Tuesday, March 20, 2001 - 10:00 AM

Our literature should be enough for abhyasis. There is no need to add books whose aims are of psychoanalytical nature. Books treating such topics are sold outside the Mission.

"In Europe, Sahaj Marg tends to deviate and intellectualize itself. To change in his behaviours, the candidate can simply keep a check on himself, every day. Our method doesn't fundamentally aim to modify the character, even though by way of consequence, the fruit of his practice transforms the inner being as well as that aspect of his personality.

"It is useless to add scholarly formulas to all that has been said. Having confidence in the Master, doing one's own spiritual work and behaving like an honest person, in the various stages of life, are key points to any well-led spiritual quest. Do not complicate what is simple.

"Our way is simple and more efficient than you can think. Do not add anything else to it; it speaks for itself. Sooner or later, you will assess your achievement and this assessment will provide your heart with joy. Over the years, you will see your behaviours changing. You will not react in the same way; you will be amazed as your own reactions will be more positive and imbued with acquired wisdom, as a matter of course. Let specialists in those issues deal with introspection. They do this work in their practices. Our objectives lie elsewhere, for the good of all of you and beyond the understanding of each one of you."

Babuji