

Friday, January 26, 2001 - 10:00 AM

If the number of our aspirants is constant or even declining in certain places, there is nothing alarming about that. Didn't I tell you, a few years ago, that Sahaj Marg was to be purified? We want abhyasis really determined and not dilettantes. A true process must be followed at several levels: in the silence of the heart, by an increasingly deeper interiorization and the attendance of group meditations and seminars. They are specifically important and go hand-in-hand with personal work, which has to be repeated, regularly, every day. It makes up a whole against which an abhyasi can measure, over the years, changes taking place in him.

"To meet the Master represents a privileged moment. It is desirable that that occurs at least once, any further meeting being every time a special blessing.

"The sincerely practising disciple makes progress even if he cannot meet the Master physically, provided that he remains well connected to him. That is a strong point of our way: a reliable method with, at the top, a living Master who can transmit a subtle and divine energy, whatever the distances which separate him from our brothers and sisters.

"Work is being carried out; there is nothing to worry about that. The system is very well designed and effective; one has only to adhere to it completely."

Babuji