Friday, July 23, 1999 - 10:00 a.m.

What you call beauty is not important. It is so insofar as the person radiates kindness and the light of his soul. Your criteria of beauty are very uncertain and so different according to the races—to an extent, which you cannot realize. You should not dwell on appearances, but only see what emanates from the heart and is reflected on a face. With time, a true spiritual work not only transforms a being in-depth, but it changes his expression. Even if at the beginning he was not blessed by nature, his inner beauty can illuminate his features and make him beautiful. Physical beauty is short-lived; what remains is only the beauty of the soul and the luminous aspects it manages to show. Try to find this beauty in your brothers and sisters, even if it is not apparent. Only it matters, the rest returns to dust. It's all mere illusion in matter.

"Train your eye to detect the treasures concealed in certain incarnate beings, which do not attract your attention, not at all. A gem can be hidden in the heart of a stone, which you call a geode. That is only an image meant to make you become aware of the fact that, very often, you rely on appearances. You can be mistaken grossly, and be misled in your judgements. Try to grasp what emanates from the heart of your fellow man, without limiting yourself to his face; this will be wise of you."

Babuji