

## December 30, 1977 Darśana with Baba Hari Dass at a Retreat

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.

Q: What is karma?

B: Action and its print.

B: Ego in sādhana of “I am doing well. I must do it” is good. Comparing to others is not.

B: Purification of cakra is done by raising of kuṇḍalinī through prāṇāyāma and by visualization, which is meditation.

Q: Concentration on ājñā is working on the source, the source of concentration?

B: Yes. Concentration on other energy centers is to activate their force for powers. Opening the cakra one by one.

R: ... lower to higher.

R: Exciting the dormant energy, is a method. Only for powers. If you want powers. If you want enlightenment, meditate on ājñā. Rolling eyes upward at ājñā is called sāmbhavī mudrā. Better way is to close the eyes and visualize.

B: Emotions are in anāhata.

Q: In maṇipūra?

B: Strength, power, control. All fire-predominant things.

B: God is in a being in the form of Self. It is predetermined to have birth, growth, decay, and death. But within this period an individual can make his life better or worse. If a person goes to steal, at that moment all his stealing karmas of the past will become supportive. If he goes to a temple then all his spiritual karma will come up. Going or not going is within the mental power.

Q: An accident?

B: If a person is involved in a car accident, at that moment all the karmas come up that are supportive to that situation [not Babaji’s exact words].

[From paper of Babaji’s on bhakti yoga]

B: All of bhakti yoga is contained in yama and niyama, and all in last niyama

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