



# The Life Energy Development Weekly

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

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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*

## Let's Go Straight Ahead

Let's go straight on one path so that we would clearly understand the way of  
righteousness,  
Let's practice with a sincere heart to understand the consciousness of spirituality,  
Let's return to the source of our pure origin to see the pure light clearly,  
God bestows upon us the spiritual savor so that we would practice and reach  
enlightenment on our own.

*Vi Kien*

## Baby Tam Talking To You

*From 23 May to 29 May 1998*

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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) *Where does pity originate?*
- 2) *Does a Vo Vi practitioner need to be loyal and hold his promises?*
- 3) *Is there any benefit in practicing the Practical Method of VO VI Esoteric Science and Dharma of Buddha?*
- 4) *Why does a spiritual adept still feel self-pity?*
- 5) *What should one do to achieve happiness within serenity?*
- 6) *What does one learn from the earthly emotions?*
- 7) *How does one achieve peace in the inner consciousness?*

<p><b>Cairns, 23 May 1998 7:40 AM</b></p> <p>Q: <i>Where does pity originate?</i></p> <p>A: Pity comes from being able to liberate oneself from one's own sufferings. Only then will one truly appreciate the value of love, which originates from compassion.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Let's be compassionate, sincere, and bring accord, Undeterred by hardship and suffering, we remain warm-hearted, Let's guide and save others with love and respect, Our noble love is flowing abundantly.</i></p>
<p><b>Cairns, 24 May 1998 12:15 AM</b></p> <p>Q: <i>Does a VoVi practitioner need to be loyal and hold his promises?</i></p> <p>A: A VoVi practitioner really needs to be loyal and unchanging in his thoughts and actions. He must sincerely apply himself to be constructive. Then he will very easily progress in accordance with the vibrations of the universe. His energy will naturally reach the state of equilibrium in his inner consciousness.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Let's practice with sincerity to reach a greater insight, Avoiding reliance on others, let's turn within to examine ourselves, Practicing equally on the earthly and spiritual paths, we return to our unique origin, Let's judge with equanimity in order to develop ourselves spiritually.</i></p>
<p><b>Sydney, 25 May 1998 4:00 AM</b></p> <p>Q: <i>Is there any benefit in practicing the Practical Method of Vo Vi Esoteric Science and Dharma of Buddha?</i></p> <p>A: To practice the Practical Method of Vo Vi Esoteric Science and Dharma of Buddha is to practice a method for all methods. The VoVi exercises help the spiritual adept to release the impure energy and preserve the pure energy with his own efforts. Hence, he will be able to re-establish order in accordance with the original principle of God and Buddha. He will no longer feel aimless on the spiritual path as well as the earthly path. The VoVi method will only strengthen one's faith in the religion that one has chosen. One will achieve a greater understanding and advance with greater courage on the spiritual path. One will enter the original principle of Heaven and Earth and follow the divine principle in all one's actions.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Let's devote ourselves to developing our lucid mind, We will develop ourselves in a sincere manner without discriminating low and high, Abandoning our profane heart, we practice in accordance with the sphere of wisdom, Explaining earthly and spiritual matters clearly, we do not color things.</i></p>
<p><b>Sydney, 26 May 1998 3:26 AM</b></p> <p>Q: <i>Why does a spiritual adept still feel self-pity?</i></p> <p>A: A spiritual adept who still feels self-pity does not yet truly devote himself to spiritual practice. His spiritual heart and mind have not yet opened up. He lives in constant agitation, but wrongly believes that he is acting in the right way. He refuses to repent his mistakes and rectify his spiritual consciousness. He talks about serenity, but does not yet achieve serenity. Hence, he is still living like a ghost, and only knows how to profit from others without practicing the dharma in a righteous manner.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Those who cultivate themselves spiritually without correcting their spiritual consciousness still err on the wrong path, To profit from others without practicing the spiritual method will only destroy their heart, Lacking courage and spiritual practice, they won't progress with their own efforts, Holding to their wrongdoings, they won't be able to seek their spiritual nature.</i></p>

<p><b>Sydney, 27 May 1998 5:25 AM</b></p> <p><i>Q: What should one do to achieve happiness within serenity?</i></p> <p>A: In order to achieve happiness within serenity, one must practice the Vo Vi dharma with a sincere heart, and harmonize one's energy with the energy of the whole universe. One will no longer be affected by the actions and reactions of the external environment, and one will advance directly on the path of enlightenment and serenity of the soul. One will naturally free oneself from all worries, and fully enjoy the purity and lightness of God and Buddha.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>By cultivating our spiritual consciousness, we will release all kinds of impurities, Our enlightened soul will be able to judge wisely, The temporary world provides a place for spiritual awakening, Let's correct ourselves to evolve further, and let's analyze ourselves on our own.</i></p>
<p><b>Sydney, 28 May 1998 4:45 AM</b></p> <p><i>Q: What does one learn from the earthly emotions?</i></p> <p>A: From the earthly emotions, one learns that people greedily wish a prolonged life and fear death, which causes unrest in their inner consciousness. A true spiritual adept will clearly know that the soul descends on earth; then it will have to depart from this earth. He will worry neither about life nor death, and he will fully devote himself to spiritual perfection and correcting his mistakes.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>People remain agitated through their earthly emotions, Life actions and reactions constantly cause restlessness, Hardship and sufferings derive from our own heart, Let's take refuge in the dharma of Buddha to detach ourselves from greediness and vice.</i></p>
<p><b>Cairns, 29 May 1998 4:25 AM</b></p> <p><i>Q: How does one achieve peace in the inner consciousness?</i></p> <p>A: Peace in the inner consciousness comes from the development of the energy in the inner consciousness. Once the energy reaches equilibrium, peace will prevail in the inner consciousness, and one's face will always look happy and peaceful.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>The wise and balanced mind always lives in happiness and harmony, Money cannot change its spiritual fragrance, With a lucid mind, we will analyze and judge clearly and attain awakening on our own, How joyful to clearly understand the spiritual Way!</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.