

## July 18, 1976 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. U is other voices in the notes which were unattributed. Often, based on grammar and content, this is likely Babaji. Comments in square brackets are generally those of the typist. There was editing for format and IAST transliteration of Sanskrit terms.

B: We create, preserve, and destroy prāṇa. Emotions cause creation of prāṇa. Only the Self is indestructible. We're born with prāṇa. Its force can be increased by individuals. Earth radiates pranic energy, as does all life and dies the sun. The prāṇa that we created attracts prāṇa from the universe. People are born with different spans to live, but they can increase this length of time.

R: ... by prāṇāyāma.

B: Average life in first yuga was 400 years, in second was 300, in third was 200, and in kali-yuga is 100.

B: This body dies forever. The subtle body turns into a seed of saṁskāra and takes rebirth.

B: Calming the mind is the way to make progress on subtle level.

R: ... and get rid of saṁskāra.

B: When Americans say it was my karma, they mean it was my saṁskāra.

B: Anything that has happened can be classified by definition, as result of person's saṁskāra.

U: It is not that we choose our parents, but that nature sets up the situations of all of us so that it is easy to "work out" our saṁskāra, or to add to them.

B: When we see ourselves in mirrors...

U: ... wise people

B: ... and we don't care about the complications we have created for ourselves, that is play.

U: Sometimes seeing that others have same afflictions as we do can have this result.

B: God has a negative form too, but we don't need it so don't talk about it. Suffering:  
sāttvika = for attaining God, is purifying  
rājasika = for attaining prosperity  
tāmasika = for attaining sensual pleasure

B: 16,000 wives of Kṛṣṇa: Kṛṣṇa = mula. The wives = 16 qualities...

U: ... = kalas, ways of relating to the world

B: ... of each of 1000 petals of sahasrāra cakra.

B: Cakra "opens" = petals rise as energy moves up.

- U: ... in niṣṛṭṭi.
- B: Peace, if it continues, is what causes the energy to rise [rise?].
- B: Cakra = loka.
- U: Lowest one is our entire physical universe, plane. All above it are even larger.
- B: Emotions can cause physical body sensations in certain places.
- R: This is not opening of heart cakra, for instance.
- B: What music activates is the emotions.
- B: Sāttvika vikāra = a sāttvika impurity = the motion that is released in niṣṛṭṭi.
- B: Magnetic energy can be developed either by purity of mind or even by complete faith on evil actions, as black magicians do.
- B: Process of projecting of physical world by subtle body within us = saṁsāra. Object is to get out of this saṁsāra.
- B: The Self is the reflection of God in an individual.
- B: If happiness is not cultivated inside, one cannot be happy evening the heavens.
- B: Living without seeing another person for several years, one almost forgets people, but, re-exposed to them, the ability to relate to them is still there and reappears instantly, like looking in a mirror.
- B: When we see it is difficult to cultivate happiness, then we immediately try to borrow it from others.
- U: ... hiding from our own inner not-having-found-it by wanting contact.
- B: Rāmakṛṣṇa [Paramahansa]: ecstatic bhakti love not tainted by intellectual knowledge.

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