

March 31, 1976 Darśana, First Day of Easter Retreat [paraphrased]

Edit notes: The following were transcribed from notes taken at the time of the event. Babaji's written comments are indicated by B.

- B: Fear at beginning of Samadhi is of losing the world.
- B: Anger is to be given up (not felt), but may need to be shown.
- B: Negative forces (energies) are within, only appearing to come from outside if they are attacking during meditation. Released by meditation. We choose what we see.
- B: There exist purity, activity, and inertia. All three are needed, in a balance.

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