Beloved Master
Revered Babuji Maharaj

Sunday, October 20, 2002 – 10:00 a.m.

Let your heart become imbued with our presence; it awaits this moment that instils a kind of breath of fresh air into it. May we communicate similar euphoria to our readers who are also hungry for the Divine.

The preparation for meditation does not require a mechanistic working of the mind, but only deep interiorization, as well as a state of communion meant to favour it.

Here, love must express itself freely, in utmost surrender. These moments are privileged and unique. The meeting with the One requires all your attention and your care to make it possible. Emptying one's mind, as much as possible, leaves room for the noblest feelings.

The soul can thus express all its greatness; it feels that it exists, happy to be able to adore Him with complete freedom. These moments of brief happiness are a blessing; they deserve the attention of you all to foster them.

Make the most of these moments of calm being offered to you, during which you can devote yourselves to your sadhana in complete tranquillity; your inner being will come out of it reinvigorated and happy.

Know how to establish some rules to enable you to escape, at your convenience, from this hectic world where your true nature cannot easily find its place.

One has to earn the privilege of being among the chosen ones. You are acting towards this prospect; be persevering and determined to overcome all the obstacles, which will then enable each of you to reach the goal.

Babuji