Saturday, June 5, 1999 - 10:00 a.m.

When you remain united to us through the heart, there is no waste of time. If, in the face of an emergency you are prevented from doing your practice at the set time, don't feel guilty; you will catch up.

"A.M. will change course, this teamwork has made some of you reflect on the various aspects of human behaviour, in particular among abhyasis. She must leave this work with others; she has gone beyond that. It was not useless insofar as she has put in a lot of efforts. Now, she must devote herself to highlighting the innumerable resources of Sahaj Marg, the changes it can bring about in the human being, when it is considered in all its reality and depth.

"The best remedy can be effective only if it is taken timely and fittingly. This method is often overused by some people, it is a little like a gimmick. If you really wanted to become aware of the possibilities it can offer to you, you would be amazed.

"The Oriental people—who interiorize themselves more than you do—can better derive the quintessence of it. They unite with the inner Master in all circumstances. They need neither a confessor, nor a psychoanalyst; the usefulness of this profession is not by any means called into question here. We wish only to draw your attention to the fact that by practising conscientiously, not in an intellectual and ritual way, these beings can find in them answers and peace whenever they fall into despair."

Babuji