Thursday, August 26, 2004 - 10:00 AM

Cultivate joy in yourself; consider only the beautiful, the main reasons for an incarnation and the purpose of all these necessary experiences for human evolution. See the light within you, which is bringing hope, and fostering the aspiration of the soul to rise. We are repeating the same thing tirelessly; it is judicious to do it that way. In terms of spiritual practice, the exercises are being repeated each day, along with all that is meant to reinforce them.

"Our long-standing aspirants also need these repetitions and the repetitions of the same movements, the same words influencing their action, within the very framework of our teachings. That is precisely what helps an abhyasi in his process: he finds again reassuring habits, easily putting him in tune with his Master.

"This ritual being well established, one has then to work in the best conditions that are re-created each time. These repetitions are not useless; they correspond to the needs of this world where everything is renewed constantly, creating life up to its highest expression. A well-led spiritual process cannot lead to lassitude; on the contrary, by strengthening the being, it motivates it in terms of all the actions of its life, thus enriching a personality that is perfectible in all respects.

"Practice builds a being beyond the limits of this world: that fact must be taken into consideration. If they keep it in mind, our brothers will be able to realize that our repetitions are useful for them and do reinforce their determination to progress."

Babuji