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In our way, we should not give rise to our aspirants getting distracted, moving away from the issue we are interested in: spirituality. Moving towards the goal requires simplicity as well as the dismissal of what can unnecessarily feed the mind to the detriment of a real spiritual career. It is advisable to remain vigilant on this aspect. Amongst the obstacles in this area there is a kind of curiosity, which creates this wandering, thwarting their work and consequently ours. Our brothers, who are truly motivated, must move away from anything that may obstruct their progress. They live in a troubled world where their senses are constantly on the alert. Their balance is consequently affected and they search outside in vain for that which is inside. They have not yet understood that interiorization is not synonymous with mindlessness, and that moving away from useless things does not lead to ignorance. They must know what they really want and make the right choices.

"To date, there is an abundance of all kinds of methods disturbing the minds instead of helping them. The market is bursting with ways that purport to allow introspection, self-analyses through questionable means as far as the balance of the members of these systems is concerned. Our way is very well self-contained and nothing should be added to it, otherwise its effectiveness would be undermined. In our way, there is nothing spectacular, intended to thrill their curiosity. We offer what is good for them, which they should content themselves with, if they had a little bit of wisdom. They should therefore focus their efforts on the practice proposed to them. May all our aspirants be enlightened on this aspect, with our blessings to all and each one."

Babuji