Thursday, April 22, 1999 - 8:00 a.m.

Man of your time is continuously nervous. Stress generates disorders on all levels. How can he better manage it and rejuvenate himself except by putting himself in harmony with the Creator! Restore your equilibrium by calming your mind; control it through meditation. It is not an enemy, but don't let yourself be overwhelmed by its ramblings. It is like a fiery horse that you can control. Put things in perspective; it [mind] should not lead you any more and devour your energies unnecessarily.

"You have better things to do. Focus on the elements, which seem important to you to obtain the best results. Calm things down; avoid to be caught in a trap. Try to be well with yourselves; that can change your life to the better."

Babuji