



The Life Energy Development Weekly

8 January 2017

Email: huemai00@gmail.com
www.vovinet.org

Published in concurrence with *The Viet LED Weekly 1122*

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

Return To The Origin

*Returning to our pure origin through meditative knowledge, we all advance together,
The world will enjoy peace and harmony, freed of sorrow and worries,
When the spiritual consciousness awakens, there is no more procrastination,
With perseverance, we attain self-awakening and transform ourselves with
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 is Nirvana?*
- 2) *People spread rumors that there are many living Buddhas descending on this earth. Is this true?*
- 3) *What is exciting on earth?*
- 4) *Why do you call it illusory?*
- 5) *What is the external world?*
- 6) *What does it mean to be detached?*
- 7) *What is agitation?*



September 12, 1991

1) Q: *What is Nirvana?*

A: Nirvana is a place free from all attachments, where scenery is the soul, and the soul is scenery. One will live in peace and contentment, immersed in a constant state of meditative contemplation. One will project and receive the pure and light energy continuously and spontaneously. One will no longer harbor blames and illusions. Great serenity, eternal life, and everlasting happiness prevail everywhere. Only at this level will the spiritual adept's consciousness truly attain purity and lightness.

September 12, 1991

2) Q: *People spread rumors that there are many living Buddhas descending on this earth. Is this true?*

A: According to the original principle described earlier, one can determine on one's own who is Buddha, and who is an ordinary and profane person. Knowing this should help one's consciousness to advance and reach higher levels, rather than gaining profit by beseeching help from Buddha. Buddha is not a protector but a guide. However, greed pushes people to venerate Buddha to seek His blessings. They refuse to lead a spiritual life to advance and achieve serenity like a Buddha, so how can they have the opportunity to reach the pure and light Nirvana? Nirvana is reserved for enlightened and serene spirits, not for those who desire to know, but refuse to practice. Hence, all those who become a Buddha never call themselves a living Buddha. Only evil spirits who want to be known by people call themselves a living Buddha. In reality, when one achieves the level of Buddhahood, which is the state of equilibrium, purity, and lightness, there is no need for announcement. One's compassion will grow infinitely, and meditative contemplation will resolve everything.

September 12, 1991

3) Q: *What is exciting on earth?*

A: On earth, there are only killings and hatred. There is a constant discrimination, hatred, and war between man and animal, producing mountains of bones. The laws of eternal life of all spirits are disregarded for the momentary desire of delicacies and the claim of worldly possessions, all leading to a loss of spirituality. Man claims that he wants to return to the Shore of Enlightenment, but yet he only seeks self-interest and causes self-inflicted pain and sorrow without realizing it. Life is changing constantly with periods of prosperity and hardship. A spiritual adept calls it karma. He who creates karma must bear its consequences. The body must suffer from the mind's misdeeds. One can't blame anyone else. Only through spiritual practice and self-progress will man have the opportunity to resolve the constant and illusory battle in this temporary world.

September 12, 1991

4) Q: *Why do you call it illusory?*

A: Illusory means imaginary without any real accomplishment, which causes constant suffering. One is only living with hopes. A meditation practitioner must resolutely abandon his illusions, so that he won't be deceived by the external world.

1/7/2017

September 12, 1991

5) Q: *What is the external world?*

A: The external world is suffering! Meaningless romances just delay spiritual learning and progression. The meditation practitioner must remember to avoid this, and detach himself from the illusory and dreamy world in order to develop his pure and light compassionate energy.

September 12, 1991

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

A: Not keeping in one's heart any conflicts, concentrating on increasing one's compassionate energy, and being free of all worries and agitation.

September 12, 1991

7) Q: *What is agitation?*

A: Holding in one's heart any conflict will cause agitation, with no way to liberate oneself.



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.