



The Life Energy Development Weekly

30 July 2017

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

Published in concurrence with *The Viet LED Weekly 1151*

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

Mastering The Four Directions

*Mastering all directions of the universe, we return to our true origin,
With unity and compassion, we advance on our own,
Releasing our impurities, we make good spiritual progress,
Serving others with a sincere heart, we restore our balance and fully develop our
spiritual energy.*

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) *Many people have reached a certain level of spiritual practice, then they become agitated and give way to their lowly desires. Finally, they abandon the spiritual path. What is happening?*
- 2) *What will happen to a murderer?*
- 3) *What about the crime of self-deception?*
- 4) *How can we control all the impurities, which penetrate the body and the brains?*
- 5) *What should we do to achieve order as you have described?*
- 6) *Today, there are Vô-Vi practitioners coming from Washington to visit you. Does it make you tired?*
- 7) *What is love?*



October 24, 1991

1) Q: *Many people have reached a certain level of spiritual practice, then they become agitated and give way to their lowly desires. Finally, they abandon the spiritual path. What is happening?*

A: These people do not have a strong resolve, and they don't see the temporariness of this earthly world. They keep holding to material matters without knowing it. They are engulfed in the defilement of the external world. They torture their true consciousness, which is permanently imprisoned, and they lose their original will for spiritual perfection. The Vo-Vi method looks very easy, but maintaining the practice with assiduity is very difficult. You have adopted the Vo-Vi method by your own will. This method did not fall into your lap. Hence, you must have a clear determination before entering the spiritual path for soul deliverance.

October 24, 1991

2) Q: *What will happen to a murderer?*

A: Murder is a major crime, which will obsess one's mind for a whole lifetime, if one does not resolutely turn to spiritual practice. If one cannot meet the soul of the murdered to resolve the past crime, one will constantly be entangled in money, love, and other karmic relations to pay back one's wrongdoing like a person sentenced to life imprisonment. A spiritual adept wears a pure and light golden necklace made of good karma. On the other hand, a profane person always carries karmic debts in his mind. He wrongly believes that he is happy, and suffers without knowing it. His desires are never-ending. He wants many things, but only gets very little satisfaction.

October 25, 1991

3) Q: *What about the crime of self-deception?*

A: To deceive oneself is to harm oneself. Indulging into excessive eating and instigating numerous plots only result in a restless mind. This is the crime of self-deception.

October 25, 1991

4) Q: *How can we control all the impurities which penetrate the body and the brains?*

A: Eating to one's heart's content and uncontrolled drinking and partying for many days and months build up impurities eventually. Excessive smoking pollutes the blood and excites the brain nerves. However, people tend to ignore these extremely harmful habits. If they keep going on, it will be very hard for them to leave their body by the soul because of the accumulation of impure energy. They have the good karma to be born as humans, but their future is uncertain. They engage themselves in the vicious circle of illusory love and money matters, but eventually they have to return to emptiness. When people understand this truth, they should awaken their consciousness to cultivate themselves spiritually and advance on their own. They should perfect themselves little by little instead of falling into agitation and blindness with no escape. Praying to the Lord and the Buddhas for help would then be hopeless. The spiritual consciousness is man's fundamental nature. If he loses his spiritual consciousness, he won't be able to resolve anything – whether big or small.

October 25, 1991

5) Q: *What should we do to achieve order as you have described?*

A: You must institute laws for yourself. You must pay attention to the smallest task in your daily life. Everything must be orderly and disciplined. If you can accomplish a small task in an orderly way, you will be able to tackle bigger tasks. You must apply the strict rules for your own development. Similarly, a spiritual adept must apply the spiritual method in a correct and orderly manner in order to obtain results in the future. Every day, just apply yourself a little. With time, you will achieve greater serenity. When you can do a small task, a big task will no longer be difficult. Be careful not to lose order at the beginning.

October 26, 1991

6) Q: *Today, there are Vô-Vi practitioners coming from Washington to visit you. Does it make you tired?*

A: New encounters or re-encounters are all earthly karmic opportunities. One has to carry the burden to some extent, whether little or a lot. If they have pure energy, I need to work on enhancing the purity. If they have impure energy, I need to release the impurity. Only then will the discussions about the path of spiritual training and perfection bring joy. In summary, everything must follow the law of evolution: Birth, maturity, destruction, and automatic re-birth. If people think wrongly with their mind and heart, even to a small extent, their nervous system will become agitated. Their inner psychological order will slowly fall into bad karma without their knowledge. They will sustain their ignorance, and keep working on something they don't understand. Therefore, on this earth, those who like gambling will keep their gambling habit. Those who like lustful activities will always look for sexual pleasure. Eventually, these two activities will lead nowhere. On the other hand, a spiritual adept must truly commit himself into the path of spiritual training and perfection. During the long night, he should turn toward the path of spiritual liberation. Those who meditate correctly will have a peaceful and content sleep. One should absolutely abandon any thought about worldly matters during the meditative contemplation. The stories about sexual pleasure or gambling are causes for agitation, so that the practitioners have an opportunity to awaken their consciousness, and may soon abandon this sphere of impurity to turn toward the true awakening of their soul.

October 27, 1991

7) Q: *What is love?*

A: Love is mutual understanding and respectful exchange between all living spirits and the environment. From there, a noble love will automatically blossom, with regards to the true nature of non-birth, so that a pure, lively, and orderly atmosphere can be felt everywhere. We will protect each other, and live together within peace. We will communicate and work constructively within trust, so that we will truly advance and progress. We will turn within to scrutinize our own mistakes, repent our wrongdoings, and rectify ourselves to progress further. A human being must undergo many different trials and tribulations, in order to have the opportunity for further advancement and evolution. We will learn in accordance with our age and our maturity, and we will progress according to our spiritual consciousness.



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.
