Sunday, May 16, 1999 - 8:00 a.m.

We understand your difficulties and the efforts you make to remain stable; we are not insensitive to it. We have provided you some improvement on certain aspects, but we cannot change everything. Become aware of the good you are doing by taking these messages; let them take your mind off the state you are enduring.

"Time on Earth is short; it is a preparatory school, and your future depends on it. Be good pupils, grateful for going through an often tedious, but constructive training.

"During the most difficult moments, try to cast a lucid look on the events. Take hindsight to assess the situation. Put things in perspective and draw relevant conclusions, knowing that what often affects you is not serious and that time ends up sorting out things. When faced with tests, try to think of millions of beings living under inhuman conditions and for whom nothing is done. The remainder of humanity often has awareness; gestures are made and good deeds are undertaken, but it is very insufficient.

"When everything goes wrong for you, try to do something for those who are in inextricable situations. That does not mean though that your problems will be solved, but through your generosity of heart and your thoughts, you may help a soul in distress. And for a while, you forget your own worries, you are no longer focused on your pain or your problems of family or money; you release yourselves of them, in a way.

"Compassion is an important element that should not be neglected; it is even essential to your evolution. Cultivate it. By letting yourself merge into human misery in general, you will minimize yours; you will find it more bearable. Never

cease working on yourself; it is your great work, the most determining in the final analysis. When you take stock of your life, you will not have to brood for having missed one of the most important aspects. Sharpen your judgement about yourselves; sooner or later, you will have to do it. Better not waste time. Take heart!"

Babuji