Saturday, October 14, 2000 - 10:00 a.m.

It is not easy to imagine the work of a medium. It is not about transcribing a word-for-word dictation, but grasping our thought quickly and making adjustments when necessary to ensure a good understanding of the text. Some days are more conducive than others to this exchange; you should realize this well. With these messages, you have food for thought. We do not give you, as in some books written in all good faith, information meant to satisfy your curiosity; that is not our purpose.

"We want to help you to progress while remaining within the limits of what we can say to you. We do not want to fuel your imagination by making you dream of sublime worlds. You should make do with what is within your reach and work on yourselves with the means we place at your disposal. We want to make you understand the need for a personal transformation, which is the best tool for your evolution. In this spirit, you should understand well that all that we say to you constitutes a precious teaching which you can use as you please. It's up to you to see and take stock of what you really want."

Babuji