Tuesday, March 11, 2003 – 10:00 a.m.

Dreams can be premonitory and edifying, but generally one should be cautious in interpreting them, due to human limitations, which we often emphasise here. It is better to not venture too much into mazes that no human being in his or her present state of evolution can really make out. Spiritual practice makes it possible to better know oneself and manage one's emotions.

The psychological fragility which develops in your societies is due to a way of life not in line with the equilibrium of human beings, who are grappling with many sorts of very insidious pollution. Their entire behaviour is imperceptibly modified by it and will be, over this century, completely shaken up. Spiritual elevation will be an invaluable recourse for preserving each one's equilibrium. The way of life in your countries is particularly destabilising and worrying for the mental health of human beings. They cling to so many misconceptions that they are completely lost. If all the structures of social life are not reconsidered, there is the risk of a mad world being generated.

Only spirituality will be able to save the world and make it see reason again, namely, to have it adopt a healthier ethic of life and turn resolutely to true values.

Babuji