Sunday, July 19, 1998 – 10:45 a.m.

(End of meditation.)

We will use you more and more to give messages that will help your sisters and brothers in everyday life, with all its joys but also its sorrows and difficulties of all kinds. You all live in a world of hardship where love is singularly lacking. It is everyone for themselves; one can find no joy in living like this. Selfishness dries up the heart and leads to all kinds of faults. Make an effort to open up to people and be attentive to their problems; this is not a waste of time. Understanding is an act of love. There is no need for great promises; it is enough to surrender to the will of God and to be truly willing to serve as a channel. Time on Earth is short; much longer is the time for accountability. So, take this luminous road; it requires some effort, but it is worth it. You who are fortunate to have an effective spiritual method, don't neglect this aspect of sadhana. I strongly urge you to do so, with all my blessings.

Babuji