Sunday, September 19, 1999 - 10:00 a.m.

My child, we will be brief today, you need to rest. Take advantage of this quieter day to rejuvenate yourself and be able to face up to the coming week.

"We are with you. Don't take your eyes off us; feel your heart permanently connected to ours. Stand up, hieratic, in front of the divine flame. Become imbued with this vibration, let it suffuse in you completely, be offered, and relish this nectar."

Babuji