

## June 13, 1976 Satsaᅅga 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. Comments in square brackets are generally those of the typist. There was editing for format and IAST transliteration of Sanskrit terms.

B: Astral body is beyond time and space. There is no time and space for it. Never leaves physical body until death. Cord of desire to stay alive keeps them connected. Gross body is instrument of subtle body in order to bring it into contact with gross objects.

B: Sometimes a person dreams what he wants to dream. So the dream is made up.

[Twenty-two days is limit for nirbīja samādhī.]

[Fourty days, according to April 18, 1976 satsaᅅga.]

[Paramahaᅅsa Yogānanda was “dead” for 21 days without decay.]

B: This is possible for few days only; 3-6 for example.

B: There are several realized householders in India who no one suspects are even yogis.

B: Break from partner, freedom, new soil for old seed of attachment. Same old trap and pain recur again and again.

B: Break attachment by tapaᅅ or by understanding. Both are difficult.  
Facing demons bravely makes them go away.

B: Fruit diet is good if one is mucus predominant. Fruit creates bile. Balance it with milk [and grains]. Air people need more earthy foods: vegetables, grains. Fruit diet alone not good for air type. In Āyurveda the waste as it moves through the bowels is as important as the food.

B: Eating, possessiveness, sex desire: third not necessary to live, or can have but with limit.

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