Thursday, June 29, 2000 - 10:00 a.m.

You should imagine that your life is a wonderful garden and that you can at will observe the various species therein, the infinite variety of the forms, colours and scents. Moving in this environment, a masterpiece of nature, must bring you great joy, since admiring creation always raised in you waves of gratitude and love towards He who is All. In this imaginary enclosure, you can give free rein to the redeeming wave that invades you, and become as one with the divine source.

"My dear daughter, do not sink into melancholy, as you are doing in this moment. Try to expel this sadness which assails you; it is out of place. See the good side of things. You are not abandoned to your sad fate as you tend to believe. Even if you were surrounded, you would go through these moments of nostalgia for a more active and more cheerful past. Explore other ways, other treasures; we lead you on a path which you do not know, but which, sooner or later, will delight your heart."

Babuji