

October 5, 1976 Darśana with Baba Hari Dass at a Retreat

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. U is other voices in the notes which were unattributed. Often, based on grammar and content, this is likely Babaji. 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.

- B: Realization means to realize something is there. If you see a snake, you do not step on it. Seeing an obstacle means it is not there in the same way as before. Obstacles are there by ignorance. Ignorance is the main thing in pravṛtti. How do you see clearly? Yoga sādhana opens the third eye and it sees clearly.
- Q: Remedy for gas buildup and pain and weakness in a bile-predominant person with possible excess mucus?
- B: Formula for trikuta [trikaṭu?]:
- | | |
|---------------------|---------|
| ginger powder | 3 parts |
| anise seed powder | 4 parts |
| black pepper powder | 1 part |
| brown sugar | 2 parts |
- Mix together and take one teaspoon with hot water after food.
- R: ... or without food, for some prakṛti types.
- B: Ajapa at three different levels -each evolving into the next automatically, with spiritual progress:
- | | |
|----------------|---------------------------------------|
| physical body: | HAM-SAH (first A = uh, second A = ah) |
| subtle body: | SO-HAM |
| causal body: | O-HAM |
- These are the sounds of the breath at those levels.
- B: 108 is number associated with the yuga, with the world's circumference, is the number of breaths in 24 hours if one is in samādhi, was the number of the first sages.
- B: The 14 kinds of japa include "forbidden japa" = without rules and with a wrong mantra, and "natural japa" = the first part of the mantra is used for the inhale and the second part for the exhale.
- B: Keep mālā in a bag and hanging, to keep it as pure as possible.
- U: For God it doesn't matter but for one's own faith it does.
- B: Keep meditation mālā in meditation room. If you wear mālā, don't take it with you into the bathroom.
- U: Don't let others touch it?
- B: I don't. Hold it at the heart level. Don't use index finger to hold beads.

- U: ... because that is the finger used in the world to point, etc.
- B: Go to guru bead, then holding guru bead, spin the mālā and go back the way you came. I am addicted to japa [Babaji said].
- B: Woods or substances that mālā should be made of for different kinds of mantras:
- | | |
|---------------------|----------------------------------|
| Śiva and Śakti: | rudrākṣa |
| Kṛṣṇa, Rāma, Viṣṇu: | tulasī for Viṣṇu also sandalwood |
| Hanumān: | red sandalwood or coral |
| for Śakti | also coral |
| for Gaṇeśa | also coral |
- Q: Another drama group wants to merge with Hanuman Fellowship's group.
- B: Better to develop yourself independently than to mix. If you mix, there will be a struggle. If you take only the talented people from their group, you will split them.

This material is licensed by Sri Rama Foundation under a Creative Commons: Attribution-NonCommercial-ShareAlike license. The rights of use and limitations can be found at <https://creativecommons.org/licenses/by-nc-sa/4.0/>.