

8/31/76, retreat (Canada)

The thing which visualizes is not the heart. It is ajna. Thing seen may be seen in heart or in mind.

Prana as “life force” and kundalini are two different things. Pranic energy = kundalini. Same word (prana) is used in these two ways.

Disturbance = waves. But beyond the waves is total peace. Calm the waves. Yoga = suppression of thought waves.

Lights and sounds appear in lower (samprajnata) samadhis. All phenomena disappear in asamprajnata samadhis.

When the body starts purifying, we naturally avoid things that make it impure.

Kundalini is feminine in Sanskrit, a goddess, as mother. Complete word is kulakundalini. Kula = body. Kundalini = winding

(Possible to offer desires and attachments to Kali”) What happens? If you really offer, they disappear. If you pretend, nothing happens. Still in same rut. Kali won't appear and kill you. It is your own guilt that becomes Kali (fierce). Kala = time. Kali is the one who controls time.

Can't have to give up anything, any possessions. Only attachment. Now you can keep them (joke).

(How can we serve people if we avoid them?) Develop your good qualities. Then people will follow you (and you can serve them). If you are developed, then you can help others.

Mantras are designed according to energy flow.

(Shunning association of the worldly? What about parents? If I feel love for them?) Shun means not get trapped with them.

(How to get out if feel trapped by family commitment?) If you see a rope as a rope, you don't see it as a snake. If you see the trap, then you don't have to step in it or say, “I don't see it.”

(Physical discomfort in legs in sitting (cross-legged) for long time in meditation.) Tie blanket or long cloth around (the knees to hold them up off the floor).

(Which is first? Own personal development or duty to family?) It becomes part of your personal development.

Twitches happen with loss of body consciousness or stopping flow of blood. (These are) not “kriyas.”

Kriya yoga = austerity, self-study, surrender to God. Crazy thoughts, positive and negative, come because we enjoy them.

(Is parent responsible for child's actions?) Fully, as long as child is dependent on parent. You discipline your dog, why not your child?

(How do you protect yourself from influences which drag you down?) By building will power.

(How can we best achieve clarity of mind?) By attaining samadhi. By listening properly. By thinking properly. And by watching properly. We actually don't listen properly. When involved in our own emotions and our minds don't concentrate. Absent- minded means not listening. Our answers or statements are like in a dream. Sometimes we say something and mean something else.

(Importance of new name for spiritual development?) Depends on person's identifying with it → forgetting the past and being a new person.

Some names are householder names and some not. Female equivalent of Das (servant of) = Dasi. Not so important for women because they are considered Mother.

Help those in mental pain by finding out reason and then trying to help them understand.

Timus root or ash of eggplant helps prevent tooth decay (in ayurveda).

First samadhi may merely make the path clearer.