August 30, 1976, Retreat in British Columbia, Canada 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. Names of individuals who are not public figures are changed to protect their privacy. There was editing for format and IAST transliteration of Sanskrit terms.

[missed the question]
B: If a house gets fire we have to leave it.

Q: When people are starving, is it a good thing to do sādhana, ignore the starving? Give as much as you can. You don't have to stop your sādhana for that.

B: Don't expect the world to be filled with good people. Good and bad makes the world.

[on politics]
B: All rich are not evil and all poor are not honest. In a political way, can speak to people in terms of class, rich class, poor class. In a spiritual way, you can't.

Q: Does it harm a child to grow up without a father.
B: It affects the child.
Q: If you are born into a family and living without a father, is that because of your karma? Is it kārmika?
B: Everything is karma.

Q: Are all events in our lives predestined?
B: Can't be proved. Can't say ahead: I am destined to drown.

B: Six passions: anger, delusion, jealousy, lust, pride, hate? [or greed?]

B: When the aim of desire is fixed and strong, that is ambition.
Q: Spiritual ambition = pride = ego?
B: Tell me, is there anyone free of that? Action starts by an ego. When someone says shouldn't have specific ego, that is also ego. If you say just meditate, it is not free from ego… Because you take the action in your hand. Lazy people don't.

B: Being true to your sādhana means not hiding behind it. Doing it because others are doing it. Take full responsibility of it.

B: Prayer is a part of meditation. Formless meditation is okay, good, if one can do it. Better, good, bad: all [these] come after one is established. In meditation. If you are not established, then form and formless both are the same. Because your mind is not there.

Q: Better to relax or focus?
B: Both ways. Better is when mind gets habit of concentration.

Q: Pray for samādhi?
B: Prayer will change into concentration and that will bring samādhi. First, make your will strong.

B: No one wants to leave the attachment of objects of senses.

Q: Question about satisfying desire to get rid of it.
B: Desire makes desire. If it is fulfilled it will not go away. Some desires one has to fulfill (= needs: eating, etc.)
Q: You can't give up what you don't have. Do you have to fulfill the desire, or can you, with the intent of giving it up?
B: Yes. But it also sets up a trap. Not knowing what something is like means can't desire it.

B: Can reach samādhi through bhakti alone.

B: Effect of hard physical exercise on yoga sādhana is bad if it involves heavy breathing.

Q: Why does clarity come and go in rapid succession?
B: Body elements change. Mind is clearer when air and ether predominate.

Q: How to overcome sex urge?
B: It's natural and very hard to control. There is a tāntrika method: certain mantra, āsana, prāṇāyāma, and rituals. Requires hard austerity.

B: Brahmacarya (supreme God walk) = one who walks on path of spirituality. Sex causes attachment and loss of vital energy

B: Garlic purifies blood.
Q: In large amounts, makes person impulsive?
B: Yes.

B: Help children in spiritual path by being on it. about yourself. Don't worry about your children and not think about yourself.

Q: Does faith come through Grace?
B: Grace comes through faith. Faith by sādhana.
B: Drugs are most damaging for concentration in air and bile types,
Q: Cure?
B: Cucumber. Eat it and also make a paste of seed and mix with milk and drink. This will cure effects if curable.

B: Pine sap helps pain of sore joint. Buy in Chinese drug store.

Q: Bruxism during sleep?
B: Can start from bad digestion or worms in stomach.
[So these two can have a similar effect, which is germane to an allergy-like model of chronic fatigue syndrome, in that worm infection is the prototype for allergy. Has Babaji not said elsewhere that bruxism can be caused by bad digestion or by constipation? So either (much less both together) can mimic worm infection.]

B: God is within you and you can project it outside as you do with other things.
Q: How does faith bring enlightenment?
B: Faith alone can't. Only faith with sādhana can.

B: Food makes manas or citta. If food is sāttvika it will make sāttvika citta.

B: Killing is always wrong, but human life is mare valuable so to save human life you may have to destroy insects etc.

Q: How to become less critical of others?
B: By keeping own faults in front of one. Overcome pride by surrendering your ego.

B: Yoga at first brings up all hidden negativities.

B: Develop will power by austerities, surrender to God, prāṇāyāma.

B: Fear starts by saṁskāra of death we carry from our past births. That fear causes anger which is a means of self-defense. Depression is a form of fear, and anger is for self- defense.

Q: Qualities needed in a spiritual master?
B: Less attached to the world: name, fame, wealth.

B: People go to marriage counselors, to others, to hide dishonesty of not wanting to solve it.

B: Astrology is valid but astrologers can't do it by reading books.