Sunday, February 14, 1999 - 9:30 a.m.

(Valentine's Day.)

Yes, this message will be about love. To celebrate it is good, to live it is another matter. When love really reigns among men, a great step would have been made for humanity. This work must take place in each one of you. Cultivate love, develop it, cherish it, let it be a priority. When you have understood its importance, your life will be as if it were lighter. Your relationship with others will look different. You will approach your fellow creature with another state of mind. Let this shield always remain between you and your brother. This will help you to overlook his faults, as well as the reasoning that shocks you, or the behaviours that set your teeth on edge. Put the balm of love on all that. You will see your life changing. You will be happier and you will make the others happier. You always have this reserve, which tenses you up: he is like this, he is not like that. Are you perfect yourself? The more you will make efforts to advance in this way, the more you will have indulgence and even tenderness toward certain ways of being with your brothers. This celebration is a good beginning; one should never despair of men. One day, they will possibly become mature. Start changing right now. Some people do some exercise to maintain their body, their muscles and their appearance; do the same for your character.

"All will be well. Look at the other person with an open heart and not in the attitude of the cat that observes and is ready to pounce. It is generally your frame of mind: if the other person does not do what you expect or he does not say what you like, then you show your claws. This attitude is not worthy of a true

aspirant to spirituality. A rigorous practice and complete surrender should help you —try!

"Imagine each abhyasi in the good frames of mind mentioned earlier. Imagine also your happiness to meet in the ashram in a perfect climate of love; the ashram would always be full.

"It would be the golden age; it will advent! Many wounds will be necessary; it's amidst tests and suffering that beings are supposed to advance. Pray, my brothers, for the advent of a world full of love. You see, it has not been too hard for you today. You must consider these contacts in utmost relaxation, without fearing to be not up to them. One attitude only is appropriate; there too, be completely surrendered. Let love which is inside you rise up and spread like an intoxicating perfume."

The Medium: "O Babuji, help me. Make me become only love."

"We bless you, my child, as well as your visitors!
"The main thing has been said."

Babuji