

These are the questions and answers with Baba Hari Dass at the Hanuman Fellowship Satsang at Pacific Cultural Center on Sunday, October 28, 2000. Sadanand read the chalkboard. Reading: Bhagavad Gita IX: 14-17.

Q: Verse 14 refers to "self-implementation" as one of the ways to get out of old ruts. Could you elaborate on this?

A: To get out of the rut is not one day's job or one hour in a day or going to temples, churches or mosques on particular days. We have to reflect on all our thoughts and actions all the time and turn the outgoing mind inward in every second of life.

Q: Verse 17 refers to Om and Ishwara as having a permanent relationship. Could you talk more about this?

A: Ishwara is the God of creation. Om is constituted by three sounds: a - u - m. These three sounds represent energies of creation, sustenance and annihilation. All three together are Ishwara.

Q: I experience a lot of mood changes due to planetary influences. How can one not be affected by the planetary influences?

A: Mood change is based on predominance of the gunas, a person's predominant dosha, and planetary change. The change is the nature of creation. There will be change in everyone but the degree will be different. By purifying the mind by spiritual practices, all those external and internal affects get less.

Q: What do you mean by "dosha"?

A: In Ayurveda three doshas are called prakriti type: kapha - water element; pitta - fire element; and vata which is air element.

Q: Are the doshas more stable than the gunas?

A: The gunas are universal and the doshas are individual bodies. They are a more gross form of the gunas.

Q: You said that through spiritual practice the mind is purified and the external influences have less affect. Is that because there is less attachment?

A: Yes.

Q: I have a question about living by my own will versus living by God's will. We all have experiences in life; some are virtuous and some are non-virtuous. Do the non-virtuous experiences result from asserting our own will, and virtuous experiences result from living by God's will?

A: Our own will means living a selfish life. In living a selfish life, our mind is always attracted by the worldly thoughts and desires and goes through pleasure and pain. Living in divine will: it is living with no egocentric desires or attachment. In that life, the mind doesn't go on seeking for worldly pleasures. So the ego becomes weaker and the mind dwells more in virtuous living.

Q: I raised myself as a born-again Christian, and now I realize I see things as black and white, and evaluate myself as good and bad. I judge myself and my actions based on whether I think they meet my own expectations. How do I overcome that deep conditioning?

A: The main thing is not accepting yourself. That is negatively influenced by people who also judge good and bad. If you just accept yourself first, then your reflection will change.

Q: In reality, there's no difference between one's individual will and God's will. If we accept it, it's God's will and if we don't then we are living in our own individuality.

A: Yes. Duality is in a devotional path. When we say it's God's will, we surrender our individual ego. By that surrender we achieve a nondual state.

Q: We each have our own samskaras, you've said. You've also said we're samskarically linked with others. What can we do to break the negative samskaric links with other people?

A: It's our attachment which shares samskaras.

Q: What is justice? Is there justice in the world? How can we make a more just world?

A: Justice is a creation of the human mind. Justice is different from culture to culture. Can there be justice for all? It's possible when there are no separate religions and all are living according to the nature. There will always be religions because the human mind wants something to hang on to.

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