Monday, June 28, 1999 - 8:00 a.m.

You should spare yourself, my child. You are going through a delicate period, and we help you. Do not let yourself be overwhelmed; you must learn how to say no. You know how fragile you are, because of all your tests. Those who love you must understand that you cannot do what you want. On other planes, your sphere of activity is widening; you must be at our disposal, remain well connected to us. Move away from anything futile so that the channel is permanently open. You have accepted; this is a choice, which you will not regret. You know that we want the best for you; we keep a close watch on you. Your way of doing, speaking and behaving, must take into account this situation. Don't worry, that is not alarming whatsoever. On the contrary, you have asked enough to serve, it's up to you. You are allowed only to criticize others in a constructive manner; listen to them; you have lots of practice, without allowing yourself to be taken over.

"By way of conclusion, we will revert to the heart. Open it more and more; give love to your fellow man, with comforting and blessing thoughts and words. Become aware of this dimension and act accordingly, my dear daughter."

Babuji