Sunday, July 19, 1998 - 10:45 a.m.

(End of meditation.)

We will use you more and more to give messages meant to help your brothers in their daily life and its trail of joys, but also sorrows and difficulties of all sorts. You live in a world of hardness sorely devoid of love. It is every man for himself, acting like this is joyless. Selfishness hardens one's heart and generates all sorts of faults. Make some efforts to open up to your fellow creatures and be attentive to their problems; thus, no time is wasted. Understanding is an act of love. It requires no great promises; it is enough to surrender to God's will and to be willing to serve as a conduit. On Earth, time is short, much longer is the time for explaining oneself. Therefore, you should engage on this luminous road; it requires some efforts, but it is worth it. You, who are blessed with an effective spiritual method, don't neglect this aspect of sadhana. I strongly urge you to do so, with all my blessings."

Babuji