Wednesday, November 24, 1999 – 8:00 a.m.

To follow up on what we said yesterday, there is nothing to remove from these messages. In the future, before deleting and cutting what will seem superfluous to you, ask your hearts, calmly, before doing anything. These passages are often answers to questions you ask yourselves, or to comments you exchange with each other. As for what you yourself are writing, my daughter, you are doing it under our impulse in a special state; everything has its raison d'être.

Reread my autobiography. How do you all react when reading certain passages? You have to know how to read between the lines and put yourselves effectively in the situation; otherwise you will find these elements unimportant, perhaps uninteresting.

For everything that touches on the spiritual, do not dwell in the intellect anymore, or at least remain there as little as possible. Try to grasp inwardly what emanates from the lines you read. Learn to decode certain signs you don't immediately detect. Use your inner eye; it will help you to correctly grasp all the nuances.

Your entire lives, you have learned to function and react according to your upbringing, the education you received. You've all been subjected to the influences of your surroundings. Try to interiorize yourselves and develop another way of seeing, of understanding, and of grasping what has most often escaped you. Be vigilant, and

a sixth sense, outside the social framework, will enable you to have a more accurate approach to things.

Babuji