Tuesday, May 4, 1999 - 8:00 a.m.

My child, interiorize yourself, develop some capacity to isolate yourself, to cut yourself off from the world. Do it as often as possible, at least for short moments. You will thus get used to feeling connected to us, in all circumstances. You will feel less affected by things. You will have a kind of light and effective armour, quasi permanent. You too, should apply this way of doing; this will protect you from external stresses and strains. They exist in many forms in this world; some are insidious and affect you in-depth. You should withdraw whenever necessary into this entrenched camp. With lots of practice, you will never be affected, neither by words, nor by external events.

"We are insisting much on this aspect, in your own interest. Now is the after-centenary, you must revert to your routine practice. Try to keep the same enthusiasm and the same ardour in the sadhana. May each day be a celebration for you, i.e. an active search towards the Absolute, the total union with the Divine."

Babuji