

Training the Body

You have to train your body... better behave yourself... 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'; There's no need for you to get up at 4 o'clock otherwise... but in the beginning it is necessary... because... you are such slaves to your sleep... 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 (850310)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25

850310.1 2 Public programmes, Sydney

850310.2 Shri Devi Puja, Sydney good 40

- end -

17 Jun 2003