Friday, May 30, 2003 - 10:00 AM

The energies of the Earth have become negative for multiple reasons on which we will not elaborate here, as we intend to address another issue. Meditation as we practice it has a very favourable impact on the balance of the subtle bodies, which affect the physical body. By keeping a close check on himself, the abhyasi can notice it and this aspect is important for his wellbeing. Today's world, with its varied and increasing pollution, is in danger. Man is caught up in this spiral, which he can't escape from. Meditating does not protect him from everything, but this action makes it possible to restore a balance in subtle energies, which helps him appreciably. Certain forms of pollution are becoming worrying; this process is irreversible under the prevailing conceptions of the world economy whereby interest prevails over everything else.

"Spiritual practice does not resolve those problems; far from it. Failing to remedy such evils, it allows other prospects to open up, towards a world where values are quite different. Meditating clears the way to a space that leads to treasures ignored by most of men.

"What we propose in our way does not require special aptitudes; it is open to anyone who feels capable of pursuing this kind of process. The voice of the heart can be made itself heard, when time has come. May all men feel one day the need to turn to other values which can transform their life."

Babuji