Sunday, March 21, 1999 - 9:30 a.m.

I will come more often now, so that you will be less exhausted by long messages. All that we want is your good, and to see you happy to relay what is precious to us: a teaching that can help your brothers and sisters, even if it must remain hidden for the moment. A simple teaching in conformity with the spirit of your time, without big sentences, elaborate and complicated sentences, but with sentences that can be comprehended easily. Truth is so simple. But we must adapt what we say to the state of mind of the majority.

"Calm down as regards 'the issue', but once again, be careful. Choose well the recipients of what you consider as your most invaluable good. You are so strong, my child, and so fragile also; do not expose yourself. During [my] years, I also had to hide the messages I was blessed to receive. The wheel of time swings around, but beings are hardly smarter.

"Take good advantage of these last hours; the work of my son is nearing completion. Once more, he has done an excellent job. He makes me happy.

"Be calm and relaxed. Delight in the Divine, we help you in that."

The Medium: "O thank you, Babuji..."

"Yes, my daughter, meditate, meditate... A seminar like this one is important, you cannot assess its value, yet it's fruitful. You have to move forward, you and so many other souls that cannot even perceive it. It is the first link of a tremendous work, which must complete by the celebration of the centenary.

"That's all."

Babuji