

March 12, 1978 Satsaṅga 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. Comments in parentheses are likely that of the reader. There was editing for format and IAST transliteration of Sanskrit terms.

Q: For plugged ear canals?

B: Oil or marigold juice.

B: Ball type mushrooms are kapha predominant. Umbrella type are vāta.

B: Mung bean dala is best to eat after four-day fast.

B: Three guṇa break into 24, and all 24 energies work continuously, inside and outside the body. In subtle body, cakra are in spine. In gross body, they are organs of the body. From maṇipūra and from viśuddha the nāḍī go up and down.

R: ... some up and some down.

B: Petal of cakra is triangle = tension. Seven cakras, seven notes, seven colors are all related.

B: Four levels of sound (grossest to subtlest):

1. spoken
2. heart
3. svādhiṣṭhāna
4. mūlādhāra

B: John Woodruffe wrote some in English on carka and sound. It is explained in Sāmaveda.

B: If man with vasectomy has sex, subtle energy is lost anyway, even though semen is not.

B: The pitch of sound is measured in India by hand widths. [huh?]

Q: In India, 33 main deities, breaking down to 330,000.

B: God is limitless. The deities are qualities that they could experience and explain. God is one, without any form, and beyond all qualities. To explain God they created several imaginary forms. Eleven kinds of Śiva denote different kinds of destruction.

Q: Reincarnation and the judgment of each individual soul....

B: The soul is judged by its freedom from karmas.

R: ... actions

B: To work it out you reincarnate, but it can be worked out in one lifetime.

B: Nerve channels can be purified preparatory to advanced pranayama by śaṭkarma or by purification exercises. Then bandha should be mastered.

B: Ideal social activist is karma yogī, doing it for everyone, not bound by personal attachments.

Q: Is it hard to get a human body?

B: Purification from lower to higher level. In yoga we believe the same process as Darwin. But we use the term saṁskāra.

R: Same soul can go through evolutionary levels of animals to human.

Q: Ways to change moods, thought patterns?

B: Change of place. Or, change breath rhythm.

R: ... switching dominant nostril

Q: Are Kṛṣṇa and Jesus real beings and do they communicate with us?

B: Were real beings on gross level. They are real beings on the subtle level. They communicate...

R: ... with us

B: ... by the guṇa. When sattva predominates in a being, it attracts sattva from outside, and that is Kṛṣṇa, Jesus, etc.

Q: Cultivating sattva in the body...?

B: That is the aim of life.

Q: Back pain...?

B: Sometime air increases and is trapped in weak places when it goes up. Nutmeg in food...

R: ... 1/4 teaspoon a day

B: ... cures it.

B: Breath through right nostril: do hard physical work, which brings [you down]. When the breath is equal, the mind stops its activity and there are chances of accidents, so at that time, work is prohibited. When the breath moves through the left, that is the time for light work.

[The question would illuminate this answer.]

B: If your mind is pure, you will be “too high.” There is no choice.

B: By getting control over dreams, one can dream as a sādhana method. Dream of kuṇḍalinī energy rising up, for instance. In a dream, your mind is not disturbed by anything else as in meditation.

R: In dream, you are already in the subtle body.

B: So it can be a very powerful sādhana.

B: Dreams are several stories put together. If there is a bad dream, there is some basis, either a bad event or an imagination of a bad event. But it does not have to have been from this life.

Q: How to get control of dreams?

B: Keep record. When you do this for a long time, you become aware of dreams. Then you read the dream and understand the connection if each dream. Some dreams repeat several times with little variation. You choose it and try to dream it. By practice you can do it. In this manner you choose different dreams.

B: When you start writing...

R: ... as a practice

B: ... your remembrance increases.

Q: Wake self up after dreams?

B: At first you can.

R: Probably won't be able to without control over dreams. [I disagree with this comment.]

B: During suṣumṇā breath, sit peacefully and meditate. It lasts only a few minutes.

Q: Two people dreaming same thing and participating.

B: It happens when two people are intoned [in tuned?] subtle level. Just like thinking the same thing at the same time.

Q: Sleeping only a few hours at a time....

B: It's a way to reduce sleep and keep the mind more awake.

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