

## July 2, 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: If you give some time for your own entertainment (you'll be okay). You don't work for 24 hours. If you've started something, you have to put in as much energy as you can.

Q: Loss of faith?

B: Why don't you think in a positive way? It's only a matter of thinking.

B: Calming the mind is the greatest work. It will never calm down by itself, because so many prints are carried from our past lives. The water once was clear, got muddy from stirring. Our life was also clear. But when we passed from life to life, we gathered the prints of actions.

Q: The seer....

B: The witness. Super-consciousness is another name of the Self.

Q: No separation of souls?

B: Yes, no separation. But your actions are witnessed by someone. As long as you are trying to unite. When you are dissolved into God, only God remains. But still there is someone. There are separate souls only when there are different beings. Like air in different balloons. If the balloons are popped, there is one air.

Q: When people die, do the balloons remain unpoped?

B: The gross body dies, but the subtle body is passed on.

Q: What to do?

B: Patañjali gives one formula: to reduce the thought waves by doing sādhanā....

R: .... or some form of spiritual work.

Q: Why doesn't Babaji talk?

B: In yoga we try to increase our prāṇika energy: 1) by certain prāṇāyāma 2) by not losing what we have.

Q: Try to stop both negative and positive thought waves?

B: First stop the negative. It will strengthen the positive. They will purify the mind and bring about higher consciousness.

Q: How to stop the negative, besides sādhanā?

B: Yama and niyama. They are the main methods for that.

- Q: Is there an inner teaching higher than any doctrine or religious teaching?
- B: Yes. The Self. [Babaji implies that everyone has it.] When the Self is identified, then you don't need any teacher or doctrine.
- Q: Prior to this?
- B: One who has not identified the Self but trusts his own will? [this final question mark is in the original handwritten notes]
- Q: How to gain and maintain emotional strength?
- B: Positive emotional strength is gained by disciplining your habits, thoughts, and desires.
- B: After asanas the air humor increases which causes laziness, dullness, etc. So one should drink something to reduce the air. A drink:.....
- Q: For cold body after sādhanā?
- B: Drink milk boiled with long black pepper.
- R: Indian, from San Francisco.
- B: Don't crush the pepper. It can be used several days.
- Q: Weeping without being unhappy.....
- B: If you're not unhappy, then it's positive emotion that is a part of devotion. It's good. It's a natural process of purifying the nerves.
- Q: Don't teachers take on the burden of their students to some extent?
- B: Yes, in various ways. If someone tells you the right path, he saves you from going on the wrong one. That is also taking away that saṁskāra that you would get from going in the wrong path.
- Q: Rāmakṛṣṇa Paramahansa says that before teaching others one should have a commission from God....
- B: It means one should have full faith. That comes by attainment. Otherwise an ignorant will lead a group of ignorants.
- Q: Emotional difference between women and men? Is it changing?
- B: Male and female emotions are different. Female emotions are softer, and they are more emotional. God has given something to everyone for self-defense. Man has a strong body, and woman has strong emotions. A woman's emotional state can make an energy field which can protect her. It's not in men.
- Q: How to use it in a positive way?
- B: By being positive, the emotions will work in a positive way.

Q: What is faith?

B: Acceptance without any doubts. The faith that is arrived at by intellectual discrimination is of a lower degree. That can be changed if the mind changes. But total acceptance comes from experience, and that faith never changes. We can accept something we hear, and have faith. Then we hear something else, and change. The mind experiences through the senses. The real experience is in higher consciousness.

Q: How to keep mind fixed on God even amid activity?

B: When there is faith in God and you believe in God, then all your activities will turn toward God. You will not do anything that will cause harm or guilt. That is the way of dwelling in God all the time.

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