Tuesday, December 16, 2003 - 10:00 AM

Don't lose heart, my child; your body is a tool being used for your evolution. Do not feel embarrassed to reveal once more these lines concerning yourself. Many of our brothers are, or will be, in very uncomfortable situations in their body, for the same reasons. When they are lived in the spirit, driving a spiritual process well understood, it is less difficult to face up to things. Be in acceptance and cultivate love in you, in this secret garden, where the rarest and the best-protected species can blossom, outside the constraints of this world. Only reference to love makes this smile appear on your face; it remains your refuge and your real joy. You possess these riches, which are and will remain your safest asset, in the pursuit of this ascent that the soul deeply yearns for.

"Be in peace and determined to continue under our guidance. Remain united with your Master; he is your safest guide. Continue what is started with him in these particular contacts where your hearts, in their subtlety, meet at luminous heights, according to our wishes and with our blessings."

Babuji