

August 1, 1978 Darśana #1 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: Interested in helping with psychic research....
B: It is not theory. Can you fast?
Q: Why do you ask that?
B: If you are ready to face troubles.
Q: What do you mean?
B: It is self- experiment.
Q: Meaning?
B: A man lives in a room for one year. It is not an easy thing. No light.
Q: Doesn't skin start to fall off?
B: Color changes.
R: Aurobindo [Ghose] did it.
B: Hiding. Kalichandra remained in mail [jail?] twenty years.
R: Some who were in dark isolation made pin hole at first, for ten days. Come out only at night at first.
- Q: How long can metal last?
B: If dry, 4-600 years. Copper 1000. In olden times, copper plated wood was used for foundations. Taj Mahal.
- Q: Epilepsy.
B: Fast is not good. It is caused by air derangement. When you fast, air will increase or decrease.
B: Brown rice fast?
B: You need a balanced diet.
Q: Gets it when forgets pills or doesn't sleep enough.
B: If you fast, you can't sleep well.
- Q: Why would anyone want to stay in a room for a year?
B: To find out what happens.
Q: That seems silly.
B: People do such things. Climbing on Mt. Everest is craziness.
- Q: Śakti yoga?
B: Tantra is called śakti yoga.
Q: Could you elaborate?
B: Śakti is one of the names for kuṇḍalinī. The tantra methods are for awakening kuṇḍalinī.

- Q: How different in a group from alone?
 B: The results are the same. The methods are different.
 Q: How are male and female energy different?
 B: In tantra it is done in gross level. Male and female energies on gross level. How they function. It is done in the gross level. One man and one woman sit together. Two different energies. But on the subtle level they both possess both energies. But in other yogas, the subtle energies are used.
 Q: Do we each have equal amounts of both energies?
 B: Gross energy is different. It is real for us so we use it, considering its reality. If someone says you have both energies, you will not accept it without any doubt, because it is subtle. But if a man and woman sit, you can't have any doubt. In tantra everything is done in the physical level, and then they realize the subtle level.

August 1, 1978 Darśana #2 with Baba Hari Dass

- Q: Interest in helping with psychic research. What is needed?
 B: Guinea pigs.
 Q: Why do psychic research?
 B: For fun. Have to find out the truth.

 B: Some are born with more, some less. What body proportions they have.
 Q: To prove it to skeptics?
 B: I am not [concerned with] their beliefs [Bracketed words probably are not exact.]
 Q: Advanced research going on in Russia....
 B: A group of Indian sādhu.
 R: ... went to Russia.
 B: They are still there.

 B: From Pamirnātha...
 R: ... the north of India
 B: ... Āryans started. From India up north and then across into Europe.

 Q: Russians using psychic powers for warfare.
 B: In India there are/were also such things. Five. There are five ways of destroying.
 Q: What?
 B: Killing, delusion, command, distraction, possession.
 Q: If the yogis use their powers for these [purposes], will they lose their powers?
 B: Yes.

 Q: What kind of body proportions are best for psychic powers?
 B: This to be researched.

- B: I notice that people of similar body and face act alike, even though they are from different countries. How does it happen? They act the same. Similar emotions.
- R: Sheldon's theory of somatotypes didn't go far enough.
- B: Yes. I have noticed it. If you know a person of one type and you meet a person of similar body proportions, you can tell his past by matching with the person that you know.
- R: Past determines present....
- B: Body proportions is very important to find out a person's saṁskāras.
- Q: Are there ever radical changes from one lifetime to the next in body type?
- B: It can. If a person is changed by some contact.
- Q: If a person passed a saint in this life and nothing happened, when he is in next life, will something be likely to happen?
- B: Yes.
- Q: Do identical twins have same saṁskāras?
- B: Same emotions, same body movements. They get sick together. Some parents say their condition tends to be opposite. Fate. I saw identical twins in India. Both are engineers. One is in London, an engineer. The other is cleaning in a motor workshop. One got fate.
- Q: What is fate?
- B: Saṁskāra which are worked out and ready to give its result.
- Q: Can we control our fate by being able to control saṁskāra?
- B: Yes.
- Q: Does sādhanā help unfried seeds to sprout, so you can work with them?
- B: Sādhanā gradually stops the growing.
- Q: For a while it seems that more are brought up?
- B: At first.
- Q: Sādhanā calms the mind.
- Q: Or clogs it up.
- B: If you force the water too hard in a pipe which has a thin nozzle.
- Q: Visualizing something can make it happen?
- B: Go on deeper and deeper in its reality. See a black dog. Go more close and see more details. The dog is the same but each time you see more details.
- Q: To thoughtless stage.
- B: Duality to non-duality. In samādhi at first you see. Duality. Then you become. Non-duality. As long as you are seeing and feeling, then it's duality. In non-duality, it doesn't mean you can't see a difference between dog and donkey. The mind functions in its own way, but the consciousness doesn't see a difference in the reality of a dog, donkey, or a man. The Self, which is realized, is the same.
- Q: In all of those?
- B: Yes. If all beings were enlightened, would there still be donkeys and dogs? In forms, yes. If you attain enlightenment, your form will still be a woman.
- Q: Isn't there a way to stop having to experience that?

B: You will not feel any duality. But you will see the form. People say if Rāmaṇa Maharṣi attained kaivalya, which is the highest stage, the level of non-duality, then why did he feed a cow and not a donkey? Because the cow was there, and he fed.

Q: Why did God create the universe at all?

B: To find God.

Q: Stage in which a person can't stay in the body? Doesn't see forms at all?

B: When the non-dual nature increases, then the five elements split. The ego keeps them together. When the ego is wiped out, then the elements split apart.

Q: Body dissolves?

B: Several saints disappeared.

Q: Instantly?

B: Yes.

Q: Why doesn't it happen when ego leaves at ordinary death?

B: The five elements are joined by ego even after...

R: ... ordinary

B: ... death.

Q: Saint isn't reborn.

B: Right.

Q: What if devotees want?

B: After one attains complete kaivalya, then one can't come back.

Q: Means Rāmakṛṣṇa [Paramahansa] had not attained before death?

B: No one can prove that they were brought back from kaivalya.

Q: Ānandamayī Ma has attained kaivalya?

B: It means she will not take birth. High beings can come back. People can attain all powers in samprajñāta samādhi.

Q: Samprajñāta is still in duality.

Q: What is that energy that remains in Rāmakṛṣṇa's room?

B: In graveyard people get sad. What does that mean [Babaji's question]?

Q: People bring it?

B: Yes.

Q: Disagree...

B: The energy which was created outside remains. Even in clothes. Thelma Moss is doing research in this. One saint found his guru's bones among several graves. He had a dream. He asked how he will recognize. Dream said he will find his guru's bead. He dug the exact place and found.

B: ...gari [Sombari?] Baba. Kākarighāt. By the Kosī river. While the disciple was traveling, his guru died. He came back after several years.

Q: When [a person of the satsaṅga] was at Deharādūn she felt instant of peace in shrine, and attendant said, "Svāmījī was here."

B: When the thoughts of everyone are intuned, then that feeling comes. One mind. In that area, great siddha are buried.

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