

November 16, 1978 Darshan with Baba Hari Dass

Editor's Note: The name of the chalkboard reader (R) in this darśana is not known. It is likely that this transcription was originally by Chetana Mary Jennings from contemporaneous notes and typed circa 2014. Comments in brackets are those of this typist. There was editing in 2025 for format and implementation of IAST transliteration.

Q: For weak or damaged kidneys...?

B: Pulp of one aloe vera leaf, or one tablespoon pulp [bottled], in 1/2 tablespoon ghee [heated], then 1/2 teaspoon turmeric. Drink this in milk. Also good for digestion. Man in his seventies [and very disabled] took it, recovered, married, had children.

B: Sesame oil reduces air, which causes constipation, body ache, and depression.

Q: Can put it on at night and wash it off in the morning with shower?

B: Yes.

[To a woman, one of the first to receive three days of śirovasti at MMC]

B: Śirovasti cured crookedness of your face [of facial expression].

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