Saturday, June 19, 1999 - 10:00 a.m.

In the years to come big countries will discover the benefits of Sahaj Marg. It is a simple and so effective method of spiritual training. It is not easy for you to assess your progress, some feel it and others don't. They do not know where they stand and that worries them."

The Medium: "Babuji, you said to me one day that the objective is not to feel, but to be."

"Yes, it is true. The inner being has its own mysteries, which are not necessarily perceptible in the way you would wish to perceive them. If you observe yourself well, the heartfelt feeling is different, the inner joy, sometimes, is perceptible. What happens during meditations and sittings is sometimes very strong; these moments are meaningful. If your progress is not measurable the way you would like it to be, do not doubt; you are advancing.

"Bear well in mind this truth. Listen more to the inner Master; be more closely united with him. He will inform you. Otherwise the whispers of your inner self will remain inaudible if you let yourselves be overcome by your senses. Seize each moment of peace to withdraw yourself inside and thus obtain, with some practice, the information you wish to have. Your spiritual heart will not remain deaf to your requests. You do not really submit enough requests to it, this is the reason for what some consider as a lack of results. They are discouraged, believing that they are not making progress."

Babuji