

Dadi Janki – 8.10.08 – Gyan Sarovar

The difference between rest and sleep

Today, Wednesday, is Mama's Day. Tomorrow is the day of the Satguru. Each day has its own importance, which increases as the weeks go by. This is the unique time in the cycle when we have a deep connection with the Father – Meera and Narad longed for this experience but only we have it, as we establish the new world. The deeper the soul's relationship with the Father, the more blessings He gives, bringing us to our highest golden aged status. The Mother and Father give the child so much love in order to make him strong. Brahma Baba became Vishnu through giving us sustenance at this time.

Baba is concerned that we should not be lazy in our study. While we are sleeping we may not perform any more sins but neither do we destroy any. It's time now to wake up and destroy our sins and the night time is the best time for remembering Baba. I asked Baba once, "What is rest?" Baba replied that rest comes from staying in silence so that both mind and body are refreshed.

There is a difference between concern and worry. Baba has concern for the children but worry is something that repeats again and again. We have to remain happy and give happiness to others – we never need to take a rest from that. The mind thinks too much and that's what it needs rest from. There are three things: effort, relationship and service and silence allows us to take rest in all of them.

Today Baba tells us how the soul receives power from yoga and so we should have deep concern and love for Baba's remembrance. If we practice this now, then we will leave the body peacefully in every birth. Firstly, you need to stay in silence and prepare yourself for the final moments and, secondly, develop the most elevated thoughts, words and actions - by studying well. Baba always talks about barristers and engineers; ask yourself: what is *my* aim and objective?

Sometimes souls desire a vision but Baba says, "You don't need a vision; you should *become* that." Only the Father can make you that.

Brahma Baba would say, "Shiv Baba only needs this house (his body); the buildings are for the children." The service we are doing is not for ourselves but for Baba. Baba says, "Stay happy; don't get tired" If you are always sleeping, you'll never be free of tiredness. Tiredness is internal. Baba's love, sakaash and blessings make us tireless. Tiredness is in the mind, not the body, and a tired mind affects the body. So remember: Baba is Karankaravanhar; I am just the instrument. My contribution in Baba's huge task over the past 70 years is so small. I have given a little, yet received so much – much, much more than the multimillionaires will ever have – and no one can take that from me. We should never allow thieves to come into the mind and take away our happiness and so make us tired and empty.

Om shanti.