



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

A Clear Mind

With a clear mind, we understand both the tranquil and agitated states, and
practice to advance further,
Releasing sorrow and worries, we awaken ourselves to become more
compassionate,
Attaining serenity, our heart is calm and we feel inner peace,
Practicing with assiduity, we develop ourselves and understand the wise
dharma.

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 spiritual practice?*
- 2) *Why do many people like to complain to you about their difficulties on the spiritual path?*
- 3) *There are people who suffer this mental attitude without knowing it. What can they do?*
- 4) *What does it mean when something has been achieved and when something hasn't been achieved yet?*
- 5) *Where does consciousness come from?*
- 6) *Where does the body come from?*
- 7) *What is peace and happiness?*



September 6, 1991

1) Q: What is spiritual practice?

A: Spiritual practice means the development of mind and will, and the involvement in all aspects according to the principle of serenity. It means integrating and harmonizing with the evolution cycle, not being held back by any obstacles, and using the Great Compassion as the ultimate weapon.

September 6, 1991

2) Q: Why do many people like to complain to you about their difficulties on the spiritual path?

A: These complaints show that the spiritual adept does not practice correctly and does not follow the true will for spiritual progress. Instead, he is looking for external help. In Vo Vi, this is called a coward attitude! They have a path they don't want to follow. They have a consciousness they don't want to develop. Hence they retreat into a whining mood without any chance to escape. They lock themselves into a dangerous position, full of suspicions and agitation. They can never express calm words. Thus, a serene person can easily determine the current level of a person's consciousness by looking at his face.

September 6, 1991

3) Q: There are people who suffer this mental attitude without knowing it. What can they do?

A: In order to cure this mental attitude, they have to practice the Vo Vi method correctly as explained. They should concentrate on their own work and be less distracted by external events. Slowly, their consciousness will become awakened, their mental illness will disappear, and their compassionate heart will develop naturally. Only if we speak little and work a lot, will we have the opportunity to discover our true selves in order to help humanity. We will be able to restore inner peace and harmony in our heart, and rejoice with all levels within serenity.

September 7, 1991

4) Q: What does it mean when something has been achieved and when something hasn't been achieved yet?

A: On the spiritual level, something that has been achieved means something that one's consciousness clearly experiences and understands. On the social level, it means something one can touch and count according to one's karma and limited technical abilities. As such, one continues to follow the constant cycle of reincarnations to learn the lessons of debts and returns, so that one can advance both physically and spiritually.

September 7, 1991

5) Q: Where does consciousness come from?

A: The consciousness is formed by actions and reactions at all levels that torture the heart and mind incessantly through many lives. Eventually, we become aware of our consciousness and true consciousness. The principle of the true consciousness is nothingness, which we realize in a natural and spontaneous way. Through the strong vibrations of our compassionate heart, we become aware of our consciousness, and then we want to search for our true consciousness through spiritual practice. The true consciousness is the round and perfect Truth, where love and open-mindedness are flowing abundantly.

September 7, 1991

6) Q: *Where does the body come from?*

A: The body is formed by the supernatural principle of life in the universe, which is very sophisticated and complex. The law is clearly built in the brain's nervous system, which is related to the organs' nervous system and entire body. It is automatic as the soul enters and leaves the body, as we walk, sit, stand, or lie down. This sophisticated machine with its complex structure is teaching mankind how to find their inherent true selves and become more and more aware of the divine law.

Doing work in society helps our soul understand the principle of birthlessness, and we see clearly that all spirits have a compassionate light. When we understand this fact, we will lead a peaceful and content life. On the other hand, if people have too many ambitions, they will feel that they have not yet achieved enough. Consequently, they feel discouraged and want to commit suicide. They refuse to continue the spiritual journey to understand why every human has a body and mind. From the spiritual point of the view, they will suffer great losses. From the physical point of view, they are defying the law of eternal mutation and reproduction. As a result, both their spiritual life and social life will feel unfulfilled.

September 8, 1991

7) Q: *What is peace and happiness?*

A: Peace means that the compassionate light of the spiritual adept harmonizes with the central source of energy of the universe. Happiness means that one clearly understands the truth of all matters in this world, whether big or small.



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.