Thursday, July 5, 2001 - 10:00 a.m.

Contrary to what you think, your heart is not in exile; it can find us when it glides happy and detached from the constraints of this world. It is an opportunity granted to men, when they are ready to make the step. A soul eager to unite with the Divine finds its own suitable way towards fulfilment. It is time that decides on the modalities of the journey, but no matter what happens, sooner or later, the goal will be attained. We cannot impose on you any longer; it is imperative for you to rest.

"You have a wide range of options; you can take a look back and assess how these contacts have benefited you by your immersion in our thought.

"You can read again some of these old messages; this reading will enable you to measure the way covered. Do not feel guilty. We can take a break.

"Meditate, my child, it is the best way to rejuvenate yourself."

Babuji