

August 16, 1977 Darśana with Baba Hari Dass

Edit notes: The following were transcribed from notes taken at the time of the event. Babaji's written comments are indicated by B. Comments in square brackets are generally those of the typist.

- B: During and just before menstrual period, air element predominates. It is lighter, and the mind has difficulty relating to the ground. Anger, hate, fear -- love, compassion, dispassion. Switching happens. Clogging the right nostril for a day will change the emotion. Air element goes in two directions, either anger, hate, fear or love, compassion, dispassion.
- B: Moon affects men too. Women are by nature eight times more emotional, so it shows more. Menstrual cycle follows the moon because the moon draws on the water element.
- B: To control anger, rage, clog the predominant nostril. Also one can control it by finding its root [cause].
- B: The sky is viewed as the largest round thing. It has no limit, but it has a visual limit.
- B: No cure for old age.

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