

May 16, 1976 Satsaᅅga 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. Comments in square brackets are generally those of the typist. There was editing for format and IAST transliteration of Sanskrit terms.

- B: Hiding causes fear in new company where shell hasn't been built. When people live for some time in new place, they build their shell again, and have their hiding place. Break it by facing people.
- B: One lie needs a hundred lies to cover it up.
- B: Only the bravest people can flow safely. The rest crash into rocks and break heads... Not calling place where you live "my house" means whole world is "my house." But must be ready to accept the kicks and the welcome equally.
- B: Hariakhan Baba [Maharaja] [the highest saint on the planet] did something worldly in accepting land given to him, and giving thumbprint to papers of ownership.
- B: After japa, ajapa happens... Ajapa is automatic. Awareness of breath alone is a form of ajapa. Sleeping person automatically inhales with hum [sic] and exhales with saᅅ.
- R: So ajapa is a natural thing.
- B: If prāᅅyāma becomes harder, you are going too fast. Reduce. Do small amount, and increase only when very smooth.
- B: When air and ether elements predominate, people can do less prāᅅyāma. But that time is good for meditation, especially when the two nostrils are balanced. Do advanced prāᅅyāma [and all hard work] when piᅅgalā, the right nostril, is dominant. Change it by plugging left nostril, or lying on left side for couple of minutes. Which element predominates when is determined by the moon at birth. Determine which is dominant when by wet place on hand held to face. A matter of which nostril should work during which phases of moon is in pavanavijaya svarodaya śastra.
- B: Quiet breathing, then thinking you need to breathe [is based on] emotional changes, precipitating that "need."
- B: Prāᅅyāma was derived from natural breathing patterns in emotional states.

- B: Suṣumṇā prāṇa, balance between nostrils, happens four minutes out of each hour. Only activity that is fruitful during suṣumṇā breath is meditation. No work done with [it will] be successful. If one starts to travel during this time he will face an accident, according to [above-mentioned book on nostril dominance]. Check breath before leaving. Need right for long distances, left for short.
- B: If one nostril is dominant all the time for several days, one will get sick and near to death.
- B: Gently...
- R: ... by covering opening with thumb tip
- B: ... close right nostril for four breaths, then left for four, when ready to sleep. Or close left nostril this way when tired and don't want to be, until okay.
- B: Not speaking lengthens life. Inactive tongue makes mind more active. That's good if it is concentrated to one point. Mind doesn't calm down in silence until after 2-3 years.
- R: ... during which time the mind goes more crazy.
- B: The more facts, technicalities, you know the more you'll want to know. Teachers can select methods. After 4-5 years [not earlier] the student does only one method, one yoga.
- R: The nostril management is only one such.
- B: At start, 84 āsana are important, 32 are essential.
- B: Deaf person can hear inner sound.
- B: Sound, mantra, breath, mind can be timed together. Plus trāṭaka, or turning eyes to ājñā.
- B: Fear = the desire not to want.
- B: Burn mustard seed, not salt, to improve vibrations in room.

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