

Thursday, November 5, 1998 - 10:30 a.m.

The Medium: “What is happening in the world is dreadful. Towards where are we heading, Babuji?”

Very hard times, [...] France will not be spared, life there will be no bed of roses. I am happy to see you attracting many souls through me. I like your little meeting. You have my blessings. Make your abhyas well, it is important. Be a little patient for the ashram; it is being rebuilt, we see to it. As for Patrick, what he thinks about the messages does not matter. He is going his own way, while you are following yours. One day, you will meet up.

“That is the way it goes.”

(In the afternoon with Francoise and Anne-Marie, we meditate. Babuji has come and said to me.)

“We are preparing you for a special work. Your friends will benefit from it and they benefit from it already; you may wish to inform them.”

Babuji

Sunday, November 8, 1998 - 10:30 a.m.

We are satisfied with 'your work'. You have yet a long way to go, but 'the way' is large, now. It remains for you to continue in this direction. Surrender well, as regards what we expect of you. You know that there is a lot to do in the ashram for it to become this headlight in the heart of the city, as we have already indicated. Our aspirants do not practice enough, except for a few exceptions. Modern life does not encourage contemplation, even among the most gifted people; they are distracted from the goal by a thousand temptations. Each person should be given to become aware of his potential, and the greatness of this 'way'. It leads to the highest level, if one practices heartily, with faith and perseverance. Sahaj Marg is a great wave of purity, which, one day, will refresh the world. Continue my child, with ardour; time is short, make efforts. We are with you. We bless you. I will come back."

Babuji

Sunday, November 15, 1998 - 10:35 a.m.

Yes, meditate, my child. It's the best you can do. Do you realize your luck, how your life would be without this spiritual dimension? Your health problems would not be any less important! Until love really prevails across the whole Earth, there is still much to do and you play your small part in this vast program; don't underestimate it. The Mission is expanding in the world, and one day it will be a help for the beings of goodwill. Continue to fight courageously, my child, we are all doing our best for you. We are completing our work to give you real means to act for us, effectively. You are a good servant, who meets all our expectations."

The Medium: "I would like to do more and better, Babuji!"

"Don't feel impatient; let us work as we see fit. Surrender - we will repeat this to you time and again, it is the most important. Remember the image (it's easier to work a piece of raw wood). Let us do our work; you should be in a state of love and practice as much as you can. The work done this weekend at the ashram is very beneficial; it should be repeated often. The gatherings foster greater effectiveness. Have a nice day, remain centred; show who you are inside yourself.

"We bless you as well as those who will go through the door of this apartment."

Babuji

Sunday, November 22, 1998 - 10:00 a.m.

The Medium: “Babuji, I would like to be at your feet and remain there forever...”

So, you do not want to serve me any more? You forgot all that I told you on the issue ... Meditate again a little, clear your heart of its torments, we will resume afterwards.”

(10:30 a.m.)

“Remember the ‘star’; plunge into its light, you will find me there.

“One day, when you are with us, you will realize the narrowness of the views of humans. They believe they are so strong - all these ‘scientists’. The evolution of the Earth, compared to other planets, is still in its infancy. In fact it is in its first tentative steps. But all that is devoid of interest, what matters is only the spiritual progress of the beings, including yours in particular. Don’t lose hope, as is the case now. Don’t make any hasty decision. Don’t let yourself be influenced; find an immediate solution. Continue as much as possible to hold your small meetings. They are important for each one of you. We use each tool in a different way.

“Octave has done a good job; he is very sincere in his process, thank him.”

The Medium: “O Babuji...”

“Yes, my child, we are here. Don’t say that you are abandoned. You know well that it’s nothing of the sort. Be strong and determined to progress further and further. At the ashram, also, we are advancing step by step; unity will be rebuilt gently. We bless you as well as your close relations.”

Babuji

Sunday, November 29, 1998 - 10:20 a.m.

The assumption formulated by these authors is right. They were cosmonauts, and not gods, who came in old times and appeared to Abraham, then to Moses to help the Earthmen and to make them move forward; but progress is slow on the Earth. Extraterrestrial civilizations are developed to such a point that you cannot even figure it out. About 20,000 years ago, or more, when humans saw such evolved beings, they could only consider them as gods. In the next century, they will return in great number to subdue the fury of men who are capable of blowing up the planet with means that they control so badly. It will be necessary to calm things down and to admit that a superior people must take over the controls to restore, with time, peace on the Earth. Then, harmony will prevail among men and will foster their spiritual evolution. They will understand finally, that religions were lures, which they accepted for want of anything better, as their degree of evolution does not allow them to distinguish truth from falsehood.

“There is time for everything. Great upheavals are necessary to make things move forward. There will be many tragedies. One will need to be strong to survive; but God will enlighten the men of goodwill. The golden age will not take place overnight. It is the law of evolution that prevails on the Earth and elsewhere. Don’t worry, carry on your way as well as possible in the purity of heart; it’s the true treasure. What must be, will be!

“Pray, be united in love and brotherhood. Meditate on this well.”

Babuji

Thursday, December 3, 1998 - 5:00 p.m.

(In meditation.)

You are group within the group. A work is being done on each one. Each of you will know what to do, when the time comes. I am very satisfied; remain in serenity. Do well your practice.”

The Medium: “Should I tell them all this, Babuji?”

“According to you, why do I give you this message? Be blessed, my daughters. You are like a source of light which flows without your knowledge. Not everyone can perceive it, but it achieves its goal; that’s the main thing. Don’t worry about your health problems.”

Babuji

Wednesday, December 9, 1998

The Medium: “Babuji, I have come into the ‘star’ to meet you ...”

That’s well; the thirteenth point is that one. Why are you always doubting?”

Babuji

Thursday, December 10, 1998

(In sitting with Marie.)

It is very hard to advance; yet we are proceeding gently with you? All the tests you underwent in your life have weakened you much. Now that your understanding is widening; you understand that religions allowed domineering beings to control humanity.”

Babuji

Sunday, December 13, 1998

(Regional seminar, 10:00 a.m.)

The Medium: “O Babuji, Babuji!”

Yes, my child, we know. What you are experiencing is very hard. Calm yourself and meditate.”

(10:15 a.m.)

“My message will be pacifying today. One should not despair of men, even if that seems insurmountable. Better times will come when harmony and peace will prevail on the Earth. It will be of a great step for humanity! Pray very strongly for that. During this seminar, very good work is being carried out in the ashram.

“People are more serene; we are advancing. Such initiatives are to be encouraged. Organize endless gatherings, which benefit all by increasing energies greatly. It seems that a collective awakening is taking place in the Mission; this is important.

“May you not lose sight of the ultimate objective and see to it that the divine spark grows in your hearts. We are helping you accordingly. Only spirituality will transform mankind, even though these mutations, as I told you, will entail great upheavals.

“God is great; He knows what He is doing for the good of all, even if this is not to the liking of men. They can change only from inside and through true individual awareness. Think well of all this.

“Each one of you is a piece on an immense chessboard. Do your best! We all bless you. May your heart be in peace and joy.”

The Medium: “I love you so much, Babuji ...”

“Do you think we don’t love you?”

Babuji

Thursday, December 17, 1998

(In sitting)

The messages should not be truncated. Your questions are a reflection of the doubts and the weaknesses of human nature.”

Babuji

Saturday, December 19, 1998

You must well understand that all these messages are not intended only for your 'small group'. Why don't you want the most salient ones to be conveyed to my son? Imagine what he would say to you if he were in front of you. You would give him the whole notebook. Limit yourself to the main thing for the moment. I understand the resulting strain. You need help from people of goodwill; this is all your two friends (psychoanalysts) want."

Babuji

(A letter for the Master has been prepared, which includes this message of December 19, 1998, as well as the most salient excerpts, as Babuji has suggested. All this will be handed over to Chari in person by Anne-Marie, who is expected to travel to India in the following days.)

Sunday, December 20, 1998 - 10:30 a.m.

I also suffered, fought much and drained myself of strength to serve my Master. Heroism is not only in brilliant deeds, it is in the daily actions that require sometimes very great efforts of us. To serve the Master with all one's heart is the most beautiful thing we can do. Always remember that. Remember that each small victory over oneself is beautiful when one can offer it to him whom one loves.

"May your life be constantly punctuated with these 'mere nothings' which make of it an accomplished one. We know how difficult it is sometimes to face up to things.

"Your fighter nature helps you much, as well as faith and love that carry you and will carry until the end. Each abhyasi is a particle of a larger body, which is moving in the right direction; be happy to be part of it.

"My son will enter a crucial year; his capabilities are the highest level. He is achieving an immense work for humanity. He is the vector of a very powerful cosmic load. We are happy to see him achieving his mission so well. We support him in his task. We support him and we love him; he knows it. He knows also what he has to do, now and in the future. We are with him and we bless him. Make sure you convey all this to him."

Babuji

Sunday, December 27, 1998 - 10:00 a.m.

You are advancing, my child, you are advancing. There will be a time when we will be able to help your body. Continue to make efforts, immerse yourself in the sadhana; see their effects on all the levels. Meditate now.”

(10:30 a.m.)

