Sunday, July 18, 1999 - 8:00 a.m.

Reassure Michel, proofreading is no easy job; even the work of professionals needs editing. That is not important, it should be seen from that point of view and accepted; some amendment is necessary, that's all. That doesn't in any way detract from the beauty of the work as a whole. The peculiarity of a 'heart to heart' message, as far as we are concerned, is that it is precisely all that can be said and written. Bear it in mind.

"Whatever you may do with these messages in the future, it would be advisable to keep the style of the current layout. Make sure not to use small fonts, it will be necessary to maintain rhythm in the text, to keep it well spaced out for easy-reading, it is important. People worried, tired, will find this presentation more pleasant to read and will refer to it easily. Your poor minds are often saturated and that will constitute a good means to focus your attention. This modern life appeals too much to your senses; they are saturated and have lost the ability to be, in a sustainable manner, focused for a long time on any activity, even a leisure one. You are no longer able to live in silence and contemplation; you need continual activity around you. Your senses have become voracious and need all this hustle. You are intoxicated by noise and images. Let your mind relax, calm down; inaction, meditation and reflection are necessary to your life balance. That is not wasted time. Some among you are real under-pressure machines. Become again yourselves, at least for very short periods of time, quite simply. A more intense inner life will make you happier."

Babuji