



# The Life Energy Development Weekly

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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

## Love and Respect

Loving and respecting the divine love, we will understand and surmount obstacles  
on our own,

Through deep spiritual transformations, we will reach unity and focus our energy,

Inspiring human compassion, we will develop ourselves in a good direction,

With a calm heart and serenity, we rejoice and smile silently.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 29 December 2004 to 5 January 2005*

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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 should we do in order to reach serenity?*
- 2) *Where should we turn when practicing meditation?*
- 3) *What is the benefit of turning toward Heaven?*
- 4) *Where is the place called infinity?*
- 5) *Why do we have to arrive at the determined destination?*
- 6) *Where is the place to stop?*
- 7) *Why do we stop at a place where we cannot go further?*
- 8) *Why do we live in joy and expectance?*



**San Diego, 29 December 2004 7:20 AM**  
Q: What should we do in order to reach serenity?

A: In order to reach serenity, we should practice the meditation method regularly.

**Psalm**

*Practicing the meditation method regularly, we will attain serenity,  
Loving and respecting the noble heaven, we will save ourselves,  
When we practice the righteous dharma thoroughly, we will attain thorough knowledge and wisdom,  
Transforming our spiritual path, we are no longer agitated.*

**Marriott Hotel, 30 December 2004 9:36 AM**  
Q: Where should we turn when practicing meditation?

A: We should turn toward God when practicing meditation.

**Psalm**

*With a sincere heart, we practice diligently and turn toward Heaven,  
The deep original principle shines everywhere,  
Releasing our own impurities, we judge matters clearly and advance in a timely manner,  
As the sun rises brilliantly, our mind and body receive the spiritual energy.*

**Marriott Hotel, 31 December 2004 10:44 PM**  
Q: What is the benefit of turning toward Heaven?

A: When we sincerely turn toward Heaven, we will have the opportunity to advance toward infinity.

**Psalm**

*Returning to our origin through meditative knowledge, we will save our spiritual consciousness,  
Understanding earth and heaven, we will purify our heart on our own,  
Returning to our original root, we will save our body,  
We will accomplish our great vow with spiritual awakening and understanding.*

**Marriott Hotel, 1 January 2005 11:30 AM**  
Q: Where is the place called infinity?

A: To advance toward infinity means to advance to the destination we have determined.

**Psalm**

*To reach the determined destination means that we must reach the goal,  
Practicing the righteous dharma, we will arrive through our practice,  
Returning to our pure origin, everywhere we awaken our consciousness through meditation,  
Realizing our true spiritual heart, we will return to our unique origin.*

**Anaheim Marriott Hotel, 2 January 2005 8:04 AM**  
Q: Why do we have to arrive at the determined destination?

A: We only have enough strength to arrive at that point.

**Psalm**

*Practicing on the direct path, we will arrive at our goal, Our mind and body will have enough strength to arrive at the same time,  
The human mind is limited, and we should purify our mind and body,  
When we have thoroughly practiced and understood the universe, we will advance no further.*

**Anaheim Marriott Hotel, 3 January 2005 8:55 AM**

Q: *Where is the place to stop?*

A: The place to stop is the place where we cannot go further.

**Psalm**

*At a certain level we will reach the limits,  
Returning to our origin through meditative knowledge,  
we will live in joy and leisure,  
Practicing with sincerity and diligence, we turn toward  
heaven in our life,  
Practicing the meditation method, we will rest by  
ourselves.*

**Anaheim Marriott, 4 January 2005 9:23 AM**

Q: *Why do we stop at a place where we cannot go further?*

A: We stop at a place where we cannot go further because it is beyond our capability.

**Psalm**

*Practicing together, it is now time to say good-bye,  
With our own awakening and our own wisdom, we will  
advance every day,  
Uniting our human compassion, we will return to one  
unique origin,  
Evolving with a serene heart, we will unify with human  
compassion.*

**San Diego, 5 January 2005 8:54 AM**

Q: *Why do we live in joy and expectance?*

A: In our life, we should be patient and wait.

**Psalm**

*Seeing a person's face and appearance is not enough  
to know his heart,  
Through mutual understanding, we practice together  
and correct ourselves to reach spiritual perfection,  
Promising to each other that we will practice together,  
we should learn now,  
It is essential that we practice and perfect ourselves to  
advance spiritually and to have a peaceful body.*



**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.*