Wednesday, April 12, 2000 – 8:00 a.m.

Why would you like to know more about esoteric laws? Is it so important? Have you fully understood, fully assimilated, all that we have been able to tell you since the beginning of our contacts? It seems to us that it is necessary to look back over things; it would enable you to take stock.

Over the years, you have collected a considerable amount of information.

This kind of teaching takes place a little at a time. One must know how to read between the lines, with the heart, so that each cell of the body is imbued. It is not an ordinary reading, like a novel for example, which can leave nothing or, at the most, a mere memory.

All that is said in these messages must be infused slowly into the mind and the heart in order to be transcended.

It is a spiritual food, which must make its way and imbue the soul.

It is better to proceed slowly, at a human pace; you must be content with this process.

The Venerable