

August 15, 1978 Darśana with Baba Hari Dass #1

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: How to determine humors of children?

B: By watching their activities, nature, and body.

Q: In India, men don't go to births, including husbands.

B: No husbands.

Q: Why is that a cultural tradition?

B: I don't know. In India, men and women don't mix.

Q: Invoking spirits.... Is it a real thing or fiction?

B: It is a method. In India, Nepal, Tibet, Bhutan, and Sikkim it is practiced very much.

Q: Are they real beings?

B: The person goes into a trance according to the mantra the head priest chants. If the priest chants a mantra of a particular demon, the person will act like that demon. I saw a man who jumped in a huge fire and sat on a log and then came out without any burns. Emotions can do that. They pierce...

R: ... their bodies

B: ... with lances and then run.

Q: When they get sick, can it be caused by demons?

B: Demon is symbol for all negativities. Sickness is classified as a negativity.

Q: Why do such a ceremony? A method for what?

B: For curing a sick person. In Āyurveda, a method of emotion and fright is used. They cure things which medicine can't.

Q: It's like white magic.

B: In American Indians, the same thing. They do exactly the same thing, and only the language is different. In Africa too.

Q: It's good?

B: It's one of the methods.

Q: The patient is cured by emotional faith and fervor?

B: Yes.

Q: Would concentration accomplish the same thing?

B: It's harder to do alone. They create an atmosphere in which you believe it is real. Self-hypnosis can do the same thing.

Q: Is that how a psychic healer works?

- B: Same method, but in some people there is more healing energy than in others. Like being born a poet.
- Q: Perhaps in the West, too much is left up to the imagination, and not explained by one who knows.
- B: Scientists are trying to find out the causes. They accept the energies but can't explain it.
- Q: Do you feel a chiropractor can relieve pain in the back?
- B: Not always. There are several reasons of such sicknesses.... Pine sap.
- Q: What about homeopathy?
- B: It's a very good medical science. In homeopathy, they try to search out the main cause.
- Q: What will pine sap do?
- B: Pine sap pulls out the inflammation.
- Q: Blue pearl: when does it appear?
- B: When the subtle body gets active, a kind of light is seen, sometimes by itself and sometimes in meditation, If that blue pearl is made an object of meditation, then it can bring higher knowledge.
- Q: Should one seek to visualize it?
- B: Yes.
- Q: Visualize to create it?
- B: It appears by meditation. Can't create it.
- Q: Feeling about abortion?
- B: Abortion is killing, but it is better than giving birth to an undesired baby.
- Q: Do you go into nirvāṇa and come out whenever you want?
- B: After nirvāṇa, no one comes back. It is a final stage of samādhi.
- Q: Is it a method of healing?
- B: Healing of the sickness of ignorance. Not for physical sickness.
- Q: It's become popular among lay homeopaths to use a pendulum.
- B: Homeopathy is a perfect medical science like Āyurveda. People use different things, but that...
- R: ... a pendulum [for divination]
- B: ... is not a real thing. In Āyurveda they look for omens, signs.

August 15, 1978 Darśana with Baba Hari Dass #2

- Q: A psychologist had a patient who was a devotee of Babaji's. She cried all the time. Babaji wrote her a letter saying that to cry for God was better than all spiritual practices, that crying makes the heart soft, and that God lives in soft hearts.
- B: That's right. [Then Babaji told about Caitanya [Mahāprabhu]....] I went to the place where he used to cry. There was a ditch nine inches by nine inches by five inches. He used to fill it.
- Q: Making decisions....
- B: Right and wrong can be discriminated by the purified mind. If the mind is not purified, we can't tell what is right and what is wrong. To purify the mind, meditation is the best way.
- Q: If you were to speak, would it interrupt your inner silence?
- B: No. No more. Because I can't talk. 26 years [since 1952].
- R: Vocal chords have atrophied.
- B: I met one woman who was an athlete and got paralyzed from the neck down. I told her prāṇāyāma. In a few months, she could throw herself on the bed from wheelchair.
- Q: Cure for paralysis?
- B: Sometimes it can be cured. By surgery, prāṇāyāma, medicine, mantra.
- Q: Need for cathartic release?
- B: Meditation includes calming the body and the mind.
- Q: Rajneesh's claim that release is necessary before meditation....
- B: If you run until you fall down, will it be the same?
- Q: The chaotic breathing [a practice?]....
- B: You always breathe in running. I accept the traditional yoga.
- Q: How to prevent dependency on counselor?
- B: Teachers enjoy their students' becoming dependent on them. If the students are independent, then the teacher cannot be fed. If you really want them independent, then you will use different language. It's only a matter of language.
- Q: What do you mean?
- B: If you encourage them to be independent, you don't put any conditions. That you will need me.
- Q: For this practice.
- B: In fact, they don't need a teacher for long. But they get dependent.
- Q: Sometimes my underarm perspiration smells very strong.
- B: When bile predominates.

Q: What causes bile to predominate?

B: Certain foods. And place. Emotions can also cause this. If a person is very frightened, it can smell like burnt wool. The body expels bile all at once.

Q: It normally goes out....

B: Through the skin.

Q: When you used to talk to me, I would get sad. Now I laugh.

B: Raja went to an interview for a job and his tears started falling down. He looked up and his boss's tears were also falling down. A very emotional interview!

B: Science has its limit. But our mind can do things which are beyond the reach of science. So we need both. Mt. Madonna Center will sponsor research. Yoga is a science. You can prove certain things.

Q: Refusals to turn to Western medicine to cure dangerous boil.

B: When a boat is available, why cross a water by swimming? To swim, we don't need a boat. There was a need to cure the boil. So the easiest thing was [would have been] to remove it by surgery.

Q: Okay to fast with an infection? [Questioner has a fracture that has not healed and is infected.]

B: It's only for five weeks. It can be cured.

Q: You don't recommend fasting?

B: Not yet.

Q: When?

B: You don't need to fast for this.

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