Thursday, March 2, 2000 – 9:00 a.m.

From now on, your heart is a palace inhabited by a great king. Do not let anyone or anything enter it. Avoid polluting thoughts and images not conducive to the purity of the place. Be very vigilant on this point.

"You henceforth have responsibility for this new state. Raise your thought as often as possible above the ugliness of life. Nothing grim should disturb this special relationship.

"Fix your thought on us as much as possible. Our relationship will be fruitful, and you are henceforth advancing on a luminous way; do not forget it. We are very happy, my dear child."

Babuji

(Medium's note: I had asked about my current condition.)