

# **Family Planning in Sahaja Yoga**

A collection of Shri Mataji's sayings,  
comments by Sahaja Yogis and  
information on Birth Control

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UK, 2017

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“Shri Mataji’s quotes are all in Maiandra font with double quotation marks and referenced in the text”

## **Family Planning in Sahaja Yoga**

There is a lot of good advice on marriage in Sahaja Yoga but we do not broach the delicate subjects of family planning and contraception very much. Nature is abundant and if newly-weds just 'leave it to Shri Mataji' without taking any thought for the outcome they will have three children within four years, which will not be good for the marriage or for the children.

Shri Mataji certainly advised family planning and suggested that two or three children was fine and four was the limit. There were a few occasions where the topics of family planning and birth control were discussed with Her. She expressed the opinion that a normal sex life was important for a happy marriage and that therefore some form of birth control was necessary. Her advice was that the 'Rhythm Method' was best and some form of physical barrier was acceptable for other times. She was not in favour of methods that interfered with the woman's hormones such as the Pill.

The main advice for a newly married couple is to talk to each other and discuss when they want to have children. If they are only going to have two or three children, as Shri Mataji advised, there is no rush. It will be beneficial to spend at least a year or two getting to know each other, enjoying life together and establishing a secure financial situation before having the responsibility of a child; especially as the woman (or possibly the man) may need to quit work to bring up the children.

After the first child the couple need to talk again about how long they want to wait before having a second one and decide on acceptable methods of birth control.

Unwanted pregnancies can be a tragedy for both the parents and the children, and we should ensure that they do not happen to us. It is also unwise for either half of a couple to get pregnant deliberately if knowing that the other half is not keen at that time.

As the quotes in this document show, Shri Mataji was in favour of married couples having a natural, spontaneous and fulfilling physical relationship and She understood that this would involve some form of contraception.

This booklet also contains some quotes from Sahaja Yogis who were present when Shri Mataji spoke of such things, and some opinions expressed in an email interchange that was held on the Sahaja Yoga UK Community email group.

## **Becoming Pregnant**

When a couple decide to go ahead and have a child, it is not definite that it will happen immediately and they should be prepared to wait at least a few months before assuming that there are some obstacles. The chances of getting pregnant are about 20% per month for normal couples, which means about 85% chance of becoming pregnant within a year.

It should also be noted that about one in five pregnancies does not result in a baby. Getting pregnant is not a guarantee of having a baby.

## Overall Advice

Once a couple has discussed between themselves when they want to have children and when they don't, they should be aware of the possible methods of contraception and use a technique or combination of techniques with which they are both comfortable, and which feels right vibrationally.

They may also wish to assign a seriousness with which pregnancy is to be avoided; for example 'absolutely not in the first year' and then 'preferably not for the next year', when an 80% safe method might suffice (*80% safe means that one in five couples would get pregnant within a year*).

If the subject is too delicate to discuss, the man (*or the woman*) can agree to take responsibility for contraception, so that no details need to be discussed.

As mentioned before, the FAM (*Rhythm Method*) requires some detailed knowledge of the woman's periods, which she may not wish to discuss with her husband. However he may be able to work it out for himself by observation although measurement of body temperature and observation of mucus form an important part of the system.

Recommended websites: <http://www.healthline.com>

<http://www.nhs.uk/Conditions/contraception-guide>

## Timing

Leaving a suitable gap (2 – 5 years) between having children has certain advantages.

- The woman needs to recover her full health and strength before becoming pregnant again. Scientific studies have shown that having a second child within eighteen months gives a higher risk of bad outcomes – premature birth, birth defects, etc.
- Babies need a lot of love and attention for the first two or three years. If replaced in the mother's attention by a new baby at an early age, the older child can become more demanding and emotionally needy.

It is a general rule that women will not get pregnant while breast feeding, so naturally there is a space of 9 months (*breast-feeding*) + 9 months (*pregnancy*) = 18 months between births. In our modern world this may be a bit too soon for the emotional development of the previous child and, if only having two or three children, is unnecessarily close together. With a gap of two and a half to five years the children can be good friends and support each other. Eight or ten years' gap may mean that the children do not bond so closely, but they can still have a very warm and caring relationship.

