



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

Spiritual Awakening

*Through spiritual awakening, we clarify our mind
To advance with our own efforts,
With a balanced social and spiritual life, our mind and body are tranquil,
Developing our true heart, we expand our fortunate opportunity,
Learning continuously, we naturally attain serenity.*

Vi Kien

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) *What is wisdom?*
- 2) *What is the parotid liquid?*
- 3) *What does "THỦ LĂNG NGHIÊM" mean?*
- 4) *What does mantra mean?*
- 5) *What is achievement?*
- 6) *What is agitation?*
- 7) *What is the heart sutra?*



August 28, 1991

1) Q: *What is wisdom?*

A: Wisdom means returning to the lucidity of the spiritual mind. We see clearly that all matter returns to nothingness and even nothingness is void and empty. Only then have we reached true spiritual fulfillment. We deeply understand and harmonize with the state of Buddha. The sweet saliva or parotid liquid in our body helps us learn and evolve toward infinity. All worries disappear by themselves with the development of our innate virtue of compassion.

August 28, 1991

2) Q: *What is the parotid liquid?*

A: The parotid liquid in the human body or microcosm represents the energy that results from the union between the bodily fluids and spiritual energy. That energy communicates with the whole universe. It helps us analyze all sorts of things such as what is true and what is false and illusory in this microcosm. Consequently, a human who is deficient will become sad, while an excessive amount of parotid liquid will give him strength. A person who has the right amount will live in harmony and can easily develop his power of compassion. As his compassion grows, anger and misunderstanding will disappear in a natural way. Thus, it is very hard for a true spiritual adept to become angry. When the Vô Vi practitioner curls his tongue, closes his mouth with incisors against incisors, and invokes the mantra *Nam Mô A Di Đà Phật*, his saliva will flow and circulate according to the orderly law of concentration of energy. With time, the saliva will slowly turn into a sweet dew or parotid liquid, and will help purify all the organs, which relate to the universe. Hence, the Vô Vi practitioner does not need to study through words but still understands the principle of life eternity that encourages him to achieve self-progress and self-awakening.

August 29, 1991

3) Q: *What does “THỦ LĂNG NGHIÊM” mean?*

A: “THỦ” is the head where the center of spiritual energy is concentrated. “LĂNG” means constant evolution. “NGHIÊM” is the law within the mantra that helps a person progress and gain their balance depending on how much spiritual energy they have attained after a meditation session. The concentration of energy develops according to the equilibrium of the nervous system and the mind. Prayers can then be understood very easily. Therefore, many spiritual adepts feel very light and comfortable after reciting the prayer “THỦ LĂNG NGHIÊM”. However, if one just recites this prayer several times without practicing meditation, there won't be any effect. For this reason, I have often reminded ordinary people that without practicing meditation, it is very hard to fully understand the prayers that come from the heart sutra.

August 29, 1991

4) Q: *What does “mantra” mean?*

A: “Mantra” is a means to focus the energy and help the advancement of the soul. The Vô Vi practitioner possesses a mantra or sacred means for advancement, which is the practice of the Exercise of Concentration of Energy. This exercise concentrates the pure energy inherent within each of us, so that, during a human existence, that energy could light up and form a ball of fire called MÔ NI CHÂU or Pearl of Silence. That pearl of silence will then project out and harmonize with all the livery spirits in the whole universe. At that time, we will be learning continuously. For that reason, I have said that spiritual knowledge can be gained without literacy. One can only reach achievement through an assiduous and diligent practice.

August 29, 1991

5) Q: *What is achievement?*

A: Achievement is self-awakening. One understands oneself fully and is no longer agitated.

August 29, 1991

6) Q: *What is agitation?*

A: It means one understands only one side of the matter but not the other, which causes doubtful questions and agitation.

August 29, 1991

7) Q: *What is the heart sutra?*

A: The heart sutra is the expression of pure thoughts that are formed naturally and spontaneously. They are full of compassion and wisdom. The person who has attained the heart sutra has clear and bright eyes that reflect order and discipline, and radiates a vibrant compassion. When looking at a place, he also sends his compassionate vibrations in depth to that place. This is true guidance and salvation, where harmony prevails and dissidence doesn't exist.



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.
