*Monday, April 24, 2000 – 8:00 a.m.*

*We would like to see you in better shape today, let it be a day of respite for you.*

The Medium: You who have all the powers, could you perhaps ensure that it is not just one day?

*Be in a state of acceptance, that is all we can say. Think that your heart is reviving like nature in this season, which emerges from its winter torpor and thus manifests all the power of creation.*

*Be born again in yourself, divested of all that is superfluous and useless, to let the divine nature that dwells in you emerge in all its beauty. This way is long and difficult; emerging from one's own gangue requires considerable effort – others have done it before you. All those beings you admire went through the same trials.*

*Think of your Masters, of your Beloved who suffered a thousand torments. Be both strong and surrendered, God will do the rest.*

*The Venerable*