Saturday, August 1, 1998 - 10:40 a.m.

(In meditation.)

The Medium: "Babuji, I try to do as well as possible to satisfy you..."

You are making efforts, it is well. Go further ahead. As I already told you, perseverance is required to go towards the higher levels. There is a threshold where this becomes increasingly difficult. One must really remain focused on the goal to reach and go further into one's depths to be united with the Divine. Prayers as well as the impulses of the heart are not enough to go through the golden door—that which leads to the achievement of any true quest.

"Sahaj Marg is a simple spiritual way without any ritual addition, nor invocation of any sort. Its simplicity is effective when it is utilized as advised. We help our aspirants insofar as they work with ardour. We know that modern life, in the heart of the cities, is not conducive to contemplation; there is no need spending hours therein. One should only do what we recommend, with one's heart and also with love, which can only spread with time. With perseverance, all this will yield the best results. Blessings."

Babuji