Sunday, July 18, 1999 - 10:00 a.m.

Human behaviour cannot be unfailing. Your reactions—which you regret—are beneficial insofar as you realize that they are not valid. My dear daughter, life is a continual struggle on all levels. With oneself, that's another story; the first step consists in understanding that one must correct oneself. The following steps, if one puts in utmost perseverance, are fraught with successes and failures.

"Eagerness for change is of capital importance; transformation is bound to happen. It is about keeping a check on oneself aptly, and nothing should be overlooked; that is the beginning of wisdom. Perseverance will do the rest; we all had experienced these states of heart turbulence. Perfection cannot be reached overnight, that would be too much to hope for, too easy to be sustainable.

"Your faults are deep-rooted in you. Admitting that they exist is a quality. All is not lost since you are clear-headed enough to become aware of it. The progression towards the ultimate will progressively alleviate these failings, which characterize you in terms of human expression. With time, your spiritual personality will eventually be extended to this aspect of yours, which appals you in certain circumstances.

"Be patient and regular in your practice. Let your best show through and assert itself more and more thanks to your sadhana. The reward will crown your efforts.

"With our blessings."

Babuji