



# 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*

## Inner Agitation

Inner agitation causes death and hinders the practice of the spiritual method,  
Let's practice within sincerity to purify ourselves with our own efforts,  
As we become illuminated, we will receive God's blessings and have good spiritual opportunities,  
Let's practice with our own efforts and not be disturbed by people's worries.  
*Vi Kien*

## Baby Tam Talking To You

*From 20 March 1999 to 26 March 1999*

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) *When will we realize that we are the children of the Almighty Lord?*
- 2) *Many people believe that they will make a contribution, but they will unknowingly destroy the great cause. Why is it so?*
- 3) *Is there any benefit when we ponder and awaken our consciousness?*
- 4) *Why do meditation practitioners still hold on to intransigence and feel hatred and jealousy among themselves?*
- 5) *Why do people become crazy?*
- 6) *Does a spiritual adept need to love and respect his Master?*
- 7) *What should we do in order to cultivate ourselves spiritually and advance with resolution?*



<p><b>Monaco, 20 March 1999 9:30 AM</b></p> <p><i>Q: When will we realize that we are the children of the Almighty Lord?</i></p> <p>A: When our consciousness is completely unified with the pure light and great compassion of the Lord. At that time, we will only know about love and forgiveness instead of rivalry and intransigence.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>With compassion, we open ourselves widely in all directions, Advancing deeply with our own efforts, we see our progress and itinerary clearly, Resolving all kinds of matters in a blink of an eye, The more we devote ourselves to spiritual cultivation and attain serenity, the greater wisdom we will acquire.</i></p>
<p><b>Monaco, 21 March 1999 3:30 AM</b></p> <p><i>Q: Many people believe that they will make a contribution, but they will unknowingly destroy the great cause. Why is it so?</i></p> <p>A: When one's character is impulsive, one will plant bad seeds and harm the great common cause. For the Vo-Vi meditation practitioner, it means that one will be demoted to a lower level, and one will completely destroy one's spiritual virtue and merit.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Harming others, one wrongly believes to be talented and becomes agitated, Unable to advance, one has difficulty to cultivate loyal thoughts on one's own, Unknowingly harming oneself, one will spread evil thoughts, Let's reduce our worries and agitation in order to live in a leisurely way.</i></p>
<p><b>Monaco, 22 March 1999 11:15 AM</b></p> <p><i>Q: Is there any benefit when we ponder and awaken our consciousness?</i></p> <p>A: To ponder and to turn within to ask oneself is very beneficial. One will develop oneself and admonish oneself on one's own. One will develop one's true consciousness, and one will devote oneself to spiritual cultivation with greater courage.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Entering meditative contemplation with the practice of meditation, we attain serenity and clarity of judgment, Developing ourselves and enlightening our consciousness, we see our progress and itinerary clearly, Practicing equally on the social and spiritual paths, we awaken our consciousness, With perseverance, we practice and advance to acquire even greater wisdom.</i></p>
<p><b>Monaco, 23 March 1999 4:50 AM</b></p> <p><i>Q: Why do meditation practitioners still hold on to intransigence and feel hatred and jealousy among themselves?</i></p> <p>A: Meditation practitioners still feel hatred and jealousy among themselves because they have not resolutely abandoned their animal character. They need to have confrontations in order to awaken their consciousness.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Committing errors because of their animal character, they remain hesitant, Lacking wisdom and clarity of mind, they remain hesitant, Intransigent and greedy, they wrongly believe to have good intentions, Not knowing that their plans will damage their mind and body.</i></p>

**Monaco 24 March 1999 4:00 AM**

Q: *Why do people become crazy?*

A: People become crazy because of their greedy character. They want to understand many issues at the same time and cause their brains to be busy without knowing it. They lose their equilibrium, and turn their mind toward unnecessary things instead of cultivating their serenity, which is more useful.

**Psalm**

*Worried, they have dark and unfounded thoughts, and cause agitation,  
Unable to advance and cultivate themselves spiritually, they cannot finish their tasks,  
Harming themselves, they do not understand clearly  
Why they are unsuccessful and remain imprudent.*

**Monaco, 25 March 1999 2:30 AM**

Q: *Does a spiritual adept need to love and respect his Master?*

A: A spiritual adept needs to have spiritual virtue and merit. He should love and respect his Master, venerate the spiritual path, and practice to obtain good results. He should achieve equilibrium with his own efforts, and turn directly toward spirituality in order to progress.

**Psalm**

*Practicing the righteous dharma, we are not confused,  
Our mind is only peaceful when we venerate the spiritual path and respect our Master,  
Causing disturbances, our consciousness will become agitated and our mind feeble,  
When angry and passionate, our words are agitated,  
but we delude ourselves with our dreams and illusions.*

**Monaco, 26 March 1999 3:50 AM**

Q: *What should we do in order to cultivate ourselves spiritually and advance with resolution?*

A: In order to cultivate ourselves spiritually and advance with resolution, we must engage ourselves to practice the dharma with discipline and correctness. We should remain humble in our spiritual cultivation and progress.

**Psalm**

*Practicing within serenity, we develop our soul,  
Unifying with our true soul, we see our progress and itinerary clearly,  
Thinking of the noble Heaven with affection, we return to our unique origin,  
Practicing with equanimity, we see our itinerary clearly.*



**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.