

Jai Shri Mataji!

The last poem was sent to us by Vanaja from Malaysia.

I wonder

*If the Prophet Muhammad visited you,
Just for a day or two.
If he came unexpectedly,
I wonder what you'd do.*

*Oh, I know you'd give your nicest room,
To such an honored guest,
And all the food you'd serve to him,
Would be your very best,*

*And you would keep assuring him,
you're glad to have him there,
That serving him in your home,
Is a joy beyond compare.*

BUT ...
*When you see him coming,
Would you meet him at the door,
With arms outstretched in welcome,
To your visitor?*

OR ...
*Would you have to change your clothes
Before you let him in?
Or hide some magazines
And put the Quran where they had been?*

*Would you still watch R-rated movies,
On your TV set?
Or would you rush to switch it off,
Before He gets upset?*

*Would you turn off the radio,
And hope He hadn't heard?
And wish you hadn't uttered,
That last loud, hasty word?*

*Would you hide away your music,
And instead take Hadith books out?
Could you let him walk right in,
or would you rush about?*

AND, I wonder ...
*If the Prophet spent
A day or two with you,
Would you go right on doing*

The things you always do?

*Would you go right on saying
The things you always say?
Would life for you continue
As it does from day to day?*

*Would your family conversation
Keep up its usual pace?
And would you find it hard each meal
To say a table grace?*

*Would you keep up each every prayer
Without putting on a frown?
And would you always jump up early
For prayers at dawn?*

*Would you sing the songs you always sing
And read the books you read?
And let him know the things on which
your mind and spirit feed?*

*Would you take the prophet with you
Everywhere you plan to go?
Or, would you, maybe,
change your plans,
Just for a day or so?*

*Would you be glad to have him meet
your very closest friends?
Or, would you hope they'd stay away
Until his visit ends?
Would you be glad to have him stay
Forever on and on?*

OR ...
*Would you sigh with great relief,
When He at last was gone?*

*It might be interesting to know
The things that you would do
If the prophet Muhammad, in person,
came to spend some time with you.*

By Camilla Badr.
(Poem read at New England Islamic
Society, 8th Annual Conf.)



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... The message of Shri Krishna was to surrender. Now the surrendering that we think in the gross way is like an enemy surrenders to another enemy. So when the word surrender is spoken we build up our barriers by thinking that we have to surrender something to the other part. But when Shri Krishna was talking about surrender, He was saying that "surrender your enemies to me so that I will get rid of them".

Now the worst enemy that we have is our ego. And with ego starts all kinds of other problems, because it is the biggest barrier for our growth. And the ego starts as you know from Vishuddhi Chakra, and can be sucked into the Vishuddhi chakra.

HH Shri Mataji Nirmala Devi
Vidhuddhi Chakra, Vienna, 1983.



Working Bee at Burwood

There will be a working bee at Burwood on Sunday 28th Feb '99. The plastering has been completed, so we could start painting tomorrow. Starts at 9.00 am. All welcome.



*"All the conditionings of the mother start
[ie go to the child] the day she conceives the baby"*

1.

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 six newsletters...

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- At 1 month old you can start giving the baby light soup/liquids - completely strained.
- Give water (vibrated) from birth onwards.
- By 6 months the baby can be given solid food (ie begin giving light puree before this).
- Shri Mataji recommends (as a guide) a 6pm feed and a 9pm feed for babies.
- Shri Mataji recommends a 7pm massage and/or a morning massage up to the age of five.
- At 10 months you should reduce breast-feeding and be finished by about 12 months.
- At 1-3 months you should introduce a bottle so the baby becomes familiar with it otherwise it can be difficult to introduce a bottle later on.
- When beginning solids, make the food tasty for the baby with salt, butter or sugar.
- Baby should sleep in the same room as the parents up to any age but at least until 2 years old.
- Baby should sleep in its own bed (sometimes with parent is OK).
- All yogis should sleep with clothes on otherwise bhoots can enter the chakras.
- Shri Mataji recommends "Steveman's Powder" for teething problems.
- Ivory rings (from India) are good for teething.
- Dummies are OK to settle the baby but should not be used too much.

It's time to praise God 'our Mother', say Methodists

By SARAH HALL

LONDON, Friday: The Methodist Church has become the first mainstream denomination in Britain to countenance the idea of God as female as it launched the first prayer book to refer to the Almighty as "our Mother".

The reference appears in the *New Methodist Worship Book*, which will be used for the first time on Easter Sunday.

In one holy communion service the congregation gives praise in the thanksgiving by addressing: "God our Father and our Mother". The church decided to include the reference after the majority of delegates at the Methodist Conference last year defied congregants' initial opposition and called for more inclusive language to be used.

Political correctness was not a

consideration, church leaders said but there was a recognition the modern church needed to adopt prayers in keeping with the times, and reflect God's true nature.

The Reverend Neil Dixon, head of liturgy in the church, said, "For centuries God has been referred to exclusively as Father. But God is not a person. God is a spirit and God is beyond gender."

"Exclusively male imagery doesn't really do justice to God. And, if it is an article of our religion that human beings are made in the image of God, then both male and female must help us to understand God's nature and express our understanding of God's nature."

The church insisted the move was not radical but merely reflected Christian tradition.

— GUARDIAN

Sir C.P. Srivastava on Prime Minister Shastri

He Gave Her Tremendous Respect

At the release of his book, a biography of the Indian prime minister Lal Bahadur Shastri, Shri Mataji's husband, Sir C.P. Srivastava, remembered the great Shastriji.

Whenever my wife and I went — we never went uninvited, we were always invited — and when [Prime Minister] Mr. Shastri invited us to dinner, he would say, "Would you like to eat a little worse food than you are normally accustomed to?" That was his humility....

And then he would talk to Her during dinner time, not to me, but to me he talked all the time otherwise. But then he would talk at the book sales of saints and sages, of economics, of politics, various subjects and he had understood what She was and he had understood that if I was anything, by way of help to him it was because of Her....

So he gave Her tremendous respect, tremendous respect, which you give to a holy person, which you give to your mother. He would come out of his bedroom or drawing room, to the outer area, then go to the car, open the door of the car for Her to sit

down, the prime minister of India. That was the respect that he gave Her....

I remember once, he invited his children and my children only to Mussourie for one night out and, in the hotel where we were staying, at eleven o'clock he comes to see whether my children have proper blankets or not — prime minister of India. That was his humility. That was true, genuine humility....

He was truly wedded to dharma, to righteousness, to truth, to morals. There was no poster in him. There was no dichotomy. There wasn't a Mr. Shastri inside, different from a Mr. Shastri outside. He was absolutely one, one inside, one outside, beautiful inside, beautiful outside....

He was, a tremendous transformer in the likeness of this lady.

Life of my life, I shall ever try to keep my body pure,
knowing that thy living touch is upon all my limbs.

I shall ever try to keep all untruths out from my thoughts,
knowing that thou art that truth which has kindled
the light of knowledge in my mind.

I shall ever try to drive all evils away from my heart
and keep my love in flower,
knowing that thou hast thy seat in the inmost shrine of my heart.

And it shall be my endeavour to reveal thee in my actions,
knowing it is thy power gives me strength to act.

RABINDRANATH TAGORE