Wednesday, March 21, 2001 - 8:00 AM

A real spiritual way should not be confused with this craze for psychology related methods. Don't get it all mixed up. Don't some abhyasis understand the richness of our method? It looks like that!

"They lack perseverance in their internalization work and look for shortcuts, thus thinking that they would more quickly reach the goal. They are mistaken and must not be encouraged towards that. The spiritual work must remain what it is. Well understood, it solves inner conflicts, generated by a profound dissatisfaction and a need for the spiritual being to find his real expression.

"Respect Sahaj Marg practice and spirit scrupulously, they will meet this appeal that is expressing itself in you. You must persevere in this way; it doesn't need any sort of addition to it.

"Be vigilant; history showed how drifts were harmful. Men distorted teachings of a big purity to reshape it according to their own views. Do not let intellectual curiosity interfere in this universal and redeeming method, beyond what you can imagine."

Babuji