



# The Life Energy Development Weekly

9 January, 2005

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

Published in concurrence with *The Viet LED Weekly 496*

*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*

## Righteous Dharma

A righteous dharma opens up the path for spiritual progress,  
Understanding social and spiritual matters thoroughly, we will naturally feel  
kindness,

Returning to our original path, we practice meditation silently,  
Through deep spiritual transformations, we will feel peace and harmony.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 4 November 2004 to 10 November 2004*

Copyright © 2004 by Luong Si Hang & VoVi Multimedia Communication. 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 gain spiritual benefits?*
- 2) *Why do we need clarity of mind?*
- 3) *Does the meditation practitioner need to devote himself to the service of others?*
- 4) *What kind of service should we provide?*
- 5) *Is there any benefit in giving a warm welcome?*
- 6) *Is there any benefit in harboring hatred and sadness?*
- 7) *Should the meditation practitioner avoid hatred and sadness?*



<p><b>Montreal, 11 November 2004 2:05 AM</b>  Q: <i>What does it mean to gain spiritual benefits?</i></p> <p>A: To gain spiritual benefits means to achieve serenity and clarity of mind.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Spiritual benefits means to enlighten the soul,  Practicing with perseverance and diligence, we will  analyze and harmonize with the dharma,  By resolving social and spiritual issues thoroughly, we  will also purify our soul and body,  Loving and respecting the noble heaven, we will have  the opportunity for infinite guidance.</i></p>
<p><b>Montreal, 12 November 2004 2:25 AM</b>  Q: <i>Why do we need clarity of mind?</i></p> <p>A: We need clarity of mind to serve others better.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>With equilibrium, we will think deeply of the noble  Heaven,  With clarity and wisdom, we will enter the sphere of  energy on our own,  God's love is infinite and He constantly shines His  guidance,  Developing our direct knowledge, our heart will  become compassionate.</i></p>
<p><b>Montreal, 13 November 2004 1:00 AM</b>  Q: <i>Does the meditation practitioner need to devote himself to the service of others?</i></p> <p>A: The meditation practitioner truly needs to devote himself to the service of other followers.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Devoting ourselves to the service of newly initiated  practitioners,  We sow the seed for building the great common  cause,  Loving and respecting the noble Heaven of each area,  We serve with a serene heart and a generous mind.</i></p>
<p><b>Montreal, 14 November 2004 11:20 AM</b>  Q: <i>What kind of service should we provide?</i></p> <p>A: We should provide any service where we are needed.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>We should provide a sincere service when we are  needed,  Releasing sorrow and worries, we remain in a stable  position,  Developing ourselves spiritually, we will liberate  ourselves and converge to the unique origin,  With a serene heart, we serve others and advance  gradually.</i></p>

**Psalm**

*To give a warm welcome brings happiness and flexibility,  
With a lively love, we feel a deeper affection,  
Returning to our origin through human love, our mind and body are happy,  
Developing ourselves, we will achieve thorough knowledge with our flexibility.*

**Montreal, 15 November 2004 10:50 AM**

*Q: Is there any benefit in giving a warm welcome?*

A: Those who have a special treatment like to be welcomed in a warm manner.

**Psalm**

*Hatred and sadness will harm both the mind and body,  
Loving and respecting the noble Heaven with its multiple transformations,  
We will certainly advance on the spiritual path without interruption,  
Serving others with a serene heart, we feel peace in our heart.*

**Montreal, 16 November 2004 3:33 PM**

*Q: Is there any benefit in harboring hatred and sadness?*

A: Harboring hatred and sadness will only harm the mind and body.

**Psalm**

*Hatred and sadness do not benefit the inner consciousness,  
Awakening our mind and body with our own efforts, let's not make mistakes,  
Loving and respecting the Lord and Buddha, we understand the deep transformations,  
With a constant flexibility, we will awaken our own consciousness.*

**Montreal, 17 November 2004 11:50 PM**

*Q: Should the meditation practitioner avoid hatred and sadness?*

A: The meditation practitioner should avoid hatred and sadness which can cause blocked energies in his inner consciousness.



**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.*