“You are like the child born from his mother’s womb; you emerge to life, to reality. When we see a soul rising, we are filled with joy. We carry you like a precious load; we give you all our care. Do not let yourself be overcome by the torments of life - which you do. Anticipate ‘your future’; put events into perspective.

“As I said to you, become imbued with Yogananda’s writings on war and the role of maya. He does not forget you either; we are attentive to your progress. You will attract more and more souls that are ready. We can say this to you; we know that your self will take no pride in this.”

The Medium: *“O Babuji, I know only too much that I am nothing.”*

“You are not ‘nothing’, since you are a portion of myself. Read this with discernment to whoever can understand. You can see every day how much human nature is weak. We bless you. Be at peace.”

Babuji

Tuesday, December 29, 1998 - 11:45 a.m.

Don't worry about the intimate tone of certain messages. One day or the other, they will eventually know who you are; even those who 'did not recognize you' will have to admit it. Are you satisfied with that?"

The Medium: "But who am I, Babuji?"

"A beautiful flame that burns at the feet of its Master, as you know."

Babuji

1999

Friday, January 1, 1999 - 10:00 a.m.

(Excerpts)

You are entering the most important stage of your life. Consider yourself as his disciple henceforth. I am happy to see you have reached this level. Your connection with the Masters is established. Realize how lucky you are. You can thank Babuji; he is the saviour for both of us. Henceforth, you are no longer entitled to make mistakes; weigh your words, be sober in your comments, try to speak as if He were in front of you.”

Francois

(Babuji goes on, saying:)

“I know all that can seem heavy, but there is a price to be paid for everything. An exhibition item has a different value than a functional object.

“Such is your lot now. Don’t complain about this, but do not be afraid to displease. We are not torturers. You know how much we are indulgent towards you.

“Bathe in grace, my child. Throughout this day, you will feel our presence, thus those who will be close to you, will benefit from our blessings.”

Babuji

Sunday, January 3, 1999 - 10:00 a.m.

(Following Irene's critical remarks about me.)

The Medium: "Am I in full paranoia, Babuji?"

"How can you still be affected by such remarks? I thought you had gone beyond this stage. You should no longer be impressed by human reactions, though in the past they were useful on the subject.

"Why cannot I express myself through you? It is my choice. Realize how humans are limited. How do you expect us to bombard them with great truths? They would need sledgehammer arguments before they could admit to reality. For many of them, our associates belong to this category of people who open their eyes parsimoniously. They go on their way, believing they reason rightly. My child, don't dwell on this kind of reaction. Be selective about your circle. Be prudent when you inform those whom you trust in. Let some excerpts of what you note down filter through their mind, do it for me."

The Medium: "How will Chari react?"

"Don't worry about him. It would be a shame if he did not understand. He is doing an important work; preparing hearts and minds to be receptive."

The Medium: “I beg forgiveness for all the failings which I do not manage to correct.”

“I was not perfect either; I had to fight. The main thing is to make efforts. One day, they will be crowned with success. Do not worry yourself too much. If you practice correctly, everything will smooth itself out.”

The Medium: “It’s high time, at my age.”

“Age has no bearing on this; human nature is perfectible at every time of life. You should both meditate well. I bless you.”

Babuji

Sunday, January 3, 1999 - 12:00 p.m.

When you come to rejoin us, you will drink from the plain truth. Do you believe that in my lifetime on Earth, certain messages that I received would have been well perceived? Nothing can be added to that; you know it. Continue, don't change, you are our instrument. We appreciate you. We love you for what you are, therefore what more do you want? Are you satisfied now? Be assured, that we understand your doubts; not many humans have this 'true' capacity to communicate with us, so never mind. Let jealous people, ignoramuses, and people of little faith talk. [Do they mean that] we would be unable to communicate certain truths, to speak about certain facts to those we have chosen? That would be sad and pathetic. Be at peace with yourself as far as all this is concerned. You will hear worse. Content yourself with looking towards us, as one looks up to the sky with hope."

Babuji

Sunday, January 10, 1999 - 10:00 a.m.

Come and join us; rejuvenate yourself. We are happy to see you put up with the physical ailments affecting your body.”

The Medium: “Forgive me, Babuji, for still reacting to certain remarks.”

“We understand ... Your health problems, and your channelling weaken you. You have to reconcile both. You are managing well; you are our preferred channel. Are you pleased with this? We wish you the best, even if this is not easy to put up with. But as I told you, our assessments and our views are certainly not yours. You will understand when you rejoin us. Our universes are completely different. You will have to discover other values, a really new world for you. We are preparing you as well as possible to make your transition easier and your adaptation faster. But you still yet have a lot to do here below, in this sad world that grieves us. Continue to light the way for the souls that are ready and actually willing to listen to you. Words can be powerful if they are properly used. You help a lot of people around you. Your influence and your forceful comments, in certain circumstances, are effective. It is true that humans need to be shaken up sometimes. Do as best as you can, my child, with respect to all and especially to your problems. Don't lose heart; we support you as far as we can. You know how much we love you and follow you in every aspect of your life. Time on Earth is short; assume it as best you can. Thank Anne-Marie for the mail.

“Blessings to both.”

Babuji

Sunday, January 10, 1999 - 11:00 a.m.

Great things are being set up for the Mission. My son is working with utmost effectiveness.”

The Medium: “How did he receive the messages?”

He has appreciated them, but you know him; he does not express himself. You intimidate him; he never understood your attitude. That does not matter. You will meet one day and everything will be cleared. Let your heart be full of joy, my dear daughter.”

The Medium: “Babuji, I love you so much ...”

“I know; you are sincere. You are like a child, always doubting about yourself, but we appreciate you for what you are, so...! Would you have noted down all these messages if you could go to the ashram and elsewhere in the world - you, so sensitive and so receptive to anything? The current conditions are more favourable for us. Your vibrations are not disturbed by the outside world. That you are in this ‘cocoon’ facilitates our work on you, as well as our connection. Therefore, accept with joy and gratitude.”

The Medium: “Forgive me, Babuji, for my complaining and not understanding that.”

“It is only human, that’s all!”

Babuji

Sunday, January 17, 1999 - 10:00 a.m.

It's good, my child. Continue to make efforts. Your willingness to better serve us benefits yourself. You know that it's all numbered. It is true that we are better placed than him (the Master) to see what is taking place across the planet.

"We are the bow: he is the arrow. By acting on the two planes, our action is more effective. We conceive, and we make him act. An incarnate Master is important in this respect. Could the Mission be what it is, and become what it will become, without a higher authority to lead it? We are ourselves inspired; it is in the nature of things. Whatever our levels, we are underlings. Wherever we are, it is enough to be surrendered, to be listening to the Divine, and to act as well as possible. Whether working in the background, in obscurity, or openly, all actions matter and form a whole, effective and strong.

"You help through assiduous practice, you help by being fraternal, by having faith in your Master, he who trusts us. We form an effective and divine chain. We belong to a large-scale plan. Imagine an ant hill and its internal activity; it is always collaborative efforts that yield the best results.

"We are advancing towards a sublime goal, not only individually, but the Mission as a whole. It was not created by chance, but by higher will. There were 'envoys' at each stage of humanity. They act for the good of all, even if they are not understood. Each soul ready to hear them and to receive their teaching benefits from it. Be united in faith, in hope and and love. With all my blessings."

Babuji

Sunday, January 17, 1999 - 10:30 a.m.

Whoever we are and whatever we do, we form a big family, with all the implied differences. This requires understanding, abnegation and courage. Take your role, however small, seriously. Thus you will help him, and you will help us. Be trustful and determined. May your heart rejoice, my daughter. You are making progress as well as possible. We are happy with you. You have started to foresee the why and how of things. That's good. May this flame, which burns in you, keep illuminating those who need it! Those beings with a mission are different from one another. This is justified by the great diversity of the human multitude; each one must be able to go towards the one who is suitable to them."

The Medium: "Are you happy, Babuji, with what is happening at the ashram this weekend?"

"Yes we are happy, even if this does not include the majority. The work being done is very good and benefits all. Be blessed, my daughters."

(11:00 a.m.)

"Even if there seems to be great insistence in this message, it is necessary. Your poor heads cluttered with a thousand things need that. Review the whole and amend where necessary."

Babuji

Thursday, January 21, 1999 - 5:00 p.m.

(Meditation with Anne-Marie and Francoise. Beginning of Basant.)

Lalaji will come to visit you. ”

Babuji

Friday, January 22, 1999 - 5:00 p.m.

The mission needs headlights to project itself towards the future.”
Babuji

Sunday, January 24, 1999 - 9:30 a.m.

Meditate, immerse yourself in light; it is the remedy for all evils. Dive into this ocean of peace and love, where human constraints and baseness do not exist. When you can really taste this unadulterated joy, you will have found paradise. Make efforts to reach this shore; it's worth it.

“What more can we tell you, my child, except repeating time and again that you should unite and gather in faith. You focus on the failings of your brothers, when you have yet to deal with yours. You should know that you see in the other person your own wrong aspect. Think well of your behaviour, you poison your own life by seeing only the negative aspects in your fellow creatures.

