Wednesday, April 11, 2001 - 8:00 AM

The decision to make my son peruse these writings is a good one. It is necessary to stop this propensity to move away from the source of Sahaj Marg, and to be vigilant.

"We had to address the issue once again. Even though they are apparently satisfied with what they receive, men like to add their own mark to what is given to them, and hence the regrettable drifts which occur in longstanding spiritual ways. That is how human nature is.

"He who meditates cannot regulate his mind for a long time without it straying and moving away from its objective. His mind leads him to intellectual wanderings that slow down his spiritual progress.

"In order to blossom, his heart requires serenity; his soul yearns for receiving appropriate food as well as inner peace. Can he provide them? Not sufficiently. After a break, he sets out again with renewed vigour, in this mental gymnastics, which he cannot do without.

"Creating calm in him requires a long training process. His will must be invoked to overcome all thoughts assailing him and which, like a wild mount, he can hardly control. Time will come when with much patience and perseverance he will easily establish inner peace to be connected to the Divine."

Babuji