

## February 25, 1979 Satsaṅga 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. Comments in square brackets are generally those of the typist. There was editing for format and IAST transliteration of Sanskrit terms.

Q: How does dualistic knowledge...?

R: Ignorance

Q: ... protect an individual from the world, and the world from him [as spoken of in a text that was just read]?

R: Worshiping God with form is called dualism.

B: Dualism needs faith and devotion. It creates love. In this way the aspirant makes a particular path, and is protected from the negativities. If one starts from non-dualism, there are chances of getting trapped in the ego of being God himself.

R: Non-dualist often identifies himself with God, and says "I am God."

Q: Can mixing spiritual traditions cause one to lose the transmission of energy and protection that comes through a tradition?

R: All meditations, prayers, and forms of worship are for the same one God. So there is no difference. But if one practices one method and perfects it, it is more beneficial.

Q: As one identifies more with non-dualism, how does one's identification with relative consciousness, specifically one's perception of time, change?

B: A person who dwells in non-dual nature still sees difference between a cow and a dog. But the main energy which creates the two different gross objects is the same for him.

R: He sees the one energy of God permeating the entire creation.

Q: How does the sense of time change when you purify your desires and quiet your mind?

B: The time for individuals is not the same. For example, when you wait for someone, for you one hour is like a day. For one who plays chess, one day can be like an hour.

Q: Then is what we experience as time totally our own projection?

B: Yes.

Q: Is it true that Lord Kṛṣṇa is the supreme form and personality of God?

B: Kṛṣṇa who was born as a human being, no. Kṛṣṇa who is a symbolic form of Parabrahman, the supreme God, yes.

Q: Is it all right to meditate on the form of Guru?

B: Yes. Any object which draws the mind and helps in meditation is right.

Q: Backsliding recently, and fulfilling tempting desires that this questioner had thought he was through with, made him want to pursue them a lot more. Babaji has said that going too fast can make one crazy. But going too slow makes one get lost and trapped in the world!

B: In the world, we can't function without desires. But in fulfilling desires, we develop attachment. Attachment is the cause of all pains and miseries. So we have to put limits on desires.

R: Rather than trying to completely wipe out desires, first say, "I will only do this so much." Then you can reduce it more and more as you are strong enough.

Q: Significance of solar eclipse tomorrow?

B: 1) It's a very good time to energize mantras. All tantric mantras are given when there is an eclipse. 2) Eclipses are not good for vegetation.

R: Plants and birds, all of nature, is tricked and thinks the sun is setting.

Q: What is the nature of play of energies that causes mantra to be energized?

B: In Sanskrit it is called khagrāsa total eclipse. During that period, outward energies are blocked, and the mind can easily go inward. It causes fear also. When there is fear of anything, the mind goes inward. It's a tantric way.

R: To redirect worldly emotion toward spiritual goals.

Q: Is the moon's energy maximized, and the sun's energy minimized?

B: It's blocked so that you don't get that energy that you were getting.

Q: Do these effects occur just during the total eclipse, or in all phases?

B: In all phases. In total, it is more. It upsets children, animals, and plants.

Q: Is it useful to fast during an eclipse?

B: Yes.

Q: I had heard eclipses are considered a bad rather than a good time?

B: It's bad for growth. It's good for mantra and meditation.

Q: Fasting for what period around an eclipse?

B: From when it starts up till the time it is completely cleared.

R: No water, nothing.

Q: Should an enema be part of a routine weekly fast?

B: There are three types of people: Costive bowel...

R: tending to constipation

B: Yes, they should. Moderate and lax bowels - no.

Q: Significance of Śivarātri celebration that occurs in India?

R: Night of Śiva. The fourteenth night of this cycle of the moon is Śiva's night, and then the new moon is the following morning. It's the darkest time of the lunar cycle.

