



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

Serenity

*Determined to cultivate ourselves and advance spiritually, we will return to serenity,
Awakening our true soul, we will attain knowledge and wisdom on our own,
In our clear evolution, we will transform ourselves and progress accordingly,
Dispersing darkness in our earthly and spiritual life, we will attain wisdom on our own.*

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) *Are charitable deeds beneficial to one's life?*
- 2) *On this earth, there are certain people who only think to accumulate more riches up to the smallest penny. What about them?*
- 3) *What does it mean, "to harmonize with everyone"?*
- 4) *What kind of money do you have?*
- 5) *If we follow your advice, does it mean that we don't have to care for our spouse and children?*
- 6) *What makes the spiritual path so noble and precious that gold isn't worth exchanging?*
- 7) *Many wealthy people lead a luxurious life with plenty of servants. Why do you see that they are unhappy?*



September 28, 1991

1) Q: *Are charitable deeds beneficial to one's life?*

A: Any charitable deed is beneficial to one's body and mind as well as to one's family and ancestors. This is an important task, not a trivial one. It is not like the money, which can be counted, but only causes bad karma and mishap. A person who constantly holds on to his money and refuses to do charitable deeds will always feel restless and prisoner of his own intolerance and blindness. It will be very difficult for him to return to the original principle of birthlessness. That's why I often say: *"Spiritual practice without real practice."*

A true spiritual adept must practice, i.e., he must release all worries and profane desires from his heart. He should not cling to earthly possessions, fame, and social ambitions, which only bring unhappiness! We came to this earth empty-handed, and we'll leave this earth empty-handed. Nothing can be kept and guarded with one's calculations.

September 28, 1991

2) Q: *On this earth, there are certain people who only think to accumulate more riches up to the smallest penny. What about them?*

A: They only live within the restricted world of earthly calculations. Without a compassionate heart, they won't be able to do great tasks, and they will never turn toward spirituality. Thus, their mind can never harmonize with everyone.

September 28, 1991

3) Q: *What does it mean "to harmonize with everyone"?*

A: To harmonize with everyone means to understand them and to help them. When one speaks, everyone will agree with one's words and applaud them with their heart, without any doubt and questioning. One should constantly develop one's consciousness of harmony and tolerance, without stepping back and feeling discouraged. One will see clearly that this world is temporary like the saying: "It comes then goes. Nothing lasts." Any task, which benefits all three spheres and brings harmony to heaven, earth, and mankind, is a very important task for one's current life and one's future. A golden heart is better than golden chains which only burden one's neck and need to be protected from thieves.

September 28, 1991

4) Q: *What kind of money do you have?*

A: My money is compassion. I work for the benefit of all without pay. However, I always enjoy The Lord's blessings and I constantly live in harmony with all spheres. Cultivating one's spiritual heart is the most worthy activity. Thus, I often say: *"Having a spiritual heart means having a home and enough money to live during one's lifetime."* When we understand this principle, we will no longer be greedy and try to cheat others. We will no longer hold to possessions and burden our mind. We will always feel serene and relaxed, as if we have just accomplished a good deed to help others.

September 28, 1991

5) Q: *If we follow your advice, does it mean that we don't have to care for our spouse and children?*

A: When your thoughts are turned toward compassion, you will accomplish things without worry and calculation. On the other hand, if you worry a lot without doing anything, you will just tie your body and mind. You will become irritable, and easily lose your temper. You will like to argue with others. Instead of making progress, you will just step back. How can the family be happy then? When we direct our thoughts toward compassion, joy will always fill our family. Pure energy will generate love and harmony. All evil thoughts will disappear by themselves. Your life will have a new meaning, which is purity and lightness. Gold is worthless compared to the value of your spiritual heart, whose sincerity is being attested by the Lord and the Buddha.

September 28, 1991

6) Q: *What makes the spiritual path so noble and precious that gold isn't worth exchanging?*

A: The spiritual path means to attain a state of equilibrium, a state of harmony with all three spheres: heaven, earth, and mankind. One constantly advances toward purity and lightness. There are no more wars and crimes as we see everywhere in the world. People fight for every inch of earth, but they forget their spiritual heart. They only cause sufferings to each other, then organize meetings for remediation. Isn't it better to turn inward and cultivate one's spiritual heart to progress on the spiritual path, instead of making money and being restless? Thus, we should rather perfect our spiritual heart than hoard gold.

September 28, 1991

7) Q: *Many wealthy people lead a luxurious life with plenty of servants. Why do you see that they are unhappy?*

A: I see that they only run after money and lose their spiritual heart. There are people who only worry about personal gains and how to increase their wealth. In reality, they will never be able to spend all their money. Even if they die and are reborn ten times, they won't spend all their money. However, they never want to stop earning more profits. They are fully controlled by their greedy character and forget their innate spiritual heart. Thus, I see that they fall into deeper sorrow every day. Sometimes, they pray the Lord and the Buddha, and make many promises such as: *"Please help me win this last deal. Then, I will give up my business and dedicate my whole life to spirituality."* Unfortunately, they keep falling back into their bad habits. They do not fulfill their promises to rectify their body and mind. They remain worried and restless, and will never be able to liberate themselves. They wear shackles and imprison themselves without knowing it!



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.