



# The Life Energy Development Weekly

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

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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*

## Harassment

In spite of harassments by profane people, we can still surmount the  
difficulties,  
Liberating ourselves, we invoke silently the mantra Nam-Mo to achieve  
harmony,  
Maintaining our own serenity, we will save our body,  
With a sincere heart, we turn to heaven and achieve success on our own.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 25 April 2004 to 1 May 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 will happen when a meditation practitioner does not accept patience and resignation?*
2. *What will happen if a person calls himself a spiritual adept but does not practice?*
3. *What should we do when we do not understand our blocked energies?*
4. *What does it mean to return to heaven?*
5. *From where to where does the heavenly sphere extend?*
6. *Where is infinity?*
7. *What is the purpose of constantly perfecting ourselves spiritually to have a very bright mind?*



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**Sydney, 25 April 2004 3:09 AM**

Q: *What will happen when a meditation practitioner does not accept patience and resignation?*

A: A meditation practitioner who does not accept patience and resignation will only generate anger.

**Psalm**

*A meditation practitioner who does not accept patience and resignation will augment his anger,  
Unable to advance, he will have difficulty to cultivate himself spiritually and creates his own blindness,  
Unable to work constructively, he will cause destruction,  
Evolving with a serene heart, we no longer keep our illusions.*

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**Sydney, 26 April 2004 4:56 AM**

Q: *What will happen if a person calls himself a spiritual adept but does not practice?*

A: A person who calls himself a spiritual adept but does not practice will suffer from insomnia.

**Psalm**

*Spiritual adepts who do not practice can err easily,  
With an agitated heart, they can neither succeed nor analyze,  
Unable to open the sphere of energy, their minds will become blinded,  
With a worried mind and agitation, they cannot concentrate their energy.*

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**Sydney, 27 April 2004 4:25 AM**

Q: *What should we do when we do not understand our blocked energies?*

A: Our mind is not clear when we are subject to frustration, anger, and sadness.

**Psalm**

*Lacking equilibrium, our minds remain unclear,  
With self-awakening, we achieve insight and perfect ourselves spiritually with flexibility,  
With wisdom, we deeply understand the spiritual equator,  
With a calm heart, we practice and enter the axis naturally.*

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**Sydney 28 April 2004 3:09 AM**

Q: *What does it mean to return to heaven?*

A: To return to heaven means to leave this earth.

**Psalm**

*The soul leaves the body to ascend and evolve higher,  
We turn within to analyze our earthly attachments,  
Releasing our impurities with calmness, we know that the temporary body does not advance,  
Detached, we awaken our consciousness, and turn to spiritual practice for further evolution.*

**Sydney, 29 April 2004 3:11 AM**

Q: *From where to where does the heavenly sphere extend?*

A: The heavenly sphere starts from the deep spiritual thoughts toward infinity.

**Psalm**

*With deep spiritual thoughts, we awaken our soul,  
Returning to purity through meditative awakening, we  
see that the truth is eternal,  
Clearly distinguishing social and spiritual matters, we  
develop our soul on our own,  
Clearly judging the sphere of dharma, we understand  
our path of progress clearly.*

**Sydney, 30 April 2004 4:30 AM**

Q: *Where is infinity?*

A: Infinity means no limit.

**Psalm**

*With infinite tranquility, we discuss with joy and  
advance further,  
Releasing our sorrow and worries, we advance on our  
own,  
With infinite wisdom, we enjoy the sphere of purity,  
With a deep spiritual heart, we practice with our own  
efforts and love ourselves.*

**Sydney, 1 May 2004 8:00 AM**

Q: *What is the purpose of constantly perfecting ourselves  
spiritually to have a very bright mind?*

A: We constantly perfect ourselves spiritually to have a very  
bright mind in order to serve humanity.

**Psalm**

*With a bright mind and a wise heart, we will advance  
smoothly,  
Developing our wisdom, we acquire equilibrium on our  
own,  
Returning to purity through meditative awakening, we  
turn to spirituality,  
Unifying with human compassion, we will continue on  
our spiritual path.*



**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.*