Thursday, August 5, 1999 - 10:00 a.m.

We will try to continue in the same vein. How can we not get back to the same topic time and again: your evolution! You entered Sahaj Marg to follow a spiritual way. Some of you may have come to see and test, which is normal. If they have stayed, it means that they like the formula and that they have understood the true objectives of this process. Results cannot be obtained without work, without constantly renewed efforts. It is about knowing really what you want and then, you will choose the speed and the pace which you deem more appropriate for what you expect of this way.

"No way is easy. In Sahaj Marg, like elsewhere, if you want to advance, you should really go ahead and put your heart into your work. It is about the heart precisely, this organ so much quoted every other minute: he is kind-hearted, he is really heartless, he has a heavy heart, et cetera. The heart referred to herein is the vibratory heart; we will call it like that to differentiate it from the physical organ.

"The spiritual heart, which has its own life, has nothing to do with the heartbeats, which keep you alive. This divine heart conceals treasures, doors to be opened progressively as you advance; these are points as we call them.

"It is the guardian of the inner temple; it is necessary to show one's credentials to enter it. This temple is imposing; without a good guide, you could be lost inside it. Don't be afraid, all these colourful comments are meant only to sensitize you on your work, to open up prospects for you that motivate you to advance. Your quest will succeed only with, on your part, a true will to act. We follow your efforts and we bless you."

Babuji