



# The Life Energy Development Weekly

21 June 2009

Email: [huemai00@gmail.com](mailto:huemai00@gmail.com)  
[www.vovinet.org](http://www.vovinet.org)

Published in concurrence with *The Viet LED Weekly 728*

*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*

## Commitment

Committed to save humanity, we awaken both our mind and body,  
Developing ourselves, we return to our pure origin and become wise on  
our own,  
Let's not harm ourselves with a heart full of desires without a way to  
escape,  
Let's work constructively with a calm heart to attain peaceful opportunities.

*Vi Kien*

## Baby Tam Talking To You

*From 5 September 1999 to 11 September 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) *How pitiful for a meditation practitioner who still turns to the external world! Their soul will be demoted to a lower level; they will create karma instead of releasing it. They suffer without knowing why they are suffering?*
- 2) *How can we achieve a happy soul?*
- 3) *Where do we see happiness in our soul?*
- 4) *What is the value of serenity?*
- 5) *Why is a meditation practitioner still angry and slanders his spiritual master? Does this bring any benefit?*
- 6) *What does it mean to love someone without loving oneself?*
- 7) *Why are there transformations from the celestial mechanism with unending storms and winds?*



**Montreal, 5 September 1999 6:18 AM**

*Q: How pitiful for a meditation practitioner who still turns to the external world! Their soul will be demoted to a lower level; they will create karma instead of releasing it. They suffer without knowing why they are suffering?*

*A: When we lose our equilibrium, we will cause suffering to each other.*

**Psalm**

*Lacking a compassionate heart, we lose our equilibrium,  
Enduring continuous trials, we still do not gain understanding,  
Losing our spiritual mind and carrying an agitated heart, we generate disturbances,  
Lacking a sincere heart, it is difficult for us to attain clarity of mind.*

**Montreal, 6 July 1999 9:07 AM**

*Q: How can we achieve a happy soul?*

*A: When we practice within serenity, our soul will become happy.*

**Psalm**

*On our own, we understand deeply the value of spirituality,  
Working together, we rejoice together and truly taste the spiritual flavor,  
With an undaunted will, we awaken our consciousness,  
Guiding each other to evolve spiritually, we turn within to forge ourselves.*

**Montreal, 7 July 1999 9:13 AM**

*Q: Where do we see happiness in our soul?*

*A: Seeing happiness in our soul means that we see on our own that our capacity of compassion is expanding every day within constructiveness.*

**Psalm**

*Compassion and infinite guidance never stop,  
With an awakened consciousness and equanimity, we will perceive it on our own,  
God's love is vast and deep, and incites our heart to volunteer,  
Returning to our pure origin, we will become even happier.*

**Montreal, 8 September 1999 4:10 AM**

*Q: What is the value of serenity?*

*A: The value of serenity always shines brilliantly everywhere within constructiveness.*

**Psalm**

*Analyzing with clarity each itinerary,  
We are determined not to regress and correct our mistakes on our own,  
Unifying with our true soul, we return to our unique origin,  
With a sincere heart, we practice with diligence in order to attain enlightenment on our own.*

**Atlantic City, 9 September 1999 3:10 AM**

*Q: Why is a meditation practitioner still angry and slanders his spiritual master? Does this bring any benefit?*

*A: A meditation practitioner who is still angry proves that he is not yet able to unblock his impure energy with his spiritual practice. Overflowing with anger can easily lead to incurable diseases.*

**Psalm**

*When practicing a spiritual method, we must participate in trials,  
Anger and passions are all challenges,  
Why would we nurture them to increase irrationality,  
Let's learn and train with equanimity to understand the meaning of the trials.*

**Atlantic City, 10 September 1999 6:35 AM**

*Q: What does it mean to love someone without loving oneself?*

*A: It means that regardless of the person one loves, one always wants to eat them alive, being authoritarian and intransigent.*

**Psalm**

*To love someone more than they do, to love oneself more than others,  
Attached to the sentimental love, one suffers and commits errors,  
Unable to neither advance nor step back, one becomes more agitated,  
With a troubled and passionate mind, one continues to commit errors.*

**Atlantic City, 11 September 1999 7:10 AM**

*Q: Why are there transformations from the celestial mechanism with unending storms and winds?*

*A: There are unending transformations from the celestial mechanism, because there is too much heat energy produced on the planet earth. As a result, the atmosphere of the earth loses its equilibrium, and the temperature will increase.*

**Psalm**

*Our heart is worried because of the calamities caused by waste,  
Acting in vain, on our own, we change colors,  
Irregular storms and winds bring agitation and transformations,  
Let's surrender and awaken our consciousness to advance on the same boat!*



**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.*