



# 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 Determination

*With spiritual determination, our human relations will become affectionate  
and lively,  
Rejoicing together, we are reunited to purify ourselves and unblock our  
energy,  
With a sincere heart, we devote ourselves to spiritual perfection and develop  
our consciousness on our own,  
With a resolute will, let's rectify ourselves to work constructively and advance  
spiritually.  
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) *What is the Truth?*
- 2) *What is the inner consciousness?*
- 3) *What is stability?*
- 4) *Can one follow a different spiritual method?*
- 5) *What is the esoteric principle?*
- 6) *What happens to spiritual adepts who don't adhere to any rules?*
- 7) *What are these rules?*



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*September 23, 1991*

1) Q: *What is the Truth?*

A: The Truth is what the spiritual adept has truly understood in his spiritual heart. It's also the sweet saliva or parotid liquid that dissipates all worries in one's inner consciousness.

*September 23, 1991*

2) Q: *What is the inner consciousness?*

A: Inner consciousness means that one fully understands everything in a natural way. One can only achieve this state by practicing meditation relentlessly. Without meditation, one would become forgetful. Sometimes, one would forge dreams that one doesn't fully master. As a result, one lives in indecision and lack of confidence. One doesn't understand one's own position and become unstable.

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*September 23, 1991*

3) Q: *What is stability?*

A: It means that one knows exactly what one should do with one's life. Meditation practice and meditative contemplation are the most reasonable tasks in life in order to feel less lonely and to awaken one's consciousness.

*September 23, 1991*

4) Q: *Can one follow a different spiritual method?*

A: All spiritual methods are valuable because they all come from the same principle, i.e., the principle of formation and disintegration by Heaven and Earth. Because of ignorance, people tend to distinguish different dharmas. In reality, there is only one: The Dharma of Heaven. When one understands this, one will lead a simple life and will progress easily on the spiritual path. People who don't understand will need to rely on all kinds of formalities such as rituals and talismans, so that they may gradually advance and eventually understand the esoteric principle.

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*September 23, 1991*

5) Q: *What is the esoteric principle?*

A: The esoteric principle encompasses the purest energy of the universe, which has always existed. The more a meditation adept dedicates himself to spiritual practice, the more he will discover the subtleties and wonders of spirituality. One needs to stay calm and meditate in order to experience the natural wisdom in one's consciousness.

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*September 24, 1991*

6) Q: *What happens to spiritual adepts who don't adhere to any rules?*

A: Spiritual adepts who don't adhere to any rules will certainly fail on their path toward spiritual perfection.

September 23, 1991

7) Q: *What are these rules?*

A: One must always cultivate the bright energy in one's inner consciousness from eating to every single action of one's body. If one is attracted by the external world and leaves the sphere of pure energy, one will break the rules and lose one's innate compassionate energy. One will return to one's old nature of treachery and delusion. One will abandon the will for spiritual cultivation. One will become self-infatuated and authoritarian. One likes to argue matters without understanding them, and wrongly believes that one has already achieved enlightenment. One will become insane and agitated because of one's insufficient knowledge. Instead of holding one's tongue and dedicating oneself to spiritual practice, one wants to call oneself an important person. Consequently, it will be even harder to attain spiritual salvation.



**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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