

May 9, 1976 Satsaᅅga with Baba Hari Dass

Edit notes: The following were transcribed from notes taken at the time of the event. Babaji's written comments are indicated by B. Comments in square brackets are generally those of the typist. There was editing for format and IAST transliteration of Sanskrit terms.

- B: Discipline children by your example.
- B: Perfect three bandha [locks] before prāᅅāyāma, then don't increase fast. Perfecting bandha takes 22 days when doing each four times a day, or six months' practice once a day.
- B: Japa happens in sleep if a person develops habit of japa in waking state. That makes that sleep time not considered sleep, because a person is conscious of God during it
- B: Pouring cold water between the big toe [a nāᅅī is there] and the next toe for 10-15 minutes cools and quiets the mind in order to clear it before sleep. Yogis never sleep before washing their feet.
- B: Fast running is prohibited for those who do prāᅅāyāma.
- B: The methods for each person differ more when higher consciousness is attained. [They differ more later rather than earlier.]
- B: As the sole āsana to do [if doing just one asana, or if doing just one of these two?], head stand is better than shoulder stand.
- B: The yama and niyama are the way to control sex desire, will power and channeling the energy upward, if it is strong and bottled up. Eat sāttvika food and live in sāttvika company. Fulfilling desire makes more desire. Desire can't be satiated.
- B: Service = helping others without expecting reward. Always brings joy to the server.
- B: The next generation in the West will be more into meditation because will have developed saᅅskāra for that.
- B: Have to meditate 3-4 years to understand what is meditation. Then faint ray of light shines into head like sun through hole in roof, which gives idea of meditation. That is one-pointedness.
- B: Our desires shape what happens to us.

B: Unless there is attachment, no need to marry. Resist desire and the attachment will go away. Cut it with the sword of knowledge.

B: Eating activates the mind by activating bile = rajas guṇa. Wait one and a half to two hours after eating before meditation.

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