Most women have a drop in fertility after thirty-five and are prone to experiencing more complications during pregnancy and in giving birth, so it may be sensible to plan to complete the family before that time. Modern medicine has removed most of the dangers of childbirth so having children later is less of a risk than in olden days.

## **Children are hard work!**

Delightful and rewarding as they are, looking after children is a lot of work and requires a full commitment from both halves of the couple. If the man wants to come home from a hard day at the office, have his dinner placed before him and then put his feet up in front of the telly, things are not going to work out well. If the woman has been at home with the children all day she will definitely need a break!

It is important for children's balance that the father is around. In his early twenties, when not yet well-established in a career, he may have to spend more time working, especially with the extra financial burden of supporting a wife and children. Waiting until he is more secure in his employment and having some savings, would mean that he could spend more time with the family. This is equally applicable if the mother is the main earner.

## **Postnatal Depression**

Something for both husband and wife to be aware of is 'post-natal depression'. Women (*and their husbands!*) often have the idea that a mother should feel wonderful having a new baby, but the reality is that most women suffer from depression, generally in the first 4-6 weeks but sometimes even before the birth and up to a year after. It is worth doing some homework on this topic so that one knows what to expect. 'Fore-warned is fore-armed' and an understanding that what the mother is going through is perfectly natural and normal can help the wife to cope and the husband to be more supportive.

## **Disadvantages of having children later in life**

A woman is born with all the eggs she will ever produce. After 35 or 40 there is a higher chance of genetic damage to the eggs and it is traditionally believed that children of older parents (*or older mums at least*) have a greater likelihood of being unusual in some way (*sometimes super-brainy!*).

After 35 there can be a decline in female fertility and an increase in complications during pregnancy. Parents may have less energy and stamina when approaching forty, but this could be offset by having a more established financial basis and greater wisdom.

## **A Natural Act**

Sex is a natural, spontaneous and sacred act which occurs when a couple spend time together and it is best not to premeditate on what exactly might happen.

*'He who binds to himself a joy, does the winged life destroy,  
But he who kisses the joy as it flies, lives in eternity's sunrise.'*

***William Blake***

Keeping the attention in Sahasrāra while enjoying physical relations seems remarkably easy, which is a sign that it is an auspicious and sacred activity. This may also be a useful guide to what is acceptable in terms of experimenting with stimulus and position. Again, people vary and some will be more 'conventional' than others in terms of what is innocent and fun.

## Newly-weds

Don't rush into having a full physical relationship – women need to be wooed and, as a couple may not have had much opportunity to get to know each other before marriage, the process starts after. Wooing involves having conversations including some flattery (*which doesn't mean being insincere!*), giving of gifts, usually clothes, perfume or jewellery, and some playful physical contact.

Get to know each other gently and be restrained. One quality of the Central Channel is 'deferred pleasures'! It doesn't matter how long it takes to become fully intimate. Some massage, rubbing each other's bodies with oil, can be good to help both partners relax and get comfortable with each other. People vary but generally women take longer to 'get in the mood' and the man should be prepared to invest some time in creating a relaxed and pleasurable mood.

## Some quotes by HSH Shri Mataji

### On Contraception

**Sahaja Yogi:** What about oral contraceptive? Here that is quite common in the West to control.

**Shri Mataji:**“..... to take medicines for that is not good, periods and all that. But more is to see, slowly, slowly you see in Sahaja Yoga when you rise they build up a rhythm of it, you see, a rhythmic. It's better to have it rhythmic, you see, to arrange a rhythm.

So that's a better way of doing it in a rhythm where you know this time is free sort of thing is better. But this coil also is I don't think is any harm. After all, irritation is not so much. It becomes superficial but other things should be avoided like taking pills and all that is absolutely wrong. Pills and all that must be stopped.”

**19-09-82, Belgium**

**Doctor [in Hindi]:**What about the contraceptive pill, Shri Mataji?

**Shri Mataji:** [In Hindi]That's not a good thing.[In English]It's not very good.[In Hindi]There is no need to take this pill.

