

## September 1, 1976 Retreat at British Columbia, Canada 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. Comments in square brackets are generally those of the typist. Comments in parentheses are likely that of the reader. There was editing for format and IAST transliteration of Sanskrit terms.

- Q: Are senile people active in other ways or just like vegetables?  
B: Some are very active in certain ways. They are not really childlike.  
Q: Crazy?  
B: Mind is blocked by certain actions. A smart mathematician can be stupid in other ways.
- B: Cow urine is antiseptic and a diuretic, because it has to be eliminated quickly by [our] body through (our) urine. Heals seminal diseases. Cures amoebic dysentery.
- B: Four parts powder of anise seed, one part black pepper, two parts powdered ginger for colds as a tea or with honey as three powders (one teaspoonful). [So one teaspoonful of the powder mixture, presumably.] Very heating. Dry ginger and fresh ginger have different effects, have two different names in Āyurveda.
- B: Use of pine sap – needs to be fresh. skin. Use it three times, every second day. Mix oil with it while melting it, put on cloth, then onto Orange peel is good for mosquito bites.
- B: Vigorous exercise causing heavy breathing disturbs flow of prāṇa.
- B: Āsanās can be used as exercise to build muscle: do 100 sūrya namaskāra.
- B: Cardamon is bile-predominant, good antidote for too much mucus food. All three humors are present in all juices, but proportion is different.
- B: Arthritis and asthma are both mucus diseases [derangement? excess?]
- B: Eating only raw foods might weaken digestion in five years of eating such, for people in modern cultures, because it's difficult for them to digest raw foods.
- B: Body heat causes boils. Honey is heating, a cause if lots is eaten.
- B: Talking empties the bag so person (who couldn't express self) can be happy.
- B: Fakir is Arabic word for sādhu.
- B: We feel death because we identify ourselves with the body.

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