

April 11, 1976 Satsaṅga 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. U is other voices in the notes which were unattributed. Often, based on grammar and content, this is likely Babaji. Comments in square brackets are generally those of the typist. There was editing for format and IAST transliteration of Sanskrit terms.

[The first three entries seem paraphrased.]

B: Dreams rerun imprint of past actions of gross body in this or past life, show saṁskāra, so reading them tells us who we are.

B: Prāṇāyāma increase tamas [can this possibly be correct?!] guṇa, and helps in remembering dreams.

B: Dreams can recombine stories: show face of one person and actions of another
Controlling dreams is a form of yoga. Controlling the waking “dream” is yoga. Not seeing the world as God is what is illusion.

B: One’s own pleasure and one’s own pain will be in balance, the one balanced by the other some other time. Pain is non-acceptance, pleasure acceptance. Acceptance is surrender. Dispassion is not desiring. Same result. Surrender is acceptance of both pleasure and pain.

R: ... desirelessness.

B: When surrender becomes total it becomes dispassion, the result of samādhi; it is samādhi, when the mind even stops [the] breathing. Then there is no more pain, only bliss. Pleasure and pain refer to sensory experience.

B. If you are honest, live in present and don’t worry about past.

B: Death is complete forgetfulness of past identities. Physical death is the leaving of the prāṇa.

U: Science says the body loses four grams.

B: Physical form of prāṇa is breath, subtle form is energy, causal form is the Self.

R: ... which never dies.

B: Person at highest stage but still in body is living dead.

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