Beloved Master
Revered Babuji Maharaj

Whispers from The Brighter World

Tuesday, May 8, 2001 – 8:00 a.m.

Each day permits you to advance and to be enriched. Tirelessly, you repeat the same gestures and the same ritual concerning your abhyas. You thus follow a universal rhythm – all your acts are repetitive. By respecting, to a certain extent, a schedule suited to the different activities that punctuate your days, you find an equilibrium.

It is important to comply with strict rules, with respect to your physical activities as well as your spiritual exercises.

Regularity is beneficial at all levels. Human beings are made like that – their biological clock programmes them at each moment of their lives.

We cannot go into the details of this process, but you can all take advantage of its benefits by complying with it.

Your practice too is part of this framework, and you notice its efficacy. This ritual has now become an integral part of your lives. The need is felt in you; you aspire to find yourselves in this universe of peace, far from the miasmas of this world.

There, in the silence of the heart, where the encounter with unity eventually occurs, you reach other shores and your lives take on a new meaning.

You realize the importance of your abhyas, how much you have progressed and how it has changed your lives. This fact is edifying and sufficient to motivate you.

Babuji