

March 25, 1979 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: Please explain what japa does.

B: A mantra is repeated inside or out loud. The mantra is a combination of words intoned with certain energies in space. By doing that mantra, a person is capable of intuning himself with those energies.

Q: Difference between savitarka and savicāra samādhi?

B: [from Babaji's little black notebook] Savitarka samādhi is a stage of examination. [It develops] when the mind becomes perfectly concentrated on a gross object. Savicāra samādhi is a stage of discrimination.

Q: When meditating on an object and the colors become more intense, is that the tanmātra?

B: You are still seeing a gross object. In savicāra stage there is only an essence.

Q: How can you know you've reached it?

B: By experience one knows it. Like sweetness is an experience you know, but you can't describe it [maybe not Babaji's exact words].

Q: Is Jesus Christ recognized as an avatar in the East?

R: An avatar is an incarnation of God in human form. Christianity says this happened only once. Hinduism says it happened many times.

B: In Śrīmadbhāgavatam it is written.

R: It mentions Christ as an avatāra.

B: It tells about the future. It was written much before Christ was born.

Q: What technique or attitude will help one realize God the most quickly?

B: A one-pointed attitude, with faith and devotion.

Q: Please explain where the... Tantra [scriptures] came from and who wrote it.

B: I don't know who wrote it. The tantras are very old and no one knows [where they came from exactly (not Babaji's precise words)].

Q: Is it possible that someone could confuse attaining a high astral plane stage with complete God-realization?

B: High astral plane stage means what?

Q: Ability to perceive subtler levels.

B: Like siddhi?

Q: Like siddhi.

B: Siddhi have nothing to do with God-realization. Siddhi may come and siddhi may not, in the process of God-realization. A person possessing siddhi may be as ignorant as an ordinary person.

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