“Beat your breast; remain in utmost humility toward yourself. It is the starting point of every true and sincere sadhana. You cannot really advance until this bad habit is ‘eradicated’. Then, the way will be luminous. You will see only the good aspects in the other person and this will reflect on you. You will be able to ‘love’ truly; love cannot burden itself with such hindrances. Think of what your life will become while advancing in this beautiful way. You will make great strides and your heart will be light, happy.

“Watch your comments, which can be dangerous. They can also be good. This exercise requires attention in the beginning, but you will be happy with the outcome. The spiritual path is a self-fight aimed to attain harmony. Your purity of heart must be reflected in your acts.”

Babuji

Sunday, January 24, 1999 - 10:30 a.m.

That's good, my daughter. You have realized what remains for you to do; the road is long and fraught with obstacles. We appreciate your goodwill and your eagerness to do better. We help you. Are you going to have doubts again?

"You have captured correctly what we wished to express. This Basant is a true success; many souls have awoken. We are happy. Each one received according to their inner attitude. Only that which is ready to receive can be filled. This celebration had a very large impact across the Earth. It actually needs it; it's a little like a balm on its wounds. Blessings for you and those to whom you will read these lines."

Babuji

"I have effectively come to visit you as Babuji told you; be happy."

Lalaji

The Medium: "Thank you, Revered Lalaji, and you, Babuji, for choosing me as an instrument."

"When it is good, why refrain from using it?"

Babuji

(He laughs.)

Saturday, January 30, 1999 - 9:00 p.m.

(Extract.)

You will soon get out of this long cycle. Important transformations such as those you have undergone are associated with health effects. It's hard for humans to comprehend this. We are satisfied, my daughter. You are for us an excellent channel to convey our teaching. Your role is not negligible.

“See you tomorrow, my child; we will prepare you to receive our message, which will be long and important. Perhaps, it will raise scepticism, but never mind; you are well placed to know that doubt exists. Be in purity and love.”

Babuji

Sunday, January 31, 1999 - 9:30 a.m.

An immense preparatory work is under way for the end of April. There will be much stir, tears and disappointments. Some degree of latitudinarianism has crept into Sahaj Marg. Our role is to push our associates and make them advance, and not to let them get bogged down in a humdrum routine which cannot be salutary. We do not expect an iron discipline, but a minimum of respect for our method. The West is disconcerting as regards spiritual work.

“We must now quicken the pace. The world will be saved by spirituality. The ultimate recourse lies there as well as in the goodwill of men. It is time for each one to become aware of havoc caused by this industrial civilization and its devastating effects on man’s best aspect - his divinity. There are no longer family structures and individual personal values. Nothing is respected.”

“Man cannot continue in this escalation that would lead him to chaos.

“Look at what is happening around you and listen. Don’t you wish to not see any more, and to turn a deaf ear? Reflect, re-examine your way of living, your ideals beyond frantic material profiting and well-being. We do not request you to live in indigence, but to take stock and to see your real needs.

“Remember that your time on Earth is limited to an extent about which you have no idea at all. Therefore, try to reconcile material and spiritual aspects better. Without a sense of wisdom, man cannot be happy. Apart from ‘small happinesses, transient and illusory’, true joy can come only from inside. This one is durable and cannot be affected by the disappointments of an illusory and disappointing world. Build yourself a luminous universe where you will be happy to come and rejuvenate

yourself. Make efforts; nothing can be obtained without work. You have not understood this well, as far as spirituality is concerned.

“Your world of today does not like effort. Everything must be granted to it easily: ‘Why should one tire oneself out? It’s inhuman!’ Reflect! Take stock of your life. Re-examine your misjudgements, your cut-and-dried decisions, your egoistic reactions, some of which broke family or professional life. We don’t mean to lecture you, but there comes a moment when one must actually take stock and become aware of what must be changed, corrected, to set out again on new bases and obtain the expected results.

“Be intransigent with yourself before being so with others. Look at the world with compassion. Many don’t have your luck, including that of moving forward in a beautiful way, which honestly does not require overweening courage. Do your best, while striving to do things properly. Take a good look at yourself; it’s a matter of urgency. Life is short, and time and tide wait for no man.

“Assess yourself and act accordingly; you are your own obstacle. It’s up to you to decide about what you really want.

“As you can see, my daughter, this message may not be understood and can cause doubt. Men don’t like their weak points to be pinpointed. Do your level best as far as you are concerned. We want you to advance and taste here below unparalleled joys. We wish only for your good and that of everyone. As concerns the ashram, without some tolerance towards one another and each one’s goodwill, how can it really move forward? It’s up to you to see!”

Babuji

Sunday, February 7, 1999 - 9:40 a.m.

Yes, we are here, the source has not dried up. We can see that our messages have an impact on your friends, that's good. We would like them to be disseminated more widely, but it is too soon. People's minds are not sufficiently open as yet. Just imagine a little what would happen if they were read at the ashram, and the ensuing reactions if one discovered the source thereof; it's unthinkable. What matters for the moment is that they are well understood by a few people and further relayed through conversation or specific exchanges these people may engage in. Meditate, my child, we will resume later. Stop thinking negatively. Why would you not be able to receive us today? It's a lack of faith on your part. Raise your thought, come and rejoin us at higher levels; all will be simpler. You see how the sky is brighter as you move upward. Appreciate, my child, taste the delights of the soul. It is always in such moments that we have the best contacts."

The Medium: "O Babuji, it's so wonderful gliding like this."

"You can see the outcome of ten years of perseverance, in terms of the resulting benefit today. Pray for the beings you love, to reach this level; but don't forget the others, the multitude that is far from spiritual joys.

"Imagine, if your life didn't have this dimension, could you withstand what your body has been experiencing for such a long time? What would be your current stand? Think about that and ask tirelessly for faith and love to spread throughout the Earth. That's the only source of salvation of people. How many human beings can understand this? How many lives will they need to arrive at this stage of evolution? You are lucky, you

abhyasis, who are in an effective way, if you try hard to use it properly. As I told you, you do not like making effort. Mankind of your time would like everything to be heaven-sent. Indeed, everything can be heaven-sent. It takes his willpower and perseverance to get there! Set yourself a goal in this life. Try to go as far as possible. Don't neglect your abhyas; they are your best means of progress. Look back, see the long way you have come; whatever your asset, would you like to return to the starting point? We follow your progress, we help you as well as possible, but we cannot 'act' for you.

"Be blessed in your undertakings. Repetitions are necessary. You are not computers; data must be reprogrammed time and again. That is the way it goes. So, don't be surprised by our reverting to the same aspects constantly.

"Each one receives as per one's needs; it's up to you to make it bear fruit."

The Medium: "Babuji, I am so disturbed today; have I understood you well?"

"Listen, can you hear? You have caused great hilarity. So, laugh with us; that will relax you. You are a pathological doubter, anyway ... we bless you."

Babuji

Thursday, February 11, 1999 - 4:00 a.m.

Yes, you understood it well my child, ours is a love relationship.

“It is your love that has touched me and not your merits. You know that.

“Love overcomes everything. There is no complete love without purity and surrender. It was all said in the book: My Master, written by my son. Read it again; draw your inspiration from it all time; let it be your bedside book. It is written with much simplicity and great exactness. It was inspired. Develop this quality in yourself, and become love. It opens all the doors, including those of our hearts. Thank Anne-Marie for her work.”

(4:30 p.m.)

“We have been interrupted, but you see there is always matter for communication between us. As long as you can, we will do it. The spiritual path is a long process, thorny and difficult sometimes. It requires very great perseverance; everything has always to be restarted all over again. But the same is true for material tasks, which are only meant for your support.

“Spiritual work also is endless, but it will lead you to the state of pure spirit.”

Babuji

Sunday, February 14, 1999 - 9:30 a.m.

(Valentine's Day.)

Yes, this message will be about love. To celebrate is good, to live it is another matter. When love really reigns among men, a great step would have been made for humanity. This work must take place in each one of you. Cultivate love, develop it, cherish it, let it be a priority. When you have understood its importance, your life will be as if it were lighter. Your relationship with others will look different. You will approach your fellow creature with another state of mind. Let this shield always remain between you and your brother. This will help you to overlook his faults, as well as the reasoning that shocks you, or the behaviours that set your teeth on edge. Put the balm of love on all that. You will see your life changing. You will be happier and you will make the others happier. You always have this reserve, which tenses you up; he is like this, he is like that. Are you perfect yourself? The more you will make efforts to advance in this way, the more you will have indulgence and even tenderness toward certain ways of being with your brothers. This celebration is a good beginning; one should never despair of men. One day, they will possibly become mature. Start changing right now. Some people do some exercise to maintain their body, their muscles and their appearance; do the same for your character.

"All will be well. Look at the other person with an open heart and not in the attitude of the cat that observes and is ready to pounce. It is generally your frame of mind; if the other person does not do what you expect or he does not say what you like, then you show your claws; This attitude is not worthy of a true aspirant to spirituality. A rigorous practice and complete surrender should help you - try!

“Imagine each abhyasi in the good frames of mind mentioned earlier. Imagine also your happiness to meet in the ashram in a perfect climate of love; the ashram would always be full.”

“It would be the golden age; it will advent! Many wounds will be necessary; it’s amidst tests and suffering that beings are supposed to advance. Pray, my brothers, for the advent of a world full of love. You see, it has not been too hard for you today. You must consider these contacts in utmost relaxation, without fearing to be not up to them; One attitude only is appropriate: there too, be completely surrendered. Let love which is inside you rise up and spread like an intoxicating perfume.”

