

September 16, 1977 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. 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: Christ said it's not good to leave an empty house.
B: There is no emptiness. Negative and positive – if one is reduced, the other will develop by itself. Emptiness means what [Babaji's question]? Peace. It means it's not good to give a seat to negative things. Emptiness – that would be the highest stage of samādhi.
- B: Karma yoga (service) is an independent yoga. It develops non-attachment and one can attain peace.
Q: The seven stages of enlightenment occur on this path?
B: Yes.
- Q: How can an older person responsibly dispose of money he has earned?
B: Giving one time will not take away the attachment. It is like taking a bath in the Gaṅgā once a year with the idea that all sins will be washed away. We have to practice non-attachment in the mind. When this thought, that God will provide, non-attachment, is developed, there will be no problem. When you feel God will take care of everything.
- Q: How can we learn to love each other?
B: By not hating. It is important not to hate anyone. Then there will be love spreading by itself. If you try to love, then it will be an act. If love is not in the heart, how can we love someone? But we can stop hating.
- Q: Is feeling irritated and angry with someone the same as hating?
B: It is a part.
Q: Best way to deal with it?
B: Anger is a weapon for self-defense against fear. Because we are afraid. If anything appears which is stronger, we get fear. If you see animals, you will find that they all have different ways of self-defense. All ways are related to anger.
- Q: Feeling one can't talk with an angry person.
B: Fear. If you can't talk, you can stay away.
- Q: Child with temper tantrums at age three, a boy.
B: Are you single?
Q: Yes.
B: That is a reason. Can he be more independent [Babaji's question]? With children and older people. That will take away his way of attracting attention.

- B: Our emotions are based on predominant element. It is not just intellectual understanding that I am angry and I should not be angry. Sometimes we cannot stop it. That is why we practice yoga. To get control over the elements.
- Q: How does dhyāna affect the humors?
- B: By concentration, the breath becomes rhythmic, and that purifies the nerve channels. By that the humors will become balanced.
- Q: How to work with the root of fear, fear of death?
- B: By accepting the cycle of life: birth, growth, decay, and death.
- Q: Past experiences, past life memories....
- B: Yoga is based on decreasing the thought waves. If you go on thinking on it, there will be no peace.
- Q: So these memories have no value?
- B: If you can't deal with it. First you have to develop discrimination quality. We create illusions and then we feel it real.
- B: People who are kind, loving honest – it is good to associate with them even if they are not doing sādhana.
- B: When you get fear because of your past experiences, you project it into present relationships and cause fear to yourself.
- Q: What to do?
- B: Don't go into the past. It is due to your past bringing up, and you relate all fear to that past. Stop relating to the past, dwelling on it.
- B: Warts are caused by the blood. They have a lifespan of their own and will go away of themselves.
- Q: Had one for fifteen years.
- B: In Āyurveda as well as in Western medicine, we cut it out. Or put hot brick on it – pus comes.
- B: Mantras, herbs to burn, and yajña can purify a place. Strength is not in food, but in digestion.
- Q: What is there we can give to a teacher?
- B: Your sādhana.
- B: Cooking destroys much food value, but our system is so weak, we can't digest raw food.
- B: Mind stops a good state by reacting with liking it. [This may have been the questioner's statement.]

B: Element changes.

Q: How to stop mind from stopping the good state?

B: Switch predominant nostril.

B: In sādhana a stage comes when a person ignores people. If a person develops dispassion he goes away, but he doesn't hate others.

Q: Fear of people.

B: [Do] śītālī.

Q: Is silence for periods of time good?

B: It is like fasting once a week. One can stop talking once a week. It gives rest to your lungs.

Q: A good day?

B: When you don't have to work.

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