

October 29, 1978 Satsaṅga 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. 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: Why should kapāla-bhātī follow alternate nostril breathing?
B: Alternate nostril breathing is gentle and gives you some energy to do the forceful kapāla-bhātī breathing. In one variation of kapāla-bhātī, both are united.
Q: Explain.
B: First alternate nostril then kapāla-bhātī, then repeat in a round.
- Q: Can listen to heartbeat rather than breathing in mediation?
B: It is one of the methods.
Q: Equally good?
B: Depends which one calms you more. All methods are the same. Some are good for certain types of people.
Q: If concentrating at heart and getting light headed, keep on concentrating at heart?
B: Yes. Any object of meditation which brings deepness of concentration should be kept. It's always ājñā chakra which concentrates. The object can be inside or outside. There is no concentration without ājñā. In samadhi, one goes above ājñā.
- Q: Could dislocations in spine cause blockages in energy flow?
B: The energy flow is in suṣumṇā which... [only one word missing]. Suṣumṇā can't be dislocated. Physical dislocation can cause some obstruction but can't stop the flow of energy. There was one saint named Aṣṭāvakraḥ, whose body was crooked in eight places and he attained enlightenment. Some people are born with a crooked spine and they can still attain enlightenment.
- Q: Is there one way to open the heart?
B: There is no one way for everyone. But there is one way for individuals. By doing sādhana, your way will be revealed to you.
- Q: Why the emphasis on keeping the spine straight?
B: When the spine is straight, the energy flows smoothly and also it makes the posture perfect. By keeping the spine bending forward, the posture can't stay for long.
- Q: Sensation of light energy in spine twisting so as to almost break meditation.
B: When the energy rises up, it can cause different things in the physical body. It is a good sign, but one should not develop it.
Q: Way to make energy go up, not around?

B: If you try to stop it, it stops.

Q: What is fear?

B: Fear is [of] losing something. For example, fear of death. We are afraid to lose the attachments of the world. This is a natural thing for every being. Because we all are attached to something. So we are afraid to lose it.

Q: Why are so many avatāra of India pictured as blue-bodied?

B: Blue is a symbol of nothingness, as the sky is blue or water is blue. It means there is really no form of God. You say, "That is sky," and you see sky. In fact, there is nothing. The form [of a deity] was given by us, and then we gave it a blue color to explain that it is beyond form

Q: Is it necessary to give up all forms of secular music in order to progress?

B: At the highest level, all forms dissolved of themselves. But we can't give up forms with our eleven senses.

R: A book, *The Secret Life of Plants*, reports that plants grew toward sound during classical Indian ragas, but away during rock and roll.

B: Plants react to different instruments. That they react differently to rock and roll must be hard for them because they can't jump!

Q: Why are you silent?

B: To learn to listen. We talk and never listen. If we stop talking, we can learn how to listen.

Q: Would being blindfolded have a similar effect?

B: It can increase the energy of seeing inside the mind.

R: There are sādhana in India where sādhu sits in total darkness for long periods of time, months, years.

Q: Life seems to say that everything is possible, but karma rules our lives. Contradiction?

B: Karma says a person will die by a rock dropping on his head. Good actions develop good karma in this life [not exact words], and the rock misses by an inch. If we are completely chained by karma, why should we work to attain enlightenment or peace? Karmas are guiding the life, but those karmas can be changed by good and bad actions.

Q: Kṛṣṇa, Jesus Christ, and Buddha: did they all teach the same thing or are there different lessons to be gained from each?

B: For me all saints are the same. They all said the same thing in different words. But the followers changed the meaning.....

R: There are several teachers of aṣṭāṅga yoga, and differences between what they teach...

B: There are variations in prāṇāyāma. Āsanas are the same. No one can change yama and niyama. There are different methods of concentration and meditation.

- R: There are thousands of meditation methods.
B: No one can change samādhi.
- Q: Could we attain the same a Babaji without not speaking?
B: Not speaking is one of the methods. It falls in the category of tapah. It is a faster method for calming the mind.
R: It's a hard path.
Q: Jesus is supposed to have taken on all sins of the world when he died.
B: God is what is being referred to [not exact words].
R: He is spoken of as the only begotten son.
B: The veil of separation was not there, so he was speaking from the Self.
R: Saints are not identifying their body with that Self ever.
B: He did not say Jesus said this [or that].
Q: Moses asked God to speak and God said "I am."
B: I = the Self. [in the handwritten notes, there is space between "say" and "Jesus," but no period.]
- Q: How does laughter help us in our process of returning?
B: Fake or real? Real laughter can purify the body and the mind.
- Q: What is necessary for...?
B: 1. by spiritual practice 2. by developing positive qualities
- Q: Ramaṇa Maharṣi said it's best to ignore the external world. How literally should we take that?
B: External world is that which pulls the mind to the senses. If you have to go inside, then you have to close the doors of the senses.
Q: Is it better to ignore desires or to fight against them?
B: We can't ignore all desires [maybe not exact words]. Some desires are important for life in the world.
R: Such as eating, sleeping.
B: Some desires are developed by our own ignorant mind. To control those desires, sometimes we fight and sometimes we accept. It [i.e. which to do] depends on the circumstances. But we should be aware of developing desires, which puts a limit on desires.

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