Sunday, January 31, 1999 - 9:30 a.m.

An immense preparatory work is under way for the end of April. There will be much stir, tears and disappointments. Some degree of latitudinarianism has crept into Sahaj Marg. Our role is to push our associates and make them advance, and not to let them get bogged down in a humdrum routine which cannot be salutary. We do not expect an iron discipline, but a minimum of respect for the method. The West is disconcerting as regards spiritual work.

"We must now quicken the pace. The world will be saved by spirituality. The ultimate recourse lies there as well as in the goodwill of men. It is time for each one to become aware of havoc caused by this industrial civilization and its devastating effects on man's best aspect—his divinity. There are no longer family structures and individual personal values. Nothing is respected.

"Man cannot continue in this escalation that would lead him to chaos.

"Look at what is happening around you and listen. Don't you wish to not see any more, and to turn a deaf ear? Reflect, re-examine your way of living, your ideals beyond frantic material profiting and well-being. We do not request you to live in indigence, but to take stock and to see your real needs.

"Remember that your time on Earth is limited to an extent about which you have no idea at all. Therefore, try to reconcile material and spiritual aspects better. Without a sense of wisdom, man cannot be happy. Apart from 'small happinesses, transient and illusory', true joy can come only from inside. This one is durable and cannot be affected by the disappointments of an illusory and disappointing world. Build yourself a luminous universe where you will be happy to come and rejuvenate

yourself. Make efforts; nothing can be obtained without work. You have not understood this well, as far as spirituality is concerned.

"Your world of today does not like effort. Everything must be granted to it easily: 'Why should one tire oneself out? It's inhuman!' Reflect! Take stock of your life. Re-examine your misjudgements, your cut-and-dried decisions, your egotistic reactions, some of which broke family or professional life. We don't mean to lecture you, but there comes a moment when one must actually take stock and become aware of what must be changed, corrected, to set out again on new bases and obtain the expected results.

"Be intransigent with yourself before being so with others. Look at the world with compassion. Many don't have your luck, including that of moving forward in a beautiful way, which honestly does not require overweening courage. Do your best, while striving to do things properly. Take a good look at yourself; it's a matter of urgency. Life is short, and time and tide wait for no man.

"Assess yourself and act accordingly; you are your own obstacle. It's up to you to decide about what you really want.

"As you can see, my daughter, this message may not be understood and can cause doubt. Men don't like their weak points to be pinpointed. Do your level best as far as you are concerned. We want you to advance and taste here below unparalleled joys. We wish only for your good and that of everyone. As concerns the ashram, without some tolerance towards one another and each one's goodwill, how can it really move forward? It's up to you to see!"

Babuji