**Doctor [in Hindi]:**Shri Mataji, should women do any kind of contraception or not?

**Shri Mataji:** [In Hindi:] “They should do, [in English] but must be external. I'm against taking inside.”

**29-09-2000, Doctors' meeting, Ealing, UK**

## **On Sex**

**Interviewer:** Do you say that one should never use sex?

**Shri Mataji:** "No, no, one should. One should be married. One should use sex. It's meant for a happy married life and for having children and leading a very happy and a good life. You must have a good sex life. You see, we do not think of sex at all in India. Never. This is spontaneous. You see, we never think of sex and all this nonsense. We don't read about it.....Sex, is a thing, relationship with the wife, very sacred relationship....."

**08-02-79, Press Conference, Kerala, India**

"Sex is a different thing. It is the ultimate relationship with husband and wife. Kundalini has nothing to do with it. That's why it's placed below here. When the Kundalini pierces it doesn't even touch this Chakra. On the contrary on this centre there is an embodiment of innocence which we call as Shri Ganesha."

**19-06-79, Public Program, London**

"But it does not also mean that you should not have sex. That is absolutely another extreme. Sex is to be with a very sacred idea in a married life because marriage is a collective blessing. But people do not understand how to respect their marriage relationship."

**18-04-80, Public Program, Paris**

"(Sex) is your own private. It's absolutely private and sacred thing between you and your wife. That's all. Nothing beyond, nothing before. It's a very sacred thing. The more sacred it is

the more you enjoy it. I have known people in India who are 90 years of age and still very potent.... While here the people at a very young age just become exhausted and finished."

***18-10-81, Public Program, Santa Cruz, U.S.A.***

"Sex has nothing to do with your evolution. It is not important for your evolution. Of course a married sex which is a sensible sex, which has a sanction with the collective, is very important, no doubt, for the society and everything."

***09-10-82, Public Program, Cambridge, UK***

"If you read Patanjali's 'Yoga Shastra' you'll be surprised how they were taught how to lead a good, righteous life after marriage. What was the relationship of a husband and wife; what was rhythm of sex life; how they should treat their children; how to develop their attention towards God every day."

***13-06-83, Public Program, London***

*[On the Chakra chart Shri Mataji shows the desiring force manifesting through the Mahālakṣhmī channel.]* "The sex desire occurs under special conditions prevailing in this channel; primarily, the natural desire of husband and wife to come closer. In its privacy, the sex contact gives fulfilment."

***29-03-89, Nepal***

## **Birth Control - Methods of Contraception**

“So that's a better way of doing it in a rhythm, where you know this time is free, sort of thing is better. But this coil also is I don't think is any harm. After all, irritation is not so much. It becomes superficial but other things should be avoided like taking pills and all that is absolutely wrong. Pills and all that must be stopped.”

*19-09-82, Belgium*

***Note: In the following information ‘Safety’ refers to how effective the method is at preventing pregnancy. It does not mean how safe the method is in terms of medical or other side-effects.***

### **1) Rhythm Method (*FAM – Fertility Awareness Method*)**

The most natural way of avoiding unwanted pregnancies (*apart from complete abstinence!*) is the Rhythm Method or Fertility Awareness Method (FAM). This requires a knowledge of the woman's menstrual cycle; when she is fertile and when she is not. A woman is most fertile (*i.e. able to get pregnant*) from a week before up to two days after ovulation, which occurs about two weeks after starting menstruation.

The technique requires a few months of observation to build up a clear picture of monthly cycles. There are certain symptoms of the time of month such as body temperature and the condition of vaginal mucus, which can be checked to keep track of the fertility cycle. The couple therefore desist from unprotected sex during fertile times if wishing to avoid pregnancy.

This method is more reliable for women who have regular periods.

It should be noted that a man's sperm can live for up to five days inside the woman.

The following are fairly safe times of infertility:

- Four days after finishing a period
- Four days before starting a period – Ovulation occurs about a week before starting a period. 24-48 hours after ovulation the egg is absorbed into the lining or may fall out of the cervix. Once the egg has gone there is very small chance of getting pregnant.
- During a period.

