

October 26, 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.

Q: Muscle tensions....

B: Tension is from lack of pitta.

Q: To increase pitta?

B: Eat right, and physical exercise.

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