



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

Great Unanimity

*With great unanimity, the world will evolve in a full circle,
Opening our consciousness and developing our wisdom, we will purify
ourselves with our own efforts,
Receiving the original principle from Heaven, we will understand with our
flexibility,
With a serene heart, we practice and advance spiritually, and open our aura
with our own efforts.*

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) *How can we recover gambling losses?*
- 2) *Where are you going today?*
- 3) *What happens when people don't chew and just swallow the food?*
- 4) *What should people do if they have the habit of chewing quickly?*
- 5) *What is beneficial?*
- 6) *What is harmful?*
- 7) *Should young people take care of their teeth?*



September 15, 1991

1) Q: *How can we recover gambling losses?*

A: The only way to recover losses is to lead a life of spiritual perfection and cease gambling. Discarding the habit will result in constant gains. This world is like a marshland: The more one struggles, the deeper one sinks in. On the other hand, the more serene one is, the easier one finds a way to escape. That's why I advise common people not to start fights and conflicts. Instead, they should turn within to analyze and criticize themselves in order to advance.

September 16, 1991

2) Q: *Where are you going today?*

A: I am preparing for an oral surgery to implant new teeth more solidly, so that they can help my digestive system. Chewing well will make the bowels work better. Life will be easier afterwards.

September 16, 1991

3) Q: *What happens when people don't chew and just swallow the food?*

A: If you don't chew and just swallow the food, the salivary glands will become inactive. The small intestine will have to work harder and gradually become overburdened. The digestive system will not function properly. Energy cannot be supplied in adequate amount to the brain, which will result in memory loss and a weakened state of health. People at all ages should pay attention to chewing and swallowing in a rhythmic manner to prevent future illnesses.

September 16, 1991

4) Q: *What should people do if they have the habit of chewing quickly?*

A: They must love themselves and monitor their eating habits, which are potentially beneficial or harmful.

September 16, 1991

5) Q: *What is beneficial?*

A: Chewing well will make you healthy. If you correctly follow the law of evolution and the principle of eternal life of all spirits, then all energy from the food will be absorbed into your body.

September 16, 1991

6) Q: *What is harmful?*

A: It is harmful to overburden the organs, which will consequently fail to supply energy in time. The lower and upper parts of the body will not coordinate properly, and the teeth will overlook their duties of helping the intestines. The consequences are unfocused thoughts and criticism of everything without realizing that the self-inflicted damages are caused by bad eating habits. Hence, I advise everyone to reduce his careless activities, both internal and external. His face will look healthier and more peaceful. It is better to listen more and speak less rather than the reverse, which will harm both body and mind. We need to practice meditation more in order to advance faster and control our temperament.

7) Q: *Should young people take care of their teeth?*

A: The teeth are essential to one's life, and are an important instrument to supply food to the body. Chewing and eating well will yield good results. A spiritual adept should try to understand thoroughly both divine and human love. Eating can then better help his body and mind. Eating is a lively philosophy: All spirits are progressing according to their inherent ability. One will clearly understand one's own duty and one's own position.



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.