



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

Spiritual Heart and Mind

*When our spiritual heart and mind develop, we are able to understand our own selves,
With constant spiritual progress, we surmount difficulties on our own,
Appreciative of the Divine Grace who grants us wisdom to understand our karmic relations,
We practice the righteous dharma and clearly see our past karma.*

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) *Where will we go as we progress?*
- 2) *How do we know that we do not practice correctly?*
- 3) *How to be sincere?*
- 4) *Does a spiritual adept need to watch TV?*
- 5) *The TV news reported that there would be diplomatic relations between Viet Nam and America if conditions on both sides were met?*
- 6) *Why are there physical separations or deaths in life, which cause grief and sadness in one's heart?*
- 7) *What is a karmic opportunity?*



October 27, 1991

1) Q: *Where will we go as we progress?*

A: We will return to our existing realm of serenity. We will no longer hold to passions and intransigence. At that time, we will see our own abilities more clearly, and we will restore equilibrium to our inner psychological order. We will return to the state of a new infant with sorrow-free eyes and serenity. Therefore, I often said that when we meditate a lot, we will naturally return to emptiness, and we will no longer harbor questions and conflicts.

October 28, 1991

2) Q: *How do we know that we do not practice correctly?*

A: We do not practice correctly when we create a bad habit for ourselves. We will turn outward to gossip and slander other people. We will refuse to rectify our character and correct our bad habits. We would learn how to sit and meditate like a Buddha, but our heart is not sincere.

October 28, 1991

3) Q: *How to be sincere?*

A: It means that one truly returns to true emptiness by one's own efforts. One's heart is always detached. When love, money, and fame do not cling to our consciousness, we will no longer want to protect them and consequently fall into passions and intransigence. When we reach this level, we will feel that all things return to oneness, our consciousness will be rich and strong within purity, lightness, and equilibrium. We will no longer worry or ponder about any issue. Whether standing or walking, we will always meditate within serenity.

October 28, 1991

4) Q: *Does a spiritual adept need to watch TV?*

A: A new practitioner should not watch TV, because they could become entangled into external circumstances at any time. We should make effort to practice until we open our consciousness of harmony. At that time, we will realize that the external world is only agitation, and news shown on the TV screen would already be past events. Comments and discussions are even more misleading. It is better to practice meditation to watch the TV of our consciousness. When we open our enlightened mind, we will always receive news before the TV. An advanced practitioner can compare both approaches and know it immediately.

October 28, 1991

5) Q: *The TV news reported that there would be diplomatic relations between Viet Nam and America if conditions on both sides were met?*

A: In order to have diplomatic relations, there must be mutual understanding. In the same way, a meditation practitioner must meet all requirements in order to reach higher levels. He must dissipate all hatred and revenge, in order to have the opportunity to harmonize and become one, and to enjoy peace and happiness. Humans keep multiplying each day; their intolerance and fights keep increasing, and lead to their mutual destruction. They show no respect for the Lord and the Buddha, and they even disregard their subtle mind as generated by Heaven and Earth. The majority of people destroy themselves without knowing it, as they get into the habit of blaming others and praying for salvation from The Lord and the Buddha. They forget their own abilities. They have a way to develop themselves spiritually, but they don't engage themselves. Their predecessors have shown one way, but they follow a different one, and finally, they become suspicious and jealous of each other. Therefore, they keep perfecting themselves spiritually without making any progress.

October 29, 1991

6) Q: *Why are there physical separations or deaths in life, which cause grief and sadness in one's heart?*

A: For worldly people, there are separations and deaths, so that everyone would have the opportunity to review their lessons and trials, whether dead or alive. Throughout their lifetimes, people would experience many affections and loving relationships, such as the love between mother and child, husband and wife, so that they have the opportunity to prove their mutual trustworthiness and fidelity.

A dead person has a lighter soul than an alive person. They would only stand there to watch the alive and they would need to depart in accordance with the law of their evolution cycle and the heaviness of their karma. If they have a karmic debt at the spiritual level, they will continue their path of spiritual perfection according to their karmic affinity. If they have a karmic debt at the earthly level, they will need to continue paying back their benefactors. The life and death of a human is very lively and extremely interesting. If we have the opportunity, we should engage ourselves into spiritual training with full dedication. In that manner, we will take care of our future and we will fully enjoy our blessings in the sphere of lightness and purity. When we are conscious that this life is temporary, we should nurture our spirit for spiritual training as much as possible. We should not waste the opportunity for spiritual liberation and return to the sphere of lightness and purity. When we make promises, we must keep them. We should practice the dharma correctly to build a good foundation of purity and lightness. Whether dead or alive, we are always happy to progress further. Our evil thoughts and our profane heart will no longer mislead us. We will awaken our consciousness on our own to develop our spiritual journey and step forward. No one can avoid feelings of grief and sadness about the separation from one's family members. But this is the original principle to awaken the dead as well as the alive, so that they would search for the truth in their present situation.

October 30, 1991

7) Q: *What is a karmic opportunity?*

A: Karmic opportunity comes from the aura of compassionate light of the spiritual adept. He will have the opportunity to meet whichever situation his aura is directing toward. It is also based on the principle of birth, maturity, destruction, death, and rebirth. Everything stems from his heart. If his heart is directed toward good karma, he will meet fortunate karmic opportunities. If he turns toward evil karma, he will meet continuous misfortunes. The law of cause and effect is very clear. The fate of a country is going either in a good or bad direction, depending on the hearts of their people. The government must be sincerely devoted to the service of their people like the Divine Love. Then that country will develop in all aspects. On the other hand, if hatred and revenge occurs between government and the people, then the path of spiritual development will be cracked. Development will fail, calamities will fall upon the people, who will lack food and clothing, and they will become desperate and insane because they would lose their spirituality. As a result, they would slander each other and submit their own people to public humiliation and imprisonment. Their inner mental order weakens without their knowledge, and they will lose all their compassion and human nature. They proclaim to be super-heroes, but in reality, they turn into super-viruses. They only cause disruption and destruction without knowing it. They generate plans to be looked at, but they are unable to fulfill them because they have lost their divine nature. They only hold onto the material possessions, but they don't know that the present material objects come from the non-material. They cling loudly to their pieces of land, but they don't know that the spiritual heart is the main foundation.

Therefore, they easily catch illnesses, and become weak and coward. They only know how to waste their soul and not how to strengthen it. They will slowly lose their spiritual position and turn into ghosts and evil spirits. Their mind cannot develop; their heart cannot open up. They will lead a purposeless and incomplete life throughout many lifetimes. They will hold on to their destructive character without knowing it. They will be reborn into bugs and insects on earth. Sometimes, people would kill these insects in masses without feeling any remorse. In the contrary, a spiritual adept has the opportunity to build an iron will with a courageous and strong compassion. He will turn toward the path of spiritual liberation with determination and an unswerving will. He will advance steadily to return to his origin of non-birth, and will avoid being reborn into lowly insects in the future.

8/5/2017

Psalm

*As humans, they have a sharp tongue to talk meaninglessly,
With an obscure and ignorant mind, they can only cry silently,
Burdened by adversities and sufferings, they become more wicked,
How about helping each other to advance together?
Let's learn about spirituality to advance deeply together,
We'll clearly understand our marvelous consciousness as granted by the Lord,
Whether people are smart or talented, we don't care and remain serene,
Nurturing our serenity constantly, we will develop the spiritual dharma.*



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.