## **Safety**

This is not a very safe method depending on how close one steers to the limits. In general practice it is considered about 80% effective. *(Note: '80% effective' means that about one in five couples (20%) will get pregnant within a year)*

If one sticks to 'absolutely safe' days and use protection at other times it can be up to 95% effective.

## **Advantages**

Entirely natural.

Can be combined with other methods at times of more likely fertility.

## **Disadvantages**

Limits sexual intercourse to certain times.

Requires a detailed knowledge of the woman's monthly cycle.

Requires both partners to be aware.

Not good for women with irregular periods.

More information at:

<http://www.webmd.boots.com/contraception/rhythm-method>

## 2) **Withdrawal Method (*Coitus Interruptus*)**

The man withdraws before climax.

### **Safety**

Theoretically 95%; in practice 78%.

### **Advantages**

Can be used any time.

Does not require any premeditation or equipment.

### **Disadvantages**

Requires strong self-control by the man in the heat of the moment.

Not 100% safe as sperm may be released before climax.

## 3) **Condoms**

**Type 1:** The man wears a rubber sheath.

### **Safety**

Theoretically 97% safe; in practice 82%

### **Advantages**

Can be used any time.

Only the man has to think about it.

## **Disadvantages**

Requires premeditation and having a supply of equipment.

May feel unnatural and less spontaneous.

**Type 2:** The woman wears an internal cap or sheath, which also requires spermicidal cream.

## **Safety**

Theoretically 95% safe; in practice 79%.

## **Advantages**

Can be used any time.

A precaution which the woman can make if she doesn't want the man to have to think about it.

## **Disadvantages**

Requires premeditation and having a supply of equipment.

May feel unnatural and less spontaneous.

## **4) IUD (*Intra Uterine Device*) also known as 'the Coil'**

A foreign body is placed inside the woman's uterus by a doctor or trained medical person. This prevents a fertilised egg from attaching to the uterus wall. IUD's are made of copper, plastic, etc.

## **Safety**

More than 99% safe.

## **Advantages**

Once fitted can be forgotten.

Can be easily removed when contraception is no longer required.

It does not disrupt the body's mechanisms like hormonal contraceptives (the pill).

## **Disadvantages**

Risk of reactions, heavier periods, etc..

May be expelled/fall out.

"But this coil also is, I don't think, is any harm. After all, irritation is not so much. It becomes superficial but other things should be avoided like taking pills." *19-09-82, Belgium*

## **5) Breastfeeding**

If breastfeeding a new-born child women are about 98% unlikely to get pregnant in the first six months. Usually this also means no periods.

## **6) Vasectomy**

Vasectomy is a permanent form of male contraception where the tubes carrying the sperm are cut in a surgical procedure. When a couple decides that they have enough children it is a good method. It takes three months to become fully safe due to some sperm staying in the tubes. There is also another form of blocking the tubes which can be undone.

## **7) The Pill and other Hormonal Contraceptives**

There are various forms of the Pill including hormonal patches, implants and injections which prevent a woman from ovulating, and so from becoming pregnant. Taking the Pill can reduce heavy or painful periods. It does not affect the chance of getting pregnant when one stops taking it.

As Shri Mataji seems to have been against using hormonal contraception, no discussion about it is included.

Find more information from the National Health Service at:<http://www.nhs.uk/Conditions/contraception-guide/Pages/combined-contraceptive-pill.aspx>

## **8) Combining Techniques**

Depending on the situation a couple can decide to use a combination of techniques, e.g. the Rhythm Method when one is sure it is safe and condoms or withdrawal at other times.

