

April 11, 1978 Darśana 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. 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.

- B: Most sattvic and digestible of dairy: black cow's milk. [= Holstein?] Goat's milk is pitta-predominant and good for the lungs.
- B: Apāmārga root is tied to woman's hair when labor starts, while delivering. Baby comes out very fast and easily. Then that lock of hair is cut off. Also called vajradantī.
- R: Makes teeth like vajra, hard.
- B: For those who eat meat, boiling it with bones makes them soft like bananas. One teaspoonful of its seed, cooked in milk, will stop hunger for seven days.
- B: Burn coconut shell, make powder of ash. Rinse ghee 108 times.
- R: It becomes soft and white.
- B: Mix them, use on skin.
- R: The ghee becomes poisonous because of the impurities that are removed.
[What is meant? That the ghee would be poisonous if impurities were not removed in this way?
If not, if Babaji meant to say it the way he did, what does it mean?]
- B: Pick plants on full moon to lose the least of their energy.
- B: Rudravanti is herb used to make gold, using mercury and metal also. There are several plants that can be mistaken for rudravanti. Have to test it. Its leaves make water in the morning. In its root ants live. I think they like that water.
- B: "Philosopher's stone" of alchemy is "para" stone.... One sadhu made it in temple oven. It is written on a stone that he did it in the oven.
- B: One part of yoga has to do with alchemy.
- Q: Can alchemical learning in the West be traced back to India?
- B: Yes.
- B: Great alchemist of India went to Tibet and China and became a Buddhist. He could color a metal. The pillar in Delhi is made rustproof [by alchemical means].
- R: Very pure iron.
- B: How did they do it more than a thousand years ago? [Babaji's question]

- Q: What energy makes love emanate from the heart?
- B: What makes light from a candle flame? [Babaji's question] It is of nature. Love makes light. The light can be seen by those who are not blind. Some people can't feel love. Because the heart is buried so deep by ignorance. Shining is the nature of love. It never changes.
- Q: If we had enough love would we have to give herbs for healing?
- B: Herb is a medium for physical cure. Love is not a physical thing. The body can be sick even if one has love inside.
- Q: Due to saṁskāra?
- B: Yes. Rāmakṛṣṇa [Paramahansa], Ramaṇa Maharṣi, Buddha all got sick. Body saṁskāra.
- Q: Illness due to patterns that extend over lifetimes?
- B: The body dies and never takes birth. The saṁskāra are passed on which are changeable. And the body has its own saṁskāra.
- Q: Clear it by sādhana?
- B: Yes. Still you will die.
- B: You try to be good. It is your duty. Still you have to face saṁskāra. People get enlightenment in different lifetimes.
- Q: Where do body saṁskāra come from?
- B: When the five elements unite, the combination makes different saṁskāra.
- Q: Why does one person get saṁskāra for disease and deformity and another person for health?
- B: Because that soul has to go through that kind of pain. Saṁskāra carried on for several births.
- B: The body is controlled by the mind. If the mind is pure, the body will shine.

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