



# 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 Commitment

*Committed to cultivate ourselves spiritually, we return to our pure origin,  
Releasing sorrow and worries, we achieve results on our own,  
Evolving continuously, the soul transforms itself and attains awakening,  
Freed of passions and blindness, we return to purity.*

*Vi Kien*

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## 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 happens to people for whom you show the utmost care and affection, but who still do not fully dedicate themselves to spiritual practice?*
- 2) *Is there a way to help them?*
- 3) *What is compassion? Why don't you help them?*
- 4) *Are you now completely detached from everything?*
- 5) *Life is like a perpetual storm. How can we open our consciousness to turn toward spirituality?*
- 6) *There are people who complain that they can't catch up with you. Why?*
- 7) *You said that a human body is structured from the lively energy. Then why does a person still fall ill?*



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*September 13, 1991*

1) Q: *What happens to people for whom you show the utmost care and affection, but who still do not fully dedicate themselves to spiritual practice?*

A: They will reap unending sufferings in their consciousness.

*September 13, 1991*

2) Q: *Is there a way to help them?*

A: I am always willing to help them, but they don't want my help, i.e., they refuse to practice. Thus, I am powerless, and we just have to wait for another encounter in the next life.

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*September 13, 1991*

3) Q: *What is compassion? Why don't you help them?*

A: Compassion is hidden in everyone's consciousness. However, if people don't want to open up their consciousness, how can they be helped? Truth is truth. No one can be cheated. I only practice in order to spread a benevolent influence each day as long as I can.

*September 13, 1991*

4) Q: *Are you now completely detached from everything?*

A: Yes, otherwise I would have several wives today and many other heavy obligations on earth. I certainly wouldn't have time to write these questions and answers for my dear friends to read during their leisure hours.

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*September 13, 1991*

5) Q: *Life is like a perpetual storm. How can we open our consciousness to turn toward spirituality?*

A: Man is created from pure energy. Pure energy is shining down on him as his heart beats every hour, minute, and second. Why doesn't he realize this blessing in order to advance? Only God is capable of guiding and saving us. If we don't turn to God, how can we have the opportunity to lead a life of spiritual perfection? Our Vo-Vi community provides numerous books full of wisdom and spiritual guidance. Only spiritual practice will awaken your consciousness in a timely manner.

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*September 13, 1991*

6) Q: *There are people who complain that they can't catch up with you. Why?*

A: If they don't practice correctly their virtue of patience and resignation, their capacity of compassion cannot develop. If they practice correctly, we will all be equal. There is no need to catch up and no reason to complain.

7) Q: *You said that a human body is structured from the lively energy. Then why does a person still fall ill?*

A: The body must bear the consequences of the mind's misdeeds. For example, harboring unrighteous thoughts about others, or spreading rumors to harm others is a major wrongdoing, which will slow down one's spiritual progression. Blaming others while being ignorant about one's own self, will only bring sorrow even if one falsely believes to be happy by hurting others. One's consciousness will be imprisoned in darkness without one's knowledge.



**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.