Friday, January 31, 2014 – 10:00 a.m.

Do not mind the repetitions; they are important. So many of our abhyasis have read all of these printed messages! Isn't everything repeated constantly in this world! Human beings have been developing by virtue of this principle since ancient times; this is how it is. Here lies the very basis of education and of life. Over the years, we see our aspirants changing. Those who are the most convinced and faithful make great progress, with quite spectacular results. How could we not give the maximum? Everything possible must be done to help the entire Mission.

This highly agitated life – troubled at all levels by pollution that humans cannot conceive, as it is unprecedented in history – is very destabilising for humanity. The consequences of these many and varied excesses will, beyond a doubt, cost dearly. What more can we do to encourage humans to grow spiritually? This notion is so little known among them. Happy are those who adhere to these principles; their personal commitment bears fruit of great importance. To elevate oneself in this way saves valuable time, and time is running short for each and every person.

May our way of the heart bring help to more and more people. There is such distress manifesting here below, and this will only become more pronounced in the years to come. The refuge of faith, of one's work to refine oneself and to understand the real subtleties of life – this is a very valuable asset, one that will be proven over time. Blessings to all.

Babuji Maharaj