Thursday, July 8, 1999 - 8:00 a.m.

The passing time has no return, you will never be able to put back the clock and start again while living such-and-such situations. Do not forget this truth. You cannot put your mistakes right: 'I could have done this or that, tried to understand this situation, this brother, this sister in difficulty. I should have taken a moderate interest only or none, in this problem; that does not concern me, et cetera.' Each day, you miss an opportunity to express the good aspects in you: a smile, a gesture, a service that would not cost you much and would take you a little time. But time flies so fast; it is so unreal, it passes. What only remains is the gesture you made by letting your heart manifest itself.

"In your current way of life, you are always in a hurry; you are overwhelmed, in a state of overexertion and tiredness, tired of yourself! Rest your mind. You have not understood well how you can benefit from a true meditation which helps you refocus: where the mind, overcome, not completely but enough to make you reach a degree of inner peace, is then able to give you wings and courage to act, for you and the others. Do not remain turned in on yourself. Open your heart on the infinite without forgetting the creature."

Babuji