Tuesday, June 12, 2001 - 7:30 a.m.

Let yourself be lulled by this divine wave that soothes your heart. It carries you towards a bank where fear and sufferings are banished.

"Here all is calm, all is beauty. Plunge into yourself whenever necessary, and let your heart enjoy these moments when all sense of time is blotted out.

"Appreciate this unequalled state where human turpitudes are abolished.

"Draw your strength from it, which gives the best in the depths of your being.

"Meditate and be strong, my child. Advance, enlightened by this torch; do not forget that it is there in you, to reassure you and guide you until the end of your life."

Babuji

The Medium: "Oh thank you, Babuji, for soothing my heart. In these moments when I am overcome with stress, I do not fear anything any more since you are by my side."