



# 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

## Peace

*On our own, we achieve peace and practice the dharma with clarity,  
Loving and respecting the noble Heaven, our heart achieves equilibrium,  
Facing transformations, we build our spiritual path to progress further,  
With a sincere heart, we learn the subtle spiritual philosophy.*

*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 undergoing reincarnations?*
- 2) *Why do so many dangerous storms, hurricanes, and earthquakes happen on earth currently?*
- 3) *What is the most important task in this present life?*
- 4) *How can we achieve a healthy soul?*
- 5) *What does "cửu huyền thất tổ" (the nine mystical generations and the seven ancestors) mean?*
- 6) *When you return to Montreal, everyone rejoices and likes to sit next to you. They all feel happy and refreshed. Why so?*
- 7) *What does it mean: "evil thoughts and a ghost's heart"?*
- 8) *What does "evil thoughts" mean?*



November 28, 1991

1) Q: *What is undergoing reincarnations?*

A: The soul has to suffer at the moment of rebirth. It cries when coming into life, and will continue to learn the original principle of actions and reactions in the school of life. It has to go through many trials, tribulations, and adversities in order to have the opportunity to awaken its consciousness. From a king to a commoner, everyone on this earth needs to learn the original principle of naturalness and spontaneity before understanding spirituality. Spirituality cannot be seen with the eyes of a mortal, but it needs to be understood through the spiritual consciousness. In other words, the soul needs to achieve self-awakening. Therefore, a meditation practitioner would understand more and more the depth of the spiritual consciousness each day. By practicing the method, one will understand the principle of non-birth, and the soul will live within peace and contentment. There will be neither sin nor virtue, but one will only dedicate oneself to spiritual training through meditation.

*Psalm:*

*The body of flesh generates the waves of blind passions,  
Unable to understand the true consciousness, one has difficulty to return,  
The principle of non-birth will release cruelty and impurities,  
Only by returning to emptiness will one understand one's blinded passions.*

November 29, 1991

2) Q: *Why do so many dangerous storms, hurricanes, and earthquakes happen on earth currently?*

A: The celestial mechanism cannot be disclosed. Everybody is living in accordance with his affinity and merit. We have seen a year filled with ordeals: From wars and armaments to the upheavals of the celestial mechanism, all living beings will have the opportunity to realize the weapon of love and spiritual virtue, which is present in their consciousness. They will understand even more clearly the principle of non-birth, which is eternal in the spirit of spiritual training and constant evolution. Finally, there is nothing to worry about. After adversities and chaos will come rebirth and order. One needs to turn toward the eternity of the soul. Only a meditation practitioner will be able to release his narrow thinking and return to a pure and light consciousness. He will clearly see the weapon of love and spiritual virtue, and he will slowly restore peace and order for mankind on earth. Everywhere, people are discussing and they are directing their thoughts toward peace and self-awakening. The old year will end, and the new year will offer the creation of the weapon of love and spiritual virtue everywhere. A spiritual adept must work much more constructively instead of criticizing and being destructive, which will sow discord in the soul. When each person achieves awareness, then the great work can be accomplished. In the next period, the meditation practitioner will have a very important responsibility, to direct their mind toward the World Above. They should open up their mind and heart in order to provide infinite guidance to all beings, and they should dedicate themselves to spiritual practice in a righteous and diligent manner.

*Psalm:*

*To cultivate merit in one's soul, one must dedicate to spiritual perfection on one's own,  
This world is complicated, and one should release one's impurities and blindness,  
Understanding that this life is only temporary,  
One realizes the principle of non-birth, and achieves peace and happiness.*

10/15/2017

November 30, 1991

3) Q: *What is the most important task in this present life?*

A: It is most important to keep a healthy body and soul.

