Tuesday, May 8, 2001 - 8:00 a.m.

Each day is an opportunity for you to progress and grow. You tirelessly redo the same things and the same ritual concerning your abhyas. You thus follow a universal rhythm; all your actions are repetitive. By respecting, to a certain extent, a schedule fitting the various activities that punctuate your days, you find your equilibrium. It is important to abide by strict rules, for your physical activities as well as for your spiritual exercises. Regularity is profitable at all levels. A human being is made like that: he is being programmed by his biological clock at each point in time in his life.

"We cannot go into the details of this process, but you can enjoy its benefits by complying with it. Your practice also pertains to this framework, and you can notice its effectiveness. This ritual is henceforth part and parcel of your life. The need is being felt in you: you aspire to find your bearings in this universe of peace, far from the miasmas of this world.

"There, in the silence of the heart where your meeting with unity ends up occurring, you reach other banks; henceforth, your life takes on a new meaning.

"You realise how important your abhyas is, how much you have progressed and how it has changed your life. This fact is edifying and sufficient to motivate you."

Babuji