Sunday, May 19, 2002 - 8:00 a.m.

You should endeavour to cultivate that in you which does not age and does not weaken: your spiritual nature. Put up with your body that serves you as bravely as it can. It [the body] is not eternal. It is the precious tool that allows you to do that which you came for, i.e. to evolve. For this reason, it deserves some consideration and you must be thankful for what has been given to you. The physical body is suited to the system of life necessary for evolution. It is made-to-measure, shall we say, and it is perfectly suited to the way to be followed by the incarnate entity. Thus the karmic laws apply as best as possible for each one. The human being does not understand well all his subtleties, as he is insufficiently informed of the rules in this field. All the opportunities are to be seized by the seeker; this spiritual way is critical to him. He tries to make the most of all situations, thus enabling him to grow in faith. The way can seem long to him; he has moments of weakness, discouragement, but this faith which drives him is the strongest and prevails over everything."

Babuji