

August 8, 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. Comments in square brackets are generally those of the typist. There was editing for format and IAST transliteration of Sanskrit terms.

Q: Heat sickness.

B: Carry an onion in your pocket.

Q: Sore throat.

B: Two parts oil, four parts water, salt, gargle till tears come or nose runs. Mustard oil is best.

Q: Cure for summer cold?

B: Black pepper tea.

Q: What is root of sadness, if root of anger is fear?

B: Sadness is a variation of anger. Anger is not only yelling or hitting. It is expressed in various ways.

Q: What is way to clear out anger?

B: There are different ways. The best thing is to develop contentment. Contentment is developed by disciplining yourself.

B: Taste of ginseng tea is better [bitter?] and astringent. Taste of copper in mouth is astringent.

B: Points in nāḍīs are called marma. Those are the same as [meridians?] in acupuncture. They are the points where the energy stays. If the point is pressed, it can cause pain and immobilize certain parts of the body.

Q: Total destruction at end of kali-yuga..., When is that?

B: It's only 1/4 part [gone]. There are three more parts to go.

Q: Three more parts of kali-yuga to go?

B: Yes. 324,000 years more to go.

Q: If someone hasn't attained liberation before then, will he have to come back in next yuga?

B: In the next creation, the souls will be created again.

Q: Will we have to get enlightened again?

B: Yes. Cycle repeats.

Q: Will enlightened soul have to come back?

B: Not in this cycle. You.... The soul after enlightenment never remains an individual soul.

Q: Can saint preserve himself during mahāpralaya?

B: Not by a plastic bubble but by controlling the five elements.

Q: Can preserve a little ground to stand on?

B: Inside. Five elements are the cause of everything. When you can control the five elements, you can appear and disappear. You can form and deform.

Q: Can you watch the destruction?

B: Yes.

Q: Can you go to next yuga in form you had in this?

B: Some saints passed on knowledge this way.

Q: Same form as this?

B: Not exactly. Could be different planet.

Q: Square?

B: Anything which rotates becomes round.

Q: Have you mastered the five elements?

B: No. Saint of very high level can do it.

Q: [Śrī] Yukteśvara [Giri's] did, according to [Paramahansa] Yogānanda.

B: No proof. One who did showed it. [Hariakhan] Bābā Mahārāja. Guru of Lāhirī Mahāśaya. I am from the same place. [Hariakhan] Bābā Mahārāja lived there for thirty years. I got a letter from Lāhirī Mahāśaya's grandson, about his vision of Babaji Maharaj. [Hariakhan] Bābā Mahārāja was Kṛpācārya in the Mahābhārata, in the battle: Dvāpara Yuga. According to Svāmī Yukteśvara's theory, it [the Mahābhārata battle] was not in Dvāpara Yuga. They don't accept it. Lāhirī Mahāśaya's son's line and disciples' line don't agree with each other.

Q: Was Neem Karoli Baba in kaivalya?

B: I did not see him in that stage.

Q: If someone is dead, is it possible to communicate with them?

B: A person's saṁskāras, which become a seed, after death can be contacted.

Q: Jesus' resurrection three days after death, what was that?

B: The cross is a symbol of the subtle body. Nailing on cross means complete enlightenment, or nirbīja samādhi. Which takes place three days, eleven days, twenty-one days. Symbolically this I understand. The history I don't know.

Q: Audience with dead saint is possible?

B: In a state of trance, yes. In our mind the whole past and future exist. In a state of samādhi we can contact it. Also in a state of high emotions. In the Himalayas, there is no way to communicate by mail. Some tribals go into trance and get information of their family.

Q: I don't understand samādhi....

B: Samādhi can't be explained in words, just like sweetness can't be explained. We can only say when the mind dissolves in the object of meditation.

Q: If the communication was made in a state of emotion, was that communication an illusion?

B: Yes. Illusion has its own reality. The dream is real. You feel pleasure and pain, hunger and thirst, in your dream.

- Q: But subjective, not objective....
- B: Same as emotional reality on larger scale.
- Q: Is emotional samādhi real?
- B: Samādhi has nine stages. In lower samādhi, only clarity of the mind is attained.
- Q: Does kundalini have to pierce ājñā cakra to have samādhi?
- B: Kuṇḍalinī always awakens and rises up in meditation.

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