Wednesday, October 8, 2003 - 10:00 AM

Detach yourself from this world. Let your heart open up under the beneficial rays of love. Let it be nourished; let it eat its fill of this rare energy, which does not belong to this world. Each human being can find in himself this space of freedom, this secret garden where can be developed the most beautiful achievements. Today's man, hustled, destabilized by this modern life, giving him more torments than safety, must be able to be rejuvenated in it; for there, can be cultivated true values, which are immutable. He must grow spiritually and make sure that this life is preserved, no matter what happens. There is his true refuge, which no one can reach and which, until the end of his Earthly existence, will be very helpful to him. These remarks, we have already made them a hundred times, but man's heart needs these ceaseless repetitions. He can easily be distracted and swept away by the swirl of the material life. Its bustle sometimes saturates him intensely and moves him away from his true nature.

"Our way, with its recommended practice, requests a minimum of time. The Sahaj Marg spirit can be maintained as the days go by, preserving the hearts every minute, putting a sufficient distance between material and spiritual [aspects]. It constitutes a kind of armour for today's researcher confronted with the difficulties of life, and enables him to cut himself off from them when the need is felt. He can find this sacred space and devote to it a precious time, likely to enrich him with priceless values."

Babuji