

December 13, 1977 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: What is the quickest way to bring all the prāṇas to the suṣuṃṇā and keep them there?
B: There are ways, but very much danger. Why don't you take the safe way? Do sādhanā regularly and you will understand the whole mechanism.

[To a frightened, disturbed girl]

- B: Do you think that your mind always goes out?
Q: Outside of my body?
B: That your thoughts are always going out? Do you listen when other people talk?
Q: Sometimes.
B: Sometimes what happens?
Q: I think about other things.
B: Most of the time?
Q: Yes.
B: 10% here, 90% there?
Q: Probably.

[Babaji then recommended tea of vacā and brāhmī (which are calamus root and gotu kola)].

- Q: Shooting pain that went through the shoulder blade....
B: In shoulder stand, prāṇa reverses. Apāna moves upward. If it is [in] excess, then it causes pain, depression, or anxiety.
Q: It feels more like a nerve.
B: Eat light foods. Cheese is vāta and kapha. Cheese which hasn't been aged long, and cream cheese, have more kapha.

[A different questioner, a spaced-out, nervous fellow]

- Q: Pain in shoulder that seems to be nerve or bone or pulled muscle.
B: Air. It will go away.

- Q: Married people....
B: For nivṛtti, they go their own way. One can become enlightened and the other not, when the other not.

- Q: Recommended reading on yoga?
B: Patañjali's sūtras and the Upaniṣad.

- B: Contact with worldly people draws you away...
- R: ... from spiritual life...
- B: ... if your aim is not strong. Nothing can disturb if we are firm in our aim. Svāmī running orphanage would not leave his seat when meditating even if someone was dying or getting hurt. It is only the mind that can trap, and not the work you do. There have been siddha shoemakers, butchers, soldiers.
- Q: Dispassion is?
- B: When the mind stops, or decreases, desiring.
- Q: Svāmī neglected the orphans.
- B: First things first. First the body should learn to swim and then it can save a drowning man.
- Q: Don't we have social responsibilities?
- B: Yes. But we don't need to forget to help ourselves first. First be capable.
- Q: Back pain, headache, gas, and burping.
- B: Air derangement. Eating mustard seed is cure [not Babaji's exact words].

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