

May 4, 1976 Darśana teachings with Baba Hari Dass [with some paraphrasing probably]

Edit notes: The following was typed from notes handwritten at the time of the darśana. 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. There was editing for format and IAST transliteration of Sanskrit terms.

B: When one has surrendered ego completely, and so is like a helpless baby, God takes care of one.

R: ... through other people who do.

B : The newborn kitten is helpless, is carried around by the neck by its mother. The newborn monkey, though, has to cling to its mother itself. One must cling to God so long as one has not become completely ego-free.

B: It takes three years of observation for even a guru to know for sure which humor or humors are predominant for a person. The mucus predominant person is more tāmasika, the bile-predominant one more rājasika.

B: Viṣṇu is sāttvika. Brahmā rājasika, and Śiva tāmasika.

B: Real emotion produces trance and/or siddhi, superconscious state.

B: Dreams of meditative experiences are more beneficial than the same experiences in waking state. One can attain enlightenment through attention to dreams.

B: Mantra Om̐ Hrom̐, or other special mantra, done 108 times, spoken or with lips or mentally, or one's personal mantra given by guru, purifies the body completely.

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