

March 11, 1979 Satsaᅅga 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.

- Q: What is the meaning of the five-pointed star and the six-pointed star that I see when meditating?
- B: Five-pointed star is a symbol of the five elements. Six-pointed star is a symbol of pravᅇtti and nivᅇtti.
- R: It's composed of a downward-pointed triangle and an upward-pointed triangle.
- Q: Is the vernal equinox an important time for ceremony?
- B: Yes.
- Q: In astrology it is said that certain planets have influences over people born at certain times. How is this to be understood? Are there beings on those planets that influence us, or do the planets themselves have energy that exerts influence?
- B: The planets are in the body also. The predominant planets in the body are more attracted to the planets outside.
- Q: What is the meaning of the seven steps that the bride and groom take in pledging friendship to each other in the marriage ceremony?
- B: Symbolizes the seven loka, the seven worlds, the seven cakra.
- Q: Are there incarnations that have a certain destiny to fulfill which will be fulfilled, no matter what circumstances exist?
- B: Every person is born for certain jobs to fulfill, whether they are good or bad.
- R: So it's not just incarnations.
- Q: What can increase the power to visualize clearly?
- B: The main obstruction in visualization is an unsettled mind. If the mind is stopped from jumping from object to object, then one can visualize the subtlety of the object of concentration.
- Q: The demons and gods worked together to churn the ocean of milk to churn up the amᅇta, the deathless nectar. The demons possessed it and Viᅇᅇu took the form of Rohiᅇi to distract them while it was stolen back. Symbolism?
- B: Amᅇta is immortality. That is knowledge. That knowledge can be attained by the evil mind also. If this knowledge goes to the evil mind, it causes destruction.

Q: What is the significance of the vernal equinox, which is approaching, and is there anything in particular that should be done at that time?

B: It is especially used for tantra sādhanā. The energy gets higher, and in tantra all such days are used.

Q: Since I was a child, an entity has appeared to me and spoken to me. I've read that any such thing that we see is not really appearing from the outside but is our own self.

B: There are energies which exist, but the form we see is the projection of the mind.

Q: The way I would visualize that essence?

R: Yes.

B: Your mind can create things which you are not aware of.

Q: So that would mean the teachings would be correct that I have received all these years?

B: If the teachings are helping you, then they are correct.

Q: Please explain OM ŚIVĀYA NAMAḤ.

B: It's said two ways, OM ŚIVĀYA NAMAḤ or OM NAMAḤ ŚIVĀYA. It means: I bow to Śiva.

Q: I would like to know more about technique of meditating by staring at an object without blinking.

R: Trāṭaka.

B: In trāṭaka, it is not simply staring at the object. The mind, the object, and the breath should be intuned. Your breath should be shallow, and that will calm down your mind. By not blinking, thought process will not be disturbed.

R: Blinking and thinking are connected.

B: Whenever we blink, the object in the mind changes. It happens so fast that we don't realize it. If we don't blink, then one thought can remain for a long time.

Q: I've tried this, but I can't help blinking.

B: By practicing, you can do it. Don't force yourself, but gradually increase the time.

R: It takes daily practice.

Q: I wear contact lenses, and they cause me to blink more. So would this hinder my ability to concentrate?

B: It's caused by some outer object. It's different.

R: The blinking is different, but it would still be a distraction.

Q: Will Baba Hari Dass incarnate on this earth again and again to help this earth?

B: I don't know. Only God knows.

Q: What was the significance of Lord Caitanya [Mahāprabhu's] appearance 500 years ago?

R: Great saint of Bengal. Founded saṅkīrtana movement, bhakti yoga, as a means of salvation.

B: At that time, jñāna yoga was so high that people forgot love and devotion.

- R: Mental yoga.
- B: The spiritual path was very dry. So there was a need for the devotional path and Caitanya spread devotion.
- Q: If the heart rate increases during meditation, what breathing would best be done to slow that down?
- B: Śītalī prāṇāyāma.
- Q: As a regular practice, or just when it happens?
- B: Just when it happens.
- Q: What causes it?
- B: Two things: 1) Pitta increases, sometimes due to the food we eat. 2) By emotions, vāta.
- R: Air humor increases and hits the heart....
- Q: In Silence Speaks, Babaji recommends meditating on the thousand-petaled lotus at the top of the head before going to sleep. How?
- B: It is done by lying down on the bed with the face up. Then some people roll up the eyes and concentrate. Some simply visualize. It's better not to roll up the eyes.
- First, visualize the full lotus (thousand-petaled).
 - Second, visualize the inner circle.
 - Third, visualize the center of that circle.
 - Go inside that center, where there is pitch dark.
- Q: What is the reason for physical pain around the heart during meditation?
- B: It can be due to the air [humor], which rises up in meditation.
- Q: Symbol of man in white with hands at hara center was received in meditation, with light from that center and all around his head.
- B: It symbolizes [that] the subtle body is excited. In meditation, the subtle body gets excited in negative or positive ways.
- R: That will cause visions.
- Q: How can one decide whether it is negative or positive?
- B: Light, air, fire, water, death are positive. Also flying.
- R: These are also dream symbols as well as meditation symbols. They're subtle body symbols.
- B: Fighting, sadness, pain, etc. are negative.
- Q: I came down here from Canada for a two-week stay but have had visa troubles and have been here two months. I'm wondering if subconsciously I wanted it, if it was my destiny.
- B: You left England. What difference does it make if you are in the USA or Canada? Stay here. When the US government kicks you out, go to Vancouver. When they kick you out, come here.

- Q: What is the right attitude to have when you are disciplining your child and telling it that it is doing something wrong, but you don't seem to be reaching it? What you are saying just doesn't seem to be sinking in.
- B: Because you don't really tell the child it is doing wrong. Your mind is confused about your own decision, so the child picks it up. If a horse trainer is not certain in giving orders to the horse, the horse immediately knows it.
- Q: What is the meaning of the dice game in the Mahābhārata and why are the four yuga given the names of four throws of the dice?
- B: The four yuga make one cycle of creation. Then the result is seen. In caupar, the dice game, four people play, and they make a round of the four directions. Then some lose, some win. The winner is the one who reaches the center.
- Q: How is the game played?
- B: Draw lines as for tic tac toe.
- R: It's like pacīsī [related to parcheezi]
- B: It's a game of luck and guessing.

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