

## April 16, 1978 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. R is comments likely of the chalkboard reader. Comments in square brackets are generally those of the typist. There was editing for format and IAST transliteration of Sanskrit terms.

R: Viṣṇu is dreaming while sleeping on the ocean of causal waters of existence after dissolution of the world, because as god of preservation he always keeps the dream going.

Q: Significance of number 84.

B: There are some scriptures which make 84 when added in certain ways. Don't know why 84 is used for asanas. There are 32 essential ones and 105 that are used.

R: Uranus takes 84 years to make one orbit around the sun. One rotation through all twelve houses is one "nativity".... x3 "days".

B: Twelve is one yuga [?]. If one stays in one cakra for a yuga it makes 84 [?]. There are 84,000 cycles of birth. If one does japa with concentration while going to sleep, the mind will get its impression and continue it during sleep.

R: Cancels out dreams? [not sure if Babaji nodded]

B: It is a dream.

Q: How to know if spirit of dead person is staying in contact with family?

B: According to Hindu system, spirit remains in that area for thirteen days, then it goes away. During those thirteen days, it tries to contact. If a person dies, the spirit takes another birth and remains attached to its new body, so how can it contact its past [Babaji's question]?

Q: It forgets its past.

B: If it remains without a body, then it can.

Q: Does cremation versus burial make a difference?

B: The soul is aware of everything around, not only the body. Cremation is a symbolic thing. The five elements of the body are offered to the five cosmic elements. They don't just cremate anywhere. They choose a place where there is water. Above that water they pile wood and make a fire. It makes the five elements.

Q: Is there necessity to have a spiritual master?

B: If a person has strong faith and devotion, then it's not important. When I accept that there is God and I have to attain God, then anything I do becomes sādhana. But it is very difficult to have such faith. To attain that faith, we look for help: master, scriptures, satsaṅga, sādhana.

- Q: Occurrences between sleeping and waking?  
 B: There is a period after sleep when the mind is not yet awake to the world, though the body is. At that sleeping stage, the mind is thoughtless and that creates peace, the same peace as in samādhi. It's a very short time. We don't even think about it.  
 R: Many people don't even notice it.  
 B: If that stage continues.... But it can't continue. As soon as the senses start recognizing the world, the mind gets attached.
- Q: Mining harms the earth? Earth as the body of a being.  
 B: The harm is so little compared to the vastness of creation, but it does harm.  
 Q: Function of metals underground?  
 B: There is nothing without a purpose. The essence of the metals in subtle form helps the life over the earth. For humans, silver relates to semen and gold to ojas.  
 Q: Is this why people have such a strong desire for gold?  
 B: Yes. The metals relate to the planets. Gold is good for human nature so people are attracted to it [not Babaji's exact words].
- Q: What makes all women the divine mother?  
 B: Because the whole of nature reproduces and is worshiped as a goddess. A woman does the same thing in miniature form.
- B: Evil spirits exist. They can affect. But if one has a strong will power, they can't.
- Q: Earthquake?  
 B: By thinking about it, we put energy.  
 R: Making it more likely to happen.
- B: If all people start thinking about war, then it will happen.  
 R: Babaji said a week ago that the creators of atomic weapons are well aware of their danger and not about to use.  
 B: Atomic weapons are not kept so loosely that someone will go and use it.
- Q: Wakened by violent shaking inside after going to sleep, from maṇipūra or anāhata....  
 B: Dream. Sometimes person has violent dream and is not aware of it. But when the dream wakes up the body, the body remains shaking.
- Q: Place of romance in spiritual practice?  
 B: If both have the same aim of finding God, then the two can do it better.
- Q: Typical patterns of relationships that are negative....  
 B: Those people probably don't like you either.  
 Q: Right.

- B: If you change yourself.... [Probably Babaji said something to the effect that better folks will show up.]
- Q: Cause of deeply rooted fears in the mind?
- B: Death.
- Q: How to deal with it?
- B: By accepting death as a part of life. We accept life without death.
- Q: Specific practices?
- B: In tantra there is. But it is a very difficult method.
- R: Sitting on a nude corpse [of opposite sex] and meditating....
- B: But if you try to accept that you will die one day, then gradually the feeling will go away.
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- B: Anything can change the mood. Mind in negative emotion sees something and says “This is not negative” and switches [to positive].
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- B: Devas are the different qualities of God. In Hindu system, anger, lust, greed, everything is given a form.
- Q: Iṣṭa deva?
- B: It is the deva which one likes the most.
- R: Favorite form of God.

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