

March 7, 1978 Darśana with Baba Hari Dass

Edit notes: The following was typed from notes handwritten at the time of the darśana. Q denotes a question. B indicates what Babaji wrote on his chalkboard, as read by the reader, and then as heard and noted by someone present. R is comments likely of the chalkboard reader. Comments in square brackets are generally those of the typist. There was editing for format and IAST transliteration of Sanskrit terms.

B: Kalpa means changing whole system, like washing car and changing oil. Green vegetables or fruit or milk or juices [only].

Bile starts increasing in March in Santa Cruz climate, so long fast is not good. Change of diet is good. April-September are best times for long fast.

Drink hot water for hard stool. Air increases in long fast.

R: ... which dries up intestinal tract.

Q: To turn mind inward and prevent its wandering during sādhana?

B: Do japa.

B: Triphalā, mixture of three herbs, is adjunct to cleansing diet. Take at night a tablespoon. Eat rice cooked in butter at noon every day for seven days.

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