Beloved Master
Revered Babuji Maharaj

Whispers from The Brighter World

Thursday, April 22, 1999 – 8:00 a.m.

People of your time are continuously tense.

Stress generates disorders at all levels.

How better to manage it and rejuvenate oneself than by putting oneself in harmony with the Creator.

Balance yourselves by calming the mind; control it through meditation.

It is not the enemy, but don't let yourselves be overwhelmed by its ramblings.

It is like a spirited horse that you can control.

Put it in its place; it should not lead you any more and devour your energies unnecessarily.

You have better things to do. Focus on the things that seem important to you to get the best results.

Calm things down; avoid getting trapped.

Try to be at peace with yourselves; that can change your lives for the better.

Babuji