

June 13, 1978 Darśana 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. Comments in square brackets are generally those of the typist. There was editing for format and IAST transliteration of Sanskrit terms.

- B: Yogi Rāmācaraka who was in India in the 1930's, has written several books on yoga. People don't know who he is as he never writes about himself. He is still alive. One book is Jñāna Yoga, published in India.
- Q: Remedy for a derangement involving lots of gas after eating and being unable to stay awake after eating?
- B: Nutmeg. It stops the bile, causes sleepiness, drowsiness, slow digestion. Nutmeg creates bile and subsides [reduces] gas. Dose: 1/4 teaspoon. Its bigger dose is poison.
- Q: Problem of worry?
- B: Play more.
- Q: Pain at shoulder blade, and even half of the arm numb.
- B: Pine sap, heated, and on overnight. The [same] gas is the cause.
- Q: What diet is good for sitting meditation?
- B: How long?
- Q: Sitting for one month intensive, sitting for 1 1/2 hour periods.
- B: Take four parts anise seed, four parts almonds, four parts prunes, four parts apricots, 8 parts milk, one part black pepper. Mix with water as a drink.
- Q: Why is it good to meditate in a cave?
- B: No outside distraction. A cave in a jungle, not in a town.
- Q: What is the difference between desire and will?
- B: Desire is always for yourself. There is attachment involved. Will is always selfless.
- B: Yoga is not a religion. It's a method of purifying the mind.

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