Monday, July 19, 1999 - 8:00 a.m.

No one is safe from a fit of anger. That can happen to you and also be directed against you. In the face of this kind of situation, one must forgive quickly.

"This way of behaving can be uncontrollable at the time. This attitude must be corrected quickly and thus be understood in the others. Restrained anger, hatred which some people nurture inside against their fellow men, is destructive and should be avoided at all costs. It is necessary to get rid of this weed, which makes your life a misery.

"You should not fuel any resentment towards beings who had wounded you knowingly or not. Don't put this kind of barrier to your evolution. Human turpitude causes much turmoil; being able to forgive is the best solution for oneself and the other. What will you gain by letting this poison undermine you physically and morally? Certain situations are inextricable; you should know how to turn a page and leave behind you your resentments. You will feel a new being, liberated and stronger.

"Look in front of you; released from your rancour, a life full of light can open up to you, releasing you from all these shady areas that curb your progression. Be free inside, be happy to be so, nothing checks your step forward. Forgive those who attack you, advance with your head held high, without being affected in-depth by the ugliness of life."

Babuji