

August 15, 1976 Satsaṅga 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. U is other voices in the notes which were unattributed. Often, based on grammar and content, this is likely Babaji. Comments in square brackets are generally those of the typist. Comments in parentheses are likely that of the reader. There was editing for format and IAST transliteration of Sanskrit terms.

- B: Śakti = energy
R: ... physical, mental, prāṇa
B: ... power given off by matter. Śakti is pictured as female and named kuṇḍalinī in human body. The five elements there = Śiva. Śakti has five heads. Means the energy is not of one kind.
- B: Kuṇḍalinī can be raised by meditation on external object or on charkas, or by kumbhaka and locks, or by tribandha alone.
- B: Mūla bandha: contract and suck up, pull up. Uḍḍiyāna bandha: pull in and up.
- Q: Christ said when thine eye shall be single, thy whole body shall be filled with light.
B: Means state of kaivalya, complete isolation of mind and body...
U: ... from body?
B: ... complete enlightenment.
- B: Nirvāṇa state or sūnyatā state: they are explained in contradictory ways because there is no one there to describe. All the different systems are just games of word to explain it. However you explain it, the end is the same.
- B: Sūtras are reminders of what we already know but can't feel.
- B: After piercing of śrī cakra by kuṇḍalinī, it can go on out of the body through mūla after 21 days...
U: ... death
B: ... but some don't experience this and can stay in the body. It depends on saṃskāra, the body's saṃskāra (which are the only saṃskāra still remaining). After śrī cakra there is no birth. Because all saṃskāra for the future are burnt up. One can choose to die or not at that point if energy has been raised by yoga practices...
U: ... because there is control,
B: ... but there isn't choice if bhakti was the method.
B: Deal with the world honestly. It's up to you to make yourself better. We all hide at each stage of life. That's why we're afraid.

B: Passing one minute in peace helps very much.

U: Only at that time is energy being conserved.

B: Watching, understanding = having control.

Q: Who is the watcher?

B: The important thing is to calm the confusion of the mind.

The watcher is our higher consciousness, and our negativities or thought waves are closing its eyes.

B: Faith increases by building devotion to God. Faith and devotion are almost the same or are together. First accept existence of God, then build faith.

B: Ojas is electrical energy carried to all parts of the body by vyāna prāṇa, which manifests as the aura. Śakti is ojas.

B: Dreams are stories of stories. How they link together and make a story can be understood only if record of dreams is kept. It takes much practice to understand a dream's subtlety.

B: The witness is the Self. Mind and breath are related. Awareness of breath = of witness. Control of breath controls everything. The Self is reflected in the mind.

B: In samādhi, energy is gotten more directly than through the breath, to sustain the body. It can be sustained this way up to a limit.

[Question about a saint's or Christ's taking own physical body to another realm.]

B: The five elements split. In their pure, unmixed state they are indestructible. In mixed state they form matter.

B: Seven loka associate to seven cakra, so all is in us but not conscious to us. A higher being...

U: ... in a higher loka

B: ... can act through a person if its consciousness is at that moment on a human level.

B: Only siddha can discriminate without judging good or bad.

U: Jesus said judge not lest ye be judged.

B: Annamayakośa, food sheath, is affected by yama, niyama, asana. Prāṇamayakośaa, prāṇa sheath or energy sheath, can be called breath sheath, controlled by prāṇāyāma and pratyāhāra. Manomayakośa, mind sheath, is controlled by dhāraṇa, dhyāna, and samādhi. Vijñānamayakośa, intellect, is controlled by higher samadhi. Ānandamayakośa, bliss sheath, is controlled by nirbīja samādhi. So aṣṭāṅga yoga works on three lower sheaths, has results on higher kośas.

B: Self = witness = higher consciousness = God. Projecting your higher consciousness on a person makes him your guru. Our faith on [in] him = the guru's grace.

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