

## June 11, 1978 Satsaṅga with Baba Hari Dass and the Hanuman Fellowship

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. Comments in parentheses are likely that of the reader. There was editing for format and IAST transliteration of Sanskrit terms.

B: Combination of herbs to take after sādhana to reduce heat, in warm weather.... [missed]

Q: What is Babaji's name on the causal plane?

B: In the causal plane there are no names. Names are only for understanding forms.

B: The origin of all sound is in mūlādhāra cakra. When we sing, viśuddha vibrates. When we meditate, anāhata vibrates. When we are in samādhi svādhiṣṭhāna [vibrates]. When we are liberated, mūlādhāra [vibrates]. The four forms of sound are in these four carkas: gross, subtle, causal, and beyond forms. Vaikharī, madhyamā, [paśyantī], parā.

B: It is the nature of one to become many and then go back to one. It's a natural process, but within that process there is a play of karma and saṁskāra, individually and collectively.

B: Breaths: 21,600 is normal for healthy body, but it changes due to emotion, sickness, wrong diet, etc.

[21,600 is the number of breaths an average person takes in two months, at 15 breaths a minute. So 21,600 per year would allow only 2 1/2 breaths per minute. What may Babaji have had in mind?]

B: Coffee consumes vitamin C in the body. By mixing milk with it, less vitamin C is consumed.

Q: Caffeine can cause birth defects?

B: It can.

Q: Effects of sexual relations during pregnancy on baby?

B: Depends on the attitude. After six months, Ayurveda doesn't recommend sex because it makes the saṁskāra of sex in the baby more.

Q: How to increase and store prāṇa?

B: Several ways. 1) Best is prāṇāyāma, but must learn it from qualified teacher first. 2) sāttvika diet. 3) Not using spoken sound, or not exhaling excessively, as with hard running.

Q: How to renounce the world?

B: Can renounce by vairāgya, dispassion. One attains dispassion by saṁskāra and by understanding the unreality of the world.

Q: Can you reveal God, and will you?

B: God can't be revealed to others. One can reveal God to himself [to oneself]. It is the aim of every being to reveal God, including myself.

Q: Does God call people to missions against their will?

B: Circus girl shows so many things on a rope. But she never steps wrong. An enlightened being can do many things, but will never do anything that will hurt others.

Q: How to combat extreme emotional pain?

B: By finding the cause. Sometimes we need help from others to find it.

B: Physical exercise is not necessary if one desires to increase prāṇika energy.

B: During menstruation, can do meditation, āsana except inverted, and prāṇāyāma except heating ones. Menstruation is controlled by apāna prāṇa.

Q: How can one be alone among people?

B: We are with people in two ways. 1) Through attachment. 2) By understanding. By attachment we can't be alone. We get pleasure, pain, anger, by that association. Being with people by understanding: we act like a bank manager who deals with money, but after banking hours doesn't worry about the bank.

Q: How can one get over the fear of death?

B: It is the hardest thing to get over. All fears are based on the fear of death. As long as the person has ignorance, he can't get over it. One can accept death but still when death comes, the fear will possess the mind. One who accepts death is freer than those who don't accept it, and less afraid.

[the question would help here]

B: One of the four doors to liberation will come at the end.

[The four doors are equality, self-enquiry, contentment, and satsaṅga. Satsaṅga is keeping company with truth-seekers.]

Q: Do work in the world or go inside?

B: No one can stop cycle of old age and death. Likewise, can't stop destruction in the world. But in both cases, you can make it better. As soon as saints who tried died, society changed (back). Individually one can change himself and can feel positive anywhere.

- Q: Fattening foods?  
B: Some grains are fattening and some not. Some fruits are fattening and some not. During summer, fruits are better.
- Q: Responsibilities in the world increase with sādhana, disturbing meditation.  
B: At first the mind goes out when we help others, because our ego is involved and we are attached to our good deeds, which makes more thoughts and disturbs out meditation. After practice, the mind becomes neutral and doesn't think.... You help others as a service without any ego.
- B: Any object can be the center of meditation. Concentration on kuṇḍalinī works faster because the whole mind is controlled by that energy.
- B: Loka are satya, tapa, ... [including jñāna?].
- Q: Scriptures speak of four aspects of God as word or name, light, living music, nectar water.....)  
B: 1) Om̐ 2) knowledge 3) anāhata nāda 4) bliss.  
These are symbolic terms. Khecarī mudrā is for bliss, bhramarī for sound, śāmbhavī mudrā for light.
- B: Sadguru is Self. The Self is the purest consciousness in a being. When one identifies with that consciousness, then the pure consciousness leads to the supreme consciousness.
- Q: With eyes closed and sunlight shining on them....  
B: Method for meditation. The light penetrating the eyelids is made an object of concentration.
- Q: Teacher or guru can be contacted on subtle plane how?  
B: When one is capable of contacting the subtle body, the guru is already there.

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