



# The Life Energy Development Weekly

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

## **Liberation From The Body**

Agitation is no longer attached to our heart,  
With determination, we devote ourselves to spiritual cultivation and advance silently  
on our own,  
Releasing blinded passions and intransigence, we turn within for our own spiritual  
search,  
When evil spirits harm us, we evolve deeply with flexibility.  
*Respectfully,  
Vi Kien*

## **Baby Tam Talking To You**

*from 1 January to 7 January 2006*

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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) *Why do we rejoice together and meet each other again?*
- 2) *How do we return to our pure origin?*
- 3) *How should we practice?*
- 4) *What does it mean "to be drunk with joy in both social and spiritual life"?*
- 5) *How do we achieve a thorough understanding?*
- 6) *How do we evolve spiritually?*
- 7) *Which path is the short path?*



**Psalm**

*Working constructively together, we never stop,  
Cooperating for positive constructiveness, we will  
transform the divine work,  
Practicing with sincerity and diligence, we silently  
invoke the mantra Nam-Mo-A-Di-Da-Phat,  
Unifying with human compassion, our mind is clear  
and wise.*

**San Diego, 1 January 2006 13:43 PM**

*Q: Why do we rejoice together and meet each other again?*

A: To rejoice together and to meet each other again brings peace and joy.

**Psalm**

*Practicing with sincerity and diligence, we will achieve  
results on our own,  
Our soul and astral body are one, and there is no  
competition,  
Returning to our pure origin, we achieve unity and will  
ascend to higher levels on our own,  
Awakening our own consciousness, our heart and  
mind attain harmony.*

**San Diego, 2 January 2006 13:52 PM**

*Q: How do we return to our pure origin?*

A: We return to our pure origin by practicing the spiritual method with our own efforts.

**Psalm**

*With a sincere heart, we practice the meditation  
exercises,  
Releasing our sorrow and worries, we dissipate our  
own blindness,  
All paths lead to the same one of common practice  
and progress,  
Learning infinitely, we will reach higher awakening.*

**San Diego, 3 January 2006 13:59 PM**

*Q: How should we practice?*

A: We should practice by being joyful.

**Psalm**

*Clearly judging social and spiritual matters whether we  
enter or leave,  
We remain calm and serene in all situations from low  
to high,  
The reason for success comes from common practice  
and progress,  
Releasing our sorrow and worries, we dissipate our  
own sadness.*

**San Diego, 4 January 2006 14:04 PM**

*Q: What does it mean "to be drunk with joy in both social and spiritual life"?*

A: To be drunk with joy in both social and spiritual life means to fulfill the spiritual philosophy.

**Psalm**

*Developing our intuitive knowledge, we will have a  
clear judgment,  
With spiritual practice, we will thoroughly understand  
all domains,  
Proving that we will advance with constructive work in  
social and spiritual life,  
Our sorrow and sadness disappear and no longer  
exist.*

**San Diego, 5 January 2006 3:18 AM**

*Q: How do we achieve a thorough understanding?*

A: We achieve a thorough understanding by our intuitive knowledge.

<p><b>San Diego, 6 January 2006 23:07 PM</b></p> <p>Q: <i>How do we evolve spiritually?</i></p> <p>A: We evolve spiritually with our soul.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Practicing the righteous dharma, we will return to our true soul, Awakening our consciousness, our heart is calm and we release all cruelty, Taking refuge in the dharma of Buddha, we will achieve our survival, Our compassion is lively within our awakened consciousness.</i></p>
<p><b>San Diego, 7 January 2006 23:16 PM</b></p> <p>Q: <i>Which path is the short path?</i></p> <p>A: A shortcut is a short path.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>With a shortcut, we will advance closer to the goal on our own, Turned within, we will examine our social and spiritual journey on our own, Learning incessantly, we will be able to ascend higher easily, With a calm heart and serenity, we will return to our homeland on our own.</i></p>



**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 Vo-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.*