

July 26, 1977 Darśana with Baba Hari Dass

Edit notes: The following was typed from notes handwritten at the time of the darśana. 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.

- B: The past and the present can't be stopped. Only the future can be stopped.
R: What you are doing is the present. But in a moment it is done and is the past.
- B: In fasting, the desires are suppressed, causing anger. Anger, depression, jealousy, hate, etc., they're all the same. When you fast for yourself there is complete acceptance, so it doesn't bother. People fast because others are fasting.
- B: Milk fast: three quarts a day. Causes constipation at first.

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