Wednesday, April 21, 1999 - 8:00 a.m.

You see how meditation is beneficial. It soothes your heart and your body. Thereafter, you can feel the impact on your state. It is sovereign, and so is prayer; both are complementary. They build your spiritual life and are necessary for it, in the same way as 'a roof on the head' to protect your material life. Could you do without now that it has become second nature? Imagine your life without sadhana; it is indispensable food for the balance of your entire being."

Babuji