



# The Life Energy Development Weekly

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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

Harmonizing with each other, we rejoice together and dissipate our illusory dreams,  
God's love is serene, and we return to the divine opportunities,  
The celestial mechanism clearly initiates transformations on the emotional and  
mental planes,  
Practicing within austerity, our soul will advance in a timely manner.

*Vi Kien*

## Baby Tam Talking To You

*From 6 December to 12 December 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 results will we get when we practice the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat regularly?*
- 2) *Is there any benefit when our lucid mind analyzes with clarity?*
- 3) *What should we do when the elements water, fire, wind, and earth in our body are not sufficient, so that we become weak and lack spiritual energy, and our soul is restless?*
- 4) *How does our lucid mind develop?*
- 5) *What does "abstract" mean?*
- 6) *How does the divine message get communicated to our spiritual consciousness?*
- 7) *What should we do in order to correct our own mistakes?*



<p><b>Yorba Linda, 6 December 1997 12:00 AM</b></p> <p><i>Q: What results will we get when we practice the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat regularly?</i></p> <p>A: When we practice the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat with sincerity, after a long period of time, we will see a string of beads in front of our chest, which proves that we have unified our flux of energy of wisdom, and it will protect our mind and body. We will be able to realize the Dharma of Buddha and evolve in a fearless way.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Invoking the mantra Nam-Mo-A-Di-Da-Phat with perseverance, we turn to the tower of purity, Developing our soul, we do not create errors, Evolving infinitely, without causing agitation, We practice with diligence and sincerity, and turn within to analyze and discuss.</i></p>
<p><b>Yorba Linda, 7 December 1997 2:55 AM</b></p> <p><i>Q: Is there any benefit when our lucid mind analyzes with clarity?</i></p> <p>A: When our lucid mind analyzes with clarity, it is very beneficial for the evolution of our soul. We will no longer be confused, and we will practice with courage.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Having understood, we will perceive with clarity the path of spiritual cultivation and progress, Awakening our own consciousness, we will gain clarity and advance to surmount obstacles on our own, No longer attached to spiritual relations and earthly emotions, We love and respect all creatures and attain tranquility on our own.</i></p>
<p><b>Yorba Linda, 8 December 1997 5:15 AM</b></p> <p><i>Q: What should we do when the elements water, fire, wind, and earth in our body are not sufficient, so that we become weak and lack spiritual energy, and our soul is restless?</i></p> <p>A: When an element is lacking in our body, our original energy will be inadequate. Our health will deteriorate, our heart and mind will lack lucidity and lose their equilibrium. We should practice the continuous breathing without retention in a sufficient manner in order to restore our health.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>When our heart and mind develop, our energy will be abundant, Unifying our energy, we attain equilibrium and our heart achieves the Tao, When both our breath and energy are unified, our heart will be determined, Practicing the continuous breathing without retention, we will advance toward higher levels.</i></p>
<p><b>Yorba Linda, 9 December 1997 5:25 AM</b></p> <p><i>Q: How does our lucid mind develop?</i></p> <p>A: Our lucid mind develops when we practice the Vo-Vi method in a correct and righteous manner. When we turn toward serenity in our spiritual practice, our lucid mind will develop in a spontaneous and natural manner.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Focusing our energy, we will develop our lucid mind with our own efforts, With a calm heart and serenity, we will see our spiritual journey clearly, Advancing in a natural manner on our own, we awaken our true spiritual heart, With our intuitive knowledge, we do not commit errors and understand our own selves.</i></p>

**Yorba Linda, 10 December 1997 4:55 AM**

Q: What does "abstract" mean?

A: "Abstract" means that it escapes the common consciousness, and an earthly heart cannot imagine it.

**Psalm**

*With an earthly heart, one has difficulty to imagine,  
practice and research,  
Attaining serenity with our own efforts, we turn toward  
the sphere of purity,  
Transforming our heart into a compassionate one, we  
return to light,  
Evolving toward infinity, we evolve rapidly.*

**Yorba Linda, 11 December 1997 4:00 AM**

Q: How does the divine message get communicated to our spiritual consciousness?

A: The divine message is communicated to our consciousness through the sublime pure energy, and how the Vo-Vi practitioner is able to perceive on his own depends on his level of serenity.

**Psalm**

*Through our spiritual practice, we transform ourselves  
continually and attain a lucid mind and a wise heart,  
When our whole body is serene, we have attained  
purity on our own,  
The pure energy transforms our impure body,  
With an awakened consciousness, we practice on our  
own and advance rapidly.*

**Yorba Linda, 12 December 1997 3:00 AM**

Q: What should we do in order to correct our own mistakes?

A: To rectify ourselves, we must practice the Vo-Vi method correctly. We will then build a good habit, i.e., we will correct our mind and body.

**Psalm**

*Diligently saving ourselves, we live a thrifty and  
industrious life,  
Resolving our worries, we will contribute our own  
share,  
Rejoicing ourselves on both spiritual and earthly paths,  
we will advance on the mental and physical planes,  
No longer holding to illusions, we turn within to analyze  
and examine ourselves.*



**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.