

## June 6, 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. 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: Two different methods exist to take medicine, with different effects. Cure of allergies is simple: sweating...
- R: ... by a method
- B: ... on the head and neck, and then inhaling oil containing medicine.
- B: Basti: castor oil and herbs “injected” then massage in correct places so that it doesn’t come out right away. There is correct length of time for retention.
- B: Drinking own urine purifies the kidney and cures heart problem.
- Q: Cure for recurrent headache on left side.
- B: Copper ring on right big toe. Soap nut cures migraine headache. Headache is symptom, not real problem: nerves.
- R: Head to knee pose and pulling on that toe has similar effect, as long as it is being done.
- B: Fenugreek is bile predominant, decreases vāta. Drink it at night, or midday. To sweat...
- R: ... best measure if fever is prolonged
- B: ... drink several cups...
- R: ... four
- B: ... and cover self until sweating. At first, drink eight cups. Fenugreek will cure hepatitis.
- R: ... in one individual suspected case.
- B: To stop cough [in same person], suck on two cloves, one with stem burnt and one not. To burn stem, stick needle into flower and put match to other end.
- Q: Sudden rash on arm of bile predominant person.
- B: Heat pouch of salt in pan and apply it to spots. Don’t burn skin.
- [Babaji said he] couldn’t now talk well in any language. Mind doesn’t work that way.
- Q: Always?
- B: Now.
- B: Reality is experienced by the pure mind. Drugs create illusions. By drugs we can see illusory reality.

B: In āśrama in India, they start with very hard discipline, and they go crazy. Mind needs [some time] to make change.

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