

*I don't know which comes first, second, etc. For example, what comes after Truth?*

After Truth comes Truth and again Truth!

23 March 1933

*At night I sleep well only after 11:00. I get up at 5:30, but I wake up at 4:00 or 4:30.*

It is not good to lie in bed when you are awake; it is more tiring than restful and it also increases *tamas*. It is better to jump out of bed as soon as you wake up; then in the evening you will feel sleepy and can get to sleep earlier. The hours of sleep *before midnight* are the best and most restful.

25 March 1933

*In the story of Prahlad the child was about to die, but he thought only of the Divine who in his consciousness replaced the fire that was to burn him. Death was changed into life, into joy, and through that he realised the Divine Light. Does this story mean that through the Divine or the divine help, difficult things can be changed into easy things, even death into life?*

Yes, it is morally true and one day it will also be physically true.

26 March 1933

*I want to ask you two other things I remember now. Write for me: "Do not read stories to console the vital." And the second: "Do not speak unnecessarily to satisfy or please the vital."*