Saturday, October 9, 1999 – 10:00 a.m.

Our way is not the only one, we have said it often enough, but it is among the most direct. It's not very demanding; it's enough for you all to follow the method carefully and implement it regularly, and the results will be felt without fail. Don't worry if you don't have special 'experiences' while doing your abhyas; that is not the purpose.

Be completely surrendered so that the work is done, without trying to see anything. Some people are disappointed, after some time of practice, not to have any exciting mystical experiences. These can occur, but we have never promised them.

It is the goal that must be reached, and we are making sure to bring you all there. Seeing or feeling things is not necessarily a sign of progress.

Therefore, you should not at all expect to have visions or other manifestations of this kind; that is not the targeted result.

All you have to do is practice well and surrender to the Master who, for his part, always does his work.

Even if you do not 'feel anything', as some of you say, don't be worried. You are advancing; it cannot be otherwise.

You're like wisps of straw being swept along, without your realizing it, by the power of the divine current.

Babuji