

Shri Mataji's advice on babies/children

(taken from "children in sahaja yoga" -
a compilation of Shri Mataji's talks - produced in America, 1991.)
continued over the next five newsletters...

1983 Syd. March 20 continued from last newsletter

- At 3 months you can try to begin toilet-training by making a "Shh" noise and touching baby's bottom with a pot.
- If baby is constipated mother can eat black raisins or prunes soaked in orange juice.
- For babies - cow's milk should be boiled in an iron pot with water (fully boiled together).
- You can give this cow's milk & water from 10 months but begin one feed at 3 months or so to make baby familiar with the milk.
- Panadol is not so good. Try not to use it. Try to figure out the problem using vibrations and sahaja methods.
- For diarrhoea you can boil fennel seeds and mint together (with sugar) and give 3 times to baby.
- For wind - gripe water without alcohol is OK but ajwain water is recommended for both mum and baby.
- Mum should not eat rice nor potatoes and should not have vegetables grown below the ground whilst breast-feeding. Avoid all known wind-producing foods.
- Mum should drink milk with cereals (not on its own and not cold) and the milk should be boiled (in an iron pot). She should consume a lot of milk.



(cont. from front page)

I have taken you into Myself - you haven't.. It's my own work, it's My own responsibility. And if I have done it, it's done. I am supposed to do it, that's the job I have to do. So there's nothing to feel bad about it.....

My attention is such that it penetrates into everything, and I remember each and every thing very well. My memory is very good, even at this age. So you see this attention itself is very penetrating, and when it penetrates it carries with it all the powers that are required, and acts. Its a tremendous machinery... which is very subtle and works wonders. So you start telling Me there is a miracle that has happened... Nothing is a miracle because if you are all in My body and if My body is Divine, then what is a miracle? As this hand can communicate with this hand, I communicate with you.'

HH Shri Mataji Nirmala Devi
Mahamaya Puja, Auckland, 1994.



Australian 6th March '99 Sahaja Newsletter

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The third thing was that you have to be identified into My Body, into My cells of My body, but this is a more difficult task because supposing one of you becomes stupid, becomes foolish, quarrelsome, anything you do, any small thing, it hurts Me. It has to, but I don't think about Myself. I always think about you. So it's an indication to Me that something has gone wrong somewhere. Somebody is doing wrong to somebody. Some Sahaja yogis are being tortured, some are sick. Anything like that, I work it out very intensely and

intimately. Recently, today only they told me somebody has got meningitis in Australia. Immediately I gave bandhan. I am sure such a person should be cured if she has any faith in Me, and she is in My being. They call it a miracle. It is not a miracle...It's again the Mahamaya's blessings are like this. You can't see how you are inside Me... This is Mahamaya.

This is the secret part of it - that you don't know and then when I feel the pain and if I look at it, because I have powers to cure, so you get cured. You don't know how it happens.

Collectively, whatever you feel, I get it in My body. for example, collectively if you have a left Vishuddhi, I get it...Any chakra that you catch, collectively, I get that problem and I have to solve it because it troubles Me, so I solve it. Now in doing so, you might think, 'Mother, we are troubling'. You are not. It's My doing.

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BIRTHDAY PUJA IN BURWOOD

The auspicious occasion of our HH Shri Mataji Nirmala Devi's 76th Birthday will be celebrated on the 21st of March '99 at 10 Clarence St., Burwood.

Time: 11am

Roster: Group 6 for setting up and dismantling.
Group 9 for Cooking and Washing Up.

YUVA SHAKTI NEWS

The Australian Yuvashakti is once again in motion - and in a big way. We have now had two meetings of the Yuvashakti and had some great support and enthusiasm. We have come up with some tremendous ideas and plans for the future. The Yuvashakti is currently fund-raising to send one or more representatives over to Daglio, Italy for the International Yuvashakti Camp.

We would appreciate all support towards the Yuvashakti which the collective might provide.

For any enquiries or suggestions, please contact Shannon McLroy (ph: 02 9747 4835) or Annabel Boyer (ph: 02 4329 6013).

Date: Mon, 1 Mar 1999 23:16:44 -0800 (PST)
From: Nese Algan, Turkey <nalgan@domi.com.tr>
Subject: **URGENT: change of Easter puja date**

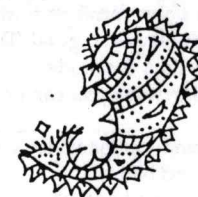
Dear Mark,

We've just received a phone call that Shri Mataji has changed the dates of the puja and public program in Turkey. Can you please broadcast the changes as soon as possible. The new schedule is as follows:

April 21 (Wednesday) - arrival in Istanbul
April 22 (Thursday) - public program
April 23-25 (Friday-Sunday) - music program and puja
April 26 (Monday) - departure

Much love from all the Turkish collectivity

Jay Shri Mataji!



EASTER PUJA IN NEW ZEALAND - Date changes!!

New Zealand is hosting the regional Easter Puja this year. All Yogis are invited to come to 'Auckland Easter Puja' on the 24th and 25th April '99. Cost will be \$10 per day for food and \$15 for the Puja. We will probably have a Public Program on the Monday 26th April. We had wonderful time in 97 so come in 99! Two people have already given their consent for coming from Fiji.

Contact: Geoff Platford on 0011 6494183824.

