

July 8, 1979 Satsaᅅga 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. U is other voices in the notes which were unattributed. Comments in square brackets are generally those of the typist. There was editing for format and IAST transliteration of Sanskrit terms.

- Q: Why do so many religions put down life, not celebrate life?
B: Life is for attaining liberation. There are pains and miseries for understanding peace and happiness. If there is no life, then there is no way to attain liberation. In some religions, they create fear of the pains and miseries and put down the life to create dispassion. When there is non-attachment, then naturally the mind seeks refuge in some higher power. But in religions the priests who are also the rulers create fears to keep their power over others. Sāᅅkhya yoga, raja yoga, aᅅᅅāᅅga yoga, tantra: they don't put down life. Because life is the only thing through which the soul is liberated.
- Q: From what is the soul liberated?
B: The soul is always liberated. But being in the body, the soul is always veiled by ignorance. If that veil is removed, then the soul exists in its actual form. Within the body, the soul seems to be in pain and pleasure, due to saᅅskāra.
- Q: What is the relationship between the growth of the fetus and spiritual awareness?
B: In mūla prakᅅti to mahat, there is no time. In the formation of the body, all twenty- four energies of creation are in saᅅskāra form. It's the mūlaprakᅅti of the body. Then in mahat, action starts, the physical process starts. It takes twenty-two days.
- Q: And at that point ahaᅅkāra begins:
B: Yes
R: Ego begins.
- Q: [Reading Stanislav Grof, The Human Encounter With Death] Does human consciousness experience anything after the heart stops? When the vital signs have stopped, does the person experience anything, and would it do any good to speak into the ear of the body some spiritual scripture?
B: The body which is alive is the tool for the consciousness to experience [the world]. After death it becomes the seed, the dormant stage, but with all potentiality. The seed can't grow without the soil. Consciousness can't be expressed without the body.
- Q: How can one know when to attempt to help another with their problems rather than allowing them to solve them on their own?
B: It depends on the problems. Some problems are self-created and some come by association. You can help in some cases, and not in all cases.

Q: Lately I've felt I'd be more peaceful if I didn't do my sādhana but went about what I have to do in the world with a peaceful attitude. I don't know whether I'm just being lazy and avoiding.

B: Yes. The mind always says not today, tomorrow for sure. Tomorrow never come, unless you kick yourself early in the morning.

Q2: Can't one practice vairāgya, as she said?

B: Vairāgya is not practiced. It is a stage that is attained when the mind is pure.

Q: Doesn't it say in the Yoga Sutras to practice viveka khyāti and vairāgya?

B: Viveka khyāti and vairāgya come when samprajñāta samadhi is completed and asamprajñāta samadhi starts. When you have attained it, then you can practice.

R: These are all very high stages...

B: Samprajñāta samādhi has six stages which completely purify the mind.

Q: What is a good kind of oil to take internally: ghee, sesame oil, almond oil?

B: Ghee is best, sesame oil next. It depends on a person's body humor. Ghee and sesame oil are good for everyone. If a person is lax in the bowel, they should take one quarter cup. If moderate, one half cup. If costive [constipated] bowel, one cup.

[Babaji by this time had stopped using his original term "costive" because this dictionary translation for "constipated" was unfamiliar, and chalkboard readers had assumed he was misspelling "caustic" which created an emotional response of recognition in listeners. But the term "caustic" is not equivalent or even related, making the statement useless.]

Q: Spiritual battle inside is between devas and demons. In the scriptures, the demons often win, but they can be tricked. How can they be tricked?

B: The demons are negative qualities. If you start fighting with those qualities, they get stronger. [If support a little, and gradually reduce, that is easy way to control – not Babaji's exact words.]

Q: Is it a good idea to use deception [on demons]? What else do they know?

B: Try.

Q: There was a Hopi Indian prophecy that man would go to the moon and then nature would be out of balance....

B: Is it an old prophecy written down somewhere?

Q: Hopis have no written language.

B: So anyone can make it up. The creation can't remain the same. Just like beings. Forty or fifty years ago, people said the world would be destroyed soon, and still people are saying. When silent movies came to India, people said if they start talking, the world will be destroyed. After a few years, talking movies came, and the world remained the same. The people who made those predictions were considered very high saints. The same thing happened about climbing on Mt. Everest.

- Q: In meditation, I can be clear one moment and confused the next, blissed out one minute and agonized the next, very rapid changes. Can you explain this?
- B: The predominance of the elements changes within an hour. Each element has its effect on the qualities, positive and negative. If one meditates when the air or ether element predominates, it creates such emotional states. In some people, the air element predominates due to an imbalance in the humors. [Things that can imbalance the humors?] Accident, injury, drugs, wrong food, over-exertion.
- Q: Can you tell me how to enlist the demons in giving up addiction such as caffeine?
- B: Start making it less strong. You mean coffee?
- Q: Yes.
- B: If you reduce every day, one day you will find yourself drinking hot water.
- Q: Can dance be a sādhana? How and at what point does it change from being social or artistic to being spiritual or religious?
- B: When dance is used in sātṭvika form of emotion, then it is spiritual. When it is used to please you and others' senses, then it is social.
- Q: What element predominating is best for meditation?
- B: It's harder to keep the mind stable unless you have attained a spiritual stage.
- R: It's easiest to meditate when the earth element is predominant.
- Q: Between four and five in the morning, which element is predominant? Is four to five AM best?
- B: Depends on the person.
- Q: But is air or ether predominant?
- B: You have to find out your element by watching yourself.
- Q2: How can one find out the state of one's humors?
- B: Humors are unbalanced at certain times. Air in the morning, fire after eating. These are temporary derangements, which are important [or unimportant?]. Derangements which create sickness have.... The disease-causing imbalance is corrected by eating the right kind of food, having the right amount of sleep, doing the right kind of work, etc.
- Q: What is the right attitude toward physical pain when it can't be cured [by taking an aspirin]?
- B: By practicing, the mind forgets the pain. The pain is in the mind. Only the mind identifies with it, remembers it, and can forget it.
- R: It's not easy, though.
- Q: Last week you said a monk develops male and female energy within. What are those characteristics?
- B: Male and female energies are not expressed physically, but they are united in the mind, which is called awakening of kuṇḍalinī.
- Q: So it's all on a subtle level, not even expressed in thoughts?

B: It's a method.

Q: Do you think the Hopis made up the svastika symbol?

B: It seems that at one time all over the world the same symbols were used ... change is the law of nature. Of the symbols that were used before, some are no longer used [forgotten], some are changed, and some remain the same.

Q: Svastika stands for change, four elements in motion?

B: Svastika symbol, trident, cross, six-pointed star all mean the same.

Q: Is it all right for an air-predominant person to cook with olive oil?

B: Yes. All oils are anti-air.

Q: If you have a lot of snails in your garden, is it all right to kill them?

B: Some people put ducks.

Q: They eat plants, don't they? [Debate ensued on this point.]

B: You can't have everything.

Q2: You could collect snails and sell them. Snails are being sent to France. It's the truth. France ran out of snails.

B: One duck is enough.

Q: Why do men and women sit separately on Sunday?

B: You've been seeing it for years.

Q: Common seating is a physical thing that is not allowed here, but questions on physical medicine, rather than spiritual issues only, can be discussed on Sunday. [Questioner doesn't like those questions.]

B: For different people, different things are important. Some people don't like what you say.

This material is licensed by Sri Rama Foundation under a Creative Commons: Attribution-NonCommercial-ShareAlike license. The rights of use and limitations can be found at <https://creativecommons.org/licenses/by-nc-sa/4.0/>.