Monday, September 4, 2000 - 10:00 a.m.

Take rest, my child, the thirst of my son is sufficiently quenched for the moment. We have gone overboard a little during these last days; you also, you need time to catch up. We will therefore be brief today. Relax. Your day-to-day problems will be resolved; don't let yourself be overwhelmed by your worries. Stress is not good for your health; try to distance yourself from it. We are by your side; meditate."

Babuji