

June 20, 1976 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. Comments in square brackets are generally those of the typist. There was editing for format and IAST transliteration of Sanskrit terms.

- B: There is circle around Sītā in Rāmāyaṇa, within which she is safe. Stands for meditation, the limit of her desires. As long as she stays within that she is safe.
- B: The caduceus sign for medicine is suṣumṇā [straight], iḍā and piṅgalā [serpents], and the wings at the top are ājñā.
- B: The white, red, and black lights Muktānanda saw are sāttvika cakra, rājasika cakra, and tāmasika cakra, all above ājñā. And then the blue pearl [with little man inside] is the Self. A thumb-like man = the subtle body.
- B: Turning the mind inward is the object of yoga. Religion teaches how to live in the world. Yoga teaches how to get out of the world = out of illusion. A saint doesn't relate to any religion, but to truth. He identifies himself with the Self.
- B: Awakening kuṇḍalinī is the hardest part. When it awakens, this gives dispassion. Sufferings are self-created.
- B: Compassion is social duty.
- B: There is no complete freedom [from discipline, as long as one is in the world, as long as one is in a body]. Can't eat all available food though would enjoy it, because would get too full, etc.
- B: The limit on our desires is our freedom.
- B: Non-dualism all the time would mean you are separated from others. Tamas increases with more sleep – the dreams are then not meaningful.

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