Wednesday, October 20, 1999 - 8:00 a.m.

The continuation of this 'heart to heart' could be entitled: 'the uplift', but we will remain discreet; so must it [continuation] become in your minds. Keep these messages in a handy place and read them, quite simply, when you feel like it or you wish to be united with us. They will keep enlightening you. They create subtle bonds between you and us—unfailing ones. You contribute to the preparation of these collections; it is a true chance being bestowed on you.

"Sahaj Marg is a great spiritual movement created to help humanity. It will go through storms caused by the negligence or the vanity of some people, but that will not prevent it from forging ahead. It will get round the obstacles, will level the difficulties and will fulfil its mission of illuminating the world. Nothing will stop it; that which God decides is achieved at all costs by His Grace.

"Be good elements, vigilant toward yourselves and the others, determined to benefit from this exceptional tool given to the man of this century and the next ones, and which will fulfil its vocation fully."

Babuji