Beloved Master
Revered Babuji Maharaj



Saturday, October 22, 2005 – 10:00 a.m.

My daughter, be less demanding on yourself. The schedule of this ritual can become more flexible if necessary. You manage your life with rigour, but you must necessarily take into account your current possibilities, and you should not go beyond them in the interest of service. You have been following us with courage for a long time; wisdom commands that you should take care of yourself, and so we ask this of you.

"Stay focused on the heart's availability in terms of being attentive to one's aspirations, in the most varied contexts. Live your spirituality intensely. Don't curb its expansion, devote all your attention to it; time has come for that. Whether you no longer receive us as regularly as before is not a problem. So many pages have been written, and that is more than enough to satisfy our readers' needs. These many pages, without exception, carry a message requiring all their attention. Humanity is heading for very hard times and our brothers and sisters must fortify themselves for this prospect. Spiritual life, to some extent, reassures man about his future. It gives him a broader vision of his life, of how an incarnation is needed to achieve the desired goal leading him to greater rigour towards himself, with more tolerance towards others.

"Reaching a high level of consciousness requires perseverance and self-sacrifice. Generosity of spirit cannot be acquired on command; it must be earned through ceaseless effort. Everything in creation is subjected to this principle. Man likes to



think he is the most evolved; it is up to him to show it, with the recourse of the divine grace."

Babuji

