Monday, October 11, 1999 - 10:00 a.m.

Learn how to control your mind in all circumstances; don't let it guide you. When you meditate, release yourself from your worries, you can do it. Do it immediately, do not waste time by letting yourself be haunted by inopportune thoughts. This is it, close the door behind you and make yourself available for us only. That is not so difficult and you appreciate, I believe...

"Meditate a few moments. We will resume thereafter. Try not to fritter your energies away in talking; get to the heart of the matter, this current problem of health does not allow you to do otherwise. Compel yourself to this behaviour for the moment, even if it is misunderstood by your circle. That is difficult to handle, we know it, but it is critical for your recovery. The beings who love you really do understand.

"My dear child, you have a busy day, we will not insist any longer. Make sure you tone down your oratorical impulses, thus you will not misuse your nervous forces."

Babuji