*Monday, April 26, 1999 - 10:00 a.m.*

*When you are no longer flesh and blood, you will feel compassion for human misery; you will be able to understand. Here below, you do not need any external elements to torture your mind; you always find good reasons to do so.*

*"Doubt, anxiety, the fear of tomorrow, such is your lot; it is visceral in man. Live the current day as the only one worth living, while avoiding worrying about tomorrow. You cannot make any change, either to your destiny, or to the future of humanity.*

*"You should learn how to do your best and say, 'It's in God's hands.' You will attain inner peace more easily."*

The Medium: "Babuji, please, help me to go towards perfection!"

*"It is not feasible on Earth; the process can develop on Earth if it is sought, but it will have to continue on other planes. Do not worry about that.*

*"Everything comes at the right moment."*

*Babuji*