Friday, August 25, 2000 - 11:00 a.m.

For your perceptions to remain as they are, we must continue to transmit to you regularly. We can slow down to tire you less: which we are doing in this moment. You must keep up physically, in spite of your sufferings, to remain in an acceptable state for yourself from where you can be able to do this work that is important for us, and you know it. We use you as our relay; not many mediums have that true receptiveness, and the channel is perfect for what we expect of you. It will have taken all these many years for the system to become effective and to be accepted on both sides—including my son. As usual, time does its work; nothing escapes this law. The main thing is that you should keep this state of refined channelling and that your heart should remain attentive to our expectation and our wishes. We help you as much as possible, spare yourself, we love you."

Babuji