

Toronto Q and A, Friday August 31<sup>st</sup>, Anand Dass read the chalkboard

Q: During meditation is there a particular breath you should focus on?

A: In meditation baby type breathing its smooth, not very long, stomach goes out. Mind is concentrated on ajna or in falling and rising in stomach.

Q: What is the gong part in meditation?

A: The gong creates a vibration in everyone's thoughts. Sound energy it should not be loud sounding gong. In meditation people go into a tamasic state, a sleepy state.

Q: I have a nest of hundreds of wasps and don't want to kill them, what to do?

A: After they leave, spray kersosene oil they have lots of places to live in the world.

Q: Please compare and contrast shat karma, agnisara dhauti purification and nauli.

A: In agnisara dhauti there is fast movement, the pull is not deeper, there is no rotation of nauli. They are different in action. Agnisara dhauti generates heat. Nauli churns inside.

Q: How do you see God in others when they are hostile?

A: Whether we want to see God in them or not, God pervades everything. In hostile people it is their egocentric activity to harm others to get strong. Seeing God in everything does not mean treating everyone alive. A dog and a person have different places in society but the person in his or her state is pure.

Q: How to not be affected by hostile people?

A: We are human beings carrying our ego and defending it, we get afraid of angry. It is not easy to sit with those people. Yoga sutra is to avoid those evil doers.

Q: What if you can't avoid such people?

A: You mean in your house?

- in work situation that can not avoid-  
Then face them, fight will be there but it will finish the problem.

Q: Will that fight possibly escalate the problem?

A: It affects both like 2 bulls fight for the possessions.

Q: Would you take aggressive action in needy situations?

A: I would.

Q: Can I communicate with them [back to the wasps in the nest]

R: Gophers did not listen to any prayers in Santa Cruz [laughter]

Q: I feel like I don't want to, but might have to kill them [the wasps]

R: Without killing them you can drive them away with smoke.

Q: Yoga has been on the cover of Time Magazine and mainstream press, what is it about, this cultural need to do spiritual work, yoga?

R: Fashion comes and goes.

Q: So there is no particular reason?

R: People do it mainly in the west to look good, to feel good as a yogi.

Q: If yoga is a science and not a religion, what about arati and kirtan?

R: Kirtan is one of the ways in nad yoga, the yoga of sound. Arati comes from Vedic religion. These things do not come from yoga practice. People do these things to express their devotion to God.

1. The Hindu religion was forced on Indians by foreigners.

2. Hindu is not a religion, it is a way of life. Vedic/religion, Sanatan/religion, Arya Dharma, these were the names before the Muslims came to India. Religion means one philosophy accepted by all the followers. The Hindu religion includes so many philosophies followed by all but not accepted by all.

Q: What would be the best answer to those who comment on my yoga practice, saying I am "being sucked into religion?"

R: Ask them to define religion. Religion dharma nature's way to keep everything functioning is dharma. Planets, oceans, jungles, rivers, mountains, unitedly keeping a balance so religion is nature born quality without which an object doesn't exist. Fire's natural quality is heat, if removed what will you call it? Human nature born quality is bhoga, experience and aparavairgha to get liberation. So whatever we do for our self development comes under religion, God given Sanatan.

Q: Is the human race becoming more evolved? Are we becoming more spiritually enlightened?

R: It depends if you are counting up/down or down/up.

Q: If everything is in imbalance, we must evolve or cease to exist?

R: Are we better as humans 100 or 200 years ago? Our essence is not going to change but what we do can. If you count down/up, we have cars, airplanes, computers, then yes. So count down, now we aren't evolving as human then evolving as spiritualish[?]

Q: Does each person have a separate energy vibration and is that what keeps us separate from each other?

R: We all have separate ego of individuality like all 15 children on beach making a house use the same water, fight for that water

Q: In balancing life how to be in the world but not of the world?

R: In the world as a duty, of the world as attachment to the world.

Q: Are we born with our egos of individuality?

R: yes.

Q: Because of past lives?

R: Yes, wasps also. [laughter]

Q: People challenge that yoga is not a science because it can not be proved by acceptable scientific methods.

R: Tell them to read Samyka Karika, the science of cause and effect. Science means analyzing the elements, they constitute the body how they affect the evolutionary and involutory system is yoga. The samkya chart is only to show the evolution. Samkya is a dualistic philosophy which says these are two eternal energies 1. consciousness, 2. matter. So is self development a science or not?

Q: I know the "I" can't exist without acknowledging the rest.

R: The external is a creation of the internal "I."

Q: Does my heart not go beyond that?

R: Where does love exist? "I" love. You can't get rid of "I"

Q: If there is no outside, there's no "there" there?

R: It's an expression of love. Inside is feeling of love.

Babaji quote later that day: "Playfulness is an attitude of joy which they mind develops when it is free from all prejudices.