Sunday, July 18, 1999 – 8:00 a.m.

Reassure Michel, the work of a proofreader is not easy; professionals themselves are corrected. That is not important, you must see it in this way and accept it; a touch-up is needed, that's all. This does not in any way detract from the beauty of the work as a whole. The nature of a 'heart-to-heart', as far as we are concerned, is precisely to be able to say everything, to write everything; remember this.

Whatever you all may do with these messages in the future, it would be good to keep the overall look of the current presentation. Above all, no small print, and the text should be rhythmic, well-spaced and easy to read; it is important. Worried, tired minds will find this presentation more pleasant to read and will refer to it easily. Your poor heads are often at saturation, and this will be a good way to focus your attention. This modern life demands too much of your senses; they are saturated and no longer have the ability to keep a sustained focus on any activity for long, not even relaxation. You no longer know how to live in silence and contemplation, you need this perpetual movement around you. Your senses have become gluttons and need all this commotion. You are intoxicated by noise and images. Let your mind relax, calm down; inactivity, meditation and reflection are necessary for your balance in life. It is not wasted time. Some of you

*are veritable machines under pressure. Become yourselves again, quite simply, even if only for very short periods of time. With a more intense inner life you will be happier.*

*Babuji*