



# 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*

## Return to the Origin

*Having the fortunate opportunity for regenerating ourselves, we achieve  
peace and tranquility on our own,  
As our true soul attains pure energy, we naturally return to benevolence,  
Delving into agitation will only hinder our own progress,  
Let's rectify our mistakes and perfect ourselves spiritually to attain salvation.*

*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) *You often mention the sword of wisdom. What is it?*
- 2) *Why do ordinary people break the law so easily?*
- 3) *What does it mean to "abandon forever"?*
- 4) *Why don't you want to see Vô-Vi friends gambling?*
- 5) *Why is it called the "red dust"?*
- 6) *Why do you have a roulette table in your bedroom?*
- 7) *What do you mean by "achieving serenity and awakening"?*



*September 27, 1991*

1) Q: *You often mention the sword of wisdom. What is it?*

A: Through many months and years of spiritual practice, the spiritual adept has forged a sword of wisdom, which is shining brightly in his mind. This sword cuts all impure relationships, and there are no more wicked thoughts in his mind. Thus, a wicked person changes into a benevolent person. Only if the human being can commune with the Lord and the Buddhas and cooperate with them, will he be able to build that sword of wisdom, which can cut his head without punishment. In other words, the adept's mind changes completely, and is now equipped with the new weapon of compassionate love and virtue. This description sounds brutal, but in reality, the individual achieves true compassion and wisdom. Only the sword of wisdom can cure mistakes at the root, and one will no longer repeat them.

*September 27, 1991*

2) Q: *Why do ordinary people break the law so easily?*

A: When the mind is not yet awakened, one falsely thinks that one's thoughts and actions are right. Consequently, people on this earth like to fight, to discriminate against others, and to harbor anger and hatred against each other. Finally, they fall into isolation and sorrow, and only generate trouble in society. These people all lack wisdom. Hence, they would have to practice meditation for a very long time before being capable of forging and sharpening a sword of wisdom. Only through regular and diligent meditation can one build a solid judgment and obtain a quiet mind, and one will abandon forever all agitation.

*September 27, 1991*

3) Q: *What does it mean to "abandon forever"?*

A: It means that one has achieved serenity on both the physical and spiritual planes. Thus, agitation will no longer have any effect.

*September 27, 1991*

4) Q: *Why don't you want to see Vô-Vi friends gambling?*

A: When you come here, it's better that you compete with me to learn about the Truth instead of gambling. When you learn gambling, you will become attached to it, and it will be difficult to abandon the habit. It's like being polluted by the "red dust" of this earthly world. You will sink deeper every day instead of liberating yourself.

*September 27, 1991*

5) Q: *Why is it called the "red dust"?*

A: This is a figurative way to describe a person who acts according to the greedy desires of his blood. His pure energy and wisdom will decrease. His face will look tired and sorrowful.

September 27, 1991

6) Q: *Why do you have a roulette table in your bedroom?*

A: It is used to investigate a method for healing the instability of a patient's inner mental order. I like to face the Vô-Vi friends who play with me, so that I can release the impure energy of my partners, when they become angry while competing with me. That's why I always have a roulette table wherever I go. It's a wheel with multiple transformations. Each game is different. We see clearly that each human being is a number, and he only knows about that number, regardless of where he is landing. The whole world is a huge roulette game. Everyone has the ability to survive in his position. Thus, on this earth, every man is of a different race and color, but he has to follow his pre-destined position in order to achieve serenity and awakening.

September 27, 1991

7) Q: *What do you mean by "achieving serenity and awakening"?*

A: It means that you possess an innate consciousness to make decisions, to plan, and to understand the tasks that you will be doing.



**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.