Tuesday, October 5, 2004 - 10:00 AM

Within you reside rest, wonder, and peace to which the soul aspires. When you cannot stand the world, retire into this space out of reach of time. This refuge is precious; in it, with the passing days, you find the strength you need to face up to things. It is unparalleled in this world. Only wisdom makes it possible to really appreciate it.

"It is good, when everything calms down, to glide into the heart of silence. Here is an introduction enabling you to regain your composure. Words have this magic, you see. Through a well-conducted spiritual practice, they can lead you, on the right occasion, into another universe. The meanderings of the subtle heart are infinite; they have many discoveries in store. These are invaluable; they are not reproduced in booklets praising the merits of such or such a trip.

"The most beautiful thing, my child, in this blessed space capable of lavishing a joy comparable to nothing else in this world, is what you do everyday. Advance more and more in this direction; the discovery will be enlightening and it will fulfil your wishes. All the rest you know is illusory. Detachment will give you sufficient hindsight to better judge and appreciate what you have.

"Has this heart-to-heart appeased you? It seems yes. Therefore keep within yourself this serenity; it will help you face up to things throughout the day. Be blessed."

Babuji