Friday, May 7, 1999 - 10:00 a.m.

A Master's life is centred only on service. It is an unreserved self-sacrifice.

"You should draw your inspiration from this destiny to act upon yourself with the same rigour, if you so feel like. Think of what your Master's life is—without rest, ever; sleeping little between material and spiritual work; a life of abnegation offered to God and his Master for your good. We draw your attention to the role of such a being, so that you may at least for a moment become aware of its importance.

"Let me ask you once again: love him. He returns it to you well. The after-seminars are important. You must digest all that you have received. It is through meditation that you assimilate. The three stages—preparation, during and after—are important. In the same way as water permeates slowly through the ground, the divine energy filters into you. Your assistance is necessary, you must accompany this work; thus nothing is lost. Your development takes place imperceptibly, but in a reversible way. It is in the nature of things. Meditate on this subject."

Babuji