



# 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*

## Achievement

Through spiritual achievement, we return to the pure origin,  
To perfect ourselves, we practice with sincerity and release our impurities,  
Honest towards ourselves, we practice with diligence to succeed on our own,  
Achieving the deep spiritual love, we no longer devise trickeries.

*Vi Kien*

## Baby Tam Talking To You

*From 5 September to 11 September 1998*

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 deeply live both social and spiritual life?*
- 2) *What causes wishes?*
- 3) *Where does the energy of the body reside?*
- 4) *What is the face composed of?*
- 5) *Where do the elements Metal, Wood, Water, Fire, and Earth come from?*
- 6) *What benefits does the practitioner obtain from a diligent and determined practice?*
- 7) *What should one do to properly direct one's mind toward spiritual perfection?*



**Legend of The Sea, 5 September 1998 3:15 AM**

Q: *What does it mean to deeply live both social and spiritual life?*

A: To deeply live both social and spiritual life means to develop our inner consciousness and increase our compassionate energy from inward to outward. In social life, we are able to release the impure energy and adapt ourselves to the present circumstances. In spiritual life, we restore equilibrium to our inner consciousness, and elevate our mind toward the World Above to resolve our problems and analyze ourselves.

**Psalm**

*Only an enlightened consciousness truly has the talent  
to adapt to all circumstances,  
Understanding our soul, we rejoice from within,  
Evolving toward infinity without being interrupted,  
We develop our spiritual consciousness and gain  
lucidity as we advance in stages.*

**Legend of The Sea, 6 September 1998 5:00 AM**

Q: *What causes wishes?*

A: Wishes come from seeing and perceiving, and the desire to realize those wishes. Consequently, one will develop the habit of infatuation, of wanting things and the desire to fulfill these wishes.

**Psalm**

*Karmic relations create habits which modify one's  
state of goodness and peace,  
Attracted and blinded by passions, one wants to obtain  
quickly,  
The body can disappear in a moment,  
Grabbing the pictures, the mind becomes agitated  
quickly.*

**Vancouver, 7 September 1998 5:10 AM**

Q: *Where does the energy of the body reside?*

A: The energy of the body resides in the heart, liver, and kidneys. Once the energy is concentrated, it will project upward on the top of head, and the VoVi practitioner will be able to relate with the pure and light vibrations of the universe. When the energy rises upward and is properly focused, the inner consciousness will become illuminated. Reaching equilibrium means that one has attained the Tao-Heart. One will overcome the world of intransigence and infatuation, and one will no longer lack courage in one's efforts to ascend toward purity and lightness of the soul.

**Psalm**

*Focusing one's energy, one attains peace and evolves  
further to progress with one's body,  
Connected to the energy of the universe, one turns  
within to analyze gradually,  
In the non-existence, there is existence, and one  
advances according to the spiritual opportunities,  
Overcoming the sea of sufferings, one turns within for  
self-analysis.*

**Las Vegas, 8 September 1998 5:25 AM**

Q: *What is the face composed of?*

A: The face is composed of the energy supplied by the organism, as it circulates through the nervous system and the entire body. It affects both the interior and exterior of the body. When the energy radiates and harmonizes with the energy vibrations of the universe, one can determine from the face of the meditation practitioner whether the person is healthy or ill. The more serene one is, the better one can understand others.

**Psalm**

*The body is composed of a very subtle structure,  
Analyzing the sphere of energy with clarity, we will  
advance in a timely manner,  
The energy of the practitioner is constantly connected  
to the universal energy,  
Practicing the true dharma, one turns within to record  
one's progress.*

**Las Vegas, 9 September 1998 2:20 AM**

*Q: Where do the elements Metal, Wood, Water, Fire, and Earth come from?*

A: The elements Metal, Wood, Water, Fire, and Earth are formed from the original principle of naturalness and spontaneity. They are governed by serenity and compassion, i.e., by the energy of Heaven and Earth. This is also called the celestial mechanism, which works in silence and cannot be disclosed.

**Psalm**

*Heaven bestows upon us a pure and subtle energy,  
Which the universe constantly cultivates and expands,  
Those who nurture the energy will advance thoroughly,  
Determined to cultivate the soul, one will progress rapidly.*

**Las Vegas 10 September 1998 1:30 AM**

*Q: What benefits does the practitioner obtain from a diligent and determined practice?*

A: Those who practice with diligence and determination to correct their mistakes and perfect themselves spiritually will bring great benefits to both their soul and body. Who wants to succeed must practice with perseverance.

**Psalm**

*Let's practice within sincerity to return to the true origin,  
Let's develop our innate treasure to relate to the World Above,  
Practicing equally on the social and spiritual paths, we purify ourselves to advance together,  
Let's return to our pure origin, freed of all worries.*

**Las Vegas, 11 September 1998 1:00 AM**

*Q: What should one do to properly direct one's mind toward spiritual perfection?*

A: To properly direct one's mind toward spiritual perfection, one must practice the dharma received in a righteous manner. When one practices correctly, one will develop the soul in the defined direction. One will constantly encounter progress and openness, and will never fall backward.

**Psalm**

*Practice to develop the spiritual mind and inner joy,  
As the consciousness enlightens, one deeply appreciates the dharma,  
With spiritual awakening, one practices with a sincere heart,  
The more one perseveres in spiritual perfection, the greater joy one will get.*



**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.