Wednesday, June 30, 1999 - 8:00 a.m.

Forget your body, it will forget you. Try to plunge deeper and deeper inside yourself to find moments of respite; you should work on this aspect. Don't worry about this house you have seen yesterday. Live the present moment, haven't I told you this enough? Inform Jean-Michel that it is in Manapakkam that he will find me. The charge of this place, which is unique, can reinvigorate him; he needs that.

"Transmit this to him: the house he knew is empty, except for the memory he has kept of it. Tell him also that this new ashram has become a high place of Sahaj Marg and that at each step, he will find me therein.

"My dear daughter, I know how much this confinement saddens you. When you have left this world, you will see this extraordinary place. It is charged and will remain so until the end of time. Go there often, in your mind; you will be able to catch the substantial energy emanating from the place. Live this day as best you can; avoid any useless tiredness. You should save yourself for the visit of your protégés. They have done a very good job, they have gone to great pains to do it, thank them. You have some work to do together; therefore, you should spare yourself."

Babuji