- B: Śiva energy is static energy. This night is considered to epitomize that energy. That is also very good for mantra and meditation.
- R: In India, the holy days are fixed according to the lunar cycle, so they'll occur when energy will be approximately the same every year.
- B: Date will change.
- Q: Does Śiva night have anything to do with the destruction of the universe at the end of kali yuga?
- R: Kali yuga is the time period of [432,000] years which, according to Hindu theory, we are in at the present time. We're supposed to be about 6000 years into the cycle.
- B: Śiva = the five elemental forces.
- R: Earth, water, fire, air, and ether.
- B: At the time of destruction, all five elements separate. So Śiva is also called lord of destruction.
- Q: According to predictions by various religions, we are supposed to be approaching catastrophes which will destroy the earth. However, many people are turning back to God, so is it possible that we will avoid these catastrophes?
- B: Partial destruction can happen in different parts of the world, like war, famine, floods, earthquakes.
- Q: Can our consciousness change planetary configurations?
- B: Yes, it can.
- R: ... change what happens on the planet.  
[Perhaps Babaji did not understand that configurations means movements, or perhaps the question was intentionally toned down by the answer as the reader interpreted it.]
- Q: In the last chapter of the Bible, it gives a picture of the end of the world. Is that agreeable with Hindu philosophy?
- B: In Hindu scriptures it is said that twelve suns start shining, and then it rains. Probably it's a symbolic thing of the separation of the elements.
- R: One theory is that early Christians encoded their secret teachings, especially in Revelations. If you notice, at the end it says that anyone who changes one letter of the prophecy will face all the plagues in the book. So some say the threat of plagues was written just to scare people into not changing the teachings that were hidden in the very words themselves.
- Q: There are some people who feel the story of the great flood and Noah's Ark to be true. I wonder if Babaji takes that literally.
- B: It's also written in the Purāṇa.
- R: It's written in the scriptures of every recorded religion in the world that goes back in time far enough. There's a reference to a great flood, and many of these writings also have references to a man who built a great ship. It could have been different people that did it.
- B: Viṣṇu took birth like a baby and floated on a leaf.
- R: In the Purāṇa stories.

Q: Is the second coming of Christ to be taken literally, or is it symbolic of experiences one can have when entering a superconscious state?

B: Enlightened beings come to the world from time to time. Among Hindus they say Kalki will incarnate.

R: It's the next incarnation of Viṣṇu.

B: And Christians say Jesus Christ.

Q: It has been said that in Kali Yuga there will be a thousand years of heaven on earth.

B: There are four yuga, time periods. In each yuga, four yuga repeat in a lesser degree.

R: Each of the four yuga is divided into four parts, and the whole yuga system repeats in each yuga. For instance, in kali yuga we're in the first one-fourth. This is the sat yuga portion of kali yuga. So we're in the heavenly portion of the dark age right now.

B: It will be kali yuga and sat yuga...

R: ... which is what we're in right now

B: ... kali yuga and treta, kali and dvāpara, and kali and kali.

Q: Are the ages or yuga related to the stages of an individual's life?

R: Does the human being's life span relate to the larger cycle of the yuga?

B: Yes.

Q: Could you talk about that briefly?

B: An individual draws 21,600 breaths in an average 24 hours, 21,600 inhalations and an equal number of exhalations, which adds up to 43,200. Kali yuga has 432,000 years.

R: The same number, multiplied by ten, which adds up to 10. The ratio of the yugas is 4 to 3 to 2 to 1. The number 108 also relates, half of 216, as in 21600 breaths.

B: In sat yuga, the average age [life span] is four times what it is in kali yuga.

Q: In sat yuga, would people take in less breaths per day, if they are living four times as long?

B: [Presumably Babaji nodded.]

Q: Is there a Sanskrit word for love?

B: Prema. In Sanskrit several words for love are used in different situations.

R: For example, the word prema wouldn't be used to refer to love between a man and a woman. It's love for God.

Q: Can you suggest anything for a sore throat?

R: To get rid of a sore throat.

B: Salt and wood carbon.

R: Rub it in your throat with your finger. Carbon, thoroughly burnt wood.

B: Soot. Not the ash.

Q: I also got a sore throat this last week. I'm wondering if it's the seasonal change, and if so, what can we do not to be caught off guard, to prevent sore throat?

R: Is there a way we can protect ourselves from seasonal changes which seem to bring about sore throats and colds?

B: Fenugreek tea is the best thing for this season.

R: You roast the fenugreek seeds and then dry roast them and boil them in oil. [Or in water??]

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