Sunday, July 4, 2004 - 10:00 AM

Lift up your heart, come and relish the emanations of the grace in which your heart is bathing, in this moment. This introduction makes you stand back immediately from your daily life. You see, repetitions are useful, since these words, always the same ones, have a magical impact on your heart. Immerse yourself in us. Here, there is no disappointment. It is with unchanging happiness that you are enjoying these moments of true communion.

"You cannot join your brothers in their big gatherings; don't be sad at the thought of the anniversary of your Master during which, once again, you will be far from him. You will not be forgotten, believe me. Distances do not matter. Each day proves to you the opposite, since you can tune in to us on levels to which your brothers cannot have access through this channel.

"God has many abodes, as has been said in the scriptures: life exists elsewhere where the soul can perfect its progress. Do not lose heart, friend; at the end of the road, your God awaits you! A wise person said it; he reached nirvana.

"One should summon up one's patience and pluck one's courage, in view of this long ascent. But one day, the divine goal will be reached and the soul, in its intense jubilation, will forget all the tribulations having brought it up to that point.

"Recover your smile and joy, my child, for nothing is useless. Whether he is in obscurity or light, man can make progress; nothing can prevent him from being united with the Divine. His heart is free to make any choice: it can love infinitely and hide it well from the eyes of men. The heart alone holds the key to all doors. You know it, but many don't.

"May all be blessed and enlightened."

Babuji