Tuesday, May 18, 1999 - 8:00 a.m.

Forget your miseries, come to join us."

The Medium: "How long will I stand it, Babuji?"

"Don't worry; keep doing what you can without thinking of tomorrow. You spend your time projecting yourself into the future. You hold both at the same time; it is too much. There too, you do not have all power to run your life. You can influence it by a positive view, therefore you should disregard that which is not so. Control your thoughts, do not let them overcome you and enslave you.

"Build yourself a universe of beauty in spite of everything. You do not let yourself be trapped in the nets of maya all the time. It is not easy to manage real difficulties and to avoid extrapolating. Eliminate what comes on top of these problems, i.e. the fear of tomorrow. It blows up everything; it is not easy to get rid of it. In this, as in anything else, one should strike the balance. Between dreaming of an ideal life and letting oneself be gripped in the claws of a gloomy future, there is a happy medium which one should stick to. Whatever may happen to you, we do not abandon you. Your best is always preserved."

Babuji