

Thursday, November 2, 2000 - 10:00 AM

Time required by your spiritual practice is precious. That time you could never regret, because it constitutes a sort of wealth that doesn't deteriorate. You reach a level of evolution where this activity is indispensable.

"Every day must provide you with that part of joy that counterbalances what otherwise can cast a shadow over it. You must face multiple hassles that oblige you to react. Without them, you would lose your combative reflexes. So your senses are thrilled and you are ready to face up to things at any time. It is an aspect which you didn't think of. Meditation's aim is to calm this unceasing game and let you get your own strength back. This oasis is there, within your reach, accessible at any time. You have this advantage over your fellow human beings in that they cannot have recourse to it. Make the most of it and realize how lucky you are to have reached this point.

"You find in yourself solace, balance and the strengths that allow you to advance in a positive way. You don't suffer life anymore, as this dimension that you managed to give it, actively shapes you in the best way. Be happy and thankful to be able to reach this shore; there is every hope of success."

Babuji