Wednesday, July 21, 1999 – 10:00 a.m.

Don't let so much of your energy be taken up by problems of everyday life.

The Medium: Babuji, I am alone facing everything. How to go about it? On some days I can no longer cope.

Don't invest yourself anymore as you do, let things take their course, it's a choice you must make.

As long as you live in this building, despite the trouble you take, the results will not be satisfactory. You always want to do well, but you no longer have the strength for it.

Save yourself as much as possible for what we ask of you; the rest is material, therefore of little importance.

If the channel is congested, how are we going to do this?

The Medium: There are days, Babuji, when I would like to lock myself up in a convent, where Sahaj Marg is practised, of course.
What a dream it would be to have this kind of facility, but the Mission's role is not to gather in disabled people.

As the Mission grows and becomes structured, it may be possible to consider this kind of place where retired people could live permanently, having their autonomy and

independence, simply pooling their resources and leading their spiritual life together without finding themselves isolated.

A special dual-purpose ashram, each person being at home while living in community: one of our people in charge will have this idea one day. Let time take its course, my dear daughter, your expressed wish might take shape one day, and if you yourself don't benefit from it, the idea will have been launched and may come to fruition, why not, and benefit other abhyasis in the same situation as you. Think very hard about a place like this, you never know.

You must rest and regain strength for tomorrow.

Babuji