

April 25, 1978 Darśana 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: Bhairava's vehicle was dog.
R: Bhairava is incarnation of Śiva.
B: Dogs are worshiped by Nātha sect. Cat is Durga. Black cat's and dog's hind foot, and rooster's and pig's heads, are used in left-handed tantra.
R: ... in which meat is eaten.
- B: Four grams of alum, taken internally, stops internal bleeding.
- B: Paste of marijuana, applied to rectum, is for hemorrhoids. Or radish cooked in ash.
R: ... from fire.
[Or is it for bleeding?]
- B: Rub garlic oil on paralyzed half of face.
- B: Mound is good for tantra, mountain for prāṇāyāma, valley for mantra and nāda yoga. Mount Madonna is śakti place:
R: ... Śiva
B: ... rounded peaks. American Indians chose it.
- B: When sight occurs without use of eye...
R: ... in meditation
B: ... the seer is citta. The mind is not only in the head. Each single cell has the three energies.
- B: Yogurt with sweet things is cold and with salt is hot. Yogurt can derange kapha humor and cause mucus.
R: So it's not a treatment for a cold.
B: Put yogurt and water in hot ghee with cumin seed. It can cure intestinal problems. Start with hot ghee and cumin seed, then add...
R: ... and cook
B: ... yogurt mixed with water. Then add salt. Drink full stomachful. It will run straight through.
R: Doesn't require digestion.
- B: Fire-producing foods: onion garlic, ginger, cayenne, radish, goat's milk.

B: Heem [sic], laghu, guru are [adjectives meaning] light, medium, and heavy in food.
[Etymologically, guru is related to gravity and grave, meaning serious, as in “weighty” issues.]

B: Burn coconut husk fibers in covered pan to make black ash.

B: Cook rice and dala separately, then mix and eat. Khicaḍī is when rice...

R: ... or any grains

B: ... and lentils

R: ... or any beans

B: ... are cooked together. Can be heavy or light. Mung dhal is light, mung dal pancakes very light.

Q: To speed elimination?

B: Husk of isabgol.

R: ... psyllium seed, which becomes glutinous when a tea is made of it.

B: Good for digestion: black salt, ...

R: ... from India

B: ... black pepper, ginger, lemon juice. Ginger and pepper balance each other.

B: Cūrṇa at herb store. [refers to triphalā cūrṇa? or to the above mixture?]

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