Tuesday, October 19, 1999 - 8:00 a.m.

Think of the perfume that can emanate from a pure heart; the doors of this chalice should not remain closed. These emanations must be able to waft out freely, without any restriction. This divine perfume has its raison d'être; it must benefit others. Don't forget it, maintain love and grace in you so that your circle can benefit from it. Each one, according to their openness, will receive it like a gift. The least attentive will necessarily end up being touched by this delicate scent. Watch yourself; try to emit good waves so that your circle will benefit from them. This process is important; it will enable you, gradually, to eradicate this human tendency of stirring up negative thoughts, which are also transmitted. Make sure, as far as you and the others are concerned, to maintain good thoughts while correcting very quickly any bad ones that may overwhelm you. We highly recommend you to devote yourselves to this exercise."

Babuji