Tuesday, March 30, 1999 - 8:30 a.m.

Try to keep to a schedule for your meditations. You have to acquire some automatisms. Be vigilant in the future. It's critical to practice on a regular basis, and to be punctual when you have reached a certain level of evolution. If, as a scribe, you want to be always ready to listen, you should take account of all this. You will notice by yourself the effects of such a system. We do not want to impose upon you any rule, by hook or by crook; we never did so, but we feel that this new arrangement suits you very deeply."

The Medium: "You know, Babuji, that I wish only one thing, with all my soul: to serve you."

"That's good, my child, we know, we will do good work. You are getting through a step, which must impact on your sadhana as well as our contacts.

"On this aspect also, stop wondering all the time: move forward. You have not taken holy orders, but the divine order. You know that everything in the universe is set with greatest precision. There is no room for whim in such a program; while advancing, you must integrate into it gradually. Be firm with people's adherence to your instructions concerning the messages. You respect us whenever you do comply with our requests; therefore, don't disobey any more."

Babuji