Wednesday, September 15, 1999 - 10:00 a.m.

*Don't let yourself be overwhelmed in any way, limit yourself to the strict minimum in terms of words and contacts. Dismiss people who bother you; be patient for what you know... You will only value better what will come next. The least that can be said is that your vibrations do not agree! Your decision about laughing—as you are doing—is good. Think that these worries only affect a negligible part of yourself and that they are not important... You are making big efforts; that's good, my daughter. All possible means should be used to sanctify oneself. Keep heart! Things could have been worse!"*

*Babuji*