

10/24/78 darshan

If one's job leaves no time for sadhana?) One day and night has 24 hours: 6 hours for sleep, 8 hours for work, and still there are 10 hours.

([new arrival in town} Spending a lot of time on the mall and wanting to know how to give and conduct self rightly.) What are you giving? (Love.) What makes you feel you are giving? (There is a lot of love out there, also there is a lot of confusion.) Do you mean sexual participation in love? (Trying to understand what men need>) Does a candle go to individuals to give light? Why do you worry about giving love? If love is within you, it will shine by itself. (Feel need for others to reflect it>) An unlit candle can't give light even if you hold it right under your nose! Go to one million people and you can't get love unless your heart is pure and lit. (Don't understand.) I mean purify your mind first. (By mantras?) By positivities. Good actions, good words, good thoughts.

(Just when I think I'm getting my mind under control, it flares up again>) It happens until perfect control is attained. It's like binding a knot on an overstuffed sack. You find all the corners and one is missed and then the whole sack opens up. (Just pick up where you left off?) Do it again.

(Impetigo.) Whole fresh basil and black pepper paste cures skin rash. Sweating to clear nostrils of a cold only after (the first) three days. [not Babaji's exact words; nor were these words recorded at the time exact: Sweating clears nostrils or cold only three days later.]

(Why are there few teenagers in the Hanuman Fellowship [the satsang]?) There are so many people. So teenagers are divided. Time is changing. One time teenagers dropped out from school and chasing gurus and drugs. Now they are going to school... It is better.

(If I let someone ventilate anger, am I encouraging it?) Listening and then....? (Just listening.) Don't you tell [them] if they are right or wrong? (Try to but they get angry at me.) Probably you explain to make them more angry. (Should just listen?) Sometimes listening is also for making them angry. Fear, anger, sex desire, doubt, and sorrow all increase at equinox times [not exact words, to Bhavani in letter several years prior].

10/26/78 darshan (Muscle tensions...) Tension is from lack of pitta. (To increase pitta?) Eat right, and physical exercise.