Saturday, October 9, 1999 - 10:00 a.m.

Our way is not the only one, we have said it enough, but it is among the most direct ones. It is not very demanding: it is enough to respect the method strictly, to implement it regularly and the results will be felt without fail. Don't be worried if you do not live special 'experiences' while doing your abhyas; that is not the purpose. Be surrendered completely so that the work is done, without trying to see anything.

"Some people are disappointed, after some time of practice, not to live any exciting mystical experiences. They [experiences] can occur, but we never promised them. It is the goal that must be reached and we see to it to bring you there.

"Seeing or feeling things, is not necessarily an evidence of progress. Therefore, you should not at all expect to have visions or other manifestations of this kind; that is not the targeted result. All you have to do is to practice well and to surrender to the Master who always does his own work. Even if you 'do not feel anything' as some of you say, don't be worried. You are advancing; things cannot be otherwise. You are like wisps of straws swept along—without your realizing it —by the power of the divine current."

Babuji