

## January 1, 1977 Retreat 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. There was editing for format and IAST transliteration of Sanskrit terms.

B: Lightness in navel and abdomen area goes with fear there. Wear copper rings on big toes. The copper controls air.

B: When meditation goes right, it reveals the path. To make meditation better, the nerve channels must be purified.

Q: Once they are purified, can they become unpurified?

B: Yes.

B: Yoga is the union of puruṣa and prakṛti, or God and his creation.

Q: Will there ever be a time when we can just let go?

B: Not so easy. We can't let go of eating and sleeping.

B: In tantra there is a discipline called kaulācāra, discipline beyond disciplines. The tantric who completes all six disciplines attains this stage. What is this stage? For him a rotting corpse and delicious food are the same. He will eat anything. What is natural? Wearing no clothes? Natural is different for each person. What are yama and niyama? That is also natural and simple.

Q: Tantra disciplines.

B: Sapta ācāra [from Babaji's notebook]:

1. vedācāra (in Vedas): various sādhana, with intercourse forbidden when woman is menstruating
2. vaiṣṇavācāra: austere
3. śaivācāra
4. [dakṣiṇācāra:] worshippers of śakti: drink alcohol at night and do japa on mālā of human bones
5. vāmācāra: sex with woman
6. siddhāntācāra: eat from human skull, etc.
7. kaulācāra: stage of complete dispassion

B: Doubt is an obstruction in sādhana. Its cure is reading of scripture.

- B: In each season the body humor changes, and it changes the emotions. But one who does regular sādhanā is not much affected.
- B: In women the sexual pattern is different from in men. They have a 3-5 year period of strong sexual drive. Then it decreases. In men it is continuous. Age 30-35 is strong in women, also age 16-21.
- R: In women this is a cyclic, recurring pattern.
- B: Children are very smart. They learn to love and hate very quickly.
- B: It is different in different people, but in general: During winter, mucus predominates. In summer, bile predominates. During rainy weather, air predominates. Body humor type, on the other hand, is a general [i.e. consistent, permanent] thing. A mucus predominant person's air humor can predominate, but he remains a mucus-predominant person.
- B: Desire can be controlled by limiting. If we try to stop all desires, we can't. We are not strong enough.
- B: Meditation on visualization of kuṇḍalinī's rising is the best way to raise it. Can do yoni mudrā. Do mahāmudrā, mahābandha, mahāvedha, śakti-cālana, and yoni mudrā.
- Q: Can correlate ashtanga yoga system of samadhi levels with the seven fields of knowledge?)
- B: Seven stages of progress toward enlightenment = sapta jñāna bhūmikā:
1. śubhecchā (desire for enlightenment) = stage of āsana
  2. vicāraṇa (hearing and reflection) = stage of prāṇāyāma
  3. tanumānasa (one-pointed or tenuous mind) [attenuated mind] = dhāraṇā and dhyāna
  4. sattvāpatti (self-realization) = samprajñāta samādhi (all its stages)
  5. asaṁśakti (non-attachment) = paravairāgya = stage of extreme dispassion
  6. padārthabhavānī (absolute non-perception of objects) = asamprajñāta samādhi
  7. turīya (transcendental consciousness) = kaivalya
- U: In doing pañcadhāraṇaka (meditation of five elements during anuṣṭhāna), visualize the form and qualities of the elements.
- B: People are dying with food and without food.
- R: All bodies will die.
- B: First step (to change society) is the individual. [Mahātmā Mohanadāsa Karamacānda] Gāndhī trained himself for his whole life.
- R: Aurobindo [Ghose] was a revolutionary, was thrown in jail, there had a spiritual realization.
- B: A doctor goes to medical school before going out to help. He is not neglecting.

- Q: Not neglecting those he wants to help, by doing that.  
 B: Giving someone food that is half-cooked can cause dysentery.
- B: Purity of the mind heals.  
 R: Not a mantra or a person or an amulet.
- B: Fear of losing the world makes us realize we've stopped breathing in samādhi, and start breathing again. This fear remains up to a higher stage of samādhi.  
 R: It always makes it impossible to re-attain the samādhi during that particular meditation session.
- B: In nivṛtti, intellect is the base of higher consciousness. In both pravṛtti and nivṛtti we need intellect.
- Q: Rapid breathing just before breath stops in sādhana...  
 B: ... is a trembling  
 R: ... of the diaphragm.
- B: Different colors seen before the eyes correspond to the five elements.  
 R: ... as their predominance in the body changes.  
 B: Mūlādhāra = yellow, maṇipūra = pink. In the body, if earth predominates one sees yellow color. Viśuddha: all colors. Anāhata = gray, svādhiṣṭhāna = blue. Also it makes a pattern.
- B: Fear of large groups of people is a fear developed from childhood. It's not only of large groups. Anything can excite that fear.  
 Q: What to do to calm the panic?  
 B: Face, fight, finish.  
 Q: Is that the way to deal with all fear?  
 B: Yes.  
 Q: Is it necessary to experience childhood causes or can you deal with the results where you are?  
 B: Both are methods.
- B: Dig the past or bury it completely. Face it.  
 Q: A little at a time?  
 B: Yes. People can make it a hideout also. You can see how many people are afraid to do it. But once they are pulled out, they are less afraid.  
 Q: A check?  
 B: We can see. Some are opening, some are hiding. We can see it.
- Q: If terror is overwhelming, it's too strong to bury.  
 B: At retreats you have to face people, so it helps. [Also] singing and dancing is used. That is a check.

U: To be more calm and relaxed in the mind does not mean not to sing and dance. Forget the past, don't worry for the future, make the present happy.

Q: Deep depression.

B: Traveling for some time is a cure.

Q: "I am the light and the way. None comes to the Father except by me."

B: Refers to the Self. Yoga says the same thing.

Q: Head jerking around during meditation though not falling asleep.

B: [Prāṇa] moving around.

B: Meditate on any form you like.

R: It's the concentration that's important.

B: Number of kapāla bhāti one can do at a time decreases from 150 to 100 because prāṇa develops faster.

R: After some practice, the result is achieved sooner.

B: One can't tell true religious experience from imagination until samādhi is attained.

Q: To bring tears out when they want to come out but can't?

B: Ūjjāyī (prāṇāyāma).

B: Bhakti yoga is completely free. The emotions heighten. If you put a discipline, then you can't do it. No bandha.

R: ... should be done during singing, dancing, sāttvika emotion.

Q: To improve visualization ability?

B: By yoni mudrā.

Q: Why is it better to hear nāda from the right side?

B: Rajas side.

Q: Is there such a thing as "primal pain," pain of birth carried through one's life?

B: It's a saṃskāra.

B: Face north or east to be in line with magnetic fields.

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