November 30, 1991

4) Q: *How can we achieve a healthy soul?*

A: One must know how to love and forgive in order to have a healthy soul, and not be constrained by intransigence and blind passions, from inward to outward. To have a healthy body, one must comprehend the work capacity of all organs: the teeth as well as the heart and mind are helping the physical body. When the heart and mind are pure and light, the body and organs are well balanced. A meditation practitioner should cultivate a pure heart and mind. Once he is able to develop his consciousness of harmony, his life will evolve in the same rhythm, following the original principle of the material and the non-material. His brains and nervous system will be less busy, and he will meditate and achieve the state of meditative contemplation more easily. On the other hand, if one blames this or that, one will only generate disorder in one's inner psychological order. Whether working all day and night, one will not gain any benefit.

*Psalm:*

*Practicing within joy, one cultivates a pure heart and mind,  
Feeling peace and happiness, one lives with the spiritual practice,  
One gains more strength as one advances on the right path,  
With peace and contentment, one will advance even faster.*

December 1, 1991

5) Q: *What does "cửu huyền thất tổ" (the nine mystical generations and the seven ancestors) mean ?*

A: "Cửu huyền" means the 3 domains in the consciousness of a benevolent person (high, middle, low). Each domain has 3 mystical regions. In total there are 9 mystical regions that are related to heaven. A spiritual adept, who practices the meditative contemplation, will develop these 9 regions, and his seven ancestors will have the opportunity to achieve a higher level. The seven ancestors are the six senses and the soul, who will all elevate higher. Their roots are related to the universe, so their energies will rise higher in accordance with their level of spiritual awareness. Therefore, the "Bodhisattvas" have announced that a meditation practitioner, who practices with sincerity and repents his mistakes, will have the opportunity to save his "cửu huyền thất tổ", which will rise to a higher level. A meditation practitioner will develop from the roots of his soul, and all beings will awaken and advance toward the true non-birth. A spiritual adept must dedicate himself to meditation and contemplation in order to understand this matter clearly. There is no need to depend on some amulet and never be able to develop oneself to return to naturalness and spontaneity.

*Psalm:*

*Practicing the righteous dharma, one will encounter the relations from previous lives,  
The seven ancestors will be peaceful and happy, void of intransigence and worries,  
One's consciousness will project light and one will advance accordingly,  
Entering the state of meditative contemplation, one's heart and mind are peaceful.*

December 2, 1991

6) Q: *When you return to Montreal, everyone rejoices and likes to sit next to you. They all feel happy and refreshed. Why so?*

A: When the aura of purity and lightness comes, everybody will feel happy. My body is also made of bones and flesh like their bodies. Happiness comes from the union of our energies in our consciousness at the sacred moment when we all turn toward the heart-dharma. On this earth, people are sad because they are weighed down by their doubtful minds. They have lost their freedom, and they weaken their own nervous system. If they accept to practice the spiritual method to achieve purity and lightness, then I will always be at their side. When they practice correctly, they will feel very peaceful. They will develop their heart and mind, they will feel peace and happiness, and they will achieve the union of energies during their practice. They will understand clearly the true root of energy of their spiritual consciousness. When the spiritual adept spends efforts to understand the energy on the top of his head, he will no longer entertain evil thoughts and the heart of a ghost.

December 2, 1991

7) Q: *What does it mean: "evil thoughts and a ghost's heart"?*

A: When one's heart is afraid of ghosts and rejects them, then one is a ghost oneself. On the other hand, if one's heart is pure and light, and compassionate, it will shine brightly and there will never be any ghost who can hide inside the light. A ghost only hides in darkness. Therefore, only impurities will bring ghosts.

December 2, 1991

8) Q: *What does "evil thoughts" mean?*

A: When one mocks and criticizes other people, and refuses to commit oneself to spiritual perfection, one will only fall into damnation eventually. Evil thoughts and gossiping do not bring any benefit to the mind and body. One only lacks sincerity toward oneself.

*Psalm:*

*Destroying and harming others will make one's mind restless,  
Carrying the burden by one's own fault, one's mind will be worried and sad,  
Turning outward, one does not practice self-perfection and one's mind is agitated,  
Going on the wrong path, one procrastinates and suffers incessantly.*



**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.