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Be wary of the confusion that is being made between the workings of our spiritual method and all psychoanalytical practices that are currently springing up. It is not desirable to make connections between them. Criticisms currently made by the media against Sahaj Marg in France, allude to leaders who manipulate our candidates by involving them in both disciplines.

"It would be necessary to stop mixing it all up by considering abhyasis as potential clients and vice versa. Therapist preceptors are not serious enough on this point, hence numerous problems are already caused by this lack of vigilance. Either abhyasis don't understand the beauty and subtlety of our way, which speaks for itself, or they are personally in difficulty and need these therapies, very much valued in the West, and must get treatment. It is necessary to put things in perspective and not to lump everything together.

"Spirituality is not to adapt to any purpose. It is easy for criticisms emanating from outside, in this movement that is currently raging in France, to seize this aspect of a detrimental tendency that is developing in our way: too often mingling these practices that have got nothing to do with our Mission and are not part of it."

Babuji