Saturday, August 19, 2000 – 10:30 a.m.

The Medium: Thank you, my Beloved, my whole being is bathed in grace. This feeling of lightness and happiness is unique. How can I neglect my abhyas sometimes, and the rare contacts that can result from them! I do not have even the excuse of saying, like Theresa of Avila, 'If I had known sooner, that this tiny palace of my soul was inhabited by so great a King... [I would not have left him alone so often; I would have come to stay with him every now and then, and I would have done all I could to keep my palace clean]'. May you forgive my negligence, my Beloved, and make my life become a song of love.

It is true, you sometimes neglect what is in your reach, you let yourself be caught up by the movement of life around you.

Detach yourself more and more from useless aspects, to come and taste more often the source of 'true life'. Come and refresh yourself at this supreme source; it is inexhaustible and unparalleled. Fully realize it at last, and give this action the best place.

Do not tire of singing the praises of the Divine Creator. You will make us happy.

Babuji