Monday, September 20, 1999 - 10:00 a.m.

No matter what happens around you, you must be able to plunge and connect to us in all circumstances. Simply cut off your contact with the outside world and the work will be done. Our world is parallel to yours; there is no insurmountable barrier. It is only a question of perception, which prevents the majority of the beings from communicating with what you call the beyond.

"In very ancient times, humans had this kind of capability; it was natural. The so-called advanced civilization deprived you of your antennas. The spiritual work must refine you and make you more receptive; without graduating to 'channelling' which not everyone is gifted with. You will be able, through devoting yourselves eagerly to your sadhana, to become reasonably sensitive. However this is not an essential element... Your spiritual progress, instead, is essential, and must be your only priority.

"You must also control your imagination. Certain abhyasis live in a kind of daydream and take their desires to be realities. They believe they communicate with us, which is not the case. Prudence is always essential in this area. Do your personal work in a state of surrender and love; that will be enough!"

Babuji