The Medium: “O Babuji, help me. Make me become only love.”

“We bless you, my child, as well as your visitors!

“The main thing has been said.”

Babuji

Sunday, February 21, 1999 - 9:30 a.m.

The Medium: "Babuji, my life would have been quite insignificant."

Do you know who you are really? You should always look beyond the veneer of a transient incarnation. What you are as incarnate being is not important, but what you are spiritually is. One's personality helps to achieve one's own destiny. It is useful and suited to the role we have to play. The beggar has his own importance, and the king has too. The first can be a great enlightened soul and the other a traitor. One should always look beyond appearances and see only the divine nature inside every one, which is not necessarily visible. The human criteria are saddening; you are always more sensitive to a person's testimonials than to his profound qualities. This is where maya particularly manifests itself in all of you. You will respect a notable and you will look condescendingly on the poor devil who does not represent anything in your eyes. There too you should re-examine your values; don't adhere to this human system of classification. Respect the beggar, and likewise the personality whom you admire more.

"God cherishes all his children. He makes them go through various stages necessary for their evolution, without belittling them. Your criteria are altogether different from ours; try to understand that. Be happy to invite the poor to eat with you; he is perhaps a lord who hides his treasures. Illusion manifests itself in all aspects of life on Earth; it is what characterizes it.

"Planets are like each one of you: they have their unpleasing tendencies."

“Judge not. Your brother goes on his way, while you are following yours. Life on Earth is never devoid of thorns. Sooner or later, you go through difficult stages. They are useful and must make you become aware of the fragility of beings and things you are attached to so forcefully. Remain focused on the main thing: the only purpose of the events of one’s existence is to make us become aware of what is important, i.e. the Divine. When all the souls have become aware of reality, this planet will not have any more its raison d’etre.

“The cosmic laws govern the universe for the good of its smallest atom. The divine laws are always right; trying to understand them is an aspect of today’s topic. Be united and respectful of other people. That’s all for today.

“My son J.-M. is going through a difficult stage of his life. He must rebuild himself mentally and define himself better to project himself effectively into the future.

“He will end up emerging from these long years of difficulties and will find, finally, serenity. His Himalayas are inside himself. He will come out strengthened by this long process that will lead him to wisdom.

“We follow them both. Blessings to all.”

Babuji

Sunday, February 21, 1999 - 11:00 a.m.

Get prepared for April 30th. Put on the pressure; let your heart really open out. Be in purity. Keep a check on yourself; be strict with yourself. You will enter this day in a state of grace. Seeing you like that will make us happy.”

Babuji

Sunday, February 28, 1999 - 9:30 a.m.

I am here, my child. Think of the running river, it goes inexorably towards the ocean. The infinite is its destination. Who can stop its course - a huge dam as can be seen on certain rivers, or reservoirs, less apparent but insidious and polluting? The natural course of events is changed. Men are playing with elements, with water, but also with the entire creation. The human cell has become their large field of exploration. Scientists want to modify everything, transform and even create; they like to think they are gods. It's dangerous for the becoming of the planet.

“On your level, the purpose of our work and our teaching is to help you to remove the barriers that are in you and that hinder your spiritual evolution. On no account do we want to be directive, repressive or any other thing of the sort. You came in this way to advance, to progress towards what you foresee as redemptive for your human condition. It is a great project, sumptuous in terms of its goal when it is achieved.

“The motivations of our work have nothing to do with what happens in various religions; by no means do we want to exert any control on you, [we] only [intend] to free you from your chains. The difference is big. Maybe our program can seem too heavy for some people who are not ready to go further, or whose constitution is fragile. We do not want to force anybody. We only wish the blooming of each one of you in accordance with your capabilities. You should actually become aware of this. Should a father not worry about his children and their good? Is he a tyrant for that? To wish one's loved ones well is a great intention. You should know that we wish to see you advancing towards light, strong, determined, well with yourselves in faith and love.

“Be surrendered in the face of what is happening on the Earth. Mind your own life; do your level best with it and with that of your loved ones. Help your brother as far as you can. You never advance alone. Some need a helping hand to help them carry their burden. Make sure that your acts and your words reflect the work being done in your heart. Cultivate purity, as a rare plant is cultivated, with love. Understand well what purity is. It summarizes the best aspects of your nature, all your noble-heartedness.

“We trust in you, our brothers, our associates. We want to lead you onto summits, which you cannot imagine; it would take your breath away. That’s all we want for you. It is our great project in this Mission that was all our life on the Earth and which will know no end. We will carry on; we will continue to work in this direction for the good of you all. If you find this program in your reach, then you will advance together with our assistance and all our blessings.”

Babuji

Sunday, February 28, 1999 - 10:30 a.m.

Spiritual life is like a rose. One should see its beauty, breathe its perfume, but they should know also that it has thorns. We will not go beyond this perfume. Be strong, my daughter, resist. Not everyone can do what you are doing, especially in your state of health. Get help from others; you can see that there are people of goodwill around you.”

The Medium: “Babuji, I would love so much to be able to commune with your son in the love which we have for you.”

“That will happen.”

The Medium: “He is so intimidating.”

“Do you believe you are not like that? He made the first moves towards you ...! Yes, in theory he will come in March. We are trying to iron out the difficulties so that his wish comes true. He has a very big preparatory work to do for April 30th; he gets anxious. This birthday has reached such proportions; the abhyasis hope that the sky will open for them. All that can be done will be done, only that which will be feasible. Moderation should be exercised, but this will stand as a red-letter day, whatever the results obtained by each one.

“What matter is to have an immense desire to advance. We will satisfy as much as possible the aspirations of our brothers.”

Babuji

Thursday, March 4, 1999 - 5:30 p.m.

(Babuji thus reacted to the comments we made before the meditation on the scale of works being carried out in Manapakkam.)

He who loves does not count the pennies. The construction of the Taj Mahal was a hymn to love. I cannot reproach my son for building a sumptuous edifice that will become, one day, a high place of Sahaj Marg.”

Babuji

Saturday, March 6, 1999 - 10:30 a.m.

Why are you still reluctant to speak about certain messages and to make them known?

“You have this undue prudery in the Occident in expressing feelings and heart impulses related to spirituality, whereas so much ugliness is freely displayed about sex, violence, and hatred in this terrible world.

“You should, on the contrary, not be afraid to show what touches you in the depths of yourself.

“Is there anything more beautiful than love for one’s Master and its resulting impact on his disciple?

“Open the gates of your heart, of your soul; do not be timid.

“Let yourself become imbued with this perfume, bathe in this divine love, unrestrainedly.

“When you read Kabir, does he not express the most beautiful feelings, as well as sublime states of soul that carry you away? Did he hide that?

“You see, my daughter, we understand your sense of propriety, but do not be afraid to open your heart and to show how to love. Love attracts love.

“We cannot remain insensitive to such impulses when they are sincere.

“It is a very sure means of touching our hearts; we will revert to this topic. In this period of preparation for an important celebration, cultivate particularly the beautiful impulses of your heart. There is no shame in that. Even if you cannot really see what true love is, let it suffuse in you and manifest itself without excess, but without excessive timidity.

“Love, surrender, faith and tolerance are as a whole; it is your asset for eternity. Take care of it well; this is what we intended to make you understand today, by insisting time and again.

“See you tomorrow.”

Babuji

Sunday, March 7, 1999 - 9:30 a.m.

My children, beware of intellectual conventions; they kill the natural movements of the heart, as we have already mentioned.

“This is where the difference between the Orientals and you precisely lies.

“You burden yourselves with a jumble of principles; this is silly; that is childish. You create fetters for yourselves.

“You have rules resulting from an education imbued with religious criteria stamped with a sense of rigour that often deadens beautiful mystical states. A feeling of guilt is always latent in you.

“Between mystical rapture and an authentic impulse of the heart, there is a difference that you need to understand well.

“Do not be afraid to love. Your hesitations arise from the fact that humans are not reliable, that sooner or later they disappoint you.

“The divine love, instead, will always be there until your dying breath; it is your true refuge.

“You will never be disappointed. Your desires will not always be fulfilled. You will have to live with difficult situations; that partakes of your life’s path.

“Yet, we do not ignore you. We support you in your struggles, whatever they are. In your most trying moments, when you believe you are abandoned, we are present more than ever.

“We give you evidence of our support. Remain cautious in your interpretations, but certain signs often show you that you are never alone.

“Rely on us; we always act for your good.

“We bless you.”

The Medium: “Is my transcription correct, Babuji?”

“Yes, let that be an example to you. You are the typical product of a rigorous education. Cultivate what is good in you and put things in perspective with regard to certain barriers that hinder your spiritual development. Be more spontaneous and natural; do not steel yourself so often. All will be well.

“Cheer up, my daughter, you are quite good. We love you and bless you especially.

“The great movement that is underway among abhyasis makes us happy. The motivation is there.

“My son’s speeches have struck people’s minds and have made them move.

“We are advancing towards the goal; such was our purpose.”

Babuji

Saturday, March 13, 1999 - 5:00 p.m.

Thank your children-in-heart, who become also mine.

