Monday, September 18, 2000 - 10:00 a.m.

We hope, through these messages, to make you understand what love is. To love is to expect nothing in return, simply like a child, confident and surrendered.

"There are no great theories to explain this state; it must be natural and spontaneous and not everyone can enjoy it. Ulterior motives are irrelevant in this process.

"The heart is the seat of the soul and science will further and further discover its real potential. The brain only carries out orders. It does not have the omnipotence it is alleged to have; it is the mainframe computer which processes the information and which delegates thereafter to the vigilant guardians, the glands. There would be much to say about their role in this complex assembly constituted by the human body.

"Content yourself with knowing that all your efforts, as we ask you in our teachings, must relate to this sanctuary that is the heart, where the result of your work is recorded. It produces jewels, which, assembled, open wide to you all doors.

"Set to work seriously; you will not waste your time."

Babuji