



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.

*Respectfully,
Vi Kien*

Baby Tam Talking To You

from 13 July 2003 to 19 July 2003

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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 does it mean to have unlimited desires?*
2. *What brings love?*
3. *Why do humans hate other humans?*
4. *Does every human know how to love?*
5. *Why does everyone know how to love and hate?*
6. *What are affectionate feelings?*
7. *Why do people who have practiced a long time attract affectionate feelings?*



Montreal, 13 July 2003 2:41 AM

Q: *What does it mean to have unlimited desires?*

A: To have unlimited desires means that our desires never stop.

Psalm

*Human's desires have no bottom and never stop,
With an enlarged intestine and a big abdomen, things
will stagnate,
With an overfilled stomach, one can hardly breathe,
and remains in a circle,
With a restless mind and body, the energy can never
flow freely.*

Montreal, 14 July 2003, 12:50 AM

Q: *What brings love?*

A: Love comes from affectionate feelings.

Psalm

*Love originates from loving feelings,
Even if our mind is agitated, we keep building a
compassionate heart,
We are determined to practice love in order to save
ourselves,
Learning with a sincere heart, we transform our loving
relations.*

Montreal, 15 July 2003, 8:28 AM

Q: *Why do humans hate other humans?*

A: People hate others because they lack wisdom.

Psalm

*Lacking wisdom, they are passionate and hot-
tempered, and express anger everywhere,
If we learn with tolerance and harmony, there will no
longer be any wars,
Loving ourselves and loving others, we resolve our
difficulties to walk freely on the spiritual path,
Opening our spiritual heart and mind, we learn about
true compassion.*

Montreal, 16 July 2003, 2:47 AM

Q: *Does every human know how to love?*

A: As a human race, everyone knows how to love.

Psalm

*Since our birth, we all know how to love,
As heaven and earth harmonize, we know even more,
Accepting suffering and hardship, we strive to reach
spiritual enlightenment,
Returning to our origin and serenity, we naturally
understand the matters.*

Psalm

*By nature, people want to nourish themselves and
earn a living,
The law of the Great Creator causes infinite
transformations,
But the stringent law of righteous practice never
changes,
Mired in suffering, they remain entangled in a circle.*

Montreal, 17 July 2003, 2:50 AM

Q: *Why does everyone know how to love and hate?*

A: All living human beings know how to love and hate.

Psalm

*With love and affection, we remember each other and
miss each other,
With a sincere heart, we serve others and advance
faithfully,
Saving our souls, we rejoice with each other and guide
each other,
With love and affection, we open our hearts and
naturally become compassionate.*

Montreal, 18 July 2003, 1:55 AM

Q: *What are affectionate feelings?*

A: When serving each other with a sincere heart, after many days, we will build affectionate ties.

Psalm

*With an empty mind and a kind heart, we easily
generate affectionate ties,
When we serve others with a sincere heart, our heart
and mind will be at peace,
Holding to matters that come and go will only generate
distress,
Transforming ourselves, we cause agitation by
ourselves.*

Montreal, 19 July 2003, 2:20 AM

Q: *Why do people who have practiced a long time attract affectionate feelings?*

A: When spiritual adepts who have practiced a long time generate new affectionate ties, they are getting into this situation by themselves.



Notes:

*The attached translation is a rough draft of Muc Be Tam from the current Vietnamese LED Weekly version, that 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.*