Friday, August 6, 1999 - 8:00 a.m.

If you were in good health, you would not have these reactions. It is not our contacts and these messages that tire you more, but the weaknesses that you criticize yourself for. Spelling is important, but please, for the occasion, it is not the important thing. There are also proofreaders whose work is to proofread. Don't fritter your energies away with these kinds of reactions. You receive these messages, you print them, it is a grace, and you should be content with it. Who can imagine the energy it takes you, whereas your stock of energy is far from blooming?

"No, we will not revert to August 11th. You should go beyond this event, see the future and what it will look like. What should one do to improve oneself on all levels, to best benefit from the experiences that arise, and how to react in the face of the difficulties of life? It is a very enlightening program at the human level. A difficult situation gives you the opportunity to see who you are really. Your behaviour, on all occasions, enables you to watch out for your weaknesses.

"A sustained attention must give you good results, if you question yourselves and you really manage to change your behaviour.

"Some of your reactions are very strong, and this germ which causes them is deep-rooted in you; root it out. Become new beings, you will appreciate what you have become. Imagine yourself in front of a mirror which does not blind you to the failings of your person, this very objective mirror, you should use it mentally to see the least machinery of your character, its weaknesses and its secretiveness. You will no longer be able, for convenience's sake, to disregard unsatisfactory aspects of your personality. When this thorough soul-searching bears its fruits, you will feel as if you have been given a new lease of life; that will make your inner life richer."

Babuji