Friday, April 23, 1999 - 10:00 a.m.

My daughter, try to remain in a state of harmony. Protect your heart from the torments which you are in. Only on this condition, will we will be able to communicate. Hold your course in spite of everything. Be strong; there is no miracle solution. Preserve that which can be preserved. Resist, for the love of us; this is what gives you courage."

Babuji