



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 Perfection

*One can easily detach oneself from this world without agitation,
To purify the profane heart, one performs the full cycle of breathing,
Developing oneself with flexibility without creating turbulence,
One practices the true dharma without harboring any expectation.*

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) *Where do we go after liberation?*
- 2) *What is equilibrium?*
- 3) *So, why do you advise people to lead a spiritual life?*
- 4) *What motivates you to write these questions and answers?*
- 5) *Do meditating monks who practice day and night get any result?*
- 6) *What happens if one doesn't practice correctly?*
- 7) *What must be done then?*



September 12, 1991

1) Q: *Where do we go after liberation?*

A: Liberation means to return to the original principle of purity, lightness and equilibrium.

September 12, 1991

2) Q: *What is equilibrium?*

A: Equilibrium means that the soul is completely detached from all earthly matters, and returns to the principle of double emptiness, i.e., there is neither social life nor spiritual life, but only a Middle Path leading to spiritual progression, lightness and purity.

September 12, 1991

3) Q: *So, why do you advise people to lead a spiritual life?*

A: Leading a spiritual life gives them the opportunity to return to their origin of emptiness. From that emptiness, they will discover the true emptiness, so both will form the double emptiness. One has to free oneself from the karma of heart in order to achieve peace of mind and pure lightness.

September 13, 1991

4) Q: *What motivates you to write these questions and answers?*

A: I feel the spiritual need of my fellow practitioners who are following the same path as I do. Reading this journal gives them an opportunity to relax in a healthy way and open up their consciousness. By reading this journal, they will understand themselves better. They will do less talking and dedicate themselves to spiritual practice. They will discuss less about people's affairs, which is unnecessary gossip.

September 13, 1991

5) Q: *Do meditating monks who practice day and night get any result?*

A: You should ask them directly instead of asking me. The Vo-Vi method is self-practice and self-progress. A spiritual adept who practices correctly will certainly achieve good results. He will understand on his own, and will keep on practicing and preserving the dharma in order to progress.

September 13, 1991

6) Q: *What happens if one doesn't practice correctly?*

A: One knows immediately when one doesn't practice correctly. One tends to worry a lot, and one's consciousness cannot be light and pure. This proves that the spiritual adept is not fully dedicated to spiritual practice. He only claims it to be so, but his heart is not devoted.

September 13, 1991

7) Q: *What must be done then?*

A: These people have to encounter many more life adversities before turning completely toward spirituality.



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.
