



# 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

## Attaining Equilibrium

*Reaching equilibrium, we practice with a sincere heart to return to our true and unique nature,*

*With a serene heart, we work constructively to develop our true soul,  
Loving and respecting the Lord and Buddha, we practice the spiritual method together,  
Developing our true soul, we are no longer wicked.*

*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) *Why do you give more spiritual lectures and answer more letters than before lately, while also projecting your benevolent energy in these tasks?*
- 2) *How can we always be reminded of the spiritual heart?*
- 3) *How can we rectify our character?*
- 4) *Can those who are little market sellers in underdeveloped countries practice the Practical Method of Vo-Vi Esoteric Science of Non-Being and Dharma of Buddha?*
- 5) *Why does one always feel sad?*
- 6) *What should one do in order to develop one's compassionate heart?*
- 7) *Why are there people who criticize that "Vô-Vi" is still too agitated?*



*December 3, 1991*

*1) Q: Why do you give more spiritual lectures and answer more letters than before lately, while also projecting your benevolent energy in these tasks?*

A: I am alone in my vow to help humanity. Therefore, I need to dedicate more time to spiritual perfection in order to harmonize with the pure and light spiritual energy, and share it with my fellow practitioners from all over the world. Consequently, they may have the opportunity to awaken themselves and become aware of their spiritual learning capacity on earth. Only then will they be able to help the people after us. Those who practice successfully and can leave their body by the soul must truly make sacrifices for the people after them. The earth is round, the human mind is also round. One must develop one's spiritual training in order to realize the beautiful divine opportunity, the noble heavenly love, which can elevate oneself toward infinity. Compared to the Lord and Buddha, my work is insignificant, and I only know that I must practice self-perfection to advance further.

*Psalm:*

*With love we build calmness and serenity in all our actions,  
By purifying our souls, we release all our sorrows,  
As our mind grows wiser and reaches higher levels, we will develop our blessings,  
Practicing with diligence, we will advance steadily.*

*December 4, 1991*

*2) Q: How can we always be reminded of the spiritual heart?*

A: We should practice the silent invocation of Nam-Mo-A-Di-Da-Phat regularly in order to be always reminded of our spiritual heart, and develop our spiritual consciousness.

December 4, 1991

3) Q: *How can we rectify our character?*

A: When we meditate a lot, we will be able to rectify our character more. We will be less agitated and we will dedicate ourselves to spiritual training more seriously. Each of our habits will change and improve in accordance with the development of our true nature. Our intuitive knowledge will increase, we will no longer encounter difficulties, we will clearly distinguish between the soul and astral body, and our spiritual journey will be clear and bright. Those who do not practice meditation will never achieve the original principle of non-birth, and clearly understand the serene nature of Buddha.

*Psalm:*

*We must spend great efforts in order to develop ourselves and attain a pure heart and mind,  
Through spiritual awakening, we keep a serene heart and dedicate ourselves to spiritual practice,  
Those with unending theoretical discourses will not awaken their consciousness,  
Those who practice meditation and attain serenity, will progress even faster.*

December 5, 1991

4) Q: *Can those who are little market sellers in underdeveloped countries practice the Practical Method of Vo-Vi Esoteric Science of Non-Being and Dharma of Buddha ?*

A: Those who toil everyday and sell little things to earn enough for their daily living can cultivate themselves spiritually more easily. Every day, they work hard to earn their living, and they will be able to see their abilities more clearly. They already possess the force of patience and resignation. When they accept their daily work, which will give them a little bit of profits for their daily living, they will lead a happy and content life. When they think of Heaven and Buddha, they will see their position more clearly. They are learning the lesson of sincerity in their dealings with mankind, and they will easily harmonize with nature. For example, the lady selling some vegetables at the local market is learning the principle of birth and rebirth. She understands on her own where the vegetables come from, how fresh and green they are, how they display their beautiful colors to encourage people to eat them. They help mankind in their evolution, and the virtue of sacrifice of each vegetable is very laudable.

*Psalm:*

*Living in the fields, they make sacrifices for further evolution,  
Helping all mankind, they contribute their fair share,  
Born and reborn, they progress accordingly,  
The little vegetables continue their growth infinitely.*

December 4, 1991

5) Q: *Why does one always feel sad?*

A: One always feels sad because one's energy is burdened by greed and desires, and turned outward. When one's desires are unfulfilled, one becomes angry and sad, without understanding one's own capacity. One does not know that one has the capacity of Compassion that one could develop till infinity

December 4, 1991

6) Q: *What should one do in order to develop one's compassionate heart?*

A: Outwardly, one should learn to do charitable work to help others. Inwardly, one should practice love and forgiveness, from a small matter to a big matter. One should be happy and smile with all circumstances, and practice patience and resignation in all issues inside one's own psychological mind. One should turn toward emptiness to have the opportunity to release impurities and attain harmony. When looking at one's own body, one sees that it starts from emptiness and must return to emptiness. In summary, the most important is the true consciousness. One will evolve further on the middle path, and will neither fear to lose nor to keep any possession. One will be content and happy, and one will achieve equilibrium in the sacred moment of meditative contemplation. Buddha is neither susceptible to passions nor intransigence, and His Compassionate virtue is shining everywhere.

*Psalm:*

*As we develop our soul, we clearly understand the will of Heaven,  
Drunk with joy, we develop ourselves to transform and brighten our energy,  
Practicing compassion, our consciousness attains self-awakening,  
Developing our spiritual heart, we live everywhere in harmony.*

December 6, 1991

7) Q: *Why are there people who criticize that "Vô-Vi" is still too agitated?*

A: "Vô-Vi" is never agitated. Only those who criticize "Vô-Vi" are agitated. On the other hand, "Vô-Vi" is progressing in accordance with the existing level, and there is nothing to make oneself agitated. The fundamental of "Vô-Vi" is emptiness within emptiness. The "Vô-Vi" practitioner is always aware that non-birth is the true foundation, that life is temporary, and that life provides opportunities to awaken one's consciousness. The circulation of the internal organs of a "Vô-Vi" spiritual adept follows the rhythm and vibrations of the universe. The law of birth, maturity, death, and destruction is very clear. The life of the physical body is strongly tied to the law of cause and effect. One understands these laws in order to rectify one's mind and progress on one's own, and there is no way to escape these laws. When one understands the laws of Heaven, one will only become more serene, and not agitated. One will clearly see one's character and enlighten one's consciousness. The celestial mechanism is undergoing transformations. One will become more aware of these transformations every day. When one knows the original principle of spiritual training, a cruel person will become a compassionate one, i.e., they will release their intransigence and passions to rectify themselves and make progress. They will no longer dream of greener pastures somewhere else, and they will only turn within to face directly their consciousness and their actions, in order to release the impurities and gain wisdom. Their consciousness will become bright and they will be content and happy.

*Psalm:*

*Dedicating a lifetime to meditation, one will attain happiness and contentment,  
Rectifying one's character and perfecting one's spiritual heart, one will return to benevolence,  
Practicing the dharma of Buddha with a sincere heart, our body will gain blessings,  
Practicing the righteous dharma, we will awaken our consciousness infinitely.*



**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.