



The Life Energy Development Weekly

29 January 2017

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Published in concurrence with *The Viet LED Weekly 1125*

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

Advancements

*Everywhere, advancements clearly show the will of Heaven,
Practicing with sincerity and diligence, we'll attain equilibrium in all domains,
Returning to our pure origin through meditative knowledge, we turn our mind
toward Heaven,
Developing our true soul, we will feel inner peace and harmony.*

Vi Kien

Re

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 should we do to improve ourselves?*
- 2) *In summary, does it mean that we must practice with great sincerity in order to achieve results?*
- 3) *Why don't the Enlightened and Immortals suppress these impure spirits?*
- 4) *Can one distinguish between cruel and kindhearted people?*
- 5) *What does it mean to feel superior?*
- 6) *Are you sad when seeing Vo-Vi practitioners acting like superior beings?*
- 7) *Today is Saturday. Will you take a break?*



September 14, 1991

1) Q: *What should we do to improve ourselves?*

A: You must enlighten your consciousness and correct the flaws of your character. You must practice the spiritual method correctly. Only then will you understand who you are. Speak little and meditate a lot in order to achieve results. Agitation and blind passions will be replaced by peace of mind and wisdom. Your merit will be expressed through your deeds and your bright smile. You will return to your original nature of joy and spontaneity.

September 14, 1991

2) Q: *In summary, does it mean that we must practice with great sincerity in order to achieve results?*

A: True spiritual practice is invaluable, while false practice means making use of the Truth to criticize others. Such a behavior only shows agitation and pettiness. These people's consciousness will not open up and their mind will stay shut. They speak of God, but will never be able to commune with God. Instead, they will become evil spirits with destructive intents. This is an illness.

September 14, 1991

3) Q: *Why don't the Enlightened and Immortals suppress these impure spirits?*

A: The more enlightened they are, the more they must guide and save these impure spirits according to their own level. For example, sudden hardships will give them the opportunity to open up their consciousness slowly and realize how cruelty has darkened their mind. They will then become awakened and repent on their own. Divine love is always shining upon cruel people. There is a popular saying: "*Victory without waging war!*". Kindhearted and cruel people are both guided by the loving hands of the Lord.

September 14, 1991

4) Q: *Can one distinguish between cruel and kindhearted people?*

A: Whether in open or restricted meetings, one can clearly see that kindhearted and cruel people always have completely opposite viewpoints. Only through self-awakening, will one develop one's consciousness of tolerance and harmony. One will then learn continuously in order to advance further and discard one's feelings of superiority.

September 14, 1991

5) Q: *What does it mean to feel superior?*

A: Feeling superior means that the spiritual adept misconceives that everyone needs him, and doesn't realize that he must learn in order to progress. One who is willing to learn will see an opportunity for self-improvement in every aspect of life.

September 14, 1991

6) Q: *Are you sad when seeing Vo-Vi practitioners acting like superior beings?*

A: I am never sad. I simply wait for the day when they will become awakened in order to guide them further.

September 15, 1991

7) Q: *Today is Saturday. Will you take a break?*

A: Saturday is a relaxed day, and one can forget about worldly matters. This is when I have the opportunity to communicate with the consciousness of my fellow practitioners.



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.