

August 13 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. Comments in square brackets are generally those of the typist. There was editing for format and IAST transliteration of Sanskrit terms.

Q: How do we know what to try to change?

B: Not to try to change becomes a hide-out. We have this mind which discriminates between right and wrong. We have to change the wrong thing.

Q: Correspondence?

B: Solid = tamas, gas = rajas, liquid = sattva. In the body, solid = mucus, liquid = bile, gas = air humors. There is no creative action when the three guṇa are in equilibrium. When it is deranged, then creation starts.

Q: Can a saint remember past life in previous era, kalpa?

B: By saṁskāra it...

R: ... essence of mind

B: ... is passed on. In some scriptures, it tells how the knowledge came to the new creation by saṁskāra.

B: No one knows the cause of the original derangement of the guṇa.

Q: Two meditation methods, sitting vs. participating fully....

B: Enjoying everything with a distracted or a concentrated mind?

Q: Concentrated.

B: Then there's no difference...

R: ... between the two methods....

Q: It's not so easy.

B: The difference comes only when the mind is distracted. Any action we perform is linked with a thought. The more action we do the more thoughts will be created in the mind. If a person's actions are linked with one object at a time, then it's meditation.

B: Yoga is a vast word. It is not simply āsana, prāṇāyāma, and meditation. It is a practice of eliminating thought waves and attaining peace, which is God. But in the beginning, we train this body which can cause many distractions if not trained. Āsana train the body and correct imbalances of humors [not exact words]. Prāṇāyāma can develop the mind and eliminate thought waves. Its result is samādhi (or superconsciousness). So you should start with a few āsana and four purification methods. After that, you will understand the next step.

- Q: Motivation for sādhanā? Needs a push, hunger.....
- B: One who takes part in the Olympics works for twelve to fourteen hours a day. When we have a higher goal, we need more effort to attain it. Six or seven years can pass simply in adjustment. But if you go on practicing, you will definitely attain.
- Q: Stick with former practices that I lost faith in after seven years?
- B: One medicine will not cure all diseases. If one practice is not fit for you, then you can change it.
- Q: That gives me a little more faith and strength.
- Q: Dream of pork chop...
- B: If it created desire in waking state, then it created a saṁskāra. If it created hatred for it, then it eliminated a saṁskāra.
- Q: Woke and was glad it was a dream.
- B: Firm determination can eliminate any saṁskāra.
- Q: Why does Babaji encourage people to start a business, if activity in the world creates more thoughts?
- B: You need food. To buy food, you need money. Money is earned by working.
- Q: There are different kinds of working.
- B: Any work which does not hurt anyone is all right.
- Q: But running a big business requires more work than just to feed oneself, makes more money than is needed.
- B: You can help others who are sick and can't work.
- Q: Does that create less thoughts?!
- B: You are helping others, which eliminates thoughts also.
- Q: Business or service...?
- B: You can do both.
- Q: Dreams of opposite sex, parties, etc. though not involved with them in waking state....
- B: In the dream all the prints of past actions can come. If the dream does not create desire in waking state, then saṁskāra is weakened.
- Q: Roles for the two sexes in a marriage?
- B: It depends on the society. In some places the women work outside and the men stay home. The women do all the hard work.
- R: Men sit around and smoke.
- Q: Where's that?
- B: Himalayan villages.
- R: And some South Pacific cultures, a lot of cultures.
- B: In some tribes, women are the main energy. In other tribes, women don't work at all.
- Q: Here?
- B: Here men and women work equally.
- Q: With children?

B: Taking care of children is a responsibility of both. But they can't do it at the same time and still earn a living.

B: So they divide it according to their own time.

Q: Selfishness at home....

B: Habit can be broken. You know it's not true. You know you do it as a hideout from family.

Q: The opposite problem....

B: You need some time for yourself also. Our mind can make different habits. Some habits are not good, and we can change those habits.

Q: How to change the bad habits that the mind has created?

B: When your child asks for something, your first answer is no. If you wait and think a little, you will probably say yes. Anything which is outside of you can cause this, not only your family. Because your family is the closest, you need to hide more from them.

Q: Sense perceptions are heightened by meditation.....

B: It happens because the mind is being channeled to one direction. Senses are tools to experience the world. In that sense, the senses create more attachment. If you concentrated on one sense, it can strengthen your power. For example, sight. By concentration on sight, you can see what a normal person cannot see.

R: By going into the sense, transcending. Breaking the attachment.

Q: Why do most Indian and Christian religions downgrade women? Do women have bad karma in this age?

B: No. Among Hindus, men and women are classified as two halves of the same bean

Q: Which half is better?

B: One half bean can't grow. In the Hindus, deities are divided. Husband is for bringing money and food, wife is for taking care of the family. In the olden times, it was in all religions.

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