



# The Life Energy Development Weekly

19 December, 2004

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Published in concurrence with *The Viet LED Weekly 493*

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

## **Virtue and Generosity**

Heaven grants us virtue and generosity to return to our unique origin,  
Understanding Heaven and Earth, we will transform ourselves gradually,  
With a wise mind, we will judge the path of heart-dharma clearly,  
Developing our wisdom, we no longer fear karmic retributions.

*Respectfully,  
Vi Kien*

## **Baby Tam Talking To You**

*from 19 October 2004 to 26 October 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) *Can misunderstanding cause agitation?*
- 2) *Why are we agitated and worried?*
- 3) *Why do we have to be patient?*
- 4) *Is there any difference between social and spiritual matters?*
- 5) *How can we be kept up-to-date?*
- 6) *Where does the original principle of Heaven and Earth reside?*
- 7) *How can we practice correctly?*



**Atlantic City, 19 October 2004 5:16 AM**  
Q: *Can misunderstanding cause agitation?*

A: Misunderstanding can cause gossip.

**Psalm**

*Misunderstanding brings gossip and agitation,  
When the mind suffers and is restless, there is no  
health and peace,  
Causing passion and blindness on our own, we are  
unable to advance,  
Practicing the true dharma, we will dissipate our  
sorrowful heart.*

**Atlantic City, 20 October 2004**  
Q: *Why are we agitated and worried?*

A: When we direct our mind too much toward external affairs, we will cause a lot of agitation.

**Psalm**

*Accumulating too many external affairs only causes  
agitation,  
When the true consciousness lacks serenity, energy  
does not flow freely,  
Unable to understand thoroughly, we become more  
agitated,  
Failing to elevate our spiritual energy, we cannot  
discuss philosophy.*

**Atlantic City, 22 October 2004 2:00 AM**  
Q: *Why do we have to be patient?*

A: We have to be patient in order to continue learning on both social and spiritual planes.

**Psalm**

*Developing our sphere of energy, we practice to  
perfect ourselves spiritually,  
Advancing in clarity and wisdom, we will thoroughly  
understand the four ways,  
With a constant flexibility, we will awaken our  
consciousness for spiritual cultivation,  
Developing ourselves on both social and spiritual  
planes, we will analyze and learn on our own.*

**Atlantic City, 23 October 2004 7:45 AM**  
Q: *Is there any difference between social and spiritual matters?*

A: Social matters are always tardy, while spiritual matters are always up-to-date.

**Psalm**

*Compassion can bring very deep transformations,  
Infinite development will increase goodness,  
Through deep spiritual transformations, we will open  
up to the spiritual philosophy,  
Receiving the blessings of the universe, we will  
dissolve our sorrowful heart.*

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**Toronto, 24 October 2004 6:30 AM**

Q: How can we be kept up-to-date?

A: We are kept up-to-date through the common weather.

**Psalm**

*The weather is up-to-date and brings common  
progress,  
Transformations release intransigence and blinded  
passions in the area,  
Both social and spiritual paths must converge for  
progress,  
Releasing sorrow and worries, all spheres will attain  
peace.*

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**Toronto, 25 October 2004**

Q: Where does the original principle of Heaven and Earth reside?

A: The original principle of Heaven and Earth resides in the center of energy of the universe.

**Psalm**

*The universe shines upon the center of energy,  
Learning with a sincere heart, we will receive plenty,  
Loving and respecting the noble heaven, we will attain  
spiritual knowledge,  
The vibrations of the universe will shine equally.*

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**Montreal, 26 October 2004 10:45 PM**

Q: How can we practice correctly?

A: In order to practice correctly, we must practice with a sincere heart.

**Psalm**

*With our heart, we will return to our origin through  
meditative knowledge,  
Understanding the sphere of dharma clearly, we will  
influence our spiritual path,  
Developing our wisdom, we will be flexible and  
compassionate,  
Developing our wisdom, we will analyze clearly on our  
own.*



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**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.*

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