



# The Life Energy Development Weekly

27 May 2007

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

Published in concurrence with The Viet LED Weekly 620

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

## Impure Energy

Impure energy imprisons our heart and we must endure great suffering,  
Our heart is not serene and is alienated from its beloved body,  
Lacking compassionate love and forgiveness, we increase our greediness and  
carnal desires,  
Practicing patience and resignation, we will enter the spiritual sphere with our own  
efforts.

*Vi Kien*

## Baby Tam Talking To You

*From 9 August to 15 August 1997*

Copyright © 2006 by Luong Si Hang & VoVi Multimedia Communication. All rights reserved.

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 can't people preserve their fresh and lovely body?*
- 2) *Where should we depart in order to arrive at the heavenly middle sphere?*
- 3) *Is there any benefit when we practice to achieve lightness and purity to harmonize with the serene light?*
- 4) *What should we do in order to advance in a serene way?*
- 5) *How can we attain health?*
- 6) *What causes the whole body to emanate light?*
- 7) *Where does the original principle of love and affection reside?*



---

**Atlantic City, 9 August 1997 3:55 AM**

*Q: Why can't people preserve their fresh and lovely body?*

A: Laws of birth, maturity, decay, and death are pre-determined by Heaven and Earth. What comes must eventually go. The soul is imprisoned in the physical body and evolves in accordance with the law of cause and effect in order to return to the sphere of energy and spirituality. Profane people who can practice a dharma to correct their mistakes and perfect themselves spiritually enjoy great bliss because they will create a benevolent cause with their own efforts in order to evolve further. If we practice the dharma with courage and resolution, we will attain good results. We will restore our spiritual citadel, we will achieve equilibrium and lucidity, our consciousness will awaken and understand that birthlessness (eternity) is our true origin, and we will no longer feel aimless.

**Psalm**

*Knowing that we are lucid, our heart and mind are in  
harmony,  
Releasing our impurities, we attain wisdom and gain a  
deep awareness,  
In this present and temporary world, we cultivate  
ourselves spiritually and make progress on our own,  
On our own, we will travel on our brilliant spiritual  
journey.*

---

**Atlantic City, 10 August 1997 5:35 AM**

*Q: Where should we depart in order to arrive at the heavenly middle sphere?*

A: In order to arrive at the heavenly middle sphere, we must project our flux of energy straight from the point at the middle of our forehead. We will arrive directly there, the scenery is magnificent and pleasant to the eyes, and the architecture is modern and majestic.

**Psalm**

*When we practice and arrive at that level, we will  
understand all aspects thoroughly,  
That world is beautiful and lovely, and we do not get  
tired of admiring it,  
We never tire of the lovely spiritual opportunity and  
God's love,  
Seeing the bright heavenly scenery, we want to stay  
forever and not go back.*

---

**Atlantic City, 11 August 1997 3:00 AM**

*Q: Is there any benefit when we practice to achieve lightness and purity to harmonize with the serene light?*

A: To harmonize with the serene light is very beneficial for the soul when leaving the physical body. It will avoid having to enter into the sphere of darkness and suffering.

**Psalm**

*Our soul turns directly to Heaven to advance further,  
We have neither sorrow nor worries,  
Our heart is neither agitated by people's critics nor  
slander,  
On our own, we surmount the obstacles calmly and  
safely.*

**Atlantic City, 12 August 1997 3:20 AM**

*Q: What should we do in order to advance in a serene way?*

A: We should practice both the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat and the Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha diligently. We will then see clearly that the spiritual progression inside our inner consciousness is related with the center of energy of the universe.

**Psalm**

*As our spiritual heart and mind develop, we are no longer infatuated and blinded,  
Understanding the temporariness of this world, we must cultivate ourselves spiritually with our own efforts,  
Awakened, our sacred soul is no longer dependent,  
On our own, we perfect ourselves spiritually and make progress in order to liberate our body from imprisonment.*

**Atlantic City, 13 August 1997 3:35 AM**

*Q: How can we attain health?*

A: We must harmonize and adapt ourselves in mutual relationships in order to attain health. The meditation practitioner should learn the way to harmonize and adapt himself in mutual relationships, i.e., he must practice the Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha in order to develop his consciousness of serenity. Then he will be able to harmonize and adapt himself very easily to any circumstance which may occur. Once he has achieved equilibrium, light will always disperse darkness. On the other hand, darkness can never disperse light.

**Psalm**

*Light and clarity will disperse all impurities,  
No longer criticizing others, our spiritual heart attains awakening,  
Building our spiritual foundation with perseverance, we are no longer confused,  
Enlightening our mind and seeing our nature, we will achieve tranquility on our own.*

**Atlantic City, 14 August 1997 5:05 AM**

*Q: What causes the whole body to emanate light?*

A: The whole body emanates light when the meditation practitioner is able to attain equilibrium and the state of complete contemplation during his meditation practice. His body will relate with the flux of energy of the center of energy of the universe and emanate a circle of light when reaching equilibrium. When he speaks, his words are neither superfluous nor insufficient.

**Psalm**

*How sublime it is to return to our true nature,  
We will understand a lot in our Bible without words,  
Our mind knows that our soul is eternal,  
Practicing the righteous dharma, we will understand the words of truth.*

**Atlantic City, 15 August 1997 2:05 AM**

*Q: Where does the original principle of love and affection reside?*

A: The original principle of love and affection resides at the center of energy of the universe and is related to the cranial psychic center. It always provides comfort and constructive guidance.

**Psalm**

*Helping the true heart advance at each level,  
It is clear, pure, soft and releases impurities in each area,  
When our mind is not agitated, we will resolve matters with tranquility and lucidity,  
Dissipating our intransigence and infatuation, we rejoice ourselves inwardly.*



**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.*

---