

## May 24, 1979 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. There was editing for format.

Q: Why don't you speak?

R: Speaking involves exhaling, which dissipates energy.

B: Exhaling is destructive, inhaling is constructive, and holding is preservation. It's a form of yoga. It's not just not talking.

Q: When you think, or are alone, do you think to yourself in words?

B: Stopping self-talking is the reason silence is practiced. Mind fights for years.

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