Friday, September 24, 1999 - 10:00 a.m.

*here lies the secret: detachment from life's events. The interiorization process can really start only when you can cut yourselves off completely from what surrounds you, when you so wish. One's mind must be disciplined, like a restive horse under the expert hand of the rider. You must be able to close the door to the world when you find it necessary, and generally, you should not let yourself be affected when you are in the movement of life. You must carry out a complete work of observing your reactions, your behaviours, and even if you fall sometimes, never lose heart in the face of difficulty. You will derive from this extremely tasty fruits and you will not regret your efforts. Try!"*

Babuji