Sunday, June 13, 1999 - 8:00 a.m.

Let your heart, particularly on this day, remain well united with ours. You know that when my son comes to Augerans, he does not forget you. You have been given additional evidence of that. Be well in connection with us. Remain today in a kind of permanent meditation. We want to alleviate your burden. We are not indifferent, neither to your sufferings, nor to those of the humans in general. But you know the principle, there is no need to revert to that as we have a different way to see things, which you cannot easily understand. One should be completely trustful and surrendered to manage it [a kind of permanent meditation]. The universal laws cannot be changed, that is the way it goes. We do all that can be done, within the limits of our capacities. We cannot transgress the rules. Be always grateful and loving, no matter what happens. That is the way to saintliness. When everything would have been said and done at the end of the road, the scales will be tipped in your favour.

"Acting like that makes you stronger. Whether you are happy or unhappy, you should keep the same faith, the same love and be thankful. It will be proof of great wisdom. You will feel strengthened to face up to the events of life and to tests that keep taking place. Whatever happens, remain well centred, don't sink in despair, put into practice all that you have learned; the Divine will come to your assistance."

Babuji