Friday, May 30, 2003 – 10:00 a.m.

The energies of the Earth are becoming negative for multiple reasons which we will not elaborate on here, as we intend to address another issue. Meditation as we practice it has a very favourable impact on the balance of the subtle bodies, which affect the physical body. By close self-observation, an abhyasi can perceive it, and this aspect is important for his or her well-being. Today's world, with its various forms of pollution on the rise, is in danger. Human beings are caught in this spiral, from which they cannot escape. Meditating does not protect one from everything, but this action makes it possible to restore a balance in the subtle energies, which helps appreciably. Certain forms of pollution are becoming worrisome; this process is irreversible under the prevailing conceptions of the world economy whereby profit prevails over all else.

Spiritual practice does not resolve those problems – far from it. Unable to remedy such problems, it nevertheless allows the opening of other perspectives on a world where values are quite different. Meditating clears the way to a space that leads to treasures ignored by the majority of people.

What we propose in our way does not require special aptitudes; it is open to anyone who feels capable of pursuing this kind of process. The voice of the heart can make itself heard when the time has come. May all human beings one day feel the need to turn to other values which can transform their lives.

Babuji