Tuesday, May 18, 1999 – 8:00 a.m.

Forget your miseries, come join us.

The Medium: How long will I hold on, Babuji?

Don't worry about it; continue to do what you can, without thinking about tomorrow.

You all spend your time projecting yourselves towards the future. You carry both at the same time; it's too much.

There too, you don't have all the power to direct your life.

You can influence it with a positive vision, so ignore what is not positive.

Master your thoughts, do not let them dominate and enslave you.

In spite of everything, build yourselves a universe of beauty.

Do not endlessly allow yourselves to be trapped in the nets of Maya.

It's not easy to manage real difficulties and not extrapolate.

Eliminate what further adds to these problems, that is, the fear of tomorrow. It magnifies everything; it is not easy to get rid of it.

One must find, here as elsewhere, the right measure. Between dreaming of an ideal life and letting oneself be ensnared in the clutches of a gloomy future, there is a middle ground on which one must stand.

Whatever may happen to you all, we are not abandoning you. The best of you is always preserved.

Babuji