Wednesday, September 13, 2000 - 10:00 a.m.

The attainment of the goal requires efforts. Going inside oneself, deeper and deeper in an intense way full of love, bears its fruits. The process must be twofold: interiorization (fusion with the divine presence) and openness to the world. It entails being attentive to one's fellow man—whether close or far from you—considering that all beings on this Earth are brothers. You cannot neglect this aspect, at the risk of curbing your own evolution. A solitary process, only focused on oneself, slows down the process. You do not advance alone; the beings that surround you are to be considered in every sense of the word. By helping your brother, you will help yourself in the best way possible. The Masters of the past insisted on this aspect without being truly followed; this concept is essential. You should review your way of doing things, take a close look at yourself with rigour and try to draw from it the beneficial conclusions that will foster your progress. It's all connected; love develops in you, but it must manifest itself around you, generously. Think of it."

Babuji