Thursday, October 29, 1998 - 5:00 p.m.

(With Arlette, Francoise, Anne-Marie.

While we were meditating Babuji came and said to me.)

I will take your energy. Come close to me, I will show you how I work."

Babuji

(I saw each one of them surrounded by a luminous spiral; in the end, they were like cocoons hanging in the air.)

Saturday, October 31, 1998 - 11:00 a.m.

(Meditation given by Patrick in the ashram.)

Your withdrawal from the ashram is desired. You are like a sponge; you absorb too much of what is not intended for you. We make sure that you manage to control this by transforming a mass of samskaras into positive energy. But, for the moment, your own evolution is more important. Let yourself be guided; you are not wasting time, believe me. Meditate well with Patrick, my child, you will be in communion with one another. Be in a state of grace and divine beauty.

"Until tomorrow."

Babuji

(Visit of Patrick at 6 p.m.)