Beloved Master
Revered Babuji Maharaj

Whispers from The Brighter World

Wednesday, April 21, 1999 – 8:00 a.m.

You see how meditation is beneficial. It soothes your heart and your body. Afterwards, you can feel the difference in your condition.
It is sovereign, and so is prayer; the two complete each other.

They build one's spiritual life and are necessary for it, in the same way that 'a roof over your head' protects your material life.

Could you do without it, now that it has become second nature? Imagine your life without sadhana; it is an indispensable food for the balance of your entire being.

Babuji