Beloved Master
Revered Babuji Maharaj

Whispers from The Brighter World

Wednesday, January 19, 2000 – 8:00 a.m.

Managing to meditate deeply is the remedy for many ills. Being really able to disregard what surrounds you and worries you is a blessing. Our aspirants experience that every day with varying degrees of success, but could they do without this privileged moment?

Regularity in practice, along with the deep aspiration to unite with the Divine, must give the best results.

It is necessary to advance step by step on this long and difficult road, but for the reasons we've just mentioned, the work produces its effects. Finding yourselves in a given situation, you realize how much you have changed; your real condition appears to you and you're happy to be able to see this transformation.

Even if that's not obvious in your everyday life, you approach the problems that inevitably arise with an inner serenity that helps you cope. The effect of your sadhana has made you into a new being, without your realizing it.

Babuji