

October 2, 1976 Retreat 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. 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.

- B: Brought up unnaturally, we need unnatural foods to establish balance.
- B: Semen is the pure part of the blood.
- B: Soma rasa [nectar] is a much higher level thing than bodily fluids.
- Q: To alleviate feeling of irritability after prāṇāyāma and meditation.
- B: Clog prominent nostril.
- B: Fire of yajña represents knowledge, witness.
- B: The four lower limbs of aṣṭāṅga yoga help wipe out hindrances [list of nine from Yoga Sūtras]. Also satsaṅga does. The upper limbs are the more important sādhana.
- B: Āsana are meditation. They build concentration.
- R: During corpse pose one should be in a meditative state.
- B: Movement, breath, concentration come together. Lift a weight fast: no concentration. Lift a weight slowly: the mind follows.
- R: ... every inch of the way.
- B: Doing āsana slowly, you don't need very many different āsana. But great strength is needed to do slow āsana: ten counts while moving into the position, ten or twenty count in the position, ten counts coming out of it. Breath retention from the start of this timing. Later, locks are applied also: in some all three, in other āsana fewer.
- B: To overcome a negative emotional space or dullness or resistance or restlessness, switching nostril of breath will usually work.
- B: Āsana to always do: shoulder-stand series, fish, cobra, corpse. Goal of yoga: to bring peace.
- B: SO HAM is ajapa. M is not pronounced. [None of it is.] The "mantra" is the natural sound of the breath, and ajapa is watching the breath. Don't worry about thoughts in japa, first worry about having the spine straight.

- B: Use right nostril for prāṇāyāma, left for meditation. Left nostril rules sleep, but right nostril is better for digestion. When both are equal: relax.
- B: Sitting is best for meditation, even though lying down may produce a deeper state. Lying down always turns into a sleep.
- B: Well balanced sādhanā contains something from purifications, āsana, prāṇāyāma, mūdra, meditation techniques.
- B: Āsana release tensions in body caused by psychological strains, as well as by doing other practices. Thus promoting mental stability.
- B: March-April and September-October are emotional months.

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