



# The Life Energy Development Weekly

15 July 2007

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*Published in concurrence with The Viet LED Weekly 627*

*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*

## Infinite Guidance

With the infinite guidance from God, benevolent people will advance and enter the  
spiritual sphere on their own,  
Abandoning resolutely our earthly heart, we practice the silent invocation of Nam-  
Mo-A-Di-Da-Phat on our own,  
Returning to our unique origin, we receive the divine blessings,  
On our own, we will enter and advance toward infinite lucidity.  
*Vi Kien*

## Baby Tam Talking To You

*From 27 September to 3 October 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) *How should we cultivate ourselves spiritually in order to succeed in our spiritual perfection?*
- 2) *Do people commit any sin if they put the blame on Vo-Vi when they practice the method incorrectly?*
- 3) *What causes the impetuous act which comes from the bottom of one's heart?*
- 4) *What brings praise from people's hearts?*
- 5) *Why do people have to abandon their body when the time comes, even though they are in good health?*
- 6) *Why do earthly people like to criticize and gossip?*
- 7) *What does "Quán-Âm" mean?*



**Montreal, 27 September 1997 3:05 AM**

*Q: How should we cultivate ourselves spiritually in order to succeed in our spiritual perfection?*

A: To be a true spiritual adept, we should engage ourselves in spiritual perfection by accepting to practice patience and resignation within modesty and a constructive spirit.

**Psalm**

*When we cultivate ourselves spiritually with our consciousness, we will resolve matters without being blinded by passions,  
Evolving in a profound manner, our soul will advance in its spiritual perfection,  
Resolute to advance under any circumstance,  
We evolve spiritually with a sincere heart without being ignorant.*

**Montreal, 28 September 1997 2:25 AM**

*Q: Do people commit any sin if they put the blame on Vo-Vi when they practice the method incorrectly?*

A: To practice the method incorrectly and put the blame on Vo-Vi is truly creating a sin for oneself. Vo-Vi is orderly from the silent invocation of Nam-Mo-A-Di-Da-Phat to the practice of the spiritual method. Everything is explained very clearly. Those who add or remove anything in the practice are going against the instructions of the method. To go against Heaven will make one insane and one will be unable to make progress.

**Psalm**

*Spiritual cultivation without sincerity means to imprison one's own body,  
Not knowing the sphere of energy, one will generate agitation,  
Having difficulty to progress and perfect oneself spiritually, one does not make any progress,  
We should practice within sincerity with great diligence.*

**Montreal, 29 September 1997 3:35 AM**

*Q: What causes the impetuous act which comes from the bottom of one's heart?*

A: The impetuous act which comes from the bottom of one's heart is caused by absorbing either pure or impure energy from one's opponent unexpectedly, and cannot be predicted. A spiritual adept who practices regularly the silent invocation of Nam-Mo-A-Di-Da-Phat to release the karma of his heart will rarely experience this situation. Therefore, a true spiritual adept is able to avoid numerous misfortunes, and it is essential to practice instead of theorizing.

**Psalm**

*With the silent invocation of Nam-Mo-A-Di-Da-Phat, we resolve the difficulties and turn within to practice and analyze ourselves,  
Procrastination results when our mind is directed toward rivalries,  
Unifying with our true soul, our consciousness awakens,  
Learning and training ourselves infinitely, we purify ourselves with our own efforts.*

**Montreal, 30 September 1997 2:30 AM**

*Q: What brings praise from people's hearts?*

A: People's praise comes from a common development. Everyone's heart is unanimous, and they praise tasks that are dedicated for the common good within a constructive spirit.

**Psalm**

*When we practice within sincerity, we are no longer strangers,  
With a common root and a common origin, we spontaneously agree with each other,  
Resolute to perfect our consciousness spiritually, we are no longer confused,  
Practicing with joy and sincerity, we will advance in stages.*

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**Montreal, 1 October 1997 4:35 AM**

*Q: Why do people have to abandon their body when the time comes, even though they are in good health?*

A: Everything that heaven and earth have arranged at the time of birth and death must follow their exact timing and hours, and no one can use prayers to achieve anything.

**Psalm**

*After finishing our lessons, we should advance in all areas,  
The karmic retributions for the soul are truly wonderful,  
They cause unending transformations in our consciousness,  
Living in joy and good health, we will always be timely.*

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**Montreal, 2 October 1997 5:15 AM**

*Q: Why do earthly people like to criticize and gossip?*

A: Earthly people like to criticize and gossip, but during their whole lifetime, their soul would only augment its impure energy and increase its worries because of material possessions, greediness, and lust, without a way to escape. In the contrary, a meditation practitioner accepts to shut his mouth to improve himself with his own efforts. He turns toward the purity and brightness of heaven and earth in order to perfect himself spiritually. He reduces his attraction to gossip and earthly emotions with their ungratefulness, and devotes himself resolutely to correct his mistakes and cultivate himself spiritually. He repents his past mistakes, and sincerely abandons the deceitful promises, in order to practice and perfect himself spiritually with his own efforts.

**Psalm**

*Knowing that at our origin, we are truly ignorant,  
We turn within to correct ourselves and cultivate ourselves spiritually to dissipate our blindness,  
No more blinded by passions and agitation, our heart attains the dharma,  
Practicing thoroughly, we achieve success, and our soul and astral body travel leisurely.*

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**Montreal, 3 October 1997 7:30 AM**

*Q: What does “Quán-Âm” mean?*

A: “Quán” means to see, “Âm” means the sound of darkness, i.e., a being able to listen to the laments on suffering and the wishes of humanity, and who becomes touched and wants to provide them salvation and guidance. Similarly to the predecessors guiding the way to the followers, we repent ourselves on our own and correct our mistakes to cultivate ourselves spiritually in order to advance toward reaching equilibrium in our consciousness, instead of praying for favors at any time. Earthly people are greedy and even pray The Bodhisattva Kwan Ying when they buy lottery tickets for winning the lottery. If by chance, they win, they wrongly believe that this is a blessing from Buddha, and they create a bad habit of taking advantage of Him. They have no way to escape from greediness and lust. If they do not accept to engage themselves in perfecting themselves spiritually and rectifying their mistakes, their karma will become heavier each day, and they will not be able to resolve it. In the contrary, the Vo-Vi practitioner practices the method to release his difficulties with his own efforts, and he is not afraid of conflicts due to the earthly relations with their ungratefulness. We should practice in order to clearly see the sublime dharma of Great Compassion, and continue to develop ourselves with the practice.

**Psalm**

*With spiritual practice, we will resolve the problems  
without worries and sorrow,  
To wish for anything only brings restlessness,  
We only cause agitation for ourselves without a way to  
escape,  
The Celestial Mechanism truly exists, and our soul  
must travel across with its own efforts.*



**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.

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