

May 13, 1976 Darśana with Baba Hari Dass

Edit notes: The following was typed from notes handwritten at the time of the darśana. 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. Names of individuals who are not public figures are changed to protect their privacy. There was editing for format and IAST transliteration of Sanskrit terms.

Babaji's suggestions to [a satsaṅga member]:

to take as full moon approaches: avoid vata-predominant foods.

Do śītalī prāṇāyāma every day.

R: Inhale through folded tongue.

B: Until full moon, take only food grown underground (carrots, potatoes, beets), also porridge of cracked wheat.

R: ... to get grounded

B: Meditate on green color: green leaves, lawns, trāṭaka on square of green.

R: ... cooling, so not yellowish green.

B: Feeling almost dizzy is an effect of too much vata. Excited.

B: Singers and public speakers die younger: the extra exhaling depletes their life energy. Staying in mauna conserves this.

B: If spider's web appears on grass, no rain for seven days. If ants move their hole, rain in two days.

B: Most of tantra is still secret.

B: Palms get thin as kuṇḍalinī begins to rise.

B: Elimination of negative emotions is what arouses kuṇḍalinī. Kuṇḍalinī energy is atomic energy.

B: Thoughts = desires = breaths = saṁskāra. Controlling one controls all. As long as there is an incarnation going on, there are desires. If they ceased, it would cease.

B: Person may attain final liberation, but have one more incarnation after that because one desire alone remained: to take birth again.

B: Saṁskāra attract each other. Soul is attracted to parents with like saṁskāra. This is situation in which to work on them.

- B: Hariakhan Bābā [Mahārāja] is one of the seven immortals, is still in same body he attained liberation in, has perfect control over elements, so over it.
- R: ... his body.
- B: Soul enters fetus after 22 days. This is when heart forms and starts to work. Heart and mind can't exist without soul.
- B: Subtle body is like gross body [coterminous]. It shrinks to a seed at death but contains the body and saṃskāra still, as a tree's seed contains a tree.
- B: Liberated person is not aware of past or future.
- B: There is a limit to communication that is possible with words. After that, feeling can go further.
- R: ... telepathically
- B: But there is a limit to that. After that is nothing, no communication.
- B: Desires need to be starved. Stop feeding them.
- B: No one is a healer. It is God that heals. God = purity of mind, action, words. Purity = no desires to hurt anyone, including self.
- B: Art is yoga if it comes from the heart.
- B: Kuṇḍalinī can awaken from drugs, accident, in emotional trance, or at moment of death...
- R: ... light is visible to others around face and head.
- B: Other than last case, the person can then be higher, or lower, than before.
- B: There are 24 stages.
- R: ... of incarnations, or of states in one incarnation.
- B: It can be known what stage one is on. Traditionally it involves teacher's watching student for 3 years.
- B: The more pure, the longer between death and rebirth.
- B: The Dalai Lama succession...
- R: ... and tulku undoubtedly as well
- B: ... has become corrupted.
- B: Singing [devotional] intensifies emotion. Emotion purifies the mind.
- B: Crying is not purifying if out of anger or pain.. That crying makes a saṃskāra. Yoga practices, even highest, do no good if practiced without faith and devotion.

- B: Superficial therapies may be all that is necessary to remove a symptom. Yoga would be using a gun to kill a fly, if for relief of that symptom.
- B: Quarantine for three days during menstruation in India is for [her] purification. No one touches her and she touches no one, lives alone.
- B: Yoga has nothing to do with religion. In Hindu religion, there is all yoga. Also, all religions are accepted, and atheism, in Hinduism.

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