Tuesday, July 13, 1999 - 8:00 a.m.

In order to establish a true heart to heart, a door of communication needs to open between us instantly. The mind must be able to calm down upon request and leave room for the contact we are establishing."

The Medium: "Is it you who are in me or me in you? How does it work? Is it about a vibratory exchange?"

"It is much more subtle than what you have said; you can perceive it, that's enough. The explanations would not enlighten you much. Let us remain in the simplicity of these contacts, which currently satisfy us. All these great principles, you will have time to discover them. Live for the present moment; content yourself with that. The notion of constant remembrance, so badly understood, is not what you think, i.e. thinking constantly of the Master. It is about being in complete union with him, through the heart, in greatest confidence and utmost surrender. That is what constant remembrance is, your heart united with ours, whatever happens. This has nothing to do with your mind as certain abhyasis still believe. Quite to the contrary, it is about letting go as well as a state of complete union that is not controlled by the mind. The openness of the heart irons out all misunderstandings; it is a major aspect of your process. Will power is useful for an unremitting and rigorous practice, but all the rest is achieved in the mysterious meanders of this heart that we keep alluding to.

"We give you the key to open the secret door of the place where the treasure is: Seek and you will find."

Babuji