

Q&A with Babaji Youth Retreat 2006

Q: Do you write poetry?

A (Babaji): You make me mad then I will write. (laughter)

Q: I understand that at 8 years old you left your family. What were you thinking? Did you want to go somewhere?

A: I started feeling like I am closed in a box and wanted to get out.

Q: Do you still feel like you are in a box?

A: No. But still not out either. I have several responsibilities.

Q: What do you do to make yourself feel like you are less in a box?

A: When I am in my room.

Q: This morning JR read a letter you wrote in Letters for Peace book. You wrote that after doing regular spiritual practice then it becomes an addiction.

A: Addiction is not good. It is also bondage.

Q: How did Sri Ram Ashram come to be. What is the history behind it?

A: Why I started it?

Q: Yeah.

A: Why I started it. I was in 8th class. I had a friend who was in an orphanage. I went there. The swami was cruel. He beat the children. Molested several. He sent children to a town to beg. It was then I decided to start an orphanage of my own family. It was a thought but I ended up living in a jungle. Then I came to USA. Her (points to Gwene) grandmother sheltered me. She gave me \$10,000 dollars. In Indian it was 6 rupees to a dollar. I went back and looked for land but could not find any right place. In 1984 we went again and I found a place. Made small room.

Q: Prabha was one of the first children at the orphanage?

A: The four first girls lived with much trouble but they made it. Now 63 children.

Q: Prabha is saying 64.

Prabha: Another girl came.

A: A new girl of 2 ½ yrs old just came. World is very cruel.

Q: Bajai if you are doing a lot of physical labor in your job what are some good pranayamas to do to offset fatigue?

A: Chaturbhuj pranayama on a regular basis.

Q: How do you heal a broken heart?

A: Depends on the intensity of the hit. It can be simply damaged, if it is broken then you have to go suffering.

Q: I've been struggling with the idea of truth, and it seems like there are a lot of paradoxes there. One thing can seem true and another can also seem true but yet they seem like opposites.

A: Ritam, Satyam. Two words for truth. Ritam originates from inside out. It never changes. Satyam is that truth which represents a particular situation. When that time is past it doesn't remain true.

Q: But which is a fact?

A: What is a fact?

Q: He walked to the barn.

A: The person may turn to the other side and you don't see him, but you still say that the person is in the barn.

Jai Raj: So it is a perception.

Q: So one truth is a perception and the other?

A: You are eating food. Satyam: you say, "I am eating". The real truth is that you have eaten some and you will eat some more. Knowing the truth is the aim of Yoga.

Q: I have felt a need to go into seclusion. Is there any particular reason why we feel that need to go into seclusion?

A: Everyone doesn't feel it. the cause of desiring seclusion is dispassion in the mind. then dispassion in its highest state. 1. a person leaves everything behind 2. a person commits suicide. the second decision is due to ignorance.

I want to tell you that I do not call the children at the Sri Ram Ashram as orphans because they are my children. As soon as they stepped in they became a family.

Q: When you talk about fear you say, face it fight it and finish it forever. How do you finish it forever?

A: Or flee(laughter) You are in a room with 2-3 boys telling ghost stories at night. You hear a noise and no one wants to open the door. after some time you collect courage and open the door with trembling hands and see nothing. Then you notice a branch of a tree is hitting the roof and making noise. You yell out, "come out stupid friends. There is no ghost."

Q: So there was nothing to be afraid of.

A: You face it first. Then you realize you create them. Then your fear disappears.

Q: If you were an animal what would you be?

A: Dog. (points at Prabha) Her dog. (laughter) Humans don't become animals unless they lose their humanness.

Q: What makes human different from animals?

A: Humans and animals feel pain pleasure, fear etc., the same way. Humans know what is causing the pain. Animals don't. Animals don't get liberation. You don't see monkeys meditating. You will see a cat quietly sitting to grab a rat.

Q: Why did you take a vow of silence? Do you ever feel inclined to speak?

A: No. The purpose 1. to reduce consumption of life energy. 2 vocal silence reduces mental chattering. 3 silence make a person sitting like in a sound proof room. Not in a day silence-it takes years.

Q: Do you still have your voice?

A: I do a pranayama which makes the vocal cord healthy.

Q: You have a translator or someone to repeat the question. Why?

A: He is repeating the question? (he is clarifying)

Q: Yah.

A: Because people can hear the question clearly. You are facing me and your ear is towards me to catch the sound. Others can not hear. That is why god made ears otherwise they would be buttons. Why do we have a nose downwards?

Q: To smell what we eat and so we don't sneeze on people.

A: So in rain you will not drown (laughter).

Q: What question are you most often asked by people who seeking answers?

A: Lots of quest good and bad.

Prabha- First question is can I have a Sanskrit name (laughter).

Q: Is there a question you are still waiting for?

A: No.

Q: I feel sick of my name. I just got a new one. Don't you get sick of your name?

A: Name is for others not for me.

Q: How do you determine a Sanskrit name and what does it mean?

A: Birthday gives planet- planet determines first letter of name and then I decide what fits

Q You gave me the name Kasum when I was little- what does it mean?

A: It means blooming flower- it represents divine knowledge. I was wondering where I saw you before.

JR: Toronto?

Q: Yes

Q: Do you ever miss the family that you left?

A: I have two girls here. Parents, brothers sisters all are dead- never related to them.

Q: Is there a significance of blood relatives or family?

A: Genetic trait depends on it. But in this country you can't tell the blood line. Hit and miss game goes on.

Q: What is the name your mother gave to you?

A: (Smiles)

Q: It's secret?

JR: Baba Hari Dass

A: Hari- it is the name of god.(the name his teacher gave him)

JR: Dass means servant of. So servant of god.

Q: Living practically in the world how do you balance dispassion and detachment?

A: You have to be a magician, an actor and a bank manager.

Magician never tells the truth but never harms. It is a lie to entertain others.

Actor expresses anger fear etc on the stage only. Bank manager is attached to the treasure but if the bank burns down he never cries for the loss. A ladder has two purposes. You use it to climb up and also to climb down. Our ego centric existence is the ladder. It helps us to get liberation and also pulls us down to the hell. Hard to sit and listen. Too boring of a subject-life.

The end