



# The Life Energy Development Weekly

30 April 2006

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Published in concurrence with The Viet LED Weekly 564

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

## Righteousness

Righteousness comes from ourselves when our consciousness awakens,  
We practice to develop our sincere nature and maintain our faith,  
When our mind is directed to the World Above, we will receive unending blessings  
from God,  
Turned to the World Above with a sincere heart, we will receive clear guidance from  
God.  
*Respectfully,  
Vi Kien*

## Baby Tam Talking To You

from 17 March to 23 March 2006 (no writing on 15 and 16 March)

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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 to know matters from close and afar?*
- 2) *What are wrongdoings?*
- 3) *Who can oppose another?*
- 4) *Why do we have to advance constantly?*
- 5) *Why do we need to avoid disasters?*
- 6) *What does it mean "to feel sorrowful"?*
- 7) *Why are we sad?*



**San Diego, 17 March 2006 7:08 PM**

Q: *Is there any benefit to know matters from close and afar?*

A: It is equally beneficial to know matters from close and afar.

**Psalm**

*Focusing our spiritual energy within liveliness, we will awaken our own consciousness,  
With knowledge, we will not become entangled in wrongdoings,  
Unifying with human compassion, we will live with a profound and subtle understanding,  
Practicing with a sincere heart, we will advance spiritually and no longer commit wrongdoings.*

**Atlantic City, 18 March 2006 1:20 PM**

Q: *What are wrongdoings?*

A: Wrongdoings mean incorrect behavior.

**Psalm**

*Lacking order, we cause wrongdoings on our own,  
Loving and respecting the noble Heaven, we will constantly transform ourselves and advance accordingly,  
Knowing ourselves and accepting to learn, we are no longer sorrowful,  
Practicing the true dharma, we will advance constantly with our own efforts.*

**Atlantic City, 19 March 2006, 8:00 PM**

Q: *Who can oppose another?*

A: No one can oppose another.

**Psalm**

*The Almighty Lord has created the world with rules and order,  
We have the fortunate opportunity to evolve spiritually and understand the noble heaven,  
Returning to emptiness, we attain self-awakening and have neither passions nor blindness,  
Undergoing deep transformations, our heart communicates with the World Above.*

**Atlantic City, 20 March 2006, 8:07PM**

Q: *Why do we have to advance constantly?*

A: We have to advance constantly to avoid disasters.

**Psalm**

*Knowing Heaven and Earth, we live within tranquility,  
Achieving the return to our pure origin, we turn within to analyze ourselves,  
Determined to devote ourselves to spiritual cultivation, we advance with our own efforts and live in tranquility,  
Practicing with diligence and a sincere heart, we turn within to analyze ourselves.*

**Atlantic City, 21 March 2006 2:35 AM**

Q: *Why do we need to avoid disasters?*

A: Disasters are impure energy.

**Psalm**

*Excessive lust causes restlessness in the body,  
Those with an impure character, greediness and lustful desires live in a stupefied state,  
The body is suffering, and the soul is unable to advance spiritually,  
Causing pain and anxiety, one also feels sorrowful.*

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**Atlantic City, 22 March 2006 2:45 AM**

Q: *What does it mean "to feel sorrowful"?*

A: To feel sorrowful means to be sad without knowing the reason

**Psalm**

*Unable to attain a clear understanding and achieve  
spiritual progress, one remains stupefied,  
The body and mind are heavy and impure because of  
greediness and lustful desires,  
Loving and respecting the noble heaven, we will rectify  
ourselves,  
Releasing our passions and intransigence, we will  
have the opportunity for divine guidance.*

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**Atlantic City, 23 March 2006 10:30 PM**

Q: *Why are we sad?*

A: We are sad because we do not yet fully understand the matters.

**Psalm**

*We do not understand thoroughly because of our  
agitation,  
Unable to attain a clear knowledge and understanding,  
we will become confused on our own,  
With an agitated heart, we feel uneasy in all matters,  
Knowing ourselves, and accepting to learn and  
understand, we will avoid confusion.*



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**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.*

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