Monday, October 4, 1999 - 8:00 a.m.

Do you realize how much you are advancing in your detachment? All opportunities are good to bring about this state. Don't neglect any opportunity to put this process into practice. Remain vigilant on important aspects and make concessions on what is not important. This is what must be done to go towards wisdom.

"Do not let your serenity be troubled by things, which are not worth the sorrow. Your present worries will not count much in six months or one year from now. They will be replaced by others; it is inevitable. Therefore, you know the procedure to follow.

"When the air is unbreathable on the surface, you should plunge into yourselves and bathe in the pure waters in the heart of your heart: there is true happiness. You can let yourselves go with delight without fearing disappointments. Is this not a wonderful remedy? You should have recourse to it as often as possible. That will give necessary balance to your spiritual blooming."

Babuji