

November 07, 1978 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: What does it mean to live in desire without desire?
B: In worldly desire, to live in the world without desire means to live in desire without desire.
- Q: Regarding keeping newborn indoors for 22 days, would a natural setting outdoors be okay if you don't relate to the place where you live as a real home?
B: Just like animals who keep their babies in a safe place. Human beings need more protection.
- Q: To make paste for swollen shoulder of child after a sprain.
B: Barley flour, water, turmeric, and salt. Put oil first. Mustard oil. It will take away the inflammation.
- Q: Do we have guardian angels?
B: Do you mean iṣṭa devas?
Q: Is that the form of God you want to see?
B: Iṣṭa, or iṣṭa deva. Everyone is attracted to one particular deva, which becomes the person's protector.
Q: How did they become devas?
B: Just like you and dogs.
- B: Devas are limited, but human beings are not limited. You can attain complete liberation. Devas circulate in [their] posts. Śiva, Brahmā, Indra, etc. Indra will become Brahmā, Brahmā will become Śiva, etc.
- Q: Are there special forms...?
B: Hanumān is healing, Sarasvatī is music and art.
Q: Would she eventually take form if you meditate...?
B: The form is a creation [of your mind]. Any energy can be given a form.
- Q: How can a human being benefit from worshipping a deva?
B: Because human beings are lower.
Q: Our ultimate potential is higher, but on this plane we're lower.
B: You can go to a governor but you can become a prime minister.
Q: What good is it to pray to Śiva for liberation if he is not liberated himself, and therefore can't grant liberation?

- B: You have to go step by step. Śiva will take you to liberation, and Śiva himself will remain in his place.
- Q: Aren't the deities anthropomorphized?
- B: Energies. Śiva's energy is up to Parabrahman.
- Q: What's beyond Parabrahman?
- B: Beyond Brahman is Parabrahman.
- R/U: All these energies we're talking about are really one, and we're trying to get back to that one?
- B: In the TV there was a show. 33 million Hindu gods. The man who interviewed people – they did not know what he wants to know. The man was asking if there is one god or if there are 33 million gods, who counted them, etc. Brahman is the one supreme God. We identify him with three energies: consciousness, action, and matter. They are Brahmā, Viṣṇu, and Rudra. Rudra is also known as Śiva. There are eleven Rudra or senses who identify. So each of the three energies, multiplied by the eleven senses, gives 33. The yogis identified life energies in ten million species, relating us to God.
- Q: Who is president of the solar system?
- B: Brahmā. There are several Brahmā. [the final “a” is stressed in Brahmā]
- Q: Is there a primal cause?
- B: Parabrahman.
- Q: What form does it take?
- B: No form.
- Q: What about light, sound?
- B: These are manifested by energies.
- Q: So what came before them has no form.
- B: From Parabrahman, the three energies: cetanā is consciousness, nāda is sound, and bindu is light.
- Q: Did you say rūpa is sound?
- B: Nāda is sound, rūpa is form.
- Q: So rūpa is light?
- B: Yes.
- Q: What are the holes into which whole ships can disappear?
- B: In Śrīmadbhāgavatam it is written that there are holes. A jīvātma passes through the holes to another plane of consciousness. Any material object can dissolve into it. Jīvātma is five tanmātras and three minds = eight, no form. So it can go through.
- Q: Can those doors also represent going into the different stages of samadhi?
- B: Yes. From savitarka to nirvitarka samadhi. Then you go to savicāra, which is higher consciousness.
- Q: The three minds and the four minds. What is the fourth?
- B: Citta is over all. Manas, buddhi, and ego = citta.

- Q: Hanumān is god of healing....
- B: When prāṇika energy is weakened, then sickness comes. That energy can be strengthened by the prāṇa outside.
- Q: Hanumān represents that prāṇa. Śiva is for healing?
- B: Hanumān is a form of Śiva.
- Q: So all forms of Śiva are for healing?
- B: Some are healers, some are destroyers.
- Q: Babaji said he struggled with silence. The day I stopped talking was easy.
- B: The day I stopped talking was easy. The struggle was the mental level. It took twelve years. The struggle is only the mental silence, which takes time. You don't have to force silencing the mind. That will cause anger, frustration, depression, etc. In silence, if you make it easy and give less chance to communication, then it is not difficult.
- Q: During you first period of silence, did you continue to chant verbally?
- B: Yes. Mantra.
- Q: Did that help? For how long?
- B: One year mantra. Then for three years no writing and no gestures, called caste mauna. Then for one year mantra. After that, only writing.
- Q: During the three years, were you in contact with people?
- B: I was alone in a cave. A few people would come to bring milk, but they knew. In India it's easy because people understand.
- Q: During the first year?
- B: I was doing puja, worship.
- Q: If a yogi has no desires, why would he have a mate, hobby, etc.?
- B: Only in America!
- Q: Having a mate?
- B: Not for himself. A sadhu is responsible for the people he or she is with.
- Q: Why would you go to hear music?
- B: I don't go. If I am in a place where there is kirtan, I get the feeling of devotion. If you understand the words, your mind goes to the meaning and not the sounds.
- Q: But you went to see Citreś Dās.
- B: I went to see him dance. I understand what he was doing. It is difficult for Americans to see that rhythm. As I can't see Western rhythm.

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