



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

Love And Respect

*Loving our future generations, we spread the practice of the dharma,
Evolving continually, we connect to the pure energy,
As we develop our wisdom, our spiritual path changes accordingly,
Practicing with diligence and sincerity, we acquire a greater wisdom.*

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 is a wise person?*
- 2) *What does it mean to be a true spiritual adept?*
- 3) *What does it mean to evolve spiritually?*
- 4) *What does it mean to gain insight into the Truth?*
- 5) *Why do we see wars everywhere?*
- 6) *What do you mean by "perfecting oneself"?*
- 7) *What you say is very easy in theory, but very hard in practice. Why?*



4/28/2017

October 1, 1991

1) Q: *Who is a wise person?*

A: A wise person is a person who turns to goodness and seeks spiritual cultivation, to become a true spiritual adept.

October 1, 1991

2) Q: *What does it mean to be a true spiritual adept?*

A: A true spiritual adept is always patient, humble, and ready to learn in order to evolve further spiritually.

October 1, 1991

3) Q: *What does it mean to evolve spiritually?*

A: To evolve spiritually means that one is in a constant state of meditation – whether walking, standing, sitting or sleeping. There is no more idle time. Only then will one develop the spiritual heart and mind, and one will truly gain insight into the Truth.

October 1, 1991

4) Q: *What does it mean to gain insight into the Truth?*

A: It means that one has opened up one's spiritual mind, and one truly understands oneself. Thus, the predecessors always wish to help the people after them, but these people also need to practice with dedication in order to reach full knowledge and wisdom. There will no longer be superstition, and everyone will progress within joy and serenity.

October 2, 1991

5) Q: *Why do we see wars everywhere?*

A: It's obvious: Since his birth, man is constantly pursuing external matters and forgets his inner consciousness. With time, he creates karma in his heart. He wants to protect what is dear to him. He competes against others, and demands rights for leading a life that best suits his ideals. Different groups are then formed. They are constantly opposed to each other and need to institute laws to co-exist. They all have valid opinions, which center on money, love, and fame. But they forget their true nature. They only discriminate against themselves, and their fights are meaningless. In reality, man is a capable entity in the universe, but he refuses to awaken his consciousness in order to develop his infinite abilities.

The soul is the master of the body. It lives in harmony with the Constitution of Heaven and Earth, and the Laws of the human organism. However, one doesn't want to work for one's own good, and forgets the constructive love of Heaven and Earth. If one wastes one's energy by being drawn to the external world, one's inner mental order will lose its balance, and the consequences will be killing and fighting. One will live in constant fear and worry, and one will hold narrow-mindedly to the principle of nationalism without understanding its true meaning,

Nationalism means to live in harmony with the natural environment and the customs of one's country of birth. But people don't understand that as a human being, we are given the last opportunity on this earth to learn and advance spiritually, and we are responsible for our own spiritual progression. Thus, we must know where we come from and where we shall go. Only then will we be willing to protect our soul's homeland, which is compassion and serenity. Our inner mental order will be at peace. Our patience and virtue of resignation will grow steadily. We will abandon all attractions from the external world. With an awakened consciousness, we will dedicate ourselves to improve our mind and body. This is done in four stages: To perfect oneself, to regulate the family, to govern the State, and to bring peace to the whole Empire.

October 2, 1991

6) Q: *What do you mean by "perfecting oneself" ?*

A: To perfect oneself means to improve both body and mind, and to correct one's mistakes to help one's spiritual progression. To regulate the family means to regulate the human organism, so that it can live in harmony with the pure energy of Heaven and Earth. To govern the State means to pacify the soul's homeland. When the consciousness is enlightened, bad habits will disappear naturally. Agitation caused by craving for money and love no longer exists. Peace reigns upon the country and its people. Our character will open up, and our tolerance comes naturally from the harmonization among Heaven, Earth, and Mankind. It will be very easy to achieve a thousand years of peace. To bring peace to the whole Empire means that our consciousness of tolerance and harmony has become well developed: The others are like us, and we treat each other like one family.

October 2, 1991

7) Q: *What you say is very easy in theory, but very hard in practice. Why?*

A: It's hard because you refuse to do it. If you want to do it, you will create a good habit for your spiritual development instead of fighting meaninglessly. Fights only harm the foundation of mind and body.



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.
