



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

Karmic Relations and Debts

*Accepting our karmic relations and debts with resignation,
we turn within to ask ourselves,
With a wise mind and heart, we keep learning throughout our spiritual journey,
The whole night, we practice
to release our blinded passions and dissipate our intolerance,
Positively changing our social and spiritual life, we dissolve our own sorrow.*

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) *What is perfect knowledge?*
- 2) *What is "instant spiritual awakening"?*
- 3) *What is the Truth?*
- 4) *What is an aura of energy?*
- 5) *Why do dead people still return on earth by their soul to ask you for a service?*
- 6) *Are you happy?*
- 7) *What is transcendental love?*



October 22, 1991

1) Q: *What is perfect knowledge?*

A: You can only understand these words if you practice with diligence to reach this level. Perfect knowledge means thorough (THÔNG) understanding (TRI).

October 22, 1991

2) Q: *What is “instant spiritual awakening”?*

A: Instant spiritual awakening only means to spark people’s greed. In reality, one must practice to achieve results. Awakening means to “open up” and to “encounter”. If one refuses to practice meditation to enlighten one’s consciousness, one will only become dependent on one’s profane body for a whole lifetime. How can one ever encounter the Truth?

October 22, 1991

3) Q: *What is the Truth?*

A: The Truth is unchanging. One must practice meditation with great perseverance and dedication in order to truly see one’s aura of energy.

October 22, 1991

4) Q: *What is an aura of energy?*

A: It is a bright light, which shines from the brain upward. This circle of light alternates between small and big. At that stage, one is completely detached from the impure earthly matters. One naturally understands all three spheres (Heaven, Earth, and Mankind). One understands the principle that Form is Emptiness, and that Emptiness is then the Form. One provides spiritual guidance to all living beings on earth accordingly. One always lives happily within the virtue of compassion, and automatically rejects all wicked matters. One’s heart is pure, light, and peaceful. Blessed be the meditation adept who attains this level! He will devote himself to enlighten his consciousness with the practice of meditation instead of competing with others about worldly matters. Don’t listen to people’s gossips and load them into your mind! Then you won’t be worried and cause agitation to your mind and body. Everyone possesses a true serenity inherent within his consciousness. Thus, he should restore his inner balance and purify himself thoroughly in order to savor the infinite joy in the sphere of pure and serene energy.

October 23, 1991

5) Q: *Why do dead people still return on earth by their soul to ask you for a service?*

A: Their soul is still attached to the earthly world, and they still want to sue or blame someone. In contrast, a truly dedicated spiritual adept will only continue on his spiritual path. To lead a life of spiritual perfection is to advance according to the Divine Law. Otherwise, one will lose control of oneself, and will keep wandering in the sorrowful world of reincarnation with its six paths of rebirth after death. Such people have a blocked mind, a restless heart, and they are unable to form wise judgments. Their determination to embrace a spiritual life is weak. They speak about spirituality with their mouth, but their heart is not devoted to spiritual practice.

Therefore, I often test Vo-Vi practitioners by giving them mutual lessons to determine their will for spiritual perfection. Recently, many fellow adepts have understood that they are wrong and not the others. The Practical Method of Vo-Vi Esoteric Science and Dharma of Buddha has also helped a number of people achieve the spiritual path toward soul deliverance and the return to their origin of non-birth. They naturally abandon the desire for rivalry in their inner consciousness. They erase all hatred and return to their true compassionate nature. They spend more time on spiritual practice than on intransigence and rivalry. They live a frugal and happy life. They know themselves and the others, and realize that they all advance in common.

October 23, 1991

6) Q: *Are you happy?*

A: Yes, I am very happy when people devote themselves to spiritual practice instead of blaming others. The greatest gift one can give Baby Tám is to lead a life of spiritual perfection, to detach oneself from the earthly world, and to restore equilibrium to both body and mind. Arguments are fruitless. You should direct your thoughts toward God and the Buddhas to develop your cognitive consciousness instead of conducting deceiving debates. To speak little and to meditate a lot will significantly purify your impure energy.

To lead a life of spiritual perfection means to know how to love oneself, so that one may subsequently help others progress on the spiritual path in accordance with the pace of evolution of Heaven and Earth. Modern science and technology have photographed the Earth and helped us see clearly the temporariness of this world. During a limited period of time, we all work for a living in accordance with our good karma, then we'll have to abandon everything to depart from this earth. If we understand this fact and still refuse to apply ourselves to the practice of meditation, we will only waste a whole fleeting lifetime!

October 24, 1991

7) Q: *What is transcendental love?*

A: Transcendental love means that the consciousness comprehends the infinity of serenity and Great Serenity. The mind is always directed toward serenity and truly appreciates the quintessence of the universe. One understands that sexual love is momentary, and only causes karma and restlessness.

TINH (or sexual essence energy in the microcosm) is the quintessence of the universe

KHÍ (or vital breath energy in the microcosm) is the pure energy inherent within all living beings. It also represents the divine ocean of love full of purity and liveliness.

THẦN (or spiritual energy in the microcosm) is the ability of the consciousness to open up and communicate with the vibrations of the universe at any time.

The above description is the original principle of the three jewels, which lasts forever. On the other hand, sexual love wastes the body and only lasts for a limited number of years. Eventually, one has to abandon everything before leaving this earth. At the time of departure, one will regret for not leading a life of spiritual perfection to truly appreciate the quintessence of the universe and to progress further.



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.
