Friday, July 9, 1999 - 8:00 a.m.

Try not to let yourself be affected in-depth by the current events related to you. Your situation of dependence makes you vulnerable and we understand your reactions. The waves must appear on the surface and not reach the depths.

"My dear child, we carry you in a way, but life is like that; one receives blows, bruises in the heart that are painful, but the relief is felt again after the storm.

"Nothing is immutable here below; everything breaks or changes, no situation is stable. We know how strong you are and what you have undergone in your life. You have always reacted courageously in the face of trying tests. We know that, once again, you will overcome this helplessness related to the events of these recent days. The beings you love must carry on, on their road, even if this entails leaving this Earth. Other experiences are awaiting them elsewhere, on other planes; it's more or less as if they were going to the ends of the Earth, without possibilities of communicating with the 'mobile'...You know that all that partakes of rules prevailing here below. Besides channelling, another form of communion can be established through the heart and the mind.

"Don't be severe with this boy who is in an awkward situation; only you can help him, all the other doors are closed to him. He is fragile and might do something stupid. His guide expresses his gratitude to you. You are doing your level best for him as well as the others, but you are not always understood. It does not matter, it's all written in the great book of time. Act for the good and according to your heart, the same way you are doing for this boy and without being judgemental. Try to find serenity, my child."

Babuji