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## UK Sahaj Community email discussion

There was an email exchange about contraception on the UK Sahaj Community email group. The following email started the discussion:-

**To:** Community SY <[community@lists.syuk.org](mailto:community@lists.syuk.org)>

**Subject:** [Community] contraception - a delicate subject

“Hi Everyone,

With all the weddings at Ganesha Puja, I have been reminded that my advice to newly-weds is 'Don't rush into having kids'; in fact the advice would be to wait a couple of years (*maybe even five*) before having children; especially if you come from different cultures and have a language barrier. It's good to get to know each other, have some fun together, get well-established materially and then decide to have kids - you're only going to have two or three, so it doesn't matter if you are thirty or even older before you start. Many people find that having three or four years gap between children is helpful too.

If you just 'leave it to God', I am pretty sure that most couples will have children in no time - nature is very abundant - so then the question of contraception comes up.

As far as I know there is no clear advice or guidelines about contraception in Sahaja Yoga. If a couple were to both read the same book or books on the subject - I expect the Health Service give them away, or at least they can be obtained at no great cost - get as well-informed as possible and then they can decide according to their feelings and the vibrations.

This is a subject which most married couples have had to deal with and the advice and experience of older Sahaja Yogis could be a valuable resource.

I realise that it is a delicate subject and we are probably all a bit squeamish talking about it, but it could add to people's happiness and balance to have a more open discussion; and possibly even formulate a leaflet or booklet to be given to young couples.

So if you feel that you have something to say on the subject, or know of anything Shri Mataji might have said, please respond to the Community or to me personally if you wish your comments to be private.

Jay Shri Mataji! With love from C.M.”

There followed about twenty-five emails which thought it helpful to discuss the subject and two or three which questioned the wisdom of discussing this publicly.

The following is a selection of comments from the emails, some by people who were present when Shri Mataji talked on this subject. Names have been shortened to initials to preserve a certain degree of anonymity.

“Very refreshing. I could have certainly benefitted from such counsel when I was "leaving it to Shri Mataji" in my twenties. No regrets, three beautiful children came of it. However, I would have rewritten the story somewhat if I had known what I know now. Also perhaps if the yogic community had been properly equipped to counsel me at the time I might have felt more confident about it

all (caveat: of course that would imply that impetuous youth will listen to wise counsel, which is often not the case). We ought probably to be more concerned with leading benevolent healthy lives than ensuring compliance with "morality" and "discretion" guidelines." D.L.

"Mother even said to Chhaya Aunty once, that there is no need to have 7 kids, as there is such in one Sahaj family, better to have a few and make them great, or something to this effect..." M.G.

"I do feel that we are still exploring what exactly 'Sahaj Culture' is - and no doubt it is not too fixed but depends on the moment - and are developing a legacy of wisdom to pass on to the future as the generation that was fortunate enough to witness Shri Mataji's incarnation first-hand. Shri Mataji was always keen that we expressed our understanding, so that Sahaja Yoga wasn't just something that came from Her, but was verified and supported by our experiences." C.M.

"Just by chance the other day when browsing some talks on the Amruta website I came across the following from a talk with doctors on 01/01/2000:

Doctor: What about the contraceptive pill, Shri Mataji?

Shri Mataji: That's not a good thing. It's not very good. There is no need to take this pill.

Doctor: Shri Mataji, should women do any kind of contraception or not?

Shri Mataji: They should do, but must be external. I'm against taking inside." A.B.

"The subject is delicate indeed. Although I cannot remember exactly when, I know that Mother has given some medical advice where She was advocating to avoid anything invasive (in contraception I will refer to coils for example) She was not keen to put many things into body either.

Now, oral contraceptives are hormone based, which need to be taken for months on end.

Currently I am reading a book about diets. It is obvious to me that the author is not in favour of contraceptive, as indirectly can affect the gut flora of the unborn baby leading to various problem later in life starting with learning disabilities and finishing with schizophrenia, epilepsy.

There are various medical conditions like hypothyroidism, Addison's disease just to name a few where the body lacks hormones and treatment involves supplements. That's fine. With hormonal contraceptive one will interfere with the natural cycle of sex hormones.

It seems the least interfering method is the barrier one.

By now you will have an idea of what are my personal ideas about the subject.

However, in SY we should avoid being fanatical. So I will leave it in the good hands of the couple's discrimination." G.B.

"There is a lot of advice in 'Children in Sahaja Yoga'.

