Wednesday, August 4, 1999 - 8:00 a.m.

The religions that deny reincarnation are in contradiction with their habits, which consist in performing rituals of purification on the child right from birth. Why should the child be purified if he was a spontaneous divine creation and already in a pure state; what else should be added? The adult must undertake an inner cleaning; it is what an abhyasi must do. This work is essential to let the divine energy get into him. The transmission, as we call it, is carried out all the better if the receiver is in the best conditions of receptivity. It is one of the few ways where so much emphasis is put on this preparation. To meditate on one's own tendencies is not good, as it only results in reinforcing them. The abhyasi can all the better receive if he prepares himself assiduously by doing his cleaning each evening and by being regularly followed by the prefect of his choice. He will then be under the optimal conditions to receive this true blessing, which is the pranahuti.

"Our way is simple, perhaps it is necessary to further recall how much regularity and rigour in practice are indispensable for your progress. Missing no seminars, no group meditations, that's good, but make sure you don't neglect this personal preparatory work that can seem demanding, but is an indispensable foundation for obtaining the best results.

"Think on it, don't let up, correct yourself on this aspect, if necessary, to set out again on the right foot. The road is long. It's better to be well equipped and to benefit fully from the richness of this way."

Babuji