Wednesday, July 21, 1999 - 10:00 a.m.

Don't let so much of your energy be distracted by problems of everyday life."

The Medium: "Babuji, I am single-handedly facing up to everything. How should I proceed? On certain days, I just don't cope."

"Don't put so much effort as you are doing; let things take their course. You have to make this choice. As long as you will live in this building, in spite of the trouble you are taking, the results will not be satisfactory. You also want to do your best, but you do not have the necessary strength any more. Save yourself as much as possible for what we ask of you; the rest is material, therefore not of the highest importance. If the channel is overloaded, how will we proceed?"

The Medium: "Babuji, on some days I would like to retreat into a convent, where Sahaj Marg is practised, of course. I wish the dream of having this kind of facility could come true, but the Mission's role is not to take in disabled people."

"With the Mission expanding and being restructured, this kind of place might be considered. Retirees could live permanently therein, with autonomy and independence, while joining their means and leading their spiritual life together without being isolated. It's about a special ashram, two-fold, each person being at home while living in a commune. I trust one of our responsible people will have this idea one day. Let things take their course, my dear daughter. Perhaps your expressed wish will come to being one day, and if you, yourself, don't benefit from it, the idea will have been launched. It may come true—why not—and benefit other abhyasis in the same situation as you. Think very strongly of a place like that one—you never know. Rest imperatively, regain strength for tomorrow."

Babuji