

July 25, 1976 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. U is other voices in the notes which were unattributed. Often, based on grammar and content, this is likely Babaji. There was editing for format and IAST transliteration of Sanskrit terms.

B: To calm the mind, ask only one question...

R: ... pick one question that comes,

B: ... and go deeply into it. Best to clear nerve channels, then calm comes automatically.

B: Subtle body is beyond time and space. On subtle level we are all one. On physical level we are always separate. As long as we are identifying ourselves with the body, we feel separateness.

B: Sāttvika mind = citta = “beyond the mind.”

B: When the mind desires God, that is devotion. It includes faith, love, and contentment. All of these qualities increase when devotion increases. One does not need to develop them individually. In devotion, the mind gradually dissolves in love of God.

B: Some people like others to share their depression. It becomes a habit.

R: In fact there is no reason all the time: it becomes a habit.

B: Don't let them lean. Tell them to stand on own feet. Help them by pointing out reason for depression. We have to learn to be happy. Learn to be happy by being with people who are happy, by sādhana, by playing, by not letting things be a burden.

B: Negative emotions...

U: ... anger, hatred, greed

B: ... are to be controlled because they make an impression on the mind and repeat.

Q: What is anger?

B: The mind's trying to fight back when its desires are not satisfied. The fighter is always afraid of being beaten. People who study martial arts are always afraid they're going to be attacked.

B: Spirituality = seeking the truth.

B: If lying on back, pressure of hand lying on chest disconnects body and mind.

U: ... especially in sleep.

B: In India it is considered bad to look at someone directly.

U: ... except a friend.

B: A cultural thing.

Q: What do you do?

B: I sit and see.

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