

October 23, 1979 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. Comments in square brackets are generally those of the typist. There was editing for format and IAST transliteration of Sanskrit terms.

- Q: Āyurveda says doctor will look at messenger's clothing. Are there omens available to us all the time?
- B: For those who believe in it. Only nostril breathing is true [omen]. Svarodaya. Which nostril is open.
- Q: Left or right?
- B: Or both. It takes years to learn it.
- Q: It shows which humor is predominant?
- B: [No.] Iḍā, piṅgalā, and suṣumṇā. Also five elements. It creates fifteen. In iḍā breath [for example], any one element can be predominating.
- Q: In everyday life, should you just stop yourself from thinking? How do you keep your mind peaceful?
- B: The mind should not be thinking by itself.
- Q: You mean when it's not reacting to something, such as a child?
- B: [Right.]
- Q: When the mind thinks by itself, is that vikalpa?
- B: [Yes.] Saṅkalpa = thinking.
[Vikalpa is imagination. Maybe flashbacks also are the mind thinking by itself.]
- Q: In relation to a dangerously angry person, avoiding eye contact seems to help keep conflict from rising one step further. Or is this avoidance just from fear?
- B: In such situations, you have to remove yourself..

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