

January 4, 1977 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. There was editing for format and IAST transliteration of Sanskrit terms.

B: You see the surface only.

Q. The effect and not the cause?

B. Yes. Yoga makes you see the cause. You don't even have to see. The citta becomes calm.

Q. Heat in the head during sādhana.

B. Energy rises up very fast. It happens in emotional people. Do śītālī...

R. ...prāṇāyāma.

B: Sītā is swallowed up by the earth at end of one version of Rāmāyaṇa. She was the earth. God and his creation are one. It is symbolic.

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