Friday, September 10, 1999 - 10:00 a.m.

As you can see all was not lost, you have started again to surface. Be very careful; don't go beyond your capabilities. That's your problem: always overdoing things. We cannot do without our preferred medium; therefore spare yourself to focus on what is important, i.e. our contacts and what ensues from it. Minimize your material worries in view of an ever increasing availability on the spiritual level."

Babuji