Saturday, June 16, 2001 - 8:00 a.m.

Take refuge in love; plunge into it. Is this not the best means of forgetting the vicissitudes of life? You noted it: we can revert to this topic indefinitely; it is universal and a true refuge in this world. Engaging in this spiral is exciting; there is no limitation in it. The notion of time loses all its importance and the soul can rise, in raptures. You cannot change your body; forget it in this moment when only this perfect union must count."

Babuji