

## March 14, 1978 Darśana with Baba Hari Dass

Edit notes: The following was typed from notes handwritten at the time of the darśana. 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.

- B: Black pepper reduces vāta and kapha and increases pitta. Is astringent rather than heating. Too much dries up the system and creates sleeplessness. Used freely in Āyurveda. Cayenne or red chilis are stimulating, not food for hot-headed people. Not freely used in Āyurveda.
- R: Regularity is good for will power....
- B: Regular times for eating, sleeping, waking up, sādhana. Eat at 10 AM, go to sleep at 10 PM, get up at 4 AM.

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