

# Sleep

There is no need for more than 6 to 7 hours deep sleep... is sufficient (821101); Mother sleeps very little - 'Even when I sleep, I am working' (821101); People sometimes sleep off, in Mother's Presence because they are tired, inside (910728)

There's no need for you to get up at 4 o'clock... but in the beginning it is necessary... because... you are such slaves to your sleep... because early in the morning you sleep such a lot... so just to overcome that habit of yours of sleeping, of sloth... you should be able to get up at any time that you have to get up. So this is what it is... because you have to train your body... supposing your body cannot sleep on the ground... make your body sleep... lets see what happens... this is the tapasya... this is the penance... through which the Sahaja Yogis have to go, that they make their body their slave... if your body tries to be funny... better tell the body 'you behave yourself... what do you mean... why can't you do this' (850310)

- Jai Shri Mataji -

## Tape References

### Date/Ref - Title - Qual - mins

- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 821101 Self Mastery, Guru Nanak's Birthday, London (C120) good 105
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 910728 Guru Puja, Cabella good 60

- end -

7 Jun 2003