



# The Life Energy Development Weekly

16 December 2016

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

*Published in concurrence with The Viet LED Weekly 1119*

*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*

## Development of the Spiritual Mind

Developing our spiritual mind, we practice the true dharma to purify ourselves and attain awakening,  
Practicing with a sincere heart and diligence, we feel more compassion,  
Thanks to the infinite divine guidance, we will have the opportunity to awaken ourselves,  
Learning continuously, we attain knowledge and inner peace by our own efforts.

*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) Which matters are small and which are big?
- 2) How can a meditation practitioner accomplish the big task?
- 3) Where do we go after we die?
- 4) What is wisdom?
- 5) Do people awaken by themselves, or do they need to be entangled in circumstances, that force them into spiritual awakening?
- 6) What does it mean to be insane?
- 7) Does it mean that everyone is insane in this world?



---

*September 8, 1991*

1) Q: *Which matters are small and which are big?*

A: Small matters are: Love romances, recurring love memories. Big matters are: Attaining harmony and awakening one's consciousness, knowing how to control and improve oneself, understanding all passions and intransigence in the school of life, comprehending the principle of life eternity of all sentient beings within oneself, that they should all practice together in order to return to one's true consciousness. One should attain wisdom in order to guide them all, and this is a big task.

*September 8, 1991*

2) Q: *How can a meditation practitioner accomplish the big task?*

A: A meditation practitioner must look after his own affairs, from big to small in order to understand the principle of self-awakening. He must practice assiduously in order to reach the final goal and influence those who will follow the same path in the cycle of soul deliverance. This is a big task, which has to do with the principle of life eternity in all sentient beings, which advance and transform themselves continuously. Consequently, the practitioner will bring peace and happiness to his heart and mind during his lifetime as well as when he dies.

---

*September 8, 1991*

3) Q: *Where do we go after we die?*

A: If you cultivate yourself diligently on the spiritual path during your lifetime, when you die, you will realize your wishes accordingly. For example, if during one's lifetime, a person likes to help others and cultivate his compassionate heart, after his death, he will take another life form, which will enable him to progress more easily on the spiritual path within glory and wisdom.

*September 8, 1991*

4) Q: *What is wisdom?*

A: Wisdom means to understand one's own position and practice according to one's own merit and karma.

---

*September 9, 1991*

5) Q: *Do people awaken by themselves, or do they need to be entangled in circumstances that force them into spiritual awakening?*

A: Life circumstances are ties established by God to enable spiritual awakening. If one refuses to turn to spirituality, one will become more entangled in life's circumstances. For that reason, we can see that many people have lost their mental inner order and have become insane.

---

September 9, 1991

6) Q: *What does it mean to be insane?*

A: An insane person acts against the will of mankind and the Divine Law. He always hurts himself and others, and goes against the evolution cycle. He falls into hatred, passions and intransigence, and has no way to escape. Only meditation can help us restore our spiritual heart, return to our true nature, and free us of all worries. Our mind will be relaxed, light and peaceful. Our thoughts will be elevated toward infinity. Both our mind and body will no longer be agitated. Only when we achieve peace and harmony in our spiritual mind and nervous system, will we realize that we are in fact our own spiritual therapists. Only spiritual practice will allow us to understand this.

September 9, 1991

7) Q: *Does it mean that everyone is insane in this world?*

A: The majority is being led astray by external circumstances. From birth, they have been misled by the artificial light that mankind has invented, and keep believing, that material matters are true. On the contrary, a meditation practitioner can see the pure and infinite light in his consciousness. He will then accept to return to the natural and spontaneous principle. He can express wise words to guide and save himself as well as others.



**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.