



The Life Energy Development Weekly

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Email: huemai00@gmail.com
www.vovinet.org

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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

Climate

*People rejoice when the climate is balanced,
Practicing diligently within serenity, we will savor the pure energy clearly,
Heaven bestows upon us a noble love, full of joy and peace,
Transforming ourselves as we advance in our spiritual practice, we gain
spiritual knowledge clearly.*

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) *Who dares going against the will of these wealthy and highly regarded people? Why do you say that they are imprisoned?*
- 2) *Why do people like to say: "I love you"?*
- 3) *Why are there spiritual adepts who still complain about hardship?*
- 4) *Are you unhappy when you sleep very little at night?*
- 5) *What does it mean to "help others through one's spiritual practice"?*
- 6) *Are your hands tired from writing a lot?*
- 7) *What is hardship?*



September 28, 1991

1) Q: *Who dares going against the will of these wealthy and highly regarded people? Why do you say that they are imprisoned?*

A: Money, love, and other worldly matters, which chain them like shackles, imprison them. Their mind is always restless. They are always ready to fight and compete against any action that may endanger their personal interests and their social position. On the other hand, a spiritual adept understands that all things are born from emptiness and return to emptiness. Thus, he is not controlled by the external circumstances. His inner mental order is always at peace. He likes to live in peace and harmony instead of fighting and competing with others, which leads nowhere.

September 29, 1991

2) Q: *Why do people like to say: "I love you"?*

A: When they say: "I love you", they express the warmth of their earthly heart, which is motivated by their personal desires. After a certain time, they would want to say: "I hate you", but they dare not. They are afraid that their partner would commit suicide when losing the moral support and dependence promised originally. The Lord has established the law of karmic debts, so that humans have the opportunity to repent their mistakes and turn toward spiritual cultivation. The more one advances on the spiritual path, the more one sees one's mistakes and sluggishness. One says one thing, but just does the opposite. One possesses a human body, which is a subtle machinery of Heaven and Earth, but one doesn't know how to love it. Instead, one expresses the vow to love someone else, which creates all kinds of worries, jealousy, and suspicions. One only hurts oneself without knowing it. As one grows older, one sees even more clearly that several decades of entanglements in sentimental love lead nowhere. Both the soul and astral body are aimless, and fully controlled by the attraction of love and money. Sometimes, one is awakened; sometimes, one is blinded. When leaving this earth, one doesn't know which way to liberate oneself. On the other hand, a meditation practitioner resolutely abandons all the temporary love matters, which don't go beyond words, to return to his true serene and compassionate nature. Only then will he be able to discover the noble and loving nature of the spiritual path, which never changes and is never lost. If one has a complete faith in the spiritual path, everything will succeed, and everything will be accomplished within serenity.

September 29, 1991

3) Q: *Why are there spiritual adepts who still complain about hardship?*

A: The spiritual adepts who still complain about hardship lack spiritual practice. We need hardship in order to awaken our consciousness and advance on the spiritual path. We don't need easy situations, which engender laziness and lure us into passivity and restlessness.

September 29, 1991

4) Q: *Are you unhappy when you sleep very little at night?*

A: When I meditate more, I must sleep less. When I work with full energy to open my spiritual heart, I am truly loving myself and influencing others through my spiritual practice. If we keep advancing in this manner, we will form a vast ocean of Divine Love. We will no longer say: "I love you", and we will no longer think about personal love affairs. Instead, we will always think about helping humanity and spiritual progress. Our consciousness will always feel light, pure, and full of joy. We will live in harmony with our karmic debts, and we will always be ready to help others through our spiritual practice.

4/15/2017

September 29, 1991

5) Q: *What does it mean to “help others through one’s spiritual practice”?*

A: It means that one is always ready to cultivate the original principle of eternity, so that everyone opens up his consciousness and realizes self-awakening.

September 29, 1991

6) Q: *Are your hands tired from writing a lot?*

A: I am very glad that I can still write at the age of almost seventy years old. I remembered my Master, Mr. Do-Thuan-Hau, who wanted to write many things about the Truth to help worldly people, but he couldn't because his hands were trembling. I am very fortunate to be able to write simple words for my friends to read and enjoy during their leisure and quiet time. A person who has lived until he has no teeth has accumulated many lessons in life. As your spiritual heart opens up, you will see that the more you read the Baby Tam's Journal, the more your consciousness will harmonize with him. You will discover many truths. You will feel lighter and happier, and you will advance within order and serenity toward a greater compassion. You will feel lighter during your meditation. You will become more energetic and able to see your mistakes more easily. We must do it for our own benefit, i.e., we must cultivate ourselves spiritually and elevate ourselves toward lighter spheres.

September 29, 1991

7) Q: *What is hardship?*

A: Hardship cannot be predicted. Even a spiritual adept must endure hardship, whether big or small, before his death.



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.