Wednesday, August 29, 2001 – 8:00 a.m.

The body is unceasingly subjected to external pressures. It continuously feels these strains, whether they are climatic, vibratory or due to ambient pollution. There are not many ways of countering this situation. The beneficial effects of your sadhana are appreciable in terms of helping all of you keep your balance. Human beings of this time live under unfavourable conditions for their physical and mental health. Your spiritual process is an important solution; it allows you to keep peace inside yourselves, which helps you progress in spite of aberrant living conditions. Humans adapt as best they can – which is to say, rather badly. As pollution is worsening, they will increasingly have to face new diseases, ones that are not easily identifiable. Their very nature will have to change – mutate in some way – to allow them to better adapt. Human beings will have no alternative, as profit is the only rule here below. You are not fully aware of the monstrosity of this situation; maybe it is better this way. What can you all do individually? The infernal machine has been launched; it will have to be stopped, inevitably.

Babuji