

November 9, 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. U is other voices in the notes which were unattributed. Often, based on grammar and content, this is likely Babaji. Comments in square brackets are generally those of the typist. Comments in parentheses are likely that of the reader. Names of individuals who are not public figures are changed to protect their privacy. There was editing for format and IAST transliteration of Sanskrit terms.

- Q: [Questioner was talking about her grandparents' neediness that she can't satisfy, she was crying.]
- B: People get more afraid of death as they get older. Children are less attached, don't care. It is hard usually to be old. Body saṁskāra create attachment to our relatives and make us affected by their experience. Most old people get more attached as the senses [sense organs] weaken.
- B: Death is like an intoxication. The mind rotates very fast, then stops.
- Q: Can repeating a manta control it?
- B: Very, very few can control this. The mind usually stops in a negative place, because there are usually more negative emotions than positive.
- R: Babaji was with people as they died who hallucinated being pushed down by ghosts. One woman reported (as did Socrates) when her feet were dead, then her legs, and up and up, but at the last moment tears ran out of her eyes.
- B: Attachment. Others showed emotions passing across their faces though in a coma.
- R: When Babaji went back to India [in 1973 when his hair was cut], he saw his sister. He had not seen her since childhood and had forgotten about her, but he was important to her. He said to her that if God willed, he would [be ready to] die right now. She said no, you won't die, I will. And instantly she did. Her attachment made her ready to die in his place. [Babaji has said also that her soul left through her eyes, which would be auspicious.]

[The above four entries were not recorded immediately nor always exactly.]

- B: Yogis can choose to die early, but it is not surrender to God. Some saints are able to take on karma of their devotees.
- R: This is advanced by some as a reason why saints may die of cancer. But Babaji has said that's because they have not eaten well, and neglected their bodies.
- B: Bile-predominates in winter and it needs something to burn. do ujjāyī in place of śītālī
- Q: So eat mucus foods?

B: In winter.

Q: Question something like how about a diet of fruit, yogurt, and nuts?

B: Eat vegetables for iron and vitamin C.

B: Good to keep mūla bandha on during meditation.

Q: Doesn't this distract from meditating?

B: At first, but then it becomes a habit.

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