Tuesday, September 14, 1999 - 8:00 a.m.

My dear child, teaching is not necessarily in sensational formulas. These three series [of messages] show the progress of our relationship. The 'heart to heart' is of a little different tone, sometimes subtler. The progress you have made by assimilating the messages of the first two series must enable you to receive certain truths, which are not necessarily obvious.

"It is always about going deeper inside yourself, reaching deeper layers where everything takes place in the silence of the heart, far from the noises of life.

"To enter this holy temple, this vibrant space of love, it is necessary to be gradually divested of all these carapaces, which make you impervious to this work. Senses are the culprit; they are always on the alert and are a hindrance to complete meditation.

"Divest yourselves of certain useless burdens. Don't let yourselves be affected by trivialities. Go deeper and deeper towards interiorization to enter this space of light, which will make you forget the hardness of life and taste joys which you cannot suspect.

"Refine yourselves. Forge ahead, but inside yourself; the revelation awaits you there. Be patient and fervent in your search. The victory is at the end of the road."

Babuji