

May 28, 1978 Satsaṅga with Baba Hari Dass and the Hanuman Fellowship

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: Svastika, six-pointed star, cross...

R: Christian

B: – all three symbols have the same meaning. When the three energies, consciousness, action, and matter work together, this creates the universe.

R: Static and dynamic aspects of God, when they cross, set universe into motion.

Q: How does yoga look on abortion?

B: Abortion is killing, but when we stop the natural ways of controlling the population it becomes a need. Yoga does not accept abortion as a right thing.

[On one occasion recorded in preceding two years, Babaji said abortion in the first three weeks is nothing, because the soul has not yet entered.]

Q: Effect on the woman?

B: When a woman conceives, her whole body becomes pregnant. When she has an abortion, her body remains [continues to feel] pregnant for some time and has the same emotional stage. Abortion affects differently depending on the circumstances. For example, if an abortion is done because of a rape, then a woman doesn't have any guilt feeling. If she wants a baby and the man doesn't, then it affects differently.

Q: Having the baby and giving it up?

B: It's better than abortion. The baby can get a better home.

B: Life energy starts at conception. The soul enters after 22 days.

R: Medical science has just determined that this is the time when brain and spinal column and rudimentary heart are formed.

Q: Seeing maṇḍala in dream or meditation.....

B: Maṇḍala is not just geometrical form. Maṇḍala's color and shape indicates the flow of energy. In meditation, the mind is pure and can see that pattern

R: which indicates the flow of energy at that time.

Q: To cultivate more love in the heart?

B: By not hating anyone, including yourself. Love is always there. If we stop hating, it will shine by itself.

Q: Nature of self-surrender?

B: Egolessness.

R: Not operating from standpoint of personal ego.

Q: How to attain?

B: By sādhana.

R: By understanding.

Q: Becoming subordinate to partner, yet unfulfilled without partner....

B: Fear of rejection makes you put yourself in a low position. It is natural for human beings to be with the opposite sex. In human beings, sex is not just for reproduction. It fulfills psychological needs as well.

Q: Does one travel faster on the spiritual path through brahmacarya?

B: Yes,

Q: No validity to tantra?

B: Tantra is not for sex, but to control sex through sex.

Q: Other forms of sex besides physical union?

B: There are eight ways by which a person's sexual desire is fulfilled: touching, talking, dancing, sitting alone with the opposite sex, etc.

R: In Hindu tradition, these all are having sex, and increase desire.

Q: Meaning of the saying, As long as you remember yoga, you're doing yoga?

B: If you forget union, then you are not doing yoga.

B: At first we force ourselves to do methods. Those methods bring experiences. Those experiences remind us of union.

Q: Energy after hard work day at Mt. Madonna.....

B: When the mind is freed from negativity, then the energy never stops. You work for something you feel for God. There is no selfish attitude. This takes away the negativity of the mind

Q: Do we need sleep?

B: As long as we eat.

Q: If the soul never dies, is it possible to remember from one life to the next?

B: Yes. Death is that forgetful state where we don't remember who we were.

[Addendum in original hand-written notes: So the people who say there is no death on basis of out of body experiences during clinical death are wrong. It just doesn't occur immediately.]

Q: Do we have to go through all the karma that we have accrued from the past, or is there any way we can eliminate it?

B: Karmas are actions. The results of actions which cause future actions are called saṃskāra. Karmas and saṃskāra are like seeds kept in a bottle. They have to be given the right soil in order to grow. So we can stop the action of growing the seed by not throwing in the right

soil If we would be completely in the hands of karmas, then we would not try to get out of the ignorance. But we know we can do good things and bad things.

Q: If one has realized God, is one still bound by karmas and saṁskāra?

B: Karmas and saṁskāra act only in the state of ignorance.

Q: Could realization of God happen in a second?

B: It can. It's only a matter of understanding.

Q: If meditation doesn't seem to be one's way?

B: Sādhana is important. Sādhana is done in various ways. If you don't want to do any methods, then you are trapping yourself in laziness. If you want to get out, you have to do something.

Q: Does trying to help others along the path hinder our own development?

B: If you are capable of helping others and you do it without a selfish motive, then it will help (both).

B: Once you can fast for seven days, then it is not hard to fast for forty days.

R: Long fasting can ruin your digestion and digestive system if not needed..

Q: How to be in the present?

B: First, we have to understand what the present is. The present is that moment that connects the past and future. Past and future are two huge rings, and present is tiny ring. We don't even see the present. Present is mixture of past and present. "I'm happy today" means to us the whole day, much past and much still in future. One who understands time, his mind can separate all three...

R: ... past, present, and future,

B: ... and that makes his present peaceful. We don't forget what happened in the morning, so how can we make the present peaceful?

Q: How to overcome fear of expressing self?

B: In a society, when we feel not as good as others, there is fear of expressing self. It's a self-created fear. Once we break this fear then we can express easily.

Q: Difference between an old soul and a young soul?

B: The soul is beyond space and time, so there is no question of young and old. If we say "old soul" then we are putting a limit on the soul.

Q: Akashic record = seeing one's past lives..... Why are there so few people who have access to this information?

B: People can see the past and future. Some are born able to do it, and some develop it. It is developed when a person reveals the subtle body separate from the gross body.

[The note-taker then right away thought that “realizes” might instead be what had just been said. But it would be quite like Babaji to say “reveals” while meaning that the subtle body is revealed (to this individual). That higher samādhi reveals it to him is more graphic than saying that this person realizes the subtle body.]

Q: How to tell if dreaming of past life or fantasizing?

B: It’s difficult to tell because the mind can fantasize without our knowledge. But one can dream of a past life as of a past in present life.

Q: Dreaming of another person’s past life?

B: Only an enlightened being can do that.

B: Smoking.

B: You have to use will power. It is an addiction and very hard to stop if you don’t get tough.

Q: How to increase will power?

Q: By trying. Once, twice, never stop trying.

Q: If working with emotionally disturbed people, what to remember?

B: First thing is not to put your self in that state. We generally get involved emotionally in order to help those who are emotionally disturbed. It causes tiredness in our minds.

Q: Isn’t talking natural?

B: But there are methods by which prāṇika energy is restored and stored by not talking.

Q: Sees powdery blue light at another’s forehead or back of head after that person has meditated or sung bhajana.

B: We can see our own emotions projected out. But when one’s mind is purified, one can see the auric body of another’s emotion [not exact words maybe]. In an emotional state we see various things.

Q: Validity of drug experienced that are spiritual?

B: By drugs the succession of predominant element in the body [increases] 100 times. It causes different experiences, some right, some wrong. It can change one’s life to spiritual path. It harms the body. It can harm the brain. Sometimes an experience can make the brain out of balance.

Q: Should speak of spiritual experiences or remain silent?

B: By speaking there are great chances of developing ego. If someone asks about spiritual experiences, then you can tell. But you weaken it by telling everywhere.

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