



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 Development

*Developing our true soul, we are not worried,
The love of all living creatures reflects upon our own soul,
With a thorough understanding of spiritual and social life, we preserve our vital force,
With the infinite transformations, we practice to understand the dharma thoroughly.*

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) *In this month, many Vo-Vi practitioners plan to wish you a long and happy life. What do you think?*
- 2) *Why are there many people who love you?*
- 3) *What responsibility does one have as the head of a household?*
- 4) *What should one do in order to rectify and improve oneself?*
- 5) *Tomorrow, you will return to your office to work. What do you think about the Vo-Vi practitioners in Montreal?*
- 6) *Were there many Vo-Vi practitioners coming yesterday to rejoice with you before your departure?*
- 7) *Is there anything special for you to share after your trip to Canada?*



December 7, 1991

1) Q: *In this month, many Vo-Vi practitioners plan to wish you a long and happy life. What do you think?*

A: Because of love, people wish me a long and happy life, but whether they wish me a long or short life, I always appreciate it. Nothing is more valuable than this present life, when we feel the human love which brings us warmth and common joy.

December 7, 1991

2) Q: *Why are there many people who love you?*

A: I always love and respect everyone. Eventually, I am also able to harvest a little love in my life. There is a saying in this world: Whatever you plant is whatever you will reap. A spiritual adept turns toward benevolence, so he will harvest the fruits of benevolence offered by all people. The path of love and spiritual virtue is always full, abundant, and beautiful. On the other hand, the road of vengeance and resentment will only bring suffering.

Psalm:

*Those who practice the virtue of compassion can move with ease,
They disregard the ungratefulness of this life, and let it flow by silently,
Let's rejoice and progress together on the spiritual path,
The fruits and rewards all come from Heaven's blessings.*

December 8, 1991

3) Q: *What responsibility does one have as the head of a household?*

A: A father or mother who wants to fully perform their responsibility as the head of family must understand that they should first be responsible for rectifying and improving themselves. Only then will they be able to carry their responsibility as head of family in a complete manner.

December 8, 1991

4) Q: *What should one do in order to rectify and improve oneself ?*

A: First, one must understand who is the master of this body. The soul, which represents the principle of eternity and is directing the body in all its movements, possesses a consciousness. This consciousness is regulating everything in accordance with the existing bodily structure, and its microcosm reflects the larger universe. This responsibility is much heavier than being the head of a family. The soul is the Master of the body, and it must practice spiritual perfection in a serious and orderly manner. It must control everything clearly and in an orderly manner, at each stage within the existing infrastructure. Then, one can resolve life matters easily. When one knows oneself and the others, one will open up one's consciousness of harmony. Ordinary people turn outward, and they do not understand themselves. They refuse to use an esoteric method to develop their inner soul. They keep turning toward external circumstances, and they feel weaker everyday. They would fall prey to diseases unknowingly. Even if they have a high social position and plenty of money, these social positions and monies are only fleeting and not genuine. As they keep running after the external world, they will not obtain any results for their souls during their whole lifetime. They will lose their spiritual direction and condemn their souls to go through many reincarnations in the world of darkness. On the other hand, those who accept to perfect themselves spiritually and commit themselves to spiritual development will reap good results for themselves. They will attain harmony in both spiritual and social life, and they will progress clearly. They will follow the will of Heaven, and bring happiness to mankind on earth. Only those who accept to develop themselves spiritually with a righteous dharma will no longer err in this life.

Psalm:

*With spiritual practice, we will develop ourselves spiritually,
As we develop ourselves, we will enlighten our minds and help ourselves,
As body and soul are unified in depth, we will all progress together,
Comprehending earth and heaven, we will see our spiritual journey clearly.*

December 9, 1991

5) Q: *Tomorrow, you will return to your office to work. What do you think about the Vo-Vi practitioners in Montreal?*

A: The Vo-Vi practitioners in Montreal love and respect me very much. I am always very touched when thinking about the young practitioners who want to commit themselves with sincerity to help humanity. When I think about my own youth, I did not have the same good opportunities like nowadays, to do charitable work to forget the intransigence and conflicts in this ungrateful life. When I was young, I was very sad when seeing people who scorned others and used wicked means to harm the souls of others. I spent many efforts to find a master for spiritual perfection in order to progress further. Today, I can see the miracles that God and Buddha have returned to me. They also educate me through the love of the VO-Vi practitioners, and encourage me to participate in all spiritual domains. I never hesitate to do beneficial work to help the soul in its progression, in accordance with the great vow I have made since the day I adopt the spiritual dharma until today.

Psalm:

*Rejoicing within our spiritual love, we enjoy our happy reunion,
Learning incessantly, we work constructively,
Our consciousness awakens when facing the multitude of worldly matters,
The more I learn, the more enthusiasm and joy I feel.*

December 10, 1991

6) Q: *Were there many Vo-Vi practitioners coming yesterday to rejoice with you before your departure?*

A: There were a certain number of people who braved the cold and snow to see me to rejoice together. This is an occasion for us to share the deep love of Heaven and Earth through the presence of people of all ages. Their heart is full of love towards me, and they wish that I would stay with them during the cold and snowy season. But because of the love expressed everywhere, I need to go away for a short period, and I will come back. I am writing a poem to sing right away, so that we could listen to the touching song expressed by the Vo-Vi practitioners. It explains the principle of eternity, and how we can live together in peace and elevate our souls. How we can release our intransigence and passions, and turn toward the liberation of our soul. The song deeply touches the souls of the Vo-Vi practitioners, who return to the original principle within. When everyone works together with the goal of elevating towards the World Above, everyone equally feels happy.

Psalm:

*Feeling melancholic at the time of departure,
We awaken our soul to live and develop ourselves within joy,
Thanks to our fortunate encounter, we see our eternal true consciousness,
Reaching towards infinite purity and lightness, we remain happy and content.*

December 11, 1991

7) Q: *Is there anything special for you to share after your trip to Canada?*

A: I have received a lot of love and respect from the Vo-Vi practitioners who truly want to perfect themselves spiritually and abandon the intransigence and conflicts in their inner consciousness with their own efforts. I have worked tirelessly with the souls who turn to the World Above. I did not sleep much, but I feel healthy, and my mind is light and content. In spite of the snowstorms, I feel very happy.



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.