



# The Life Energy Development Weekly

1 April 2007

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*Published in concurrence with The Viet LED Weekly 612*

*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*

## Psalm

Taking responsibility and understanding clearly, we will carry out all tasks in a  
satisfactory manner,  
Practicing with sincerity, we follow the spiritual path on our own,  
Whether we see God or not, we are no longer agitated,  
Receiving the original energy granted by God, we keep following the spiritual path.

*Vi Kien*

## Baby Tam Talking To You

*From 16 June to 22 June 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) *What does it mean that "nature is immense and splendid"?*
- 2) *Where do obstacles come from?*
- 3) *How do good things happen?*
- 4) *What does love and affection mean?*
- 5) *What does the strict rule of Heaven and Earth mean?*
- 6) *Is the earthly law beneficial for the meditation practitioner?*
- 7) *Does the Vo-Vi practitioner need to keep his word?*



<p><b>Montreal, 15 June 1997 4:50 AM</b></p> <p><i>Q: What does it mean that “nature is immense and splendid”?</i></p> <p>A: “Nature is immense and splendid” means that the natural scenery is formed naturally and is in harmony with the energy of Heaven and Earth. Such a place is called a unique scenic resort. Everyone who visits this resort equally praises the magnificence of Heaven and Earth.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Nature has beautiful sceneries and presents opportunities for splendor and immensity, In its evolution, unique sceneries follow one after another, Nature’s accomplishments are displayed in their true and sincere form, Traversing the ages, the sceneries still remain on earth.</i></p>
<p><b>Montreal, 16 June 1997 5:55 AM</b></p> <p><i>Q: Where do obstacles come from?</i></p> <p>A: Obstacles come from the lack of mutual understanding, which generates hurdles. This earthly world is temporary, but we should strive for mutual understanding in every matter. Only then will we be able to achieve a peaceful life.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Living happily together, our thoughts are benevolent, What a pure atmosphere to be in peace and harmony together! We practice within sincerity and with a true heart, Loving and respecting the noble Heaven, our mind ascends toward purity.</i></p>
<p><b>Montreal, 17 June 1997 5:00 AM</b></p> <p><i>Q: How do good things happen?</i></p> <p>A: Good things happen from failures. In other words, difficult circumstances bring eventually good things. Failure is the mother of success. After suffering comes happiness. The spiritual adept starts from an agitated state and attains serenity with his spiritual cultivation.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Conflicts help the soul in its spiritual evolution, Cultivating ourselves spiritually with great efforts and diligence, we will distance ourselves on our own, We are no longer affected by the ungratefulness of earthly relations, Evolving continuously, we will surmount the obstacles with our own efforts.</i></p>
<p><b>Montreal, 18 June 1997 5:20 AM</b></p> <p><i>Q: What does love and affection mean?</i></p> <p>A: “Love and affection” means to understand others like ourselves. We all belong to the same original principle of Heaven and Earth, and we all have the same capacity in our spiritual practice.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Practicing together, we start from the impure state and advance toward harmony and purity, We no longer harbor rivalries and disputes, Harmonizing with Heaven and Earth, we develop our spiritual mind, Turned toward purity, we save ourselves and purify ourselves.</i></p>

**Psalm**

*Practicing the silent invocation of Nam-Mo-A-Di-Da-Phat with a calm heart, we liberate ourselves and feel happiness,  
We understand that the earthly world is like a plow,  
Our clear and wise mind guides our steps toward spiritual progress,  
The more we practice with diligence and perseverance, the better our opportunities will be.*

**Montreal, 19 June 1997 2:45 AM**

*Q: What does the strict rule of Heaven and Earth mean?*

A: The strict rule of Heaven and Earth means the illumination which is hidden in our inner consciousness. The meditation practitioner must be serene in order to comprehend this point.

**Psalm**

*Living peacefully according to the law, we have no worries,  
With equanimity, we perfect ourselves spiritually to advance and surmount obstacles with our own efforts,  
Understanding the social and spiritual paths clearly, we are void of agitation,  
We practice with a calm heart and end our anxiety.*

**Atlantic City, 20 June 1997 3:00 PM**

*Q: Is the earthly law beneficial for the meditation practitioner?*

A: The earthly law has been established after people created complications and lacked order. It is very beneficial for the meditation practitioner.

**Psalm**

*They are spiritual adepts, but break their word and commit errors,  
Lacking righteousness, they only harm their own mind,  
They cause suffering to themselves by sowing evil thoughts in their mind,  
With a darkened heart and mind, they torment themselves during their life.*

**Atlantic City, 21 June 1997 4:15 AM**

*Q: Does the Vo-Vi practitioner need to keep his word?*

A: It is essential for the Vo-Vi practitioner to keep his word. If he breaks his promise, he is no longer a Vo-Vi person. Those who take advantage of Vo-Vi in order to carry out wrong deeds, will only harm themselves. They will not be able to step onto the door of Vo-Vi, and their soul will fall into decadence in the future.



**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.*