Monday, October 4, 1999 - 10:00 a.m.

As long as there will be messages, we will not stop coming back to this aspect of your sadhana: interiorization. Improve this practice; it will help you until the end of your life. It requires some training, but it is worthwhile. Thus, you will have at your disposal the means of escaping, by uniting always completely with the Divine. This refuge is unequalled; the subtlety of its atmosphere will transport you into raptures.

"Do you see what the purpose of this 'heart to heart' is? It is meant to encourage you, to urge you, to go always further and deeper inside yourself. We wish you complete success and we bless you, you all who are so dear to us."

Babuji