



# The Life Energy Development Weekly

20 May 2007

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Published in concurrence with *The Viet LED Weekly 619*

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

## Practice and Progress

Let's practice and progress to return to our origin to have the opportunity for infinite guidance,

Practicing within sincerity, we invoke silently the mantra Nam-Mo-A-Di-Da-Phat,

Loving and respecting all creatures, our love communicates with divine love,

Practicing with diligence and sincerity, we will liberate our beloved body.

*Vi Kien*

## Baby Tam Talking To You

*From 2 August to 8 August 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 to return to our spiritual heart and mind?*
- 2) *What does it mean to return to our origin?*
- 3) *How can we understand "constructiveness"?*
- 4) *Why are people still attached to their habit of anger and infatuation?*
- 5) *Why do we serve humanity?*
- 6) *What does it mean to practice within joy and serenity?*
- 7) *What does it mean to achieve a high level of spiritual perfection?*



<p><b>Vancouver, 2 August 1997 2:05 AM</b></p> <p><i>Q: What does it mean to return to our spiritual heart and mind?</i></p> <p>A: To return to our spiritual heart and mind means to develop our spiritual heart and mind by practicing the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat in order to become more lucid and serene every day.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Cultivating ourselves spiritually with our own efforts, we will develop our spiritual heart and mind, Understanding the earthly world, we make discoveries on our own, Practicing equally on the social and spiritual paths with an awakened consciousness, We understand Heaven and Earth clearly and know our spiritual journey.</i></p>
<p><b>Olympia, 3 August 1997 2:15 AM</b></p> <p><i>Q: What does it mean to return to our origin?</i></p> <p>A: To return to our origin means that our flux of energy at the cranial psychic center follows a common path and will develop upward toward infinity. Only then will we truly return to our origin. We will only survive if we follow the divine destiny, and we will all develop ourselves equally.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Let's practice and develop ourselves to advance equally, Our heart is neither agitated nor sorrowful, Unifying with God's love, we return to the same origin, No longer deviating, we attain tranquility with our own efforts.</i></p>
<p><b>Washington State, 4 August 1997 4:20 AM</b></p> <p><i>Q: How can we understand "constructiveness"?</i></p> <p>A: In order to be constructive, we must practice patience and resignation, and be altruistic, i.e., we must reduce all our greediness and lust. We must improve ourselves in a constructive way first before being able to have a good influence on the people who will follow us.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Developing our true heart in a constructive way, we will advance accordingly, Correcting our mistakes, we will evolve spiritually and resolve our trials successfully, With perseverance, we cultivate ourselves diligently within lucidity and righteousness, Gaining illumination from our head to the whole body, we advance with our own efforts and make notes accordingly.</i></p>
<p><b>Atlantic City, 5 August 1997 5:00 AM</b></p> <p><i>Q: Why are people still attached to their habit of anger and infatuation?</i></p> <p>A: The meditation practitioner is still subject to anger, infatuation, and resentment because he does not practice the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat sufficiently, and worries about many unnecessary things. He does not devote enough time for self-improvement and repenting his mistakes.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>When we close our heart, we become agitated and our mind cannot attain harmony, Causing suffering to ourselves, we have difficulty to liberate us, When our mind is no longer generous, our heart becomes agitated, Discontent, we shed tears and live like a ghost.</i></p>

<p><b>Atlantic City, 6 August 1997 1:55 AM</b></p> <p>Q: <i>Why do we serve humanity?</i></p> <p>A: We serve humanity in order to increase our lucidity and augment our capacity of patience and resignation.</p>	<p style="text-align: center;"><b>Psalm</b></p> <p style="text-align: center;"><i>Serving others, our mind keeps thinking of God, our Father, With lucidity and wisdom, we achieve relaxation on our own, We now have a very precious opportunity to help, Receiving God's beautiful love, we turn within to analyze the words of truth.</i></p>
<p><b>Atlantic City, 7 August 1997 3:30 AM</b></p> <p>Q: <i>What does it mean to practice within joy and serenity?</i></p> <p>A: To practice within joy and serenity means that the flux of energy of our inner consciousness returns to oneness. When we turn to the World Above and resolve matters through the energy concentration at our cranial psychic center, we will be able to resolve all problems in an easy and serene manner.</p>	<p style="text-align: center;"><b>Psalm</b></p> <p style="text-align: center;"><i>Returning to our origin, our mind becomes more lucid, Judging matters in a solemn manner, we clearly see our spiritual path of progress, We are not agitated by birth, maturity, decay and death, Turned within, we analyze with clarity the celestial mechanism.</i></p>
<p><b>Atlantic City, 8 August 1997 4:40 AM</b></p> <p>Q: <i>What does it mean to achieve a high level of spiritual perfection?</i></p> <p>A: To achieve a high level of spiritual perfection means that the spiritual adept is able to release the karma in his heart with his own efforts. He has progressed from the state of heaviness and impurity to lightness and purity. He is no longer worried and sorrowful, and always feels peace and joy.</p>	<p style="text-align: center;"><b>Psalm</b></p> <p style="text-align: center;"><i>When we understand the original principle thoroughly, we will taste the subtle spiritual savor, Whether there is existence or non-existence, we keep progressing joyfully, Our wise mind judges with clarity the path of righteous knowledge, Returning to emptiness in all aspects, we attain even a greater happiness.</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.*