



# 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*

## Virtue

Thanks to our virtue, Heaven grants us the opportunity to return to our  
unique origin,  
Understanding Heaven and Earth, we will transform ourselves gradually  
With a wise mind, we will judge the path of spiritual consciousness clearly,  
Developing our wisdom, we no longer fear karmic retributions.  
*Vi Kien*

## Baby Tam Talking To You

*From 11 April 2002 to 17 April 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 humans realize their compassion?*
- 2) *What is the duty of compassionate people?*
- 3) *What happens when one claims to speak with sincerity but one's heart is not sincere?*
- 4) *What should we do when our heart and mind are restless?*
- 5) *What causes emotions?*
- 6) *Is there any benefit in serving others with full dedication?*
- 7) *How can we know about the middle sphere of heaven?*



<p><b>1) Monaco, 11 April 2002, 8:05 AM</b></p> <p>Q: <i>How do humans realize their compassion?</i></p> <p>A: Humans realize their compassion through their participation.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>To achieve unification, we should participate and help each other, Conflicts in the world will encourage us to advance toward unity, If we fail to realize our great vows, we will encounter agitation, With a sincere heart, let's be resolute and vow to remain truthful.</i></p>
<p><b>2) Monaco, 12 April 2002, 3:25 AM</b></p> <p>Q: <i>What is the duty of compassionate people?</i></p> <p>A: Compassionate people have the duty to serve others with sincerity and dedication.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>With a sincere heart, we serve others selflessly everywhere, Turning our heart toward Heaven, we'll ascend higher, With an abundant spiritual consciousness, we'll have the opportunity for infinite guidance, Understanding both social and spiritual worlds clearly, we practice the silent invocation of Nam-Mo.</i></p>
<p><b>3) Monaco, 13 April 2002, 2:25 AM</b></p> <p>Q: <i>What happens when one claims to speak with sincerity but one's heart is not sincere?</i></p> <p>A: Those who claim to speak with sincerity but whose heart is not sincere only cheat themselves.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>The law of karmic retribution is very righteous, Lacking wisdom, how can one live peacefully? How to make progress when cheating oneself? Those with a false heart and mind are unable to analyze and discuss clearly.</i></p>
<p><b>4) Monaco, 14 April 2002, 4:10 AM</b></p> <p>Q: <i>What should we do when our heart and mind are restless?</i></p> <p>A: When our heart and mind are restless, we should practice the silent invocation of the mantra Nam-Mo-A-Di-Da-Phat regularly, and ease our mind into a slumber during the practice.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Our heart and mind are restless because we lack serenity, Let's awaken our consciousness and devote ourselves to spiritual cultivation to save ourselves, We should turn to a new direction to avoid causing more sufferings to ourselves, Practicing the silent invocation of Nam-Mo-A-Di-Da-Phat with sincerity, we will transform our spiritual journey.</i></p>
<p><b>5) Monaco, 15 April 2002, 1:40 AM</b></p> <p>Q: <i>What causes emotions?</i></p> <p>A: Emotions arise from the feelings of the heart.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Emotions are generated from the heart, With a clear and sublime mind, we return to spiritual practice to develop ourselves, We'll succeed on our own by utilizing the wonderful capacities of our heart and mind, Let's practice continuously to return to the unique scenery.</i></p>

<p><b>6) Monaco, 16 April 2002, 2:25 AM</b></p> <p><i>Q: Is there any benefit in serving others with full dedication?</i></p> <p>A: To serve others with full dedication is very beneficial. When our spiritual virtue abounds, our mind and body will enjoy tranquility.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>When our spiritual virtue abounds, it's easy to advance spiritually, With a serene heart, we'll harmonize with purity, Returning to our true origin, we'll achieve even greater serenity, With an awakened consciousness, we turn within to analyze ourselves quietly.</i></p>
<p><b>7) Amphion-Les-Bains, 17 April 2002, 8:10 AM</b></p> <p><i>Q: How can we know about the middle sphere of heaven?</i></p> <p>A: When we meditate correctly, we will know on our own, and we will see a lively light originating at the center point between the eyebrows.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>With discipline and order, we will advance and transform ourselves to progress further, On our own, we will analyze the subtleties of the immense universe, Developing our wisdom, we will connect with the Lord, Awakening our consciousness, we will surmount obstacles on our own.</i></p>



**Notes:**

*Translated by Xuan Mai (Hue-Mai).*

*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.