

August 10, 1976 Darśana with Baba Hari Dass

Edit notes: The following was typed from notes handwritten at the time of the darśana. 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. There was editing for format and IAST transliteration of Sanskrit terms.

- B: People can be reincarnated into different parts of the world compared to previous incarnations. It depends on their desires.
- R: Paramahansa Yogānanda said he was William the Conqueror in a previous life.
- B: Eating and then sleeping soon after is very tāmasika.
- R: It is all right to drink a little milk or juice or eat very lightly if too hungry to do āsana otherwise, and then do them. Likewise to sleep.
- B: The higher consciousness is contained in the lower consciousness
- R: Thus at the higher one, the 'I' is everything yet at the same time just one thing.
- B: At the higher consciousness there is only one, no duality. When there is one, no question who am I arises.

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