Friday, December 26, 1997 - 12:00 p.m.

Take advantage of this period to meditate more. You neglect your practice too much, we understand why, but make some efforts.

"Don't be incredulous; it is me giving you this message.

"Did you think that I was going to forget you in this end of the year?

"Pray for all the misery of the world. You are right to think of those who are suffering in these festive times when so many human beings are struck by misfortune. It's the best thing you can do. Indifference towards the miseries of others is a serious failure.

"We are close to you, I bless you my child."

The Medium: "Is this really you, Babuji? As you know, I have no self-trust."

"You should at least trust in me. You never call me in vain."

Babuji