

11/16/78 darshan

For weak or damaged kidneys...?) Pulp of one aloe vera leaf, or one tablespoon pulp [bottled], in 1/2 tablespoon ghee [heated], then 1/2 teaspoon turmeric. Drink this in milk. Also good for digestion. Man in his seventies [and very disabled] took it, recovered, married, had children.

Sesame oil reduces air, which causes constipation, body ache, and depression. (Can put it on at night and wash it off in the morning with shower>) Yes.

[to a woman, one of the first to receive three days of shiro basti at MMC] Shiro basti cured crookedness of your face [of facial expression].

11/19/78 satsang

[presumably following a reading from Jakob Boehme] (What kind of realization did Jakob Boehme have?) He pierced gross, subtle, and causal.

(A banker got enlightened in the middle of his job during the Depression.) It can happen. A shopkeeper got enlightened while weighing grains. (story of the number thirteen = “yours” in Sanskrit. He left his shop perforce.) He was a saint who later walked over a river.

(Advice to someone on the path who experiences extreme emotional highs and lows.) First, the physical body should be strengthened. So that the emotions will not harm it. (The devotional emotions.) So the body is strengthened by certain cleansing practices and asanas. When the body is strengthened, then the prana should be strengthened by pranayama. And then the mind should be strengthened by meditation.

(Practices to do during severe depression?) Why do you get it? (I feel that I forgot God.) Any emotional imbalance? Were you sick before, in your youth? (Emotionally.) Loss of memory? (Nothing that severe.) Violence? Crying? (Yeah.) Crying for no reason? (Yes. Crying for my heart.) Talk to me on Tuesday [privately].

Babaji said some of my fears are due to Jewish samskaras. What can I do about them, to change them?) It's a self-created fear. You think that you are not good. No one told you you are not good. (If a Jewish samskara is holding me down.....) I was joking! (It was your Jewish samskara that took him seriously!)

(Relationship between collective karma, the karma of a group, and individual karma?)

In collective samskaras, the whole family or group suffers equally in poverty. The whole family remains hungry. In that collective samskara, one person in the family finds a banana peel and eats it. He survives. That's individual samskara within the collective [samskara]. Like in an airplane crash, one person might survive.

(Dentist recommends removal of questioner's wisdom teeth because growing in wrong. Is that a good thing to do?) If it grows wrong, it hurts very much. For years. (Will removal of teeth affect one's psyche or other parts of the body?) It doesn't affect, because the nails, hair, and teeth are changeable. (The body is set up to compensate for the removal of any of those things.)

(What is the relationship between the five elements and the five charkas?) The heavier thing goes down. When the elements are formed from the ether element, the air element is heavier, so the air goes down. Fire is heavier than air. Water heavier than fire. Earth heavier than water. Also they get denser in each step.

(What is the relationship between earth as a planet and earth element?) Earth is a visual form of the earth element. If all five elements are split apart, we will not see the earth separated in pieces. There will be nothing.

(Could you explain what fire is in this system?) Fire is heat, active energy. (Any heat is classified as fire element.) So fire seems more subtle.) Fire is more visual. (And more tangible on gross level, as well.)

(Do these five elements correspond to the earth, water, fire we see?) Its gross form is experienced by our senses. On a subtler level, they

represent the qualities of solidity, liquidity, radiation, gaseousness, and all-enveloping quality, or space. And there's a subtler level beyond that.

(Do the gross forms of these elements depend in part on our senses for their existence?) Do they exist independent of our senses?) The senses are made to experience the gross elements. The sense of smell relates to earth, the sense of taste to water, the sense of sight to fire, the sense of touch to air, and the sense of hearing to ether. The nose (correspondingly) is made to experience that quality (that element). [Etc.]

(Five-pointed star sometimes symbolizes the physical plane: man and/or that element in creation. What's the key to understanding its significance?) It's a symbol of the five elements. All five are connected in the five-pointed star. (The five-pointed star can be drawn with one line, which shows their interrelatedness.) Six-pointed star can't be drawn with one continuous line. [Bibi demonstrated.] (What is said about how the elements relate to each other, and interrelate?) (One element is half in each chakra, and the other four are 1/8, of each element.)

(So the center of the star is like a chakra or vortex...) The center represents the five tanmatras. (Subtle states of the elements. There is a pentagon inside which, if joined with lines going to the center from the corners, forms five inner triangles representing the five tanmatras).

(Could it be said that, in ascending order from earth element, each higher element represents a higher vibrational rate of matter?) Yes, but they are based on muladhara. So the base chakra is more important, because without it, the other four can't stay together. (It is a support.)

(What numbers are equated with what chakras?) (Are certain numbers related to certain chakras?) I don't remember, but there are. (Numbers and the Sanskrit alphabet. And there are, of course, a particular number of petals around each chakra.)

---to fill in gaps in the following entries, see notes that Karuna took and Ma preserved---

(missed question.....[could have been how were these numbers known) When the intellect is sharpened by samadhi, all this knowledge comes automatically.

(Is it a common experience to feel like crying when one is meditating?) Sometimes it happens because underneath there is some reason.

(I feel sadness coming on. What should I do to bypass this emotion?) Change the breath. (Plug dominant nostril for a half hour.)

(Questioner felt helped by drugs long ago, but now wonders if he was.....) Drug is one of the means, but it is very hard to determine [right recipient, right time, right amount] If we make a mistake, it will derange the equilibrium Experiences can come by derangement of the elemental cycle also. If the cycle is triggered 100 times faster (which drugs can do). Each element has a color, sound, and pattern. And emotion. In the yoga sutras [of Patanjali], drugs are mentioned as one of the means. But no one explained more than that. In olden times, soma was taken, but it was kept secret. (And now all information about it has been lost.) It was kept secret because that power can be bad for the earth as well, just as an atom bomb if it goes in the wrong hands.

Both nostrils flow equally only for a short time... When both flow equally, the mind dwells in peace.

(Is there a process you can use to reverse negative thinking?) Negative thinking is caused by fear. So negative thinking feeds your fear and causes anger. In the yoga sutras, Patanjali suggests substituting a positive thought. (How does one get rid of the fears that are at the root?) By facing. Because we create it.

(What effect does ganja have on spiritual practices?) In meditation you start coughing.

It causes illusions, and the mind can't be channeled to the object of meditation. (Ayurveda classifies ganja as one of the mind-sharpening drugs.) It's not always bad, but we make it bad by using in the wrong way.

(Is it useful to chant mantra silently in meditation, or only out loud?)
Chanting [can be done] orally, subvocally, mentally. It's a thousand times more effective to do it mentally.

(missed Q) What's the limit? (Babaji is.....)

(missed Q [could have been new question or continuation of previous topic]) Yes. Shaivites especially. But their attitude is different.

(What do you do if you have a desire to be around other.....?) [missed rest of Q and maybe beginning of A] It's a habit and can be changed.

(Almost always I feel a tension in my abdomen area. Could you say why this happens and how I could relax there, permanently?) Does this happen in all situations, or only some? (Almost all the time.....) Fear that is in the mind and never expressed to anyone. It's something which you are hiding. You may know [about] it, and you may not.

(child's Q.....) When you get bigger, then you will punch him back. (Once one sees what is causing the fear, does that make the fear go away?) Yes.

(Is it a personal samskara not to be able to be in touch with fears until a certain time?) It is a samskara.

(Since no strangers come to your house, why don't you talk.....?)

(.....missed A) (Eat vegetables.) Will it open my voice?