Tuesday, July 14, 1998 - 11:45 a.m.

My child, meditate, meditate, for there lies your salvation. How should this be said to you? We know that this immobility is painful for you, but make some efforts."

The Medium: "Yes, Babuji, I do not meditate enough. It is my weak point."

"Let your weak point become your strong point. The spiritual conquest consists of constantly renewed efforts; success hinges on that. A long process is necessary to reach the centre. The course is sometimes long and painful; only the strong ones succeed. It is easier to enjoy the pleasures of life, without worrying about the true way—but you, you know. Never look backward, but right ahead, towards light, bliss; this is the goal to reach."

The Medium: "O Babuji, it's wonderful to plunge like this inside oneself!"

"How can you neglect what few human beings know? I bless you, my daughter. Absorb this message well."

The Medium: "O beloved Babuji, ... thank you..."

"Never doubt the messages you receive, you are a privileged person."

Babuji