Tuesday, August 3, 1999 - 10:00 a.m.

You may find our speech bleak and indeed not pleasant to read.

"If you live the slightest bit in reality, you can realize that we are not exaggerating.

"There are beautiful landscapes on this Earth, splendid cities, a little overcrowded, but if only the good aspects of this planet are seen, that's fantastic. Therefore, without burying one's head in the sand systematically, you should see only the beautiful around you as well as in the others, thus will your life be more bearable. The golden age is not for tomorrow. You live in this incarnation, which has also pleasant aspects; you should try to benefit from it and enjoy its least moment of happiness. You should see only the good qualities of your fellow men, the beauty of a flower and its delicate perfume, as well as all the good things granted by the Creator to feed you. Review what is appreciable around you and cling to the positive sides of your existence.

"Be blessed in this undertaking and persevering in your practice. We don't evoke it much in this moment, but it remains one of the pillars of your life."

Babuji