Saturday, July 10, 1999 - 8:00 a.m.

The more you advance, the more you realize that humans are fickle. You were less affected in the past because of your lesser dependency on others. Human beings are increasingly unstable, due to this perturbing life you are leading. This is true among abhyasis in general, to a lesser degree, but the current context unsettles the best-balanced ones. It is insidious, and it happens without your knowledge. There is such an amount of information reaching you from every country and about serious issues that, adding to your own worries, it's difficult to bear up.

"You should reserve for yourself moments of rest far from all this din, moments of calmness, peace, at home, out of reach of what can strain you. It is necessary for your blooming. Make sure you relax your body and mind, release their tension. Some people let their health be undermined, because they don't know how to unwind.

"Do not misuse your Earthly vehicle. It cannot be renewed to your wishes; you must spare it.

"Give priority as much as possible to your spiritual life, the only way out of your problems and the raison d'être of your incarnation on this Earth; never neglect it.

"Be attentive to all these aspects we have just mentioned.

"May this meeting at the ashram reinforce the links between you and encourage you to make it live and vibrate more intensely. Become aware of the importance of this place, strongly charged, with so many unexploited possibilities. It is also a place for meeting and communication. Do not forget it. Open your eyes and act."

Babuji