Monday, April 24, 2000 - 8:00 a.m.

*e would like to see you in better shape today, and that this is a day of respite for you."*

The Medium: "You who have all the powers, perhaps could you ensure that it is not only one day?"

"You should be in a state of acceptance, that is all we can say. Think that your heart is reviving like nature in this season, which emerges from its winter torpor and thus manifests all the power of creation.

"Be born again in yourself, divested of all superfluous and useless aspects, to let the divine nature that dwells in you emerge in all its beauty. This way is long and difficult; leaving one's own gangue requires considerable effort, which others have done before you. All these beings you admire went through the same tests.

"Think of your Masters, of your Beloved who suffered a thousand torments. You should be at the same time strong and surrendered – God will do the rest."

The Venerable