Sunday, March 18, 2001 - 10:00 AM

Extend these special moments when your soul exults. Be carried away by this powerful wave. It reinvigorates your entire being: even your physical body is being regenerated. Profound meditation is the best food for man, and the subtlest one. Each one of its cells aspires to bathe in this redeeming wave. This expectation of the soul must be met; every day its life is anchored in this process. It is in need of such a process; do not resist it. Let yourself be carried away by this power of Love which is in you and which calls you intensely.

"We would like to let you taste these blessed moments when the Creator subjugates his creature. Think of the way you are going, plunged in the heart of your sadhana, surrendered to the spiritual power of your Master. He knows how to lead you to this water point, through successive steps, dropping your human characteristics, your ego, to only be a soul divested of its obstacles and thirsting for love.

"On this restful Sunday when the noises of the city die down and let you enjoy much more time to be in your own presence, may you find peace and joy to search it, in view of better connecting to Him."

Babuji