

March 24, 1978 Darśana at Retreat 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. U is other voices in the notes which were unattributed. Comments in square brackets are generally those of the typist. Comments in parentheses are likely that of the reader. There was editing for format and IAST transliteration of Sanskrit terms.

Q: Cause of migraines?

B: Emotional.

Q: External remedies?

B: Plaster of chalk lime or of betelnut (ground), applied to are just above and “outside” the eye. Or sniff a little nutmeg powder.

B: In Āyurveda, impurities are equally important. Called mala. Increase or decrease of waste product indicates derangement.

Q: Are men reincarnated as men and women as women?

B: It's not a rule of reincarnation. Some women can reincarnate as men if saṁskāra is for it [not Babaji's exact word].

Taking birth is possible because of saṁskāra already present. Everything is potential, all potentiality is there, from the first evolution. Saṁskāra is eternal. [not all Babaji's exact words].

Q: Does suicide have negative spiritual implications?

B: Yes. Unless from high spiritual emotion. If from anger or pain or any other negative emotion.

U: It reinforces that saṁskāra powerfully.

Q: Euthanasia in case of incurable disease and physical pain....?

B: The person detaches from the body, though wanting to live. It is not like ordinary suicide [Babaji used other words].

[Babaji is reported to have said that some people get “experiences” in sādhana, and some get nothing until enlightenment.]

Q: When wake in a dream?

B: Can you continue it [Babaji's question]? Dream and waking state are different, because mind is scattered in waking state and is channeled to one object in dream.

- B: Mantra and dream together are difficult. In a dream, the mind sticks to the dream. You can say mantra as a habit, but not connect it to the dream. In a dream the mind is different. It is more concentrated. Mantra in dream is different from mantra in waking state. Dream – mantra – dream.
- U: ... is the way it works; one goes back to the dream.
- B: Make consciousness itself the object of concentration in the dream.

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