

## January 8, 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. There was editing for format and IAST transliteration of Sanskrit terms.

Q: To purify land?

B: Yajña. Also there are mantra.

B: Śiva lives in burial ground. Symbol of destruction.

R: Saṁnyāsin only are buried.

B: Because they are already burned by the fire of knowledge.

Q: Whether to have a child?

B: In women, their body tells. In me, they see the situation. For a woman you cannot say: you should not crave a child. Because it's a need in their body. Intellectually they may overpower that need.

Q: Is that negative?

B: You have to if partner doesn't want.

Q: It is a need....

B: At a certain age. If wife wants and a man can take responsibility, if he loves his wife, then he should.

B: Because saṁskāra are passed on to us...

R: ... by parents

B: ... we get similar desires and patterns. By sādhana we can surrender those saṁskāra [not Babaji's exact wording].

B: In positive experience, the result is peace and calmness. It doesn't create any kind of negativity. If the experience is not real, then it can create negativity and doubt.

B: The mind can see anywhere, but it is covered by several layers of thoughts. In a dream there is only one thought. The mind can see clearly.

Q: Is the covering for our protection?

B: It is confusion.

Q: Can dreams be used in sādhana?

B: By getting control of the dream. One can dream what he wants to dream. That is called control over the dream. By controlling, one can raise energy inside the body.

- Q: In asking what is my origin, what I was before I was born, I reach a standstill, feel dead but alive, as though body is block of wood but alive, and there is no difference between I and you.
- B: How the creation started: if you understand the system, you can go there. Still, you will lose body consciousness. Fear stops one from going.
- Q: Fear that I will evaporate?
- B: That you will not remain. Fear is main obstacle in sādhanā. Regular practice develops dispassion and one day you'll go.
- B: People can do prāṇāyāma and kuṇḍalinī meditation in dream.
- Q: Are men more capable of spiritual understanding than women?
- B: No. Men and women are different only in gross level. The subtle body is the same.
- Q: In some cultures the women are servants and the men practitioners in spiritual practices.
- B: In all cultures in the past, men ruled over women. Because they are physically stronger.
- B: The nature of the mind is to rest and imagine castles and palaces and your being a king. In yoga, you have to stop, so the mind revolts. Persist [not Babaji's word] and the mind will accept defeat.
- B: Brāhmī [gotū kola] tea is used for mental sicknesses or for making the mind sharp.
- Q: Are there times to respond negatively to requests for help?
- B: If you can't help.
- Q: How to deal constructively with negative energy?
- B: Depends on situation. Doctor cruelly attacks an abscess and cuts it open. But he is not cruel in his heart. At times negative energy is [should be] met with toughness. Resistance of positivity is negativity. Resistance of negativity is positivity. Give what you can give without harming yourself.
- Q: Attraction to place where sādhanā was done before?
- B: Yes. Sometimes the mind can feel where it was before.
- Q: How to keep the mind from wandering during sādhanā? How to bring it back?
- B: When you see that it is in the store, don't enjoy the store.
- R: Call it the negative saṁskāra store.
- B: Free will is [operable] within the jurisdiction of the four minds. Karma is saṁskāra which controls the life cycle. Karma is a vast thing and the mind can sow seeds in the field of karma, good or bad. If we associate with gamblers, we develop saṁskāra of gambling and all the bad saṁskāra of the past become helpers to that situation. To gamble or not gamble is within the jurisdiction of the mind.
- R: ... free will.

B: If one says I have learned concentration, it means the person can go into samādhi.

B: Avoid the world while you do sādhana.

R: Then you can face the world.

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