Friday, August 4, 2000 - 10:00 a.m.

Do not forget that a spiritual work should never stop. It is endless, and we said it already. In this way, there is no 'paid leave'. You get what you sow and you had better not waste time. You understood all this, and practising our method became essential to your existence. Do you imagine yourself retrogressing and disregarding the spiritual process? We think that you would miss it particularly in your balance on all levels. Breathing is necessary for your body; and your soul very deeply calls for its. When it starts opening up to the Divine, the process is irreversible. It keeps making progress at its own pace, under the beneficial rays of love. Such is the law in this area. When a door is opened, the flood of 'life' runs through it, and creeps into the meanders of the heart. This heart, ready for all struggles, must fight against the many hindrances that will inevitably take place. In this work, you must face up to things and forge ahead courageously with the help of your Masters, who never lose sight of you.

"May these ceaseless repetitions deeply motivate you."

Babuji