



# 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

## Compassionate Love

The Lord spreads compassionate love everywhere,  
Working constructively, we practice together to return to our unique origin,  
Describing our will for spiritual cultivation, we have the opportunity to attain the  
dharma,  
Learning with equanimity, we will return to our position on our own.  
*Respectfully,*  
*Vi Kien*

## Baby Tam Talking To You

*From 16 March to 22 March 1997*

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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) *Where does the energy of Great Compassion reside?*
- 2) *Where does the circle of Truth arise from?*
- 3) *Does egotism help the spiritual adept?*
- 4) *Where do visualization and understanding come from?*
- 5) *What should we do in order to attain serenity and clarity of mind?*
- 6) *What does it mean "to practice within joy and serenity"?*
- 7) *If we feel serene after a period of practice, is it necessary to continue our practice within serenity?*



<p><b>Sydney, 16 March 1997, 3:00 AM</b></p> <p>Q: <i>Where does the energy of Great Compassion reside?</i></p> <p>A: The energy of great compassion always resides in the upper sphere of purity and lightness. Thus, it is also called the True Bible, and is of immeasurable value on the path of spiritual evolution.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Residing in the sphere of lightness and purity, we feel joy and harmony, Cultivating ourselves with equanimity, we guide others with deep affection, Undergoing continuous transformations, our consciousness attains spiritual awakening, Achieving equilibrium by our own efforts, we clearly see the wonders of the dharma.</i></p>
<p><b>Sydney, 17 March 1997 4:15 AM</b></p> <p>Q: <i>Where does the circle of Truth arise from?</i></p> <p>A: The circle of Truth rises from the middle of the forehead of those who have practiced the exercise of concentration of spiritual energy. After a long period of practice, a circle of energy will be concentrated there, and will project light. The individual will attain a far-reaching knowledge, and understand the original principle of Heaven and Earth. His five inner organs and brains will accumulate pure energy which will harmonize with the pure and light energy of the universe and become illuminated from there.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>With a wise and clear mind, we turn within to analyze ourselves, Achieving understanding through our intuitive knowledge, we lead a tranquil life, Unifying with the earthly emotions, we develop our spiritual heart, As light appears like a sunrise, we provide infinite guidance to others with a quiet heart and mind.</i></p>
<p><b>Sydney, 18 March 1997 3:00 AM</b></p> <p>Q: <i>Does egotism help the spiritual adept?</i></p> <p>A: A spiritual adept who still maintains his egotism will have difficulty in learning and making progress. His soul will be agitated and his mind restless</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Egotism is sowing sadness and agitation in the mind, Encountering suffering and hardship, we cannot understand the word "love", Causing agitation to ourselves, our consciousness does not awaken, Looking at the serene sunrise, we should follow this fine example and cultivate our serenity.</i></p>
<p><b>Sydney, 19 March 1997 5:25 AM</b></p> <p>Q: <i>Where do visualization and understanding come from?</i></p> <p>A: Visualization and understanding are the result of the unification of the mind and body to form purity and lightness, and a full harmonization within and outward, with an intimate connection to the universal source of energy.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Pure energy evolves from the close connection between man and the universe, Ascending to higher levels in an orderly manner, we turn within to discuss with ourselves, On our own, we devote ourselves to a sincere practice, and our mind seeks spiritual awakening, When light shines brilliantly like a sunrise, our mind and body are tranquil.</i></p>

<p><b>Sydney, 20 March 1997 4:45 AM</b></p> <p><i>Q: What should we do in order to attain serenity and clarity of mind?</i></p> <p>A: In order to attain serenity and clarity of mind, we should devote ourselves to the practice of the spiritual method. We should develop with our own efforts the stringent laws of the universe of energy. We should practice in a serious and correct manner, abandon resolutely our preconceived opinions, and cultivate ourselves equally on the social and spiritual paths.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Developing our mind and body, we dissipate our blindness, Judging matters clearly with our wise mind, we are no longer ignorant, Cultivating ourselves equally on the social and spiritual paths, we awaken our consciousness on our own, Analyzing and resolving matters with equanimity, we turn within to perfect ourselves spiritually.</i></p>
<p><b>Sydney, 21 March 1997 2:25 AM</b></p> <p><i>Q: What does it mean “to practice within joy and serenity”?</i></p> <p>A: “To practice within joy and serenity” means to practice with perseverance, without being discouraged. Only then, will we succeed on our spiritual path.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>With acceptance, we remain serene and practice sincerely on our own, Resolving our spiritual matters, we will advance rapidly on our own, No longer procrastinating, our heart understands the value of spirituality, Unifying with the universe, we will succeed naturally.</i></p>
<p><b>Sydney, 22 March 1997, 5:00 AM</b></p> <p><i>Q: If we feel serene after a period of practice, is it necessary to continue our practice within serenity?</i></p> <p>A: The original principle is infinite. As long as we still carry a human body, we still need to practice the spiritual method of releasing the impure energy and preserving the pure energy. The pure energy will harmonize with purity, and we will advance with our own efforts. We will love and respect the dharma, and provide a good influence on others who practice the same method. This is an infinite blessing, and we will truly release our karma and reduce our sufferings.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Developing our lucid mind, we silently invoke the mantra Nam-Mo, With a clear and wise judgment, we are no longer evil, Our heart is detached from the ungratefulness of the profane world, Learning with a calm heart, we will enter (the sphere of energy) with our own efforts.</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 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.*