness, we are able to understand the good original principle ,  
Releasing sorrow and worries, we are no longer fearful,  
Spiritual development proves a thorough spiritual practice,  
Practicing with diligence and sincerity, we transform ourselves to attain  
knowledge and harmony.

Respectfully,  
Vi Kien

## Baby Tam Talking To You

from 29 February 2004 to 6 March 2004

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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 is the correct way to practice?*
2. *Is it possible to achieve thorough knowledge by practicing the true method?*
3. *What is the most valuable thing?*
4. *How can we resolve disturbances in our inner consciousness?*
5. *Why is the consciousness frustrated?*
6. *What is blocked energy?*
7. *What does it mean to silently hold to grudge and anger and cause blocked energy?*



<p><b>Perth, 29 February 2004</b>  Q: <i>What is the correct way to practice?</i></p> <p>A: The correct way is to practice the meditation method and meditative contemplation, and to harmonize with the vibrations of the universe.</p>	<p style="text-align: center;"><b>Psalm</b></p> <p><i>We practice meditative contemplation and turn toward spirituality,  Loving and respecting the noble heaven, we will save ourselves,  Practicing with flexibility, we are void of agitation,  Evolving with a sincere heart, we make no deviation.</i></p>
<p><b>Gold Coast, 1 March 2004</b>  Q: <i>Is it possible to achieve thorough knowledge by practicing the true method?</i></p> <p>A: We will have the opportunity to achieve thorough knowledge by practicing the true method.</p>	<p style="text-align: center;"><b>Psalm</b></p> <p><i>By practicing the true method, we will become diligent,  Practicing the true method with thoroughness, we will advance slowly,  Returning to human compassion, we will work constructively and make progress,  Practicing the true method, we turn inward to analyze ourselves gradually.</i></p>
<p><b>Gold Coast, 2 March 2004</b>  Q: <i>What is the most valuable thing?</i></p> <p>A: Practicing meditation is the most valuable thing.</p>	<p style="text-align: center;"><b>Psalm</b></p> <p><i>Practicing meditation, we release our impurities and develop ourselves in the sphere of energy,  Loving and respecting the Lord and Buddha, our heart becomes benevolent naturally,  Understanding the Lord and Buddha, we communicate easily,  Developing ourselves in all aspects, we feel inner tranquility.</i></p>
<p><b>Gold Coast, 3 March 2004</b>  Q: <i>How can we resolve disturbances in our inner consciousness?</i></p> <p>A: In order to resolve disturbances in our inner consciousness, we must practice the righteous method and understand ourselves better.</p>	<p style="text-align: center;"><b>Psalm</b></p> <p><i>Expanding our wisdom and knowledge, we will judge spiritual matters clearly,  With a serene heart, we will learn and enter by ourselves,  As we evolve continuously, our compassionate energy will ascend to higher levels,  Our mind hoping to achieve endless transformations.</i></p>

**Psalm**

*Blocked energy causes frustration and hindrance,  
We must analyze and find acceptance when our mind  
is restless,  
With an agitated heart, our path will be further  
complicated,  
Lacking purification and spiritual practice, we will block  
our energy.*

**Cairns, 4 March 2004**

Q: *Why is the consciousness frustrated?*

A: The consciousness is frustrated because there is too much blocked energy.

**Psalm**

*Blocked energy causes frustration in the heart and  
mind,  
Silently we lament and remain agitated,  
With a restless heart and mind, we will create  
opportunity for agitation,  
Causing agitation to ourselves, we are unable to purify  
ourselves and unblock our energy.*

**Cairns, 5 March 2004**

Q: *What is blocked energy?*

A: Blocked energy means unspoken anger.

**Psalm**

*With time, blocked energy causes frustration,  
Not paying attention that spiritual development is most  
important,  
With blinded passions and agitation, there is no  
tranquility,  
With constant errors, we will generate new unrest.*

**Cairns, 6 March 2004**

Q: *What does it mean to silently hold to grudge and anger  
and generate blocked energy?*

A: It means to be angry without speaking up.



**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.*