December 30, 1978 Darśana at Retreat 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. U is other voices in the notes which were unattributed. Often, based on grammar and content, this is likely Babaji. There was editing for format and IAST transliteration of Sanskrit terms.

Q: If one does pranayama, how much dairy product should be taken?
B: Pranayama dries up the system, so one needs mild [milk?] or ghee or oils. It depends on a person's digestion, how much to take.

Q: If the number of nerve cells never can be increased, how can the nervous system be healed or purified?
B: The energy can flow more.
U: There can be illness due to impediments, blocks.

Q: Does 4 AM as the best hour for sādhana mean always that hour, or merely a time before sunrise?
B: Brahmamuhūrta falls about 4-5 AM. The sun can rise earlier or later than that hour. Brahmamuhūrta remains the same.
U: Muhūrta = one of the 2 1⁄2 hour segments into which the 24-hour period is divided.