Saturday, August 28, 1999 - 10:00 a.m.

*Try, in all circumstances, to control your emotions. They can be destructive and create in you samskaras. In the face of certain situations, remain as much as possible immersed in us, in our energy, which forms a shield of protection against certain aggressions. Always remember this, and put it in practice more and more often; that will become a natural reflex."*

*Babuji*