



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

True Dharma

Practicing the true dharma, we restore our true spiritual heart and appreciate
the spiritual words,
Developing our mind and body in accordance with the divine guidance,
We expand our wisdom and enjoy a peaceful life,
Releasing our own impurities, we practice the silent invocation of the mantra
Nam-Mo.

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 do you mean by self-analysis?*
- 2) *What is the work of God and the Buddhas?*
- 3) *Does the lightness and purity radiated from anywhere and everywhere come from the divine love?*
- 4) *Why is the human mind sophisticated enough to understand both worldly and spiritual matters?*
- 5) *What is impurity?*
- 6) *What is exceptional about the Land of the Immortals and Buddhas?*
- 7) *Why do all spiritual adepts want to reach the Land of the Immortals and Buddhas?*



September 10, 1991

1) Q: *What do you mean by self-analysis?*

A: We should analyze and thoroughly understand the pure and impure energies in our consciousness. Day by day, we will become more awakened with a better understanding of our position. We will serve others without hesitation and worries. A person with pure energy can harmonize with any situation. A person with impure energy is always entangled in rivalries and calculations. Only if a spiritual adept maintains his consciousness in harmony between social life and spiritual life, will he be able to see his own path clearly.

September 10, 1991

2) Q: *What is the work of God and the Buddhas?*

A: God and the Buddhas' work is the realization of things from emptiness. Ordinary people can neither understand nor discuss this concept. On the other hand, spiritual adepts lead a happy life by releasing the karmas in their consciousness, and by fostering love and respect in their hearts toward God and the Buddhas.

September 10, 1991

3) Q: *Does the lightness and purity radiated from anywhere and everywhere come from the divine love?*

A: Yes. God and the Buddha grant to all beings their capacity for love and compassion at any time, depending on the individual's thoughts and awareness.

September 10, 1991

4) Q: *Why is the human mind sophisticated enough to understand both worldly and spiritual matters?*

A: The human mind is structured from super nature. It is constantly purified by the compassionate energy of the universe according to the energy vibrations and spiritual progression of the individual. Energy is projected and absorbed automatically, depending on the person's feelings and consciousness. Thus, the human mind prefers to deal with new and pure matters rather than old and impure ones.

September 11, 1991

5) Q: *What is impurity?*

A: When referring to the sense of taste and smell, all that is dirty and foul smelling is impure. When referring to energy, fatigue, headaches, and chest pains are all signs of impure energy, which results from consuming rich and enticing foods as well as harboring unrighteous thoughts about others. We should mind our own affairs rather than meddling into others. If we turn ourselves too much toward the external world, it will bind us without our knowing, and this will lead to mental illness.

September 11, 1991

6) Q: *What is exceptional about the Land of the Immortals and Buddhas?*

A: The Land of the Immortals and Buddhas is characterized by the spirit of mutual support and cooperation expressed through the consciousness of harmony. It follows the principle of lightness and purity. Everyone in that land knows how to practice and brighten his halo of energy. The scenery is fresh and vivid, with sweet fruits and scented flowers. Once a spiritual adept who practices correctly arrives at this place by soul projection, he will be enraptured and will no longer want to return to the earthly world. The land is beautiful and poetic. Everything expresses a lively and profound philosophy. Therefore, as a Vo-Vi adept learns and meditates with full dedication, his spiritual energy will progress and reach a state of equilibrium. He will be inspired to express the Truth in simple and concise poems that ordinary people will enjoy reading, but not fully understand. Hence, they will claim these poems to be of a higher level.

September 11, 1991

7) Q: *Why do all spiritual adepts want to reach the Land of the Immortals and Buddhas?*

A: The ultimate goal of the spiritual adept is to liberate himself from his karma in order to return to his spiritual origin, i.e., to return to the light and pure soul's homeland. This is an eternal land where the souls live in a natural and spontaneous way and commune happily with God and the Buddhas. We all enjoy listening to these spiritual aspirations, but during practice, we must resolutely abandon the seven passions and the six desires, and detach ourselves from all karmas, so that we may have the opportunity to appreciate heavenly love more clearly each day.



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.