



# The Life Energy Development Weekly

19 February 2017

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

Published in concurrence with *The Viet LED Weekly 1128*

*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*

## Mutual Guidance

*Guiding each other to advance spiritually, we live within love and affection,  
Opening up our consciousness, we appreciate the Divine Love and return to  
our unique origin,  
On our own, we awaken ourselves and attain wisdom to enlighten our  
consciousness,  
Returning to emptiness, we guide each other to advance and clearly  
understand the true heart.*

*Vi Kien*

Re

## Baby Tam Talking To You

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) *Why do you explain so many things with eating alone?*
- 2) *Today, you have just undergone the operation to extract the old teeth and implant new ones. Your mouth and lips are all swollen. Why don't you take a break from writing?*
- 3) *What do you feel during the operation?*
- 4) *Are you tired after the operation?*
- 5) *What about your high blood pressure?*
- 6) *Do you feel any energy loss?*
- 7) *Can you sleep well?*



---

*September 16, 1991*

1) Q: *Why do you explain so many things with eating alone?*

A: Eating is a true way to educate humans on the path of progression. We must be fully aware of what we eat and drink. Thus, it is better to speak less during meals. It is best to concentrate on the eating, and direct our thoughts toward God and the Buddha. We are fortunate to receive a complete meal by the Grace of God, and we should thank Him with a sincere heart for the gifts granted. With this awareness, our spiritual mind will advance continuously. On the other hand, if we just gather to party, eat, drink, and talk in a careless way, we will only harm ourselves, and damage our mind and nervous system, and our family will lose peace.

*September 17, 1991*

2) Q: *Today, you have just undergone the operation to extract the old teeth and implant new ones. Your mouth and lips are all swollen. Why don't you take a break from writing?*

A: My mouth is swollen, but not my mind and my hands. I only need my mind and my hands to work. Hence I must work. There is no reason for me not to. God is constantly inspiring me when I write down what I have understood after the meditation hours.

---

*September 17, 1991*

3) Q: *What do you feel during the operation?*

A: I am not afraid at all. My consciousness tenderly embraced the doctor as though I performed the operation myself. I saw clearly each gesture of the doctor as he proceeded to operate. Thus, I felt very secure. I sensed that the doctor was very conscientious and fully concentrated on his work. A Vo-Vi practitioner has the advantage of being able to harmonize with anything at anytime, since he can easily control the flow of his energy. If you can leave your body by soul projection during meditation every night, your benevolent thoughts can also be projected as easily. The doctor worried about my state of health as each minute and second elapsed.

*September 17, 1991*

4) Q: *Are you tired after the operation?*

A: I feel fine. I am taking antibiotics and painkillers.

---

*September 17, 1991*

5) Q: *What about your high blood pressure?*

A: Today, it has returned to normal, although I have to bother Miss Bê to feed me for four consecutive days.

---

*September 17, 1991*

6) Q: *Do you feel any energy loss?*

A: No, my mouth is swollen, but my mind is very clear. I am sending my benevolent energy to all places as usual.

September 17, 1991

7) Q: *Can you sleep well?*

A: I sleep more than usual. Due to the painkillers, I feel very comfortable. I feel happy as usual thanks to my will for spiritual cultivation.



**Notes:**

*The attached translation is a rough draft of Muc Be Tam from the current Vietnamese LED Weekly version, which 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.