Saturday, October 16, 1999 - 9:30 a.m.

When will you stop fearing to show your feelings? Let go on this aspect once and for all. Why suppress your comments of October 13th? That's how you humans are; you lock yourselves up in the framework of the unvoiced comment, the non-expressed.

"If you reread attentively my autobiography (your preferred book), you will see that on some occasions, both in my mails and in the contacts with my beloved Master, at that time between Master and disciple, it sometimes happened to me to open my heart.

"Don't feel embarrassed, my child, you have the opportunity to give to those who will read, an example of simplicity in your way of expressing what you feel toward me. Who can criticize you? Those, precisely, whose hearts are not sufficiently open, and who have still a long way to go in this direction. So, please, don't touch anything, remain in a state of humility about that. Don't fear to express yourself; you say it quite often, only our judgement matters. Human reactions don't matter; you should be beyond all that. It is the others who have yet to divest themselves of a jumble of social conventions, of rules enacted by men who do not hesitate to do evil in word, in spirit and in every way—what beautiful results they have achieved! You do not harm anybody, or yourself, on any account. I hope that in the future, you will let the gates of your heart open up, without any reserve of this kind. Be blessed, my daughter."

Babuji