Friday, October 6, 2000 - 10:00 a.m.

Keep a check on yourself and continue to make efforts so that the asperities of your character can be smoothed out. We all went through this stage where we had to be vigilant not to be in contradiction with our desire of perfection. Nothing can be earned without effort. You have to come back to your weak points constantly, but this process is necessarily successful. I see how much your attitude toward my son is changing. That's how you can please me more; continue like that and all will be well.

"There are some good initiatives emanating from the Montpellier ashram. It is good for the abhyasis to meet and reflect together on the multiple benefits of the method.

"They must focus on what is felt at the personal level as well as the analysis of the various states created by the abhyas as a whole. Each one must have the opportunity to express themselves on their process if they so wish. It is not about delivering speeches, but saying simply, while letting one's heart speak, what results from all this work. It is a process which helps awareness of the progress being made. There can be something in it for everybody if these meetings are attended with a positive and constructive mindset."

Babuji