Friday, September 24, 1999 - 8:00 a.m.

Never forget that the divine essence, which is inside you, is pure. You must see to it to adjust yourself as fittingly as possible to this state through constant research and observation; your thoughts and your acts must be in keeping with this harmony, which dwells in you. It is not easy to drive away certain human feelings and reactions about events or behaviours. Having reached a certain level of evolution, a constant watch over oneself must be exercised, even if sometimes you reach a limit and the last straw is inevitable.

"These circumstances also must be positive. One must learn from them and see how to protect oneself from blows. One must imagine himself irreproachable, invulnerable, in short, out of reach mentally and physically; he must also see himself mantled in a kind of divine armour on which anything secondary, and finally unimportant, glances off. Meditate well on this aspect."

Babuji