



# The Life Energy Development Weekly

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## Enthusiasm

*Serving others with enthusiasm, we will attain a tranquil heart,  
Facing adversities and sufferings, we turn within to analyze on our own,  
Evolving and progressing through spiritual practice, as our soul awakens,  
We understand the original principle, and our heart attains harmony.*

*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) *Do billionaires or those people with plenty of money suffer from misfortune?*
- 2) *What is the need for spiritual cultivation if that doesn't prevent us from suffering hardship?*
- 3) *You said that Mr. Tu never called himself a Master, but why do you call him your Master?*
- 4) *What is superstition?*
- 5) *Should the body or the mind follow the spiritual practice?*
- 6) *Why don't you describe the beautiful scenery of Heaven?*
- 7) *What does it mean to "gain the strength of the Dharma?"*



*September 29, 1991*

1) Q: *Do billionaires or those people with plenty of money suffer from misfortune?*

A: The more money one has, the more misfortunes one will encounter. They come constantly like waves.

*September 29, 1991*

2) Q: *What is the need for spiritual cultivation if that doesn't prevent us from suffering hardship?*

A: A true spiritual adept always harmonizes with hardship and misfortune. He has the opportunity to cultivate a greater virtue of patience and resignation. When one understands the Law of Heaven, one no longer holds on to the human body. Therefore, a true spiritual adept leaves this earth in a very detached way and with full knowledge. If one can leave one's body by the soul while alive, one won't be burdened by anything at the time of death.

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*September 29, 1991*

3) Q: *You said that Mr. Tu never called himself a Master, but why do you call him your Master?*

A: Mr. Tu is always humble, but in my mind, I will always venerate him, and consider him as my dearly loved Master. He is also my companion on the spiritual path, and he never accepts superstition.

*September 29, 1991*

4) Q: *What is superstition?*

A: Superstition means that one only talks about what one can see, and forgets the invisible Truth. All things are born from emptiness and return to emptiness. When our consciousness understands that all things in this world are temporary, we will keep practicing assiduously and correctly, and we will live in joy and peace as a result.

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*October 1, 1991*

5) Q: *Should the body or the mind follow the spiritual practice?*

A: Spiritual practice starts with the mind, and the body will follow. One cultivates one's mind spiritually to help the body, and not the reverse. Hence, there is a saying: "The body has to carry the consequences of the mind's deeds". Therefore, a true spiritual adept often advises ordinary people to follow a vegetarian regimen, to practice good deeds instead of evil, and to dedicate themselves to spiritual cultivation for self-improvement. Only then will they develop their compassionate heart. When one practices meditative contemplation, one will slowly reach full serenity and wisdom. Once one understands this principle, one should keep practicing with diligence to obtain positive results.

October 1, 1991

6) Q: *Why don't you describe the beautiful scenery of Heaven?*

A: The book "Voyages to Heaven" has already described everything, but people just read it for pleasure, then forget. My viewpoint is different. I would like everyone to practice like me, so that they can release all karmic worries from their spiritual heart. One should know how to truly love oneself in order to progress on the spiritual path. One will truly love and respect the Lord and the Buddha. When one truly understands the principle of no birth and no death, one will never be upset by any circumstances, whether it's like Hell or Heaven. When one has insight into the Truth, one will comprehend that Buddha, Heaven, and Man are just one. One will neither run after enlightened people nor blindly follow evil spirits. One only knows that one should practice assiduously to completely renew one's brain. One's energy will become purer and lighter every day. One's knowledge and wisdom will increase steadily. Passions and intolerance will disappear in a natural way. One's consciousness is in a constant state of tranquility and felicity. This is better than seeing beautiful scenery without understanding the principle of no birth and no death. One would only praise its beauty, then forget it completely. Without spiritual practice, one will just keep suffering and suffering. A spiritual adept must have a strong will for spiritual cultivation. Only then will he gain the strength of the Dharma.

October 1, 1991

7) Q: *What does it mean to "gain the strength of the Dharma"?*

A: The strength of the Dharma means that benevolent people can be awakened by the original principle of no birth and no 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.