Friday, May 4, 2001 - 8:00 a.m.

Be wary of any judgement; be vigilant on this point. Reacting like this is spontaneous among most humans. Do you see perfection in yourselves? If so, you are high-level sages. It would rather seem, after thorough analysis, that your sense of critical judgement is constantly on the alert and ready to be used at the slightest little thing related to others.

"Try to re-focus on yourselves this sustained attention with greatest objectivity and, by so doing, your tendency of analysing, weighing up and judging will be fulfilled. You will progress through a constructive work that will enable you to be more tolerant towards your brothers. We insist on this important aspect: you are and will be judged by the same standard of measure you are using towards others. Do not forget it.

"It would be good, while advancing in sadhana, to remove the obstacles obstructing your way. You should not be slowed down by behaviours which are no longer consistent with your spiritual realisation and the goal you wish to reach.

"Be vigilant; do not let yourself get slowed down by reactions that you can avoid.

"Nothing is impossible to a willing aspirant who is very determined to go through with his quest. It is up to you to decide and act accordingly."

Babuji