

August 31, 1977 Darśana with Baba Hari Dass with the Dharma Sara Satsaṅga

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. Comments in parentheses are likely that of the reader. Names of individuals who are not public figures are changed to protect their privacy. There was editing for format and IAST transliteration of Sanskrit terms.

Q: Does the disciple choose the guru or does everyone have a guru from before?

B: Sometimes disciples choose and sometimes they meet.

Q: Did you live with your guru?

B: Never lived but always met.

Q: Remedy for stiff joints?

B: Compresses of pine sap.

Q: Can we reach the same kind of enlightenment through different religions?

B: Enlightenment is not two. As people of all religions see a horse as a horse. But the word for horse is different.

Q: Do you think of India often?

B: No. I don't think of any place.

Q: Just where you are?

B: Yes.

Q: Where are you?

B: From my childhood I lived a different kind of life. When I was six or seven years old, I started living as sadhus [do]. I don't even think I chose it.

Q: But you were ready?

B: Not being ready is lack of faith. All are ready.

B: You don't have to take your family anywhere. Just do your sādhana and your household duties. We can make thousands of excuses against doing sādhana. Can't you get two hours for yourself [Babaji's question]? If we give first priority to sādhana, then there is no problem.

[Babaji doesn't believe in reports of dangers of getting into trouble doing astral travel.]

B: The hardest thing is to attain it. When you attain it, all monsters will disappear. Astral travel is when rajas predominates over sattva, and tamas remains suppressed.

B: Once a person gets control over the body constituted by eight energies, he can appear in doubles, triples.

- Q: Why are people drawn to marry one particular person only?
 B: By saṃskāra. They have to suffer pain or experience pleasure in a similar way.
- Q: Can a husband and wife in one life be brother and sister in a later life?
 B: Yes.
- Q: Could they be a spiritual tantric couple?
 B: Yes. But tantra doesn't mean sex. In tantra, all worldly relationships dissolve.
- Q: How can we discover our mission in life quickly?
 B: By contacting ajñā cakra, guru cakra.
- Q: How?
 B: By concentration.
- Q: Can astrology help?
 B: Not the book astrology.
- Q: But esoteric astrology can?
 B: Yes.
- B: Hindu astrology differs from American by fifteen days, uses solar and lunar calendars, whereas American uses only solar. Also, the time of birth is counted by seconds. They don't use a watch. They use a pot with a hole. I don't know how. [Babaji's exact words?]
- Q: What makes separation, attachment, so painful?
 B: Attachment and separation are always painful. In attachment there is always expectation and no satisfaction.
- Q: Is that what makes the attachment? Constant non-satisfaction?
 B: Yes.
- Q: To get answer from guru chakra or guru, is asking question and concentrating enough?
 B: If you really concentrate, everything will be clear.
- B: Word "saint" is used in various ways. Saint is person who has developed positive attitudes. He could be unenlightened.
- Q: How much can we believe intellect?
 B: On worldly level, it plays the main role. Without it, you can't progress.
- Q: Is there something else just as real?
 B: Consciousness beyond.
- Q: Why are some babies born deformed?
 B: Saṃskāra.
- Q: To their parents or the baby?
 B: All three.

- Q: Level of consciousness of retarded people?
- B: There are some videha, which is a higher stage, but in the West all are considered mentally retarded.
- Q: How can you tell?
- B: Sometimes they show. They come out in the world. Most of the time they don't.
- Q: Appearance of white or purple lights during meditation.
- B: At ajñā?
- Q: No.
- B: Do you meditate with eyes open?
- Q: No.
- B: Do you do trāṭaka?
- Q: Have done it four or five times.
- B: You concentrate on ajna?
- Q: Yes.
- B: Feeling of eyes rolling up?
- Q: No.
- B: It happens when ajñā cakra gets excited. Trāṭaka, śāmbhavī mudrā (rolling eyes up), and yoni mudrā can do it very fast. If it comes, don't let it move to one side or up or down. By concentrating on it.
- Q: Why?
- B: To develop concentration.
- Q: What does eyes' rolling up mean?
- B: Concentration goes deeper. Also spine stretches up.
- B: Practice trāṭaka on a candle for thirty minutes without tears (be able to), before [doing trāṭaka] on rising or setting sun.
- B: The mind is a very tricky thing. As soon as it gets a little comfort, it will disturb meditation. For weak back, tie rope around waist and raised knees of crossed legs, rather than leaning against wall.
- Q: A short route to samadhi?
- B: Śaṭkarma and purifications. Once a person develops concentration, it purifies faster than prāṇāyāma and mudrās. But concentration is a difficult thing.
- Q: Visualizing Babaji all the time would mean being with him all the time?
- B: Not physically.
- Q: But I can?
- B: Yes.
- B: Ajñā relates to both worlds, so perfection of concentration on ajñā should precede concentration on top of head. Eyes' rolling back further and further is good.

Q: How to cultivate humility?

B: It's a result of sādhana.

Q: Could mucus-predominant person advantageously stay totally away from mucus foods?

B: No. When a humor is deranged, then you can.

Q: Trāṭaka on candle is not good for bad eyesight?

B: Right.

Q: If vision is very poor, don't do it on candle, but briefly on green grass.

B: Some people can concentrate better by eyes open.

Q: Concentrating on ajñā, energy goes higher by itself properly?

B: [Apparently Babaji nodded yes.]

Q: Killing of male goats and cattle because they are unruly, becomes a necessity?

B: Cattle are not killed in India.

B: Until bhakta is completely dissolved, the bhakta sometimes remains in duality and sometimes merges with the god he worships.

Q: What is the god?

B: A form. God has no form, but the bhakta creates a form.

Q: A moving meditation?

B: There is a walk, with concentration on toes.

B: All meditations are related to ajñā cakra. Tai chi is done by concentration in the same way as asanas. There are 350,000 methods (of meditation).

B: Derangement of a humor creates sickness.

[According to a satsaṅga member, Babaji says a headache, right at ajñā only, is good, and if it occurs, one should keep going with whatever practice is producing it, even if it gets worse.]

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