“They have done a good job. Life will not always be easy for them, but it is all set; they accepted it like that. They will be at the right place when needed. They should advance in purity and surrender. We will tell you more about them later.

“You met in other lives, hence your current relation. Shower them in love; they will return it you. Remain in contact until the end. You will guide them after your departure. Transmit all this to them with my blessings.”

Babuji

(5:30 p.m. For centuries in Western India, the Bauls community has lead a life of troubadours, beseeching divine intervention through music. Praised by Rabindranath Tagore, the great Indian poet, these mystics are neither Moslem nor Buddhist. They say: “the road to the absolute is blocked by temples, mosques [and the teachers].” Their devotion is moving, and their gathering impressive. I understood after having seen this report on television, why Babuji urged me to watch it immediately after our contact, though my state of mind did not lend itself to it. That partakes absolutely of this great universal movement, beyond religions, which he announces to us for future times.)

Sunday, March 14, 1999 - 9:30 a.m.

It's good you remember some of my remarks. You are right to value your personal cleanliness and appearance. My comment that day was meant only to insist on the fact that inner beauty is more important than the physical aspect.

"You saw in this report how devoutly Bauls live, the beauty of their faith, what they endure to go to these great celebrations, as well as their poverty. You can understand the Indian soul or the way these people live. You do not have the same priorities. It is another world in spite of the progress taking place in some parts of this country; but can one call this a progress? This is another ideological debate, which we don't have to address here. You are at the dawn of an era of spirituality; there will be a lot of trial and error and heartbreak to reach the goal.

"Religions have influenced people's mind so much. A universal movement must be established on the Earth, which will unify devotion beyond dogmas and rites.

"You abhyasis, you belong to this redeeming trend. Through your personal work and what you further relay, you are preparing this future spiritual movement that will bring them together, instead of dividing them and making them kill one another in the name of principles - not even respecting the ideas of the masters who taught them.

"We will revert to this chapter. You should know that everything you do in your regular sadhana represents a negligible but constructive contribution to this new state of mind for future times. We are developing, building stone by stone, a new edifice where, unlike now, some men will not have in mind the sole idea of destroying their enemies, i.e. those who do not think like them. In troubled times, it is good to think of a more serene future for the Earth. You are precursors, but do not imagine, either,

that you are the only ones following the right way. Do not fall into this trap. The errors of the past should not be repeated as well as man's annoying tendency of believing that only he possesses the truth. You said, my daughter, that my criticisms were blessings; you are wise. Our criticisms, often, are misunderstood. A severely wounded person whose wounds are touched suffers necessarily; this is only a human reaction. There are different types of criticisms. You must go beyond that and bear in mind that your Masters have one goal only: to help you. This should be recognized, otherwise no progress can be made. Soul-searching is important. Any spiritual path entails this personal work.

“Rest a little, and meditate. You see, it is well when you are able to relax. Our contacts should not, on any account, create tensions in you. For the birthday, don't worry. People who must be with you will be there. You know well that your life is essentially remote-controlled. Do not plan anything; provide for some whim.”

The Medium: “Will you come, Babuji?”

“How can you ask this question?”

The Medium: “Forgive me. I am always amazed, like a little girl before the Christmas tree, for the graces you bestow on me.”

“Let's leave off here, today. Maintain your meetings, and include in them moments of joint reflection on selected aspects of the messages, for example.

“Do not forget that you are scouting ahead. Be blessed, my daughter; convey this to your friends.”

Babuji

Friday, March 19, 1999 - 10:00 a.m.

(Master in Augerans.)

You see, he does not forget you. Don't be sad, nothing can prevent spirits from meeting. Thus, without tiredness, you are benefitting from the visit of my son.

"Be blessed, my daughter. The call of your heart is always heard. Be careful; do not share messages in writing any more. You will yourself attract troubles, and that's the last thing you need. There will be leakages, inevitably. It is human. Taking notes, reflecting together on certain aspects, yes; you must leave off there for the moment."

Babuji

Saturday, March 20, 1999 - 9:00 a.m.

(Meditation in Augerans.)

The Medium: “Babuji, I was waiting for this moment to unite with Master and I do not manage to meditate.”

You are better in writing, so write! Reassure Anne-Marie, she does not lose anything though she has remained here. That is how it had to be. Thank here; all is counted when one's work is done heartily. Proceed well as I told you for the messages; do not let yourself be made to relent. A day will come when there is nothing any more to fear. You know that humans are not reliable, even the best ones. The arrival of my son is successful; it has yielded such impulses. We are happy; he too expected this result. The work is advancing well; he is preparing a beautiful celebration that will be important for the energies of the Earth, even if you cannot understand this and the results are not visible. What matters is that it is so.

“Our contact has cleared the channel. You can meditate now. Be united well with us for this end of the seminar.”

Babuji

Sunday, March 21, 1999 - 9:30 a.m.

I will come more often now, so that you will be less exhausted by long messages. All that we want is your good, and to see you happy to relay what is precious to us: a teaching that can help your brothers and sisters, even if it must remain hidden for the moment. A simple teaching in conformity with the spirit of your time, without big sentences, elaborate and complicated sentences, but with sentences that can be comprehended easily. Truth is so simple. But we must adapt what we say to the state of mind of the majority.

“Calm down as regards ‘the issue’, but once again, be careful. Choose well the recipients of what you consider as your most invaluable good. You are so strong, my child, and so fragile also; do not expose yourself. During [my] years, I also had to hide the messages I was blessed to receive. The wheel of time swings around, but beings are hardly smarter.

“Take good advantage of these last hours; the work of my son is nearing completion. Once more, he has done an excellent job. He makes me happy.

“Be calm and relaxed. Delight in the Divine, we help you in that.”

The Medium: “O thank you, Babuji ...”

“Yes, my daughter, meditate, meditate ... A seminar like this one is important, you cannot assess its value, yet it’s fruitful. You have to move forward, you and so many other souls that cannot even perceive it. It is the first link of a tremendous work, which must complete by the celebration of the centenary.

“That’s all.”

Babuji

Tuesday, March 23, 1999 - 10:30 a.m.

You can perceive, in meditation, the work that has been achieved in this seminar. It's about subtle energies that permeate through you and are distilled in you, slowly. You have received and you are assimilating. the work is thus being done, almost without your knowledge. It is the emptiness of the heart, in such circumstances, that makes you reap more or less. Each person advances at his own pace; you should prolong this action of my son by meditating as much as possible.

“Don't you feel more the need to meditate, in this moment? Do not neglect this call; do your level best, according to your capabilities. No matter what you do, remain united with your Master through the heart. He will fulfil its aspirations. Love attracts love: this was repeatedly said to you. You will always be better off loving. This currency is rare, use it, it is precious. The after-seminar is important; it's up to you to manage it well. That's all.”

Babuji

Friday, March 26, 1999 - 8:00 a.m.

It has taken the arrival of my son for you to achieve this feat. Keep this good habit; it is a great step forward. It is important to start off the day by a meditations; uniting oneself with the Divine is the first thing to be done. So, you see, the work continues. You understand the importance of a seminar of such a scale and its effects on receptivity. I would actually like your poem to be inserted in the notebook. I already told you, one should not be afraid to show the impulses of one's heart. You did not want to write or to prepare a collection of poems; a cry of love expressed through these few pearls assembled and preserved in such a hard world."

The Medium: "I cannot include that in the messages, Babuji!"

"Remember the small song; can't we, for once, focus on something sentimental? It is up to you to see; speak to your friends. You are a child; we despair of your doubts. When will you change? - Only the future will be able to convince you.

"Be blessed."

Babuji

(Following Babuji's request.)

The Medium:

O Babuji, today,
I am so sad, far away from you!
I would like to be at your feet.
In my mind, I am a small nothing,
Lying on your heart.
Each moment, I live it in you,
In your love, your light,
And your kindness for me.
O Babuji, may you purify me,
Carry me like a child,
Guide my steps, my life, completely.
Make me become love altogether
And light, to serve to you,
An instrument, a very small one,
Only guided by you.
It's so good,
Beloved father
To rest on your heart.
I would love to sing praises,
Thus and always, to tell you my love
And you would never weary of hearing me.
Babuji, make me manage to love your son
The way I love you and my heart will be fulfilled.

-Cannes, January 1992

Saturday, March 27, 1999 - 8:00 a.m.

Come and drink the divine nectar; the most beautiful thing a human can do, is it not, to imbibe himself from this pure chalice. You wish to close this collection with a lofty thought; so let's flee one moment the tragedies of the Earth, and rise towards the Immutable. It is your true goal here below. Never lose sight of it. The only asset, which you will carry, is your spiritual achievement. Let go your heart, my daughter. Do not rack your brains about what the others will say while reading you; let go. All that does not matter; do you know that at one time, some considered me as a simpleton?

“Gain stature, and rise above human baseness. Remember this: ‘attract us and we will run.’ Take along your friends with you and run together. Why do you yourself always create barriers such as: I cannot say or write this? Stop reacting like that. Write what we ask you to write. You are not a preceptor. You are a real case in Sahaj Marg. Do not refer to conventional statements. Don't worry, I support you; assume your role, that's all we expect of you. Spend this day in the peace of the soul.”

