

## August 30, 1978 Darśana with Baba Hari Dass at a Retreat

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. There was editing for format and IAST transliteration of Sanskrit terms.

Q: In prāṇāyāma and meditation....

B: If sitting is perfect, then everything gets easy. You can use any posture except corpse pose. The spine should be straight. If the body is not still, the energy will not move smoothly. When the energy starts moving smoothly, you will forget about the body.

R: Any movement deranges prāṇa.

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