Thursday, September 16, 1999 - 8:00 a.m.

Free your mind, and come into your bubble. Otherwise we will not be able to communicate. Is that what you want? You see how it is hard on certain days to free one's mind. You should use 'the key' I gave you better, with more conviction. It is towards this aspect that all your efforts must be directed. Sitting down and saying that the Master does everything; that's a little restrictive and reserved for beginners. You must act, and also take your spiritual destiny in hand.

"You have travelled a long enough journey to understand that the Master can act only with your consent and the support of your personal work. Let our efforts join to go towards the goal. Be at the same time completely surrendered and active, the way we understand it; you must collaborate while being malleable.

"Do your practice exactly as we ask you to do it but with this 'additional something' [the symbol] which you know to help kick off your concentration. That is not a gimmick; you should really try, and persevere and you will see the results. Starting with a simple element, one can go far... The scientists who marked the history of humanity testify to the reality of this assertion. Get down to work, with all our blessings."

(10:00 a.m.)

"It has been a good contact at 8 a.m.; we will not add anything else. Regain strength for the day, whose schedule is busy because of your health condition. Good meditation!"

Babuji