Sunday, April 11, 1999 - 8:00 a.m.

We give you so much; can't you endure your physical miseries for the love of us? Your road is long and difficult. When you have reached your destination, you will forget the stony way on which you will have walked for so long. You have to go through all these tests; it's an initiatory process. We apply some balm in your heart to make you forget the hardness of the ground on which you are walking. Your tests are proportional to the strength we give you to support them. What you endured in the past was more terrible. Remember this: 'well sturdy souls are moulded in the crucible of suffering.' Your body, we cannot cure it; but your soul, yes. That is what matters.

'The Earth is a place of tests. You must go through all kinds of tribulations; it's an obstacle course. Each one of you has your own corresponding to your strength and profound nature. When you feel like complaining, think of those whose stay on Earth is tantamount to hell as is described by certain religions. So by thinking of the worst, you will feel happier. Meditate, forget the world and your own worries; plunging within yourself, you will find peace inside."

Babuji