I do know that the wait in-between children is partly so the mother can regain her strength so the children can consequently be healthy and strong, in addition to being able to give the first child the necessary attention the vital first two years.” D.E.

“We had some weddings at Chelsham Road in 1981 and I asked Shri Mataji this exact question. Her reply was 'The men should use something' but that was before the mini pill was developed. Can you disseminate this? She also said one should not have more than 4 children - absolute upper limit.” L.W.

“Regarding what I remembered reading, I thought I may be able to find it in Amruta so I put 'pill' in the search bar and there are 4 talks that mention that word and it's the 4th talk where Shri Mataji gives that advice.....

Speaker: What about oral contraceptive? Here that is quite common in the West to control.

Shri Mataji: I have no idea as to that but that's not so bad [unclear : sounds like – – rotation] medication is not so bad but to take medicines for that is not good – periods and all that. But more is to see – slowly, slowly you see in Sahaja Yoga when you rise they build up a rhythm of it, you see, a rhythmic. It's better to have it rhythmic, you see, to arrange a rhythm. So that's a better way of doing it in a rhythm where you know this time is free sort of thing is better. But this coil also is I don't think is any harm. After all, irritation is not so much. It becomes superficial but other things should be avoided like taking pills and all that is absolutely wrong. Pills and all that must be stopped.

Speaker: The young women of even 14 to 16 coming in are being on the pill, Mother. Such little girls, really. They start so early.

Shri Mataji : Because mothers, you know, don't want to take the responsibility of the girl. I mean, you see they don't know these things at all. In the city at the most we don't have these problems, you see, because we don't have so much of a exposure of sex, you see. We don't talk of sex. I mean, innocent people, they are innocent. So if you are innocent you don't have to. But imagine from this how many dangers are there. First of all, it's very unnatural to have a child very early because they are not matured enough and you are not married. So the child is placed in a very difficult situation... So that kind of a thing is among Sahaja Yogis we have to understand that our children, we should bring up in such a way that they are very innocent.”

B.A.

“In fact I was living with Chandran and Kate many moons ago, and they had just had their third boy... Jokingly they told me how Mother said to them or to a small group of them that in this life, Sahaj people should only go for two children at the most as your life should be more dedicated to your ascent.”

M.G.

“When exchange went on about this subject, I thought straight away about one Sahaj couple here that is not doing so good and have already 2 kids... for 3 years of marriage...it's their life but we are a global family and when a couple breaks up, so does part of the global community in a subtle way, it's a broken link”.

E.F.

“(The Pill) is actually something that has affected people I know. They became more emotional. This was a long time ago though when perhaps the contraceptive pill was different than today. You are bound to get some people reacting, as people can, due to their pre-sahaj conditionings, get a bit squeamish. Just ignore it. The fact that Mother would openly speak about these practical matters surely shows that there is nothing wrong with it and if it can help people then why not.”

B.A.

“Hi, I remember Mother saying sex is a sublime expression of love; that sex was not for indulgent enjoyment. She certainly did talk about contraception as OK, I cannot remember the talk unfortunately. And that sex was primarily for the production of children, and that two children were the right number not to overstrain or overtire the mother.

If you read between the lines of these statements I believe the rest is common sense.”

J.B.

“Shri Mataji made statements like 'Once you start understanding that pleasure is a sign of gross attention; any kind of pleasure is a very gross sensationalisation, very gross it is. But when I say "No pleasures," it doesn't mean that you should become serious people and people of sort of - as if somebody is dead in your family! But you should be like Shiva.'

'There has to be non-attachment to worldly pleasures while leading a normal life. Therefore, education is also necessary for leading a worldly life.'

'Now the very important point is this, that sex does not play part in the ascent. At the time of ascent you become like a child, your innocence is awakened at the time of ascent. You have sex activity, all right, but sex activity which is sane sex activity, not perverted. But I don't want to say anything just now because as soon as you'll become the Spirit, every sort of sanity will come into you. You'll become absolutely sane person, and absolutely liberated. But the most important thing is that sex does not play part in the ascent. That time you are a very pure person. This one point is very important to understand, because we are misled. But Brahmacharya is not to be done, and none such austerities are needed' “

C.M.

