Sunday, October 17, 1999 - 10:00 a.m.

Many human tragedies could be avoided if true communication existed between beings. Fearing to say the truth is not always good behaviour. It generates tensions and complications that could very often be avoided if your acts and words were guided by frankness.

"Sometimes, to avoid doing evil, man gets tangled up in situations, which are time bombs. Often, psychological tragedies could be avoided by defusing them from the outset. Simplicity and frankness can pay off, in the good sense of the term.

"Man himself creates complicated situations, from which he does not know any more how to extricate himself. In certain circumstances, it would be advantageous for him to commune with himself before speaking or acting. Taking the trouble to sit down, meditate very deeply while surrendering one's worries and embarrassment to Master, could be helpful to man. He would come out of it with his mind at rest and with clearer ideas. A good way of doing would probably appear to him and would spare him getting tangled in a complicated situation.

"You all are not among the cases which we have just mentioned, but sooner or later, that will happen to you and you will appreciate having in the depths of your heart a selfless and effective adviser. Never act in the grip of anger, tiredness or exasperation, which can lead you to behaving in a harmful way for yourself and for others. If you take stock of your life very sincerely, you will realize that these comments are not useless and would have helped you in many circumstances.

"Try as of now to be clear for the sake of your personal peace and those whom you mix with. We insist much on this aspect because it is one of man's

failings. We would like you to hunt down in yourself all that which can curb your evolution. The more you advance, the more you must divest yourselves of all that burdens you. Our remarks are not moralizing. We want only to enlighten you so that you can, more and more, clarify your way of being. You will feel lighter, more active and determined to advance. To see you going towards the goal and focusing all your efforts on this objective would fill us with joy.

"Divest yourself of useless luggage, full of a multitude of things devoid of interest. While advancing, you realize it yourself and you aspire to the purity and the lightness that a soul at peace does provide. Take stock of the situation, reflect and act accordingly. We will leave off there this long speech and these repetitions, but we wanted them to touch you deeply. Keep heart!"

Babuji