

August 31, 1976 Retreat in British Columbia, Canada 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. Comments in square brackets are generally those of the typist. There was editing for format and IAST transliteration of Sanskrit terms.

- B: The thing which visualizes is not the heart. It is ājñā. Thing seen may be seen in heart or in the mind.
- B: Prāṇa as “life force” and kuṇḍalinī are two different things. Same word [prāṇa] is used in these two ways. Prāṇika energy = kuṇḍalinī. Disturbance = waves. Yoga = suppression of thought waves. But beyond the waves is total peace. Calm the waves.
- B: Lights and sounds appear in lower [samprajñāta] samādhi. All phenomena disappear in asamprajñāta samādhi.
- B: When the body starts purifying, we naturally avoid things that make it impure.
- B: Kuṇḍalinī is feminine in Sanskrit, a goddess, as mother. Kula = body. Kuṇḍalinī = winding. Complete word is kulakuṇḍalinī.
- Q: Possible to offer desires and attachments to Kālī?”
- B: What happens? If you really offer, they disappear. If you pretend, nothing happens. Still in same rut. Kālī won’t appear and kill you. It is your own guilt that becomes Kālī [fierce]. Kāla = time. Kālī is the one who controls time.
- B: Can’t have to give up anything, any possessions. Only attachment. Now you can keep them [joke].
- Q: How can we serve people if we avoid them?
- B: Develop your good qualities. Then people will follow you [and you can serve them]. If you are developed, then you can help others.
- B: Mantra are designed according to energy flow.
- Q: Shunning association of the worldly? What about parents? If I feel love for them?
- B: Shun means not get trapped with them.
- Q: How to get out if feel trapped by family commitment?
- B: If you see a rope as a rope, you don’t see it as a snake. If you see the trap, then you don’t have to step in it or say, “I don’t see it.”

- Q: Physical discomfort in legs in sitting [cross-legged] for long time in meditation.
 B: Tie blanket or long cloth around [the knees to hold them up off the floor].
- Q: Which is first? Own personal development or duty to family?
 B: It becomes part of your personal development.
- B: Twitches happen with loss of body consciousness or stopping flow of blood. [These are] not “kriyā.” Kriyā yoga = austerity, self-study, surrender to God. Crazy thoughts, positive and negative, come because we enjoy them.
- Q: Is parent responsible for child’s actions?
 B: Fully, as long as child is dependent on parent. You discipline your dog, why not your child?
- Q: How do you protect yourself from influences which drag you down?
 B: By building will power.
- Q: How can we best achieve clarity of mind?
 B: By attaining samādhi. By listening properly. By thinking properly. And by watching properly. We actually don’t listen properly. When involved in our own emotions and our minds don’t concentrate. Absent- minded means not listening. Our answers or statements are like in a dream. Sometimes we say something and mean something else.
- Q: Importance of new name for spiritual development?
 B: Depends on person’s identifying with it → forgetting the past and being a new person. Some names are householder names and some not. Female equivalent of Dāsa [servant of] = Dāsī. Not so important for women because they are considered Mother.
- B: Help those in mental pain by finding out reason and then trying to help them understand.
- B: Timus [thyme?] root or ash of eggplant helps prevent tooth decay [in Āyurveda].
- B: First samādhi may merely make the path clearer.

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