Sunday, June 27, 1999 - 10:00 a.m.

Be happy abhyasis, luminous. You should not only let your heart express itself, but also show that following a spiritual way is a noble undertaking that makes you happy, even if your material life is not easy. If you have understood well where this way leads to, you should live your unhappy experiences without being deeply affected. Your soul is there, immortal, intangible; it will outlive all your human tragedies. Think only of its beauty, its greatness. Cherish it; give it all that it needs to let it grow comfortably. Do not deny it what is essential. See only it, merging with the Divine, freed from its shackles, from these fetters which you impose on it. Let it open out under the beneficial rays of love.

"Become Love, Be Love. Be completely united with the Divine; whatever the unavoidable obstacles on your way, look towards the light, and overcome them. You will grow."

Lalaji

"My Revered Master has definitively cast his eyes on you. Do not forget it, he is not as conciliatory as I am, but he also can love; here we all know how to love. Try to unburden your heart; in the deeper sense of the word, let it burst.

"We bless you."

Babuji