



# 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 Evolution

*As our true soul evolves, we awaken our consciousness on our own and  
devote ourselves to spiritual perfection,  
With love and affection, and the Lord's infinite guidance, we clearly analyze  
our soul,  
Working constructively within love and respect, we bring transformations  
near and afar,  
To achieve universal harmony and spiritual progress, we should engage  
ourselves in the practice of harmony.*

*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) *Your face is all blue and swollen. Don't you feel any pain?*
- 2) *What do your friends think when they see your swollen face?*
- 3) *Do you like working very much?*
- 4) *Are you really feeling better today?*
- 5) *In the current issue of the V6-Vi Newsletter, there is an article on the teachings of "God's Divine Manifestation". What do you think? Are these teachings right or wrong?*
- 6) *How many people truly understand what you say?*
- 7) *What is a fortunate encounter?*



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*September 17, 1991*

1) Q: *Your face is all blue and swollen. Don't you feel any pain?*

A: Everything is fine. I believe that it will return to normal within the next few days. It's no different than an internal revolution in the area of the mouth and lips. Order will be restored, and they will work better than before. Similarly, the spiritual adept will regain the glorious value of his consciousness after practicing meditation.

*September 17, 1991*

2) Q: *What do your friends think when they see your swollen face?*

A: My dear friends feel very sorry for me, but everything has been pre-arranged. There is nothing to worry about.

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*September 17, 1991*

3) Q: *Do you like working very much?*

A: There is no change in my consciousness. I feel that everyone loves me, and the more I feel it, the more I want to work. Unfortunately, my correspondence is piling up because I can't speak and Miss Bê can't do any typing. I am very sorry and apologize to all my remote friends who are awaiting my response.

*September 18, 1991*

4) Q: *Are you really feeling better today?*

A: My face is less swollen and I feel much better. I feel that everything is back to normal, and I can meditate as usual without any problem. All things are ruled by the consciousness. If the consciousness is agitated, everything will also be agitated. If the consciousness is serene, everything will be resolved in a harmonious way. Impatience only creates sorrow and is completely unnecessary. All spiritual methods are divine. One should keep that in mind and continue the spiritual practice rather than pursue the external world. When one develops the spiritual heart, one will be able to reach the goal of Great Enlightenment.

Although the human body has numerous demands, when returning to the Principle of Oneness, only pure energy matters. When one understands this principle, one will suffer less by seeing the law of cause and effect more clearly. If one does not remain silent and practice the spiritual method assiduously, one will only waste a whole human existence! One can differentiate between good and bad, yet one still makes various demands without any spiritual practice. How would one arrive at the opportunity to liberate oneself?

If you meet Buddha only to seek favors, if you meet God only to blame and burden Him, you will only create your own playground, which is Hell. By looking at a person's face, an enlightened spiritual adept can see what karma that person has brought with him from his previous life. From the moment of birth, we all seek to be perfect, but what we end up with is vanity and greed. We lose sight of our path like blind wanderers in the desert. Thanks to the meditation practice, I have achieved a constant state of tranquility and happiness today. My thoughts are always directed toward God and the Buddhas. I never think about personal interest. I only know that I need to cultivate love and forgiveness, and develop my spiritual mind.

September 19, 1991

5) Q: *In the current issue of the Vô-Vi Newsletter, there is an article on the teachings of "God's Divine Manifestation". What do you think? Are these teachings right or wrong?*

A: Whether they are right or wrong depends on the consciousness of the spiritual adept. He must understand the Truth with his own efforts. In short, only exhortation to spiritual cultivation is important. The Vô-Vi practitioner's will to advance on the spiritual path is no different than God's will Who wants all beings to progress and develop spiritually. The Vô-Vi adept becomes awakened through practice. Without practice, one will just limit oneself to pure theory. Only through practice will one have the opportunity to weigh each step and progress both spiritually and physically.

Today, I remind you again that our consciousness is birthless. We can advance toward infinity, and we should not be led astray by the frame of thoughts and inner psychology of other people. We just know that we must cultivate ourselves spiritually and progress at our own pace according to our own level.

From the day I practice the Vô-Vi method until now, I know of only one spiritual path which is soul deliverance and self-awakening. It is a clear middle path leading to spiritual progress and harmony. No external force can take control of our consciousness. Everyone has to advance on both the social and spiritual path. No one will stumble unless he depends on external forces and creates his own doctrine. If so, he will stumble and fall into agitation. Even now, after having read the teachings of God's Divine Manifestation, there are people who disagree and even blame their Master (Mr. Tâm). It's wrong to harbor this resentment. A person who calls himself God only knows how to love and foster union. He would never insult anyone. You have to read these teachings several times in order to understand the true meaning of the words aimed at spiritual guidance and salvation. Also, do you react the same way after practicing meditation? That's why I often advise everyone to listen to the Truth to cultivate himself spiritually, instead of relying on words without practice. Whether you cultivate yourself spiritually or not depends on your own spiritual resolution. Your consciousness will develop according to the law of divine justice.

September 23, 1991

6) Q: *How many people truly understand what you say?*

A: Life circumstances are helping them to slowly understand as their spiritual mind awakens with each adversity in life. Tao is natural and spontaneous, thus life's challenges also happen naturally. A meditation practitioner will awaken faster, while an ordinary person will open his spiritual consciousness according to his fortunate encounters.

September 23, 1991

7) Q: *What is a fortunate encounter?*

A: It means that when the individual meets the challenge, he fully understands its spiritual significance in his inner consciousness. He will then advance on the spiritual path with greater confidence.

That's why I often remind ordinary people that *"God's presence is everywhere, and He is constantly educating and guiding all living beings."* One should direct one's thoughts toward God and keep purifying oneself. Then it will be very easy to harmonize with the precious Divine Love. Benevolent thoughts are fundamental for one's spiritual progress. Love and Forgiveness are the instruments to foster one's compassion and cultivate one's land of meritorious happiness. One will be able to share the blessings of the Buddhas and Immortals according to one's degree of compassion. One's eyes will shine brighter, one's heart will become lighter, and one will reason very solidly when discussing and explaining the Truth.



**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.

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