Friday, May 23, 2003 - 10:00 AM

Enjoy all the moments of your life, they are invaluable. Put together, they represent great riches. Only remember the good moments to help you go on your way, but nothing is negligible, as you tend to believe. Each stone on the road has its utility, and although they are all different from each other, they provide a solid support with respect to a specific objective. Each day makes it possible to advance in spiritual work; it is constant in terms of the candidate's capacity to be united with the Master of his heart. This refuge is permanently accessible; everybody can access it if he really so wants.

"Our recommended exercises constitute a solid basis on which faith, tenacity and love should grow as practice develops, as well as one's aspiration to rise. It is a powerful determining factor in this context, a kind of engine making it possible for a heart to approach the higher realms.

"While developing in one's heart, love provides a rare joy to him who feels it as well as to the divine guide he has decided to follow. The awakening of a being living on this Earth is granted as a favour to the entire humanity. We are working for a more general result, but each one must put himself into it. A completely convinced and active candidate contributes to this big liberation movement which, in spite of appearances, is advancing slowly but with the greatest determination; so is the divine will."

Babuji