



# 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*

## Spiritual Practice

Developing our sincere nature with spiritual practice, we will have the opportunity for divine guidance,

We understand that this material world is like a prison,  
Pulled by karmic forces, we create agitation with new karmic affinities,  
With a sincere heart, we will perfect ourselves spiritually and we will analyze and follow rules on our own.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 18 November 2004 to 24 November 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) *Is there any benefit in having a happy and tranquil mind and body?*
- 2) *Why do we use hatred and sadness?*
- 3) *Why does a meditation practitioner still feel discouraged?*
- 4) *Why do we need to be patient?*
- 5) *Why do we need serenity?*
- 6) *What is adversity?*
- 7) *What is cause and effect?*



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**Montreal, 18 November 2004 5:22 AM**

*Q: Is there any benefit in having a happy and tranquil mind and body?*

A: To have a happy and tranquil mind and body will greatly benefit the whole brain and nervous system.

**Psalm**

*Having a happy and tranquil mind and body is very beneficial,  
Loving and respecting the noble Heaven, we will gain thorough knowledge with our flexibility,  
Awakening ourselves, we will attain spiritual understanding,  
Developing ourselves with a serene heart, we will analyze and follow rules on our own.*

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**Montreal, 19 November 2004 11:04 PM**

*Q: Why do we use hatred and sadness?*

A: We use hatred and sadness in order to conquer our opponent, but we do not know the consequences.

**Psalm**

*We use hatred and sadness to conquer our opponent,  
But silently, the law of cause and effect is evolving and bearing its fruit,  
Awakening our own consciousness, we need to develop ourselves spiritually,  
We should practice patience and resignation with a calm heart to attain peace and harmony.*

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**Montreal, 20 November 2004 7:05 AM**

*Q: Why does a meditation practitioner still feel discouraged?*

A: A meditation practitioner still feels discouraged because he lacks patience.

**Psalm**

*A meditation practitioner still feels discouraged because of his impure energy,  
Thinking of the noble heaven, we should not commit errors,  
Uniting our compassionate love, we should advance and search for our true self on our own,  
Developing our wisdom, we will dissipate our blinded passions and errors.*

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**Montreal, 21 November 2004 5:05 PM**

*Q: Why do we need to be patient?*

A: We need to be patient in order to be able to attain serenity soon.

**Psalm**

*Developing our serenity and clarity of mind, we practice with our own efforts,  
Developing our wisdom, we practice on our own to attain purity,  
Guiding humanity on earth, we harbor no desires,  
Taking refuge in Buddha and His teachings, we abandon rivalry and earthly demands.*

**Montreal, 22 November 2004 5:50 PM**

Q: *Why do we need serenity?*

A: We need serenity in order to surmount adversities.

**Psalm**

*With a clear mind, we will surmount adverse transformations,  
Developing our wisdom, we will analyze and understand on our own,  
Divine transformations occur to provide infinite guidance to agitated people,  
Through deep spiritual transformations, we will analyze with our own mind.*

**Montreal, 23 November 2004 13:45 PM**

Q: *What is adversity?*

A: Adversity is brought by the pull of karmic forces in accordance with the law of cause and effect.

**Psalm**

*Cause and effect drag us in accordance with the karma created,  
With a sincere heart, we practice diligently to release our karma gradually,  
Slowly we analyze and understand the sufferings in this material world,  
Releasing our impurities and progressing spiritually, we will return to our unique origin.*

**Montreal, 24 November 2004 12:15 AM**

Q: *What is cause and effect?*

A: Cause and effect are sowed in anterior lives.

**Psalm**

*Cause and effect are sowed in anterior lives,  
Now karma is materialized and we must face many adverse situations on our own,  
Our mind and body are restless because of the karma of heart,  
When the karmic forces are not resolved thoroughly, we will have to undergo transformations on our own.*



**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.*