



# 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*

## Direction

Let's change direction to return to one unique origin,  
Let's learn and train ourselves with equanimity without discriminating  
among noble and lowly,  
Returning to the source of our origin within serenity,  
We learn and train ourselves continuously in order to awaken our  
consciousness and attain wisdom.

*Vi Kien*

## Baby Tam Talking To You

*From 10 July 1999 to 16 July 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) *What should one do in order to restore peace within one's internal structure?*
- 2) *Why does one feel anger and resentment when encountering failure in competing for fame and gaining profits?*
- 3) *What will happen when one does not know the original principle of the subtle dharma, but wants to be the Master?*
- 4) *Where does the law of karmic retribution reside?*
- 5) *Why do we realize "Love and Spiritual Virtue"?*
- 6) *Why do greedy people always fear poverty?*
- 7) *What does it mean, "the body must bear the consequences of the mind's deeds"?*



**Montreal, 10 July 1999 9:22 AM**

*Q: What should one do in order to restore peace within one's internal structure?*

A: In order to restore peace within one's internal structure, one needs to cultivate oneself spiritually and rectify one's brains in order to return to order and serenity soon thanks to the spiritual method that one is currently practicing. If one devises plots to cause destruction, one will be unable to release the impure energy in one's organism and brains.

**Psalm**

*When impure energy prevails, the mind is not clear,  
As compassion disappears, one will harm one's  
consciousness,  
Those who fight to keep their positions will lack  
serenity,  
Taking in impurities without purifying oneself will only  
cause self-harm.*

**Montreal, 11 July 1999 7:57 AM**

*Q: Why does one feel anger and resentment when encountering failure in competing for fame and gaining profits?*

A: One feels anger and resentment when encountering failure in competing for fame and gaining profits, because one does not practice with one's consciousness, and one's spiritual mind does not develop. One only understands one aspect, but wrongly believes to have a complete knowledge.

**Psalm**

*Without wisdom and clarity of mind, it is hard to  
discuss with the mind,  
Without compassion, the heart is not tranquil,  
Lacking serenity, the consciousness is not yet  
awakened,  
With agitation, the soul cannot transform itself.*

**Montreal, 12 July 1999 2:52 AM**

*Q: What will happen when one does not know the original principle of the subtle dharma, but wants to be the Master?*

A: When a spiritual adept has not yet achieved the level of enlightenment, his heart and mind have not yet achieved wisdom, and he can easily commit errors. In order to be the Master, one must have clarity of mind and serenity. One should be very equitable and impartial. One should practice meditation in a correct and righteous manner. Only then will one have the opportunity to guide and help the people after us to advance further.

**Psalm**

*Practicing the spiritual exercises, we maintain a steady  
and perseverant mind,  
Releasing impurities and understanding both spiritual  
and social paths, we achieve a solid foundation,  
Returning to the source of our origin, our  
consciousness attains wisdom,  
As we improve ourselves with sincerity, we will  
become respectable.*

**Montreal, 13 July 1999 4:25 AM**

*Q: Where does the law of karmic retribution reside?*

A: The law of karmic retribution resides in the consciousness. Therefore, the body must bear the consequences of the mind's deeds. One cannot put the blame on others.

**Psalm**

*When the conscience is not tranquil, one cannot  
achieve a thorough understanding,  
With karma lingering in the heart, one will have  
difficulties to surmount the obstacle,  
The karma will cling to the true soul and cannot be  
detached,  
As it remains entangled and obsesses the mind, one  
will have an agitated heart.*

**Montreal, 14 July 1999 8:11 AM**

Q: Why do we realize “Love and Spiritual Virtue”?

A: We realize “Love and Spiritual Virtue” to help destitute and suffering people awaken their consciousness, in order to see their own errors and devote themselves to spiritual cultivation.

**Psalm**

*Entangled in agitation, one causes blinded passions  
on one’s own,  
Living within suffering, one turns to spiritual cultivation  
and releases ignorance with one’s own efforts,  
Freed of blinded passions and agitation, one’s  
consciousness is awakened,  
With one’s own efforts, one cultivates oneself  
spiritually and corrects one’s mistakes to release one’s  
ignorance.*

**Montreal, 15 July 1999 8:10 AM**

Q: Why do greedy people always fear poverty?

A: Greedy people want to own a lot and fear to lose. Politicians fear to lose the country. We have a country, but do not know how to cultivate and improve it to become better. In the contrary, we absorb agitation into our mind and body, which leads to restlessness and unpredictable diseases, which are incurable. We cannot predict these events, and the more we calculate, the more harm we will harvest.

**Psalm**

*Submerged, they sink deeper as they try to move,  
Unable to understand the sphere of the dharma, they  
want to seek favors,  
Harming themselves, how can they achieve salvation?  
The deeper ingrained they are, the longer their  
misfortune will last.*

**Montreal, 16 July 1999 4:50 AM**

Q: What does it mean, “the body must bear the consequences of the mind’s deeds”?

A: “The body must bear the consequences of the mind’s deeds”, means that one harms oneself unknowingly. One wrongly believes to have gained the sympathy of others, so one incites others and slanders the people who organize a spiritual congress. Doing so means to annoy God unknowingly. It is a great pity for their unrighteous acts, and they will only harm their own mind and body.

**Psalm**

*With their erroneous argumentations, they harm  
themselves and others,  
As the virus invades them, their heart becomes  
miserable by their own fault,  
Even though their original root is despicable, they  
wrongly believe to be good,  
Causing suffering to themselves, their heart is  
unrighteous.*



**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.