Babuji

Sunday, March 28, 1999 - 8:00 a.m.

Remember that gentleness does not mean weakness. Divine love can be expressed through extreme roughness and gentleness. There are two different, but necessary manifestations in certain circumstances.

“A Master’s life must not be prone to excessive sensitivity. Human feelings are mere traps. An important work to be done must be given priority above all. To be in the service of the Almighty requires a certain sense of rigour. Serving humanity is a great undertaking, which requires much inner strength.

“You cannot understand everything at your level. But rest assured; the purpose of our work is not to destroy, in your sense of the word. I am happy to see you changing. You are organizing yourself a monastic life to listen to us. You are preparing for your future mission conscientiously. The sense of rigour you always showed in your life does serve you and will serve you more and more. There are constraints necessarily associated with being completely in our service. This has to be accepted; it’s one of the related conditions. You are growing, my child. You are getting into simplicity and you are moving forward; you must progress further.

“We will not go any further today and we will conclude with a blessing to you all.

“You may add that we will continue; we will actually find a few little things to be said.”

Babuji

Sunday, March 28, 1999 - 10:00 a.m.

The Medium: “Beloved Babuji, tell me something more by way of conclusion.”

Select it from Kabir, my favourite. He is very much inspired.”
Babuji

Empty the cup! O be drunken!
Drink the divine nectar of His Name!
Kabir says: “Listen to me, dear Sadhu!
From the sole of the foot to the crown of the head this
mind is filled with poison.”

--Kabir

Tuesday, March 30, 1999 - 8:30 a.m.

Try to keep a schedule for your meditations. You have to acquire some automatisms. Be vigilant in the future. It's critical to practice on a regular basis, and to be punctual when you have reached a certain level of evolution. If, as a scribe, you want to be always ready to listen, you should taken account of all this. You will notice by yourself the effects of such a system. We do not want to impose upon you any rule, by hook or by crook; we never did so, but we feel that this new arrangement suits you very deeply.

The Medium: "You know, Babuji, that I wish only one thing, with all my soul: to serve you."

"That's good, my child, we know, we will do good work. You are getting through a step, which must impact on your sadhana as well as our contacts.

"On this aspect also, stop wondering all the time: move forward. You have not taken holy orders, but the divine order. You know that everything in the universe is set with greatest precision. There is no room for whim in such a program; while advancing, you must integrate into it gradually. Be firm with people's adherence to your instructions concerning the messages. You respect us whenever you do comply with our requests; therefore, don't disobey any more."

Babuji

Wednesday, March 31, 1999 - 8:00 a.m.

Be like a feather in the wind, let yourself be swept away without putting up resistance to our work. You are shifting to another level; it is good to comply with our request. Therese of Lisieux spoke about soldiers and fighting; indeed, it's about the fighting of the forces of good against forces of evil. There are many things than ever to do on this poor Earth. Be united in prayer; every one should do what is possible, and above all, do it with all your heart.

"You are nearing very hard times; a destructive process is under way. Be mobilized, be passive soldiers, but united, available and active with the means you have. The great fight of your favourite saint took place behind the scenes, through prayer and surrender to the Divine. She did a lot; she is known the world over.

"Do all your best; great actions may not be necessary. This is not easy to understand, but you should know that, in spirit, you can achieve a great deal. Be united; go beyond your differences and your disagreements. Think well about it and do what you can."

Babuji

Friday, April 2, 1999 - 8:00 a.m.

Life is a long march on sometimes difficult paths. Faith will be the best compass to guide your steps. It's important to take the right direction in some circumstances. It is in the depth of your heart, in inner silence, that you will find the answers. Your way of life is all set in principle, but it may happen that you have to make a choice to follow a particular way rather than another; you have your free will. This is why this face to face with yourself can illuminate you and lead you where you need to go. Be always in harmony with your conscience at all times; you will make your life easier.

"Your friends are slightly overloaded with these messages. Keep them to yourself henceforth. We will resume communication with them later. They have enough food for thought; one has to learn to stop. As for us, we will continue our heart to heart [communication]. You, you do not seem to be overloaded!

"See you tomorrow."

Babuji

Do not go to the garden of flowers!
O, Friend! go not there;
In your body is the garden of flowers;
Take your seat on the thousand petals of the lotus,
and there gaze on the Infinite Beauty.

-- Kabir

Saturday, April 3, 1999 - 8:00 a.m.

My child, you are getting through a critical step. Our union is more complete. We have already come a long way together. Rest on my heart, you need it.

“We cannot spare you what you are going through, we are sad for that, but we know that it is for your good. When you come to join us in this brighter world, you will thank us forever. Spend this day as well as possible.”

Babuji

Saturday, April 3, 1999 - 10:00 a.m.

We know well that all these comments cannot comfort you for the time being. But if we don't tell you anything, you think that we have forgotten you.

"What more can we tell you? You know everything or almost everything about your state. We will always be close to you until the end to remind you about our love for you; you will have to make do with this."

Babuji

Saturday, April 3, 1999 - 5:00 p.m.

(Weekend seminar conducted by Jacky Baroukh.)

This gathering is important; it instils new blood into the ashram, which, to some extent, is given a new lease on life. This revival is the result of a work of purification, which has been carried out for some time now. We are always attentive to what takes place there. The ashrams are interesting points of radiance for countries where they are located; a little like lamps to which, unfortunately, no one pays the attention they deserve. In our organization, everything has its own importance: even differences in opinion can lead to something good for the group. Therefore, we should respect the different points of view of your brothers. Be united on the main thing; be positive and constructive.

“Blessings.”

Babuji

Sunday, April 4, 1999 - 8:00 a.m.

Easter

If you do not play the game, we will not be able to take you along with us. You must trust in us completely, because at a certain level, this is an essential condition. Work becomes increasingly subtle. There must be a kind of complicity between the aspirant and the Master. It is a very specific work, which requires some attention. The Master and the disciple are bound to one another. We told you enough about surrender. It is not enough to say: 'I am surrendered'. Being completely so is a true act of faith, a very profound commitment. You have to become very malleable. Do you want to be like that and to let yourself be shaped in our image? It is a choice; it's up to you to see. We do not force anybody."

Babuji

Sunday, April 4, 1999 - 10:00 a.m.

Easter

This beautiful Christian feast has become by and large a pagan feast. It should be considered with respect. See it as the beginning of a period of revival, where you leave your habits behind you and where you try to set out again on good bases, in your daily life, by giving a choice place to spirituality. It is not a one-day effort. May spring, this explosion of nature, witness the same work in you. Let a beautiful mystical impulse flower in your soul and see it with the passing days being strengthened in the same way as the bud becomes a flower and then a fruit.

“Think of the book, Fruit of the tree, written by my son. Let it inspire you in this period when nature is getting a new lease of life. Create in yourself new habits which strengthen your willpower and will earn you a kind of armour to get off to a good start towards the goal to be reached.”

Babuji

Sunday, April 4, 1999 - 4:00 p.m.

My daughter, you are making great strides; may this keep your morale up.

“All the beautiful things can leave imperishable memories, but what is their worth?”

“You have come a long way, enough to understand the precariousness of the joys of this world. We can understand that you are feeling a twinge of sorrow while being isolated during these feast days. Think of all the trips you made, which left on your mind only images and some memories of annoying incidents. It’s all only illusion in this world.

“Not lending importance either to the good moments or to bad ones is a sign of great wisdom.”

Babuji

Monday, April 5, 1999 - 10:00 a.m.

You will have all the joys we will be able to bring you. There is love around you. You are forgotten neither by humans nor by us. Humans have 'things' to do which they believe to be important and they are not always available for assistance when needed, but that does not matter! Don't you have your secret garden where you can marvel at the colours and the scents, and become intoxicated with the divine nectar? Don't let these waves of melancholy tarnish the harmony of the place. Who can bring similar joys in this world? Taste the exquisite delight of Sahaj Samadhi; one can only live it, it cannot be described.

"Be delighted in him, my child."

Babuji

Tuesday, April 6, 1999 - 8:00 a.m.

Don't worry about the possible misinterpretation of words which you find a little strong. No matter how you write, there will always be incomprehension. Therefore, people's reactions about all that do not matter! Something will eventually touch their hearts. Don't be worried; don't be afraid of suffering. Don't you trust in us any more? Be strong, my child; take refuge in Sadhana."

Babuji

Tuesday, April 6, 1999 - 10:00 a.m.

Life is like a play. You can be cast as a bad guy or a good one, but once the play is over, what remains of it? If you are good, be so truly; the bad guy may not be completely so. It all has its usefulness in the world of maya; this is called the balance of forces. Be assertive in your perception of things. Do not be in judgement. Advance simply by divesting yourself of superfluity; do as best as you can. Be trustful in the successful outcome of your life."

Babuji

Tuesday, April 6, 1999 - 5:00 p.m.

Your heart can become the heart of the world. A thousand suns and thousand planets can dwell in it.

“Each one of your particles is a latent world.

“All is in all.

“The whole creation is only a breath of the Divine.

“Who are you as thinking and acting entities? You should always consider yourself as being as small as atom in the hand of God.”

Babuji

Wednesday, April 7, 1999 - 8:00 a.m.

