

10/1/76 retreat darshan

We think we make other people happy (and they us). Anger and loss of discrimination go together.

Flying represents the subtle body. (Flying in dreams can come from fever or from yoga sadhana.)

Trataka is best for strengthening the will power.

Saints in kaivalya state switch their consciousness very fast. That is how they can relate to both worlds.

Lower samadhi can be experienced by most people (who practice yoga).

(Chakras one to five are inside sushumna. Ajna is penetrated by it. After ajna, the structures drop away and there is just space. Nirvitarka, concentration on the subtle essence: the illusion of qualifications is dropped. Whereas in savitarka samadhi the mind hovers in name, form, and idea of the object. If an apple: red, round, name "apple." Later, in savicharya, it is seen without mental realization that there is an apple. The existence of that form is all that is left as a base: its subtle nature.)

Concentration is supported by the apple. (Even though there is no longer an "apple.")

(In savicharya there is no apple but its subtle nature is there. For instance, in doing trataka on candle flame, there will be suddenly something there but it is no longer a candle.)

Samadhis:

savitarka

nirvitarka } occur in ajna, one from below and one from above. Both are on gross level

savicharya -----on subtle form with knowledge of qualities

nirvicharya ----on subtle form without realization of nature of object

5th stage of samadhi occurs at vishnu chakra 6th stage of samadhi occurs at rudra chakra

If God is infinite, there can be no limit on his realization.

The lowest samadhi opens up our understanding. It is not a sleep.

The subtle body is perceived by samadhi.

(Not a vision or hallucinatory sound or dream?) No. Description is very brief in Vedas, lengthier and more detailed in Upanishads.

Object of concentration should be one in which you have faith (Faith that it is divine.) It does not have to be gross or to have form even (if one can do it without form). If one concentrates on nothingness, however, that is still something.

If you don't accept the world as real, then you are out of prison. Knowing it is not real is an achievement of nada sadhana.