



# The Life Energy Development Weekly

27 November 2011

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

Published in concurrence with *The Viet LED Weekly 855*

*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*

## Meditative Knowledge

Returning to our origin through meditative knowledge, our heart is pure and  
light,  
Learning infinitely, we will advance and surmount obstacles on our own,  
Enlightened in spiritual matters and understanding life's affairs, we are no  
longer agitated,  
Practicing with diligence and perseverance, we turn toward purity.  
*Vi Kien*

## Baby Tam Talking To You

*From 7 February 2002 to 13 February 2002*

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 do the pure and impure interact with each other?*
- 2) *What will happen when our bodily organs are imbalanced?*
- 3) *What should one do in order to eradicate one's bad character and bad habits?*
- 4) *Why is our mind agitated?*
- 5) *What should we do in order to perceive the pure energy?*
- 6) *Is there any benefit in repenting one's mistakes?*
- 7) *Do worldly people gain any benefit from their doubts and envy?*



<p><b>1) Atlantic City, 7 February 2002 10:05 AM</b></p> <p>Q: <i>How do the pure and impure interact with each other?</i></p> <p>A: The pure and impure always compete against each other.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Lacking courage, we will have great difficulty to practice, A compassionate heart will help us to advance with profoundness toward purity, Guiding each other to evolve further on the great spiritual path, We resolve our difficulties to enlighten our mind and make rapid progress on our own.</i></p>
<p><b>2) Atlantic City, 8 February 2002 3:50 AM</b></p> <p>Q: <i>What will happen when our bodily organs are imbalanced?</i></p> <p>A: When our bodily organs are imbalanced, both our soul and body will feel heavy.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Losing our equilibrium, our bodily organs are restless, Alternating through sufferings and hardships, we have difficulty to achieve kindness, Feeling anger and nervousness, we have no way to escape, When we fail to practice thoroughly to free our energy, we are unable to attain purity and kindness.</i></p>
<p><b>3) Atlantic City, 9 February 2002 3:25 AM</b></p> <p>Q: <i>What should one do in order to eradicate one's bad character and bad habits?</i></p> <p>A: In order to eradicate one's bad character and bad habits, one should practice the Vo-Vi meditation method with diligence and correct one's mistakes. Then, one will get good results.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>The will to perfect oneself spiritually with one's own efforts is most important, Let's practice the righteous dharma from inward to outward, Let's improve ourselves with a sincere heart to attain human dignity, Loving and respecting our mind and body, we maintain a constant faith.</i></p>
<p><b>4) Atlantic City, 10 February 2002 2:35 AM</b></p> <p>Q: <i>Why is our mind agitated?</i></p> <p>A: Our mind is agitated because it is directed toward needless matters.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Our mind turns toward agitation because of our passions and infatuations, Causing suffering to ourselves and lacking peace, our mind is agitated underneath, We are unable to sleep and become restless because of the perturbations, Let's turn toward the World Above with a calm heart to analyze and search on our own.</i></p>

**5) Atlantic City, 11 February 2002 9:35 AM**

Q: *What should we do in order to perceive the pure energy?*

A: In order to perceive the pure energy, we should let our consciousness harmonize with the spontaneity and naturalness of Heaven and Earth.

**Psalm**

*Naturalness and spontaneity mean common harmony,  
The true nature of our original soul is very sincere,  
We are deeply touched when perceiving our true  
original nature,  
Appreciating the lively divine love, we turn within for  
self-analysis*

**6) Atlantic City, 12 February 2002 3:55 AM**

Q: *Is there any benefit in repenting one's mistakes?*

A: To repent one's mistakes is very beneficial.

**Psalm**

*On our own, we practice with a sincere heart to repent  
our mistakes,  
Opening our mind and developing our consciousness,  
we turn toward the sphere of purity,  
We cause our own errors by refusing to correct  
ourselves,  
Harming ourselves because of our passions and  
errors, we no longer have purity.*

**7) Atlantic City, 13 February 2002 8:35 AM**

Q: *Do worldly people gain any benefit from their doubts and envy?*

A: Worldly people only form a bad habit with their doubts and envy.

**Psalm**

*Slandering others causes agitation and makes oneself  
angry,  
Those with unrighteous desires are restless and like to  
slander others,  
To meddle in the affairs of others brings no benefit,  
With forgiveness and generosity, we'll build our  
compassion.*



**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.