Friday, April 14, 2000 – 10:00 a.m.

That you take down these messages more or less easily, depending on the day, is one thing – your state of health is the culprit in that – but that you keep having doubts seems odd to me. If words can deceive, can what you feel inside deceive you? These two aspects form a whole which you cannot deny. Overcome once and for all this negative side. Don't you feel, particularly this morning, your heart expanding under the effect produced by these sentences added one to another? We wanted to make you live this experience so that you are certain of the impact they can have on you. Why would we come and give you all these messages if they were mere delusion? They are not a 'magic potion', but in a way they materialize the subtle work that is being carried out inside you, within the framework of your sadhana.

Venerable