

## March 28, 1978 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. Comments in square brackets are generally those of the typist. There was editing for format and IAST transliteration of Sanskrit terms.

B: Sahita has two variations, samanu and nirmanu. Best concentration is on ājñā. There is a mantra for it.

R: ... during sahita.

B: You did it at the tantra ritual [at retreat]. Or if you are advanced, use the Gāyatṛī mantra. Which class [of sahita] do you do?

Q: Second.

B: Use the six-bīja mantra.

Q: Gāyatṛī would be used only for first class?

B: Yes. [because of its great length]

B: Śiva has eleven forms. Viṣṇu reincarnates. Śiva just has different forms. Viṣṇu has ten incarnations.

Q: Strap around [crossed] legs to make meditation posture easier.

B: It is an old tradition. It is used in long sitting in samadhi.

Q: Does the tantra ceremony have the ability to disturb a woman's menstrual cycle?

B: It can. It depends on her emotion. It can come out faster or delay.

R: The whole retreat could. Doing more sādhana. Just being there.

B: Yes. It doesn't harm physically.

B: There is a time gap.

R: Generation gap.

B: It can't be filled. You will do the same to your children. The boys who played with me are now grandfathers. They tell their grandchildren how good they were. They were not.

Q: Jealousy of son-in-law or daughter-in-law.

B: Possessiveness. The parents expect too much and the children don't care. For them it is natural. You are young.

R: In India the parents choose the son-in-law and daughter-in-law, so they accept. The couple then....

B: They never think of having another relationship. Here relationship is first, marriage second.

R: So there are other relationships first, often. Other relationships are expected before, and there is expectation of divorce if relationship doesn't work.