

## November 23, 1976 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.

- Q: A mother states that her daughter wants to eat turkey for Thanksgiving. Babaji asks the mother if she wants that, and she says no.
- B: Give her a knife and a live turkey. Show her a live turkey.
- Q: The mother says the child says she just wants a taste, hears about these things and wants to know.
- B: For her a turkey means a package which people buy from the store.
- Q: Can you control your heartbeat?
- B: I know its trick.
- Q: Can you control its frequency?
- B: It's not good to do it. You can change its beats by a method [Claps hands to show]. It's not a prāṇāyāma, it's a trick. Yogīs do it to drop the body. Also the method of stopping eating in order to die, which the monkeys want to do at the seashore in the Rāmāyaṇa. In Kumbha Melā several do. Slowing down the heartbeat by prāṇāyāma is how samādhi comes. There are normally 21,600 breaths in a day. Divide by 10: samādhi.
- Q: What's the difference between one's karma and one's dharma?
- B: Dharma = duty, virtue. Karma = action or results of action, fate. These are different things, but related. Dharma depends on karma.
- Q: But does karma depend on dharma?
- B: In the next life. By dharma you can change your saṃskāra. In aṣṭāṅga yoga, they put yama and niyama in the first place. If one observes yama and niyama and nothing else, he's a perfect yogī. If karma is like a computer program and our life is the punched card we get [from a 1970's computer], then that punchout is called saṃskāra.
- Q: Can one change the positions of the dots in one's favor?
- B: Cancel it. Different card. [Get a new one.]
- Q: If you cancel it, you are on your way home?
- B: Depends on what kind of card you put in its place. You can punch it [again] in the same way.
- Q: For us in America, how realistic is it?
- B: What's the difference?
- Q: It is land of temptation, is it not?
- B: In India, all are not enlightened.
- R: They are all hoping to be over here. We have the advantage that we can see the futility of all this wealth.

- B: If a person has will to do. it, can do it anywhere.
- Q: Rāmakṛṣṇa Paramahansa said that in this age it's hard to do the things that were done in a previous age.
- B: Hard and easy. In this age you don't get punishment for your thoughts. In another yuga, you got punishment for your thoughts.
- Q: How is it decided from one age to another what's going to be punished?
- B: God decides. It is an imagination. So is the world.
- Q: How were thoughts punished? Or people punished?
- B: They became worms [joke]. There's always a balance. In that age, there was  $\frac{3}{4}$  truth and  $\frac{1}{4}$  untruth. Now the opposite, but there is less punishment for untruth than [reward] for 100% truth. Balance is the same.
- R: The trick with thoughts is that we are more likely to do the bad actions if we think about them.
- B: Yes.
- B: Allergies are not from a real imbalance. The dominant humor can do it.
- Q: How do you know when you are on the right path for you?
- B: When there are positivities.
- B: Eat banana every day for kidney weakness.
- B: All men are stupid and all women are crazy.
- Q: Don't you ever get tired of answering questions?
- B: When people get tired of asking them.

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