You must write what we tell you without having doubts. Your views are human, hence limited. Why should we remain within a limited framework? Don't put this kind of restriction between us any more. You should open your mind to more abstract things, otherwise our comments will have to be limited to what we have been saying for years. You have to evolve, I already told you, accept to be rushed."

The Medium: "Forgive me, Babuji, I am bird-brained."

"Now that you have gained in stature spiritually, try to be golden-eagle-brained. Allow all these things to clarify themselves and stop censoring us."

Babuji

Thursday, April 8, 1999 - 8:00 a.m.

Why wouldn't you like to call things by their rightful name?

Spirituality requires being absolutely truthful! We are not dealing with worldly matters only made of appearances, trickery, associated with the attributes of maya and its trail of pretence. We, we are beyond this framework, therefore let's be truthful, including in our comments. We do not promise anything unachievable. A spiritual work properly carried out under the guidance of a high level Master leads to the expected results.

"You have all the assets in hand; it is up to you to make a choice; the small or the bigger door. What are the aspirations of your heart? It is its availability, the fervour of its call which draws our attention and which makes us focus on it particularly.

"A sincere and profound request never remains unanswered.

"Our wish is that you should all reach the celestial fields.

"Fusion with one's Master is a fact and not a mere allegory.

"Open wide your heart and your soul to the beneficial rays of love.

"Grace will be proportional to the strength of the call."

Babuji

Friday, April 9, 1999 - 8:00 a.m.

A mountain is climbed in several stages. The higher you go, the more difficult it is. Each step must be measured and carefully considered, and one's determination must be great. The top is the goal. All efforts are geared towards that. The more the mountaineer advances, the more his thought is focused on achievement of his undertaking. This is how you must be in your personal climbing. Whenever you stop to assess your process, you become aware of the progress made. You feel a great joy and say: 'on no account, would I retrace my steps'. Nothing in one's life can provide equivalent benefits. One's union with the Divine gives unadulterated happiness. In addition, you must proceed with your life on the Earth without neglecting your professional and family obligations. In those aspects also, you must follow your path until the end. Do not worry about that; great Masters have attended and are still attending to both aspects at the same time. We do not ask you to live like a hermit on whatever mountain; the mountain is inside you only; there is the summit to be reached. It is an imposing project, and you can achieve it. It is the most beautiful objective you can possibly have. Try to balance your life well; do not neglect any aspect of it. Make the others happy. Make yourself happy by advancing cheerfully towards the goal, with our blessings."

Babuji

Saturday, April 10, 1999 - 8:00 a.m.

Do not be afraid to advance towards areas which are unknown to you. Your safety is higher than on you highways. Dangers are on the Earth, lying in wait for you at each street corner. The spiritual way is broad, difficult in some respects. It takes perseverance and will, but you don't have to fear any risk. Have faith in the Master; he is the scout, the guide, who shows the way and protects you.

"Be happy to be engaged in a spiritual way. Your life has a meaning; you know where you are heading. So many humans live from day to day, awaiting death as an ending and not knowing that it is a beginning! Consider yourself fortunate not to be in this frame of mind and to know that on the other side of the veil, there are other worlds where you will continue to progress. Remove your self-doubts about yourselves; you can reach the goal. Whatever one man has achieved, others can achieve it.

"One has only to want it so, and be engaged in an effective system. Therefore, don't lose heart."

Babuji

Saturday, April 10, 1999 - 10:00 a.m.

Welded to the Master means to be as one with him. This is our true meaning of this word; let it not put you off. It is the best thing that can possibly happen to you. Therefore be surrendered. In this approach at the highest level, there comes a moment when fusion is both necessary and complete. No one can advance single-handedly up to the end. It is in the nature of things. A solitary process cannot be fruitful; this should be borne in mind. I already expressed myself on this phenomenon in my writings. If you were single-handed you would remain on the bank scanning the horizon without being able to reach it. You need an experienced boatman and then, there is every hope of success. You should choose the best means of transport.

“Those among you who will read these lines, if ready, they will understand what I mean.”

Babuji

Saturday, April 10, 1999 - 5:00 p.m.

You are going through a difficult stage. We surround you in a particular way. You will soon benefit from all this work. You are purifying yourself; your various bodies are being divinized. Do not hesitate to write it; it's reality. You will arouse envy, but has it not been always the case throughout your life? We are moulding your soul like a precious stone, so that it becomes a pure jewel. Can't we be satisfied with our work?

"You will have to get well accustomed to this kind of comment about you. Do as if you were not concerned, thus you will not feel embarrassed! Be at peace, my child.

"See you tomorrow."

Babuji

Sunday, April 11, 1999 - 8:00 a.m.

We give you so much; can't you endure your physical miseries for the love of us? Your road is long and difficult. When you have reached your destination, you will forget the stony way on which you will have walked for so long. You have to go through all these tests; it's an initiatory process. We apply some balm in your heart to make you forget the hardness of the ground on which you are walking. Your tests are proportional to the strength we give you to support them. What you endured in the past was more terrible. Remember this well: 'sturdy souls are moulded in the crucible of suffering.' Your body, we cannot cure it; but your soul, yes. That is what matters.

"The Earth is a place of tests. You must go through all kinds of tribulations; it's an obstacle course. Each one of you has your own corresponding to your strength and profound nature. When you feel like complaining, think of those whose stay on Earth is tantamount to hell as is described by certain religions. So by thinking of the worst, you will feel happier. Meditate, forget the world and your own worries; plunging within yourself, you will find peace inside."

Babuji

Sunday, April 11, 1999 - 10:00 a.m.

Sahaj Marg can mean also 'the way of the wise men'; wise enough to join it and become wiser. One day perhaps you will understand how lucky you are to have reached this gate. That is not a matter of chance, your destiny had so decided.

"What do you become beyond this gate? It all depends on your inner attitude. You know that ours is a way of freedom. We do not impose any constraint on you, apart from the personal work that you carry out at your convenience. Advancing in a spiritual work does not entail being locked up in fetters. Your sadhana must lead you toward blooming on all levels. This is important; there is no external pressure. It is you who decide about your active contribution or otherwise. While practising, you must feel happy for our greater joy.

"Don't forget that we, your Masters, are only as one. We are three entities, both distinct and being as One at the divine level. This is again an aspect of the fusion, which it is not easy to understand. We are, to some extent, a three-headed body; this concept is fundamental. Whatever your receptivity on this subject, advancing is the most important aspect. We are only trying to make you foresee a certain reality.

"Imagine yourself, merged in us, being as one heart beating to the rhythm of the universe. That's all for today, my child."

Babuji

Monday, April 12, 1999 - 8:00 a.m.

Imagine what it takes to print the books of the Mission; you can figure it now.

“Is it worth it? Do you believe we have preached in the wilderness? So, would you not feel up to continuing? Take advantage of your having a good team now. Open-minded people will take these messages as another approach of our teachings. I appreciate what has been done; people’s attention must be caught with an easy reading. Try to process them in a simpler way. Yes, pay attention to these details, my daughter; so, don’t you want to continue for me? Time is short, get down to work with ardour, you will not feel it small tiring effects. Do it for me, quite simply.”

Babuji

Tuesday, April 13, 1999 - 8:00 a.m.

The preparations for the celebration are going on well. My son has started to relax; the most difficult has been done. He would like to achieve perfection to satisfy us. Love that develops between a Master and disciple is a godsend. You cannot understand what it is really. It vibrates in each particle of the being. It is a special vibration; this kind of love could move mountains, build worlds and make them disappear. It is the divine game in its full greatness, a movement of construction and destruction. It partakes of the rules governing the universe. Everything, from the infinitely great to the infinitely small must be renewed unceasingly. Things are created, they move, they balance each other, harmonize each other and are destructured continuously. Nothing is immutable on the Earth as in the entire creation.

“It is this perpetual movement that maintains the cosmic forces; it is this series of comings and goings that creates life. There is one’s birth, one’s death, and one’s reappearance in another form. It is a series of new beginnings; the universe remains true to form, while changing at every moment.”

Babuji

Tuesday, April 13, 1999 - 10:00 a.m.

The Medium: “Babuji, was I not mistaken about my preferred saint?”

No, she is a great and noble soul. There is a bond between you and her; you love each other. You will not know more about this. You are a privileged person as I already told you. It is this burning flame in you that attracts and retains; only love can do that. From top down on the universal ladder, it is like blood flowing in our veins, without it, there would be no life! When divine nature overrides human nature, it is the apotheosis. This is where love leads to.”

Babuji

Wednesday, April 14, 1999 - 8:00 a.m.

Redemption is not due to one man only. It is a whole group of very special personalities that contribute to cleaning humanity. This word, used by the Christians, is not properly defined. Christ is not the only Son of God. All the great beings who punctuated the history of the world have been, and are, still actively involved in this work. They all will take part in it, until the end of time. When the Earth has reached its golden age, other rules will be established for it. They will have achieved their mission as far as it's concerned.

Each religion always claimed to be the only one to hold 'the truth'. This results from men's ignorance. Some people, the most skilful, appropriate the teachings of the Masters by distorting them; the others accept them with utmost good faith. Redemption, let's keep calling it like this, will be done. You, yourselves, take part in it modestly by carrying out your personal work. By advancing, you take others along with you; an effect of osmosis is thus created.

