



# The Life Energy Development Weekly

12 September, 2004

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

Published in concurrence with *The Viet LED Weekly 479*

*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*

## Wisdom

With wisdom we thoroughly understand the dharma and its cycle ,  
In the immensity of God and Buddha, we analyze and follow the dharma,  
With a serene heart, we achieve success and develop our wisdom on our  
own,  
Evolving continually, we thoroughly understand the dharma and beyond .  
*Respectfully,*  
*Vi Kien*

## Baby Tam Talking To You

*from 4 July 2004 to 10 July 2004*

Copyright © 2001-2004 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. *What does it mean to have a lustful character?*
2. *What is selfishness?*
3. *What is agitation?*
4. *Can blocked energies cause the loss of order?*
5. *What should we care about?*
6. *What is opportunity?*
7. *What does reunion mean?*



**Wyndham, 4 July 2004 3:35 AM**

Q: *What does it mean to have a lustful character?*

A: A lustful character causes agitation, greediness, and selfishness.

**Psalm**

*With passionate thoughts, one's heart is agitated and  
one loses one's consciousness,  
Burdening the heart and mind, one is filled with great  
agitation,  
Due to selfishness and greediness, one is restless,  
When our physical needs build up, we will suffer an  
even greater agitation.*

**Wyndham, 5 July 2004 4:50 AM**

Q: *What is selfishness?*

A: Selfishness means to bring profits to oneself only.

**Psalm**

*Those who are selfish and greedy think to profit for  
themselves only,  
They remain silent when getting more profits than  
others,  
We should return to our pure origin through meditative  
knowledge to benefit our body,  
Dedicated to our own salvation, we practice the  
spiritual method to achieve knowledge and wisdom.*

**Wyndham, 6 July 2004 5:42 AM**

Q: *What is agitation?*

A: Agitation means to completely lose one's order.

**Psalm**

*Suffering and hardship come from an undecided mind,  
Demoted to a lower energy level, they are unable to  
purify their energy,  
Lust, greediness, and agitation bring all kinds of  
sufferings,  
Those who do not plant seeds of righteousness and  
spiritual virtue will have difficulty to advance spiritually.*

**Atlantic City, 7 July 2004 3:06 AM**

Q: *Can blocked energies cause the loss of order?*

A: Blocked energies always cause agitation.

**Psalm**

*Blocked energies cause restlessness and disharmony,  
Through self-awakening, we analyze and overcome  
the obstacles on our own,  
Balancing both our social and spiritual paths,  
With pureness and harmony, we clearly understand  
the path of spiritual knowledge.*

**Psalm**

*We should care about our heart, mind and body,  
Learning continuously, we will understand on our own,  
We have the opportunity to learn through the deep  
spiritual transformations,  
Awakening our consciousness on our own can be  
difficult.*

**Atlantic City, 8 July 2004 6:15 AM**

Q: *What should we care about?*

A: We should care about matters that relate to ourselves.

**Psalm**

*With the fortunate opportunity of being reunited, we  
should practice in harmony,  
Awakening our consciousness, we attain wisdom and  
turn to pureness on our own,  
Advancing on both social and spiritual paths, we strive  
to achieve unity,  
Working together constructively, we return to unity on  
our own.*

**Atlantic City, 9 July 2004 7:54 AM**

Q: *What is opportunity?*

A: Opportunity means to have the fortunate occasion to meet each other.

**Psalm**

*We are happy to meet each other again,  
With a joyful heart and affectionate thoughts, we do  
not want to be apart,  
Thinking of God and His infinite guidance, now we are  
reunited,  
With love, respect, and affection, we feel the spiritual  
wonders.*

**Atlantic City, 10 July 2004 2:39 AM**

Q: *What does reunion mean?*

A: Reunion means to be able to see each other again.



**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.*