Tuesday, May 11, 1999 - 8:00 a.m.

Get rid of your anxiety by plunging deeply into the sadhana. You will once again have the confirmation of what we say in the messages. This is not to be considered as a therapy, but uniting oneself with the Divine releases the body from its tensions."

The Medium: "Will you help me, Babuji?"

"You know that we always do what is possible. Do not worry yourself; we will be with you. Must we tell you: be surrendered? We will not insist today. Tomorrow, we will resume our contacts. Be strong."

Babuji