

October 19, 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. There was editing for format.

B: Possible symptoms of air humor derangement, such as:

- due to excessive breathing exercises, wrong prāṇāyāma
- social/psychological/spiritual sickness
- poor sleeping, disturbed by fears, bad dreams sweating feet
- stretching of skin of forehead

B: Recommendations:

- no breathing exercises for period comparable to period of sickness no heavy exercises
- fast only once a week
- in mornings, drink milk with ground (U: dried) cucumber seeds
(U: buy packages for planting)
- also eat cucumbers, otherwise normal diet
- pack mud on feet. Between toes, at night, let it dry
- meditate on visualized green grass fields
- green color in general is good

B: Air people don't have much resistance to excessive anything. Swimming is okay, but not excessive.

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