“Thank you for bringing up this uncomfortable subject. I think contraception discussions are important for our generation. Studies have shown that cultures and families that discuss contraception with young ones have less abortions, std's, etc. Not that we have that problem, but educating the younger generation how to have safe sex and prepare is good. The opposite is also true, cultures and families that do not discuss these issues and make them taboo, such as abstinence only protestant church groups, have higher rates of std's and unwanted pregnancies.

I was a little surprised by your email at first, but this just because a subject is touchy doesn't mean it's bad. Sometimes what makes people uncomfortable is what really is needed. Plus, I would feel much better knowing I could discuss these things with older Sahaja Yogis if I was married and needed advice, rather than getting pregnant with my wife without planning!!”

B.L.

“I agree with what you are saying - before having kids is good to know each other, get material part of life sorted out and settle in.

But children is the core of the family and from my own experience the age of 25 to 30 is the golden one to have kids. You are still young and can enjoy beautiful life together.

It's not so easy physically to be a mother in late 30th or so on. At least that what older mothers shares around. Also if everyone will start having kids late very soon there will be no Grandparents, who have energy to enjoy and play together with their grandchildren.

Simple math :-)

The Heaven will be on earth only full of children, parents, grandparents and even great-grandparents!” A.P.

“I did not feel happy with the implications that it 'might be alright to have babies later in life, as late as thirty, or even later'; and that it would be wrong for couples to 'leave it to Shri Mataji'. Isn't it natural to have babies soon after getting married? Isn't it better to have them young?” Z.D.

“It is certainly 'natural' to have babies soon after marriage - that's the problem! I think that Sahaj marriages, especially where there may be a language or cultural difference, can benefit from at least a year or two without the added stress of having kids.

It is considered that children of older parents are more serious, and may be prone to mental disorders - so these are the kinds of arguments and counter-arguments which it is good to present.

John the Baptist's mum was over fifty I believe - I think we can say he was quite a serious character! - and Jesus' mum was sixteen?...

One of the advantages of advising people to wait is that if they don't want to - fine; but if they actually do and are feeling pressured not to, then it helps them. Personally I feel that the most important part of the advice is that the couple talk about it and decide what they want together, which isn't always easy in a new relationship! There may be a way of creating some kind of framework to make it easier?"

C.M.

"There was a doctors' meeting in Ealing about 20 years ago where HHSM said that women should take contraception but it should be external. She is against internal contraception and contraception should be external, i.e. she is against the pill. I only have it offline and not online."

Dr.K.R.

"The audio of this meeting is available online in the Sahaja Library: <https://soundcloud.com/sahaja-library/2000-meeting-with-doctors>. The transcript is also online: <https://app.box.com/s/djuuy0gu5b6cmp0pzv8u>"

J.N.

"Many moons ago (I can't remember which year it was) Shri Mataji allowed some of the UK based Sahaj doctors to have a meeting with Her at Ealing House as a sort of question-answer type session. There is an audio recording of at least part of this meeting and also a transcript.

When the question of contraception came up, Shri Mataji responded in a very straight-forward and brief manner stating that EXTERNAL METHODS may be used.

To me this means barrier methods such as condoms, etc.

One should avoid hormonal methods such as the oral contraceptive pill and also laparoscopic or surgical procedures to tie off the Fallopian tubes unless it is medically deemed very necessary.

Hysterectomy is very extreme and really not necessary unless there are also other medical reasons to have a hysterectomy.

I feel even the coil is an internal method of contraception and is not usually suitable for Sahaj Yoginis according to the advice Mother gave.

This could be open to interpretation and is my personal opinion but I feel that most Sahaj doctors would agree that it is an internal method and not external.

There are, as always, exceptions to the rule and one needs to use common sense and be practical in one's approach.

To me Mother's advice is reasonably clear cut and I am happy for you to share my advice/opinion in a public forum of yogis/yoginis."

Dr.Z.R.

**Jay Shri Mataji!**