

Tuesday, August 31, 2004 - 10:00 AM

Forget the world surrounding you, calm down and let your heart express its joy. It is waiting for this moment when you manage to withdraw from it, to only listen to us. Man caught in the movement of modern life sometimes struggles to find serenity. It is in the heart of silence that he can really reach that point, within his own presence, by leaving behind him all kinds of worries. This effort of interiorization gives him again the necessary lucidity to understand how much his spiritual process is important and the priority he must give it in his life.

"He seems to forget it sometimes and lets himself be ensnared in the traps of this illusory world. Such a reminder helps him become aware of his responsibilities, within the framework of his personal evolution, which is close to his heart. He must necessarily put things in perspective and take time, each day, to devote oneself to it.

"A fast track is taking shape before him. Will his motivation be big enough to put things in perspective, and devote to his material life just what is necessary? That is man's constant dilemma, in the face of an Earthly life dragging him in spite of himself, into many activities moving him away from his true goal. His spiritual process is not very much exacting: he must just devote to it its due place.

"Many of our brothers have made efforts to reach this necessary balance, on which their success depends in terms of what they have the wisdom to consider as being essential; the rest, there too, will be added to them."

Babuji