

February 21, 1978 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. There was editing for format and IAST transliteration of Sanskrit terms.

B: Yoga and Āyurveda can't be separated. Sāṅkhya and darśana [sic] are very important for āyurvedic doctor. They are two scriptures.

[There is an untranslated Āyurvedic text two hundred or more years old that is even more important than.... (another that is considered central). It needs a translator into English, is an available project for someone, Babaji indicated.]

B: The Āyurvedic surgical instruments are the same as Western. They made them several thousand years ago. Tāraka was a surgeon who could divide a hair into two equal parts.

R: All six tastes are to be eaten at each meal in India.

B: Here no one eats bitter food. In India they offer one dish of bitter food.

B Balanced: turmeric 1 part, coriander 2 parts, black pepper 1/2 part.

If you eat air food, mix 1/4 part fenugreek.

Fenugreek tea is very good for indigestion, cough, cold, after childbirth.

R: It's a bitter herb.

B: Cumin and nutmeg are for circulation.

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