



# The Life Energy Development Weekly

29 January 2006

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

Published in concurrence with *The Viet LED Weekly 551*

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

## Serenity

Releasing blinded passions and intransigence, we will become serene,  
Loving and respecting the noble Heaven, we will save ourselves,  
Practicing with a sincere heart and diligence, our mind will be beautiful,  
With spiritual practice, we awaken our consciousness and will save ourselves.

*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

*from 16 December to 24 December 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 does it mean to have a clear and bright spirit?*
- 2) *Why do we need to understand ourselves?*
- 3) *How do we achieve the right awakening?*
- 4) *What is the correct way of spiritual cultivation?*
- 5) *How much spiritual practice would be satisfactory?*
- 6) *Where is the right destination?*
- 7) *Where is the sphere of infinity?*



<p><b>San Diego, 16 December 2005 10:15 AM</b>  Q: <i>What does it mean to have a clear and bright spirit?</i></p> <p>A: To have a clear and bright spirit means to be free of agitation and worries.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Free of agitation and worries, our heart is very tranquil,  Undergoing deep transformations, we naturally feel  compassionate,  Loving and respecting God and Buddha, our heart  acquires calmness,  Practicing with diligence and a sincere heart, we attain  tranquility on our own.</i></p>
<p><b>San Diego, 17 December 2005 10:20 AM</b>  Q: <i>Why do we need to understand ourselves?</i></p> <p>A: We need to understand ourselves in order to devote ourselves to spiritual cultivation with our own efforts.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Cultivating ourselves spiritually with our own efforts  and making progress on our own, our mind is bright  and our heart is clear,  Unifying with human compassion, we now reach self-  awakening on our own,  With wisdom and clarity of mind, we clearly  understand human relations,  The spiritual opportunity for self-awakening is truly  wonderful.</i></p>
<p><b>San Diego, 18 December 2005</b>  Q: <i>How do we achieve the right awakening?</i></p> <p>A: Right awakening means infinite awakening.    <i>(Note: No writing on 19 December 2005)</i></p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>We feel joy when looking at the worldly situation with  magnanimity,  Advancing and practicing together, we will return to  one unique origin,  Evolving deeply spiritually, we only think of Heaven,  Loving and understanding clearly God and Buddha,  we devote ourselves to spiritual cultivation with great  efforts.</i></p>
<p><b>San Diego, 20 December 2005</b>  Q: <i>What is the correct way of spiritual cultivation?</i></p> <p>A: The correct way of spiritual cultivation is to open the mind and enlighten the heart.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Compassionate love and forgiveness mean spiritual  awakening and understanding,  Opening our mind and enlightening our heart, we will  advance silently with our own efforts,  We will never end loving and respecting the noble  Heaven,  Unifying with human compassion, we will have the  opportunity for divine guidance.</i></p>

**San Diego, 21 December 2005 2:55 PM**  
Q: *How much spiritual practice would be satisfactory?*

A: Satisfactory practice means to practice until we achieve a thorough understanding.

**Psalm**

*From early morning till late, we live with our honest practice,  
How beautiful is the opportunity to be reunited with the divine love,  
Developing our mind and body, we will enter (the sphere of energy) by ourselves,  
Through the spiritual and social karmic relations, we will sow good seeds.*

**San Diego, 22 December 2005 2:56 PM**  
Q: *Where is the right destination?*

A: The right destination is the sphere of infinity.

*(Note: No writing on 23 December 2005)*

**Psalm**

*With a righteous spiritual practice, we will arrive at the destination,  
Practicing thoroughly on the social and spiritual planes, we constantly think of Heaven,  
Enlightening our heart and seeing our character, we will return to the spiritual path,  
With a sincere heart, we cultivate ourselves spiritually and make progress so that we will enter (the sphere of energy) by ourselves.*

**San Diego, 24 December 2005 1:40AM**  
Q: *Where is the sphere of infinity?*

A: The sphere of infinity is a place where we will keep going without ending.

**Psalm**

*The earthly world has many sceneries and many ways to progress,  
We keep learning without ending, and we keep learning without completing the lessons,  
With spiritual practice, we will attain true knowledge and open ourselves spiritually,  
Respecting God and thinking of Buddha, we will resolve all matters.*



**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.*