"The same applies to evil, so widespread in this world and which produces the same effects. There will come a moment when the balance will lean towards the good side and the process will accelerate. It is one of the laws of universe, which will prevail at the appropriate time. We will revert to these subjects, which you may consider obscure. Religious teachings are deeply rooted in you. You need time to assimilate this way of seeing. The evolution of the Earth continues inexorably; it, also, will reach the goal."

Babuji

Thursday, April 15, 1999 - 8:00 a.m.

Love is like a cry towards the Creator; it is the bond connecting Him to his creature. Love is His food, the substance which He is imbibed with. All the remainder is a mere material vibration. You should understand that it is the key, which opens the doors; a luminous vibration making the least of your cells twinkle. Love, love - that is my recommendation! Join this imposing chain and let's vibrate in unison. Let yourself be carried away on the wings of the Divine. When you taste these moments of intense joy, you forget the realities of life and all your human miseries. The alchemist who seeks to transform metal into gold is moving astray in a futile process. Real gold is inside him. He may not know it, but unconsciously he aspires to this discovery. You, who have already understood where the treasure is, carry on your search unremittingly.

"One day, you will see the wonder come up: a thousand gold specks will dance on your heart and your inner joy will be boundless. Be joyful like children in search of a treasure. When you find it, you will remain speechless in front of such an amount of beauty. Be active, never lose heart; it is the only research worthwhile for a wise man.

"Don't dwell on form, my child. I already told you, only the content matters in our literature. Love the repetition of words. It is necessary.
(Laughs)

"That is the way it goes!"

Babuji

Friday, April 16, 1999 - 8:00 a.m.

Christian teaching is so deeply rooted in people's mind, even among non-practising ones, that it is difficult to state certain truths, even including the abhyasis. It is a whole legend - created with the passing centuries - around the teaching of the Master, which, if they were followed with utmost rigour, could transform humanity. Your friends are not ready to adhere to this way of seeing things. Certain ideas are deep-seated and, moreover, not easy to understand with your reference marks and your limited view of things. They belong to your culture; that is not important insofar as they do not curb your evolution. Let go! Just write what we are telling you. One day, the curtain will rise and the reality will be obvious. The spirits will open and put things into perspective, in terms of telling truth from falsehood.

"There will be many disillusionments about religions.

"You must let time do its work. Think of what it took for you to open your eyes.

"The end of this century should leave behind it a certain number of erroneous beliefs.

"God is great, He will rectify [them] in due time. Pray for the advent of world of light and truth."

Babuji

Saturday, April 17, 1999 - 8:00 a.m.

Suffering is promising. Accept it when it comes. It is your best asset. It refines you. It is invaluable. One should not seek it, but consider it as a divine gift. You can really see that not everyone can read these lines. Yet this what suffering is! Thank God. You are privileged to have been chosen. Your heart has softened; your soul has opened up to beauty. A happy life in the world would not have given you this result.

“We love hearts avid for the Absolute. Grace suffuses in them and carries them.

“Love us, my child, and say it; we are not weary of hearing it. This leitmotiv which resonates in you moves us.”

The Medium: *“I would love to be able to repeat it you, my God, until my dying breath...”*

“Walk on the enchanted bank, look at the sky, and call us from the depth of your being. We are there for you and for those in need. Advance, advance towards the light, with our blessings.”

Babuji

Saturday, April 17, 1999 - 10:00 a.m.

You will soon leave the shore; your boat will sail towards the infinite. When its journey is over, we will be there to welcome you and rejoice. You have undertaken to write everything. If these writings related to someone else, how would you take it?

“You are reluctant because they are intended for you. Just imagine that they are addressed to your spiritual being and all will be well.”

Babuji

Sunday, April 18, 1999 - 8:00 a.m.

Let joy suffuse in your heart on this day. You cannot change anything in the outside world. You have enough reasons to keep inside you some sunny spaces.

“Many souls are in search and many others will feel ‘the call’: an immense need to be in union with the Creator. You will enter a phase of turbulences on the material level; on the other hand the spiritual need will be higher. Prepare yourself for the two aspects of life on Earth. All is not lost when the soul is on the alert. No matter what happens, remain trustful in your destiny.”

Babuji

Sunday, April 18, 1999 - 10:00 a.m.

Serious events are in the offing for the future. An immense inferno must flare up to purify the world. Don't be afraid, you should only advance calmly in faith.

"Certain actions are inevitable. We do not have to judge them. The world is in such a mess that it will be necessary to clear the air. We are using a poor image, but when the forces of evil go so wild, the reaction is sooner or later inevitable. My dear aspirants, I do not mean to alarm you. You are mature enough to become aware of the mess in which the Earth is. Always be trustful in your Masters, they do everything possible for your good."

Babuji

Monday, April 19, 1999 - 8:00 a.m.

Mahasamadhi of Babuji

The Medium: “Can you cure me, Babuji?”

You can benefit from my heart; is that not enough? Be patient and try to listen better; we give you information about your health, you don't pay attention to this.

“The day I rejoined my beloved Master was a very beautiful day. My soul was overflowing with joy. I had been looking forward to that since so long time. I did all that my Master expected of me, with love. Our meeting again caused an outburst of joy in the beyond; the wait was so long. The sadness of my brothers and sisters on the Earth was touching.”

The Medium: “They love you so much, Babuji!”

“This love, I return it to you all hundredfold. A day will come when you will be able to witness its strength. I am completely satisfied with my son. I could not have a better successor and you a better Master. He is tireless; his capacity for work is amazing. The Mission will continue after him. Another Master will succeed him, whom we are preparing. His work will be carried out under a different framework. The Mission changes with time; it keeps expanding and restructuring.

“It needs men of different nature. Our personalities are suited to the time wherein we live. Our successors will have an enormous work to achieve. In the future, the Mission will expand across the world; Sahaj Marg will benefit the whole of humanity. I am happy, in the wake of my revered Master, to have contributed to the laying the foundations of such an edifice.”

Monday, April 19, 1999 - 10:00 a.m.

Contrary to the rumour, all will not be liberated during the celebration. But, by and large, many abhyasis will be happy, insofar as they can become aware of their progress, which is not commonplace. This kind of perception requires a very good reading of condition. Not many people are able to do it correctly. That is not a handicap. You have never been worried about your level, and the work was done.

“Only the result matters. Carry on your road, with - on this day- my special blessings.”

Babuji

Tuesday, April 20, 1999 - 8:00 a.m.

If you knew the hidden side of the history, you would be amazed (e.g. Joan of Arc's life) and disappointed about all this legend which surrounds the life of some personalities of Christianity. This same is true for other religions, to a lesser extent, but some facts were strongly magnified and embroidered. It's an area where Christian history is particularly rich. They - these ecclesiastical authorities - did and said so many things to soften the opinion and retain the faithful, in spite of crimes perpetrated in the name of faith. The teaching of the Master, Christ, divested of all the mythical attributes which were added to it, is so beautiful. One should retain only that, and never forget faith and devotion which it has been generating for centuries, while helping millions of souls."

Babuji

Tuesday, April 20, 1999 - 10:00 a.m.

I also had to fight to correct my faults. There are deep-seated tendencies. It takes perseverance to depart from them, at least, to try to improve oneself. Nobody is perfect; so don't beat your breast. The only fact of being incarnate carries a whole trail of human failings. It is a common carrier-path. Nobody, even great beings, can escape it. Only the divine jewel, which is inside you, is pure and spotless. Do not believe you are the only people struggling to get rid of some faults. They pertain to human history. Make efforts, and, while moving towards the goal like Tom Thumb, drop behind you these few stones that burden you. They will show the way you have come. Then, you will advance cheerfully."

Babuji

Wednesday, April 21, 1999 - 8:00 a.m.

You see how meditation is beneficial. It soothes your heart and your body. Thereafter, you can feel the impact on your state. It is sovereign, and so is prayer; both are complimentary. They build your spiritual life and are necessary for it, in the same way as 'a roof on the head' to protect your material life. Could you do without now that it has become second nature? Imagine your life without sadhana; it is indispensable food for the balance of your entire being."

Babuji

Wednesday, April 21, 1999 - 10:00 a.m.

When will you manage to uproot doubt from yourself? You make our work more difficult when you react like this. Yes, we are satisfied with you, but you should broaden your understanding. We should be able to address more in-depth issues.

“There will be some people to understand our comments... it is you, your unconscious that is a hindrance; you do not realize this. Make some efforts and the way will be clearer. It is only your fear of other people’s reaction that freezes you up. Be trustful, the channel is good.”

Babuji

Thursday, April 22, 1999 - 8:00 a.m.

Man of your time is continuously nervous. Stress generates disorders on all levels. How can he better manage it and rejuvenate himself except by putting himself in harmony with the Creator! Restore your equilibrium by calming your mind; control it through meditation. It is not an enemy, but don't let yourself be overwhelmed by its ramblings. It is like a fiery horse that you can control. Put things in perspective; it [mind] should not lead you any more and devour your energies unnecessarily.

"You have better things to do. Focus on the elements, which seem important to you to obtain the best results. Calm things down; avoid to be caught in a trap. Try to be well with yourselves; that can change your life to the better."

Babuji