

October 26, 1976 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 parentheses are likely that of the reader. There was editing for format and IAST transliteration of Sanskrit terms.

- Q: Carrying another's anxieties and depression away with you after seeing a person, losing joy capacity because that other person has none?
- B: [It] is result of attachment. You don't have to be non-attached [cold], but just to understand. Laughing, dancing, playing don't make you attached. It is difficult but not impossible.
- B: No fight, no fun.... Some fight and some create fight. They don't fight openly, but say something that burns spouse's brain.
We accept the death of others, but not our own. You have to die someday. Keep it in your mind.
- Q: Cause depression by saying to yourself all the time I am going to die?
- B: That is non-acceptance.
- Q: When someone says he is not afraid of death but of the maybe painful process of dying, of painful death, is his real fear actually of death?
- B: Yes.
- Q: Are saṃskāra of death acquired just before death or just after death, while the subtle body is still in the vicinity of the physical body? Saṃskāra of fear of death, fear that is experienced at the last because of the process of dying and because of having seen others die, so knowing what death is and that it is happening?
- B: Both. At the moment of death, people get physical and emotional pain.
- Q: Is death necessarily painful?
- B: If one accepts, it is nothing.
- Q: People get afraid at the last even when they've accepted. Fear of death will be there as long as we have attachments in life?
- B: Because of attachment. Yes..
- Q: What happens to projections when we realize our true self?
- B: When we see the truth we don't bother about the projection.
- Q: Doesn't involvement with the healing arts perpetuate the illusion that we are the body?
- B: Yes. As long as you talk, you are not there. When you are there, you can't talk.

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