

September 1, 1978 Darśana with Bābā 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 Bābājī 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. There was editing for format and IAST transliteration of Sanskrit terms.

- Q: When does ego sense appear?
B: At the first separation. Ahamkāra has different stages.
Q: In parama kṣetra?
B: I am separate.
- Q: Are there other cakras?
B: There are 62 in all. In Āyurveda the acupuncture points are called marma.
- Q: Why is seat of vyāna in svādhiṣṭhāna?
B: Because blood...
R: ... liquid
B: ... circulates. It is responsible for circulation. All five prāṇas work together like a machine. Whenever a person inhales, prāṇa vāyu comes down and apāna vāyu goes up. This process heats up samāna which accelerates vyāna. Udāna takes the purest prāṇa to the head area. The brain dies if the prāṇa is not purified. By prāṇāyāma some yogis develop extraordinary memory.
- Q: What makes the different prāṇas different?
B: Different seat. Different function. But develops from same prāṇa. The mātṛka [letters of the alphabet?] are the bījas [seed sounds that affect subtle body?].
- Q: Śirdī [Satya] Sāibābā
B: He was the greatest saint of south India. He was a wrestler. He lived in jungle and killed several lions with his bare hands [lions in India?].
Q: In self- defense.
B: I read his life and then went to see his relatives.
Q: Do you accept that Sāibābā is his reincarnation?
B: I accept that he is a high saint [maybe Bābājī said very high].
Q: Questioner presses for more specific answer.
B: It is not impossible.
- B: Viśuddhānanda [Paramahansa] has such powers that he could give life to dead animals.
- Q: Cure for rheumatism = pain in bones, less severe than arthritis...
B: It is caused by air humor increase. Oil can stop it.
Q: Specifically...?
B: [answer is not in Bābājī's exact words] Get stinging nettles, fresh. Blend in blender if possible. Boil a couple of hours. Strain. Add sesame oil. Boil till water has all evaporated.

Rub into skin daily. In India there are stinging nettles so strong that people can die. They are used in torture.

Q: What is the best way to transmute anger?

B: Anger and fear are two sides of the same coin. Anger is a weapon to defend against fear. If you understand the cause of fear, the fear will go away, and the anger will no longer exist. The root cause of fear is death, and this fear comes by non-acceptance. When we really accept life, including death, then there is no more fear.

Q: Child losing his voice wants remedy....

B: Licorice tea.

Q: What is the best way to purify the cakra?

B: Cakra are not purified. Only the energy which [is] downward is directed upward. Sometimes we call it piercing of the cakra.

Q: Feeling of incompleteness of heart cakra....

B: Cakra are inside suṣumṇā, and suṣumṇā is subtle as a hair. Inside[suṣumṇā is vajra nāḍī, and inside vajra [nāḍī] all the cakra are contained. To [contact?] the cakra, you visualize something big, like a rose flower. It's not like that. Cakra are the main energy centers that control the gross... of that area. When you feel sad or afraid to open up, you say my heart cakra is not open. In fact, you mean [or need, in original notes] the emotional heart and not the cakra.

Q: Sense is of incompleteness....

B: It can be due to fear, timidity, or certain emotions. It can be cured by understanding its cause.

Q: How can water and fire forces, astrologically, be balanced?

B: There are colors, stones, and practices which [affect?] fire and water, and these can be used. Some colors or stones are more fire. But wearing these things, ater can be balanced out. For example, a red color, like coral, [supports?] fire. Also certain metals.

Q: Feeling of energy block between left side and right side...

B: How do you identify with the energy?

Q: I don't, but right side feels deader than left.

B: Physically?

Q: Yes.

B: Could be due to the nerves, not proper circulation of the blood.

Q: Something to do?

B: Massage would be good.

Q: To cure colds caused by going visiting into wet climate?

B: Fenugreek tea.

Q: Daily preventative, or only when sick?

- B: If you take it every day it can cure several other things also. For example, your digestion and kidneys.
- Q: Good for hay fever?
- B: Yes.
- Q: Can energy be lost through prolonged eye contact?
- B: Staring into somebody else's eyes is a method of trāṭaka. If done for a good purpose, it can be beneficial. If done to overpower another person, it can be harmful. If the other person is more powerful, it can affect you.
- Q: What can be done to help countries where religion is discouraged?
- B: They can't discourage your own inner feelings.
- Q: What can be done to alleviate suffering of children whose parents are breaking up because of incoming step-father?
- B: The other gets a wife. The wife gets a husband. And the children lose both. Although they care for the children, the family is not the same.
- Q: All the adults are still living together.
- B: Children [speak another language] but they sense a reality. It makes a saṁskāra of opposition. When they grow up, they don't respect their parents.
- Q: What can a close outsider do?
- B: You can't. The parents can work it out. One should move out.
- Q: The father will.
- Q: If forced to go to a situation when one feels hated, at work, should one quit the job or stay and work it out?
- B: Other hate you or you hate them?
- Q: Feeling that other hate me, but that I should be able to offset it with love.
- B: If you don't care about their hatred, then what will be the result? If someone abuses someone else in a foreign language, that person doesn't feel bad.
- Q: Can energy from other planets be taken in through hands and through sahasrāra?
- B: Raising the hands can bring energy, and everyone can receive that energy. It is a mudrā of worship only.
- Q: If an animal dies, can it come back?
- B: If an apple falls down, its seed can grow a tree and produce another apple. The apples are the same, but not exactly. If an animal dies, the process of their growth remains the same.
- Q: At healing service, participants shook hands and then raised them.
- B: A method of passes.
- Q: Psychic massage: energy passes through the hands into the person's body.
- B: By shaking the hands, the blood starts flowing and with the blood, psychic energy.
- Q: In various geographical areas, [prāṇa] differs?

- B: Different kinds of prāṇa or energy. In flatlands or valleys, more nada energy. In mountains like a camel's back, Shiva energy: meditation. In mountains like an elephant's back, Śakti energy: prāṇāyāma, tantra, etc.
- Q: I'm always cold. Also my skin seems colder than other people's. Remedy?
- B: There is a preparation of cloves.... If you eat that preparation, your condition will be cured. It is from slow blood circulation.
- Q: Another with same problem, off and on..... Could drink that?
- B: For a month or two.
- Q: Anthroposophy. Rudolph Steiner.
- B: Never heard of them.
- Q: [George] Gurdjieff?
- B: No. Don't read books.
- Q: Explanation by Rosicrucians that death in childhood is to finish a life ended by suicide in last life....
- B: It can be like that or it can be a new event.
- Q: Is Bābājī silent because he misused power of speech in previous life?
- B: Could be. Or preserving for the next life to shout louder!
- Q: What motivated Rāmakṛṣṇa [Paramahansa's] crying, on certain occasion described by questioner?
- B: Because he realized there was some... energy he should attain and he was far away.
- Q: Would that purify his desire?
- B: Yes. Positive emotions are one of the ways of purifying the mind.
- Q: Describe "passes"....
- B: The hands are first energized by some kind of method, and then passed over the patient. There are two kinds: long passes and short passes.
- Q: What ailments?
- B: Passes are used for any illness because it is the inner energy which is channeled.
- Q: Is it wrong to try to open up others' minds?
- B: How?
- Q: [missed]
- B: It will be a great help to them.

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