Sunday, June 27, 1999 - 8:00 a.m.

Yes, I am inside you, in a way, for a specific work which you will understand later; never mind, follow your way. Open your heart further, let it express itself, don't always curb its manifestations. You do not realize that you live in a sad society where man finds it more and more difficult to communicate.

"Many other countries where there is rampant misery manage to live better, in a way. You live in a very hard and gloomy world where life, by and large, cannot satisfy you. You are like houses where the windows, the shutters and the doors are double-locked. Open yourselves. Let the light come in, without our having to break in. We are afraid of your way of life, your instructional and educational systems, because it is not easy in this context to reach your hearts. Let them open out, express themselves and live so that spirituality, this predominant aspect in man, can open out.

"Think of that, you are in the system and you don't even realize it. We want only to help you and not to criticize you. It is up to you to see and act if you deem it worthwhile. That's all."

Lalaji