

## Sincerity

The important point is to be *more and more* sincere, always more sincere so that you never deceive yourself in the integrality of your aspiration.

This sincerity brings the sure help of the divine Grace.  
Blessings.

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It is easy to see that the mistakes are due to a lack of sincerity in the being — the only way out of it is to become sincere. You have been given the power of will and of knowledge for that purpose.

*9 March 1968*

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It is not necessary to wait for the others to become sincere in order to become sincere yourself.

*9 March 1968*

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The greatest enemies of a perfect sincerity are preferences (either mental, vital or physical) and preconceived ideas. It is these obstacles that must be overcome.