

3/19/78 satsang

Rama is a seed mantra for burning. It burns impurities. Also, "ma" is for taking energy from ajna chakra and raising it up.

Karma yoga is selfless action. Any work which can be done properly without a selfish motive can be chosen.

Doubt is the mind's hideout. If one goes on doing sadhana, all the doubts start diminishing gradually.

(Remove mucus foods from diet to overcome laziness?) If person has excessive mucus. Mucus predominant and excessive mucus are two different things. Mucus is very important part of body. If it predominates, it doesn't mean person is lazy. But excessive mucus in form of phlegm causes laziness and excessive sleep. Can be cured by change of diet. (Reduce mucus foods?) Yes.

Babaji chooses spiritual name according to birth date.

(Right livelihood?) Without hurting others or yourself, that is best. Some people have artist samskaras, farmers, etc. If one can fit one's work according to this, it is best. (Manifests as a natural desire?) Yes. (How can one determine which samskaras to follow?) By clarity of the mind.

(Not good to start sadhana with headstand?) First do some warming up exercises. Then the blood circulates well and in headstand, the blood can flow down more easily.

One can increase meditation, japa, or asana whenever desired on one occasion, but not pranayama. Pranayama needs strict discipline. Pranayama is not just breathing. Four times in 24 hours is the actual way for the intense aspirant. Four times forty rounds.

Tantra is a system by which the senses are controlled by the senses. (Not, as thought in America, an indulgence of the senses.) There are seven disciplines in tantra. Very vast field. All of ashtanga yoga, mantra yoga, rituals of sounds and colors.

Hay fever can happen for various reasons. In this season the body changes. Accumulated mucus breaks down and bile increases. If there is any derangement in the body, it can cause hay fever. Fenugreek tea is the best cure for it (crushed fenugreek seeds).

(Can see auras, especially when people concentrate.) If you can see auras, then you can use it as an object for meditation. By visualizing your own or any. (Why do some people have orange auras?) Golden or reddish gold is result of prana vayu. Mouth to heart is range of [its] activity,

fire-predominant. Indications: sensuality, anger, love. Or in dull state: fear, greed, jealousy, miserliness.

Fresh wheat that is still on stalk and milky is vata predominant. Dried cooked wheat is mucus predominant. As are oats. Millet is vata-pitta predominant. Corn is air and mucus.

Grapes and oranges are mucus predominant. Mango is pitta predominant. Apple is vata predominant.

Body gets light and energy increases in fruit diet. (Eventually they will get cold?) After a long time. It becomes natural diet.

(If one nostril is clogged all the time, that indicates major imbalance, is dangerous.)

Channeling all water in one stream or letting it flow in many are different stages. Visualization channels the water into one stream after making access from the different streams to that one. But that too should be stopped, or it can stop by itself in higher samadhi.

Left nostril is related to moon's cycle. Its being clogged (often) correlates with moon's cycle and important events. (Keep a record to see the connection.) Both nostrils are related to moon.

(Circulation of elements in an hour?) Air – 8 minutes, fire – 12 minutes, earth - water - ether - And one nostril in an hour.

[need question]

If it is clogged, it affects the whole physical and mental body. Function of nostrils is to regulate heat (prana) in the body and emotions.

(Experiencing group OM as coming through own voice.....) In deeper experience every cell of the body opens up and the same sound comes through it.

For nursing mothers, fast is not good. But can change the diet once a week.

If mucus increases, can fast longer. If bile increases, vomiting is better than fasting.

Fasting on ninth or eleventh or fifteenth day (or all) after new moon, and after full moon too, is tradition in India because moon pulls on water in body on those days, causing emotion.

For body purification, fast one day and on next do shath karmas [this answer to an overweight person unlikely to be vata type].