

3/5/78 satsang

(To decrease air humor?) Inverted asanas. Increases fire.

Natural breathing pattern is inhale, hold, exhale. We don't notice the hold. In pranayama it is the holding that is important, but to make the exhalation smooth, the ratio is used.

Three gunas [not just nadis?] meet at ajna. Equilibrium is always there. Otherwise one would go crazy.

Rama is sattvic, Shiva tamasic, the energy that destroys negativities. (Will one take on nature of deity worshiped?) Shaivites are more fiery-natured and Vaishnavites more calm-natured.

Sadhana is affected by which element is predominant in the body at the time. If mind is rajasic or tamasic, it can be cured by fast or change of diet for a few days.

God is one and all names (of God) are his names.

(Fear of being open.....) Not a fear of opening but a fear of losing. Some people are afraid to lose even their pain, and like to live in their own shell. There are ways to pull them out. First you have to understand their fear.

Suicidal tendency is a kind of craziness. They have no reason to commit suicide but the thought hovers in the mind. If a person's mind can be changed or diverted, then they can be helped. Some people of such nature can be helped by spiritual teaching or yoga, and some can engage in physical work.

(Need for support and reassurance from others.) Every person has that need. It is in all cultures and societies. Even animals living in herds have it.

Some people are more dependent than others. They need to stand on their own feet.

(Attachment, and enjoyment of those objects.) It is natural. That's how the world functions. If attachment is taken away, their function will stop. Then you will not drive a car and the car company will suffer.

(Visualization to do with japa of Rama?) Either his form, or light (subtler), or positivities (more subtle).

(Good to meditate for 4-5 hours occasionally?) If you can.

Some hand mudras are for pratyahara, some for concentration, and some are for keeping the energy within an energy center (such as pressing finger to thumb).

(Silence....) It is a method of silencing the mind. Inhalation and exhalation disturb the mind. Best way to silence the mind after sadhana period, during day?) Dwelling on positivities.

(Eggs.....) Are heating and cause killing. When blood is heated, comes out through skin, makes skin rough and mind rajasic. Honey is also heating. Too much in winter will create pimples in summer.

Our systems are weak from civilized living for several generations, so can't digest uncooked food perfectly as monkeys can. At first we don't notice anything. After a long time it starts weakening the digestive organs.

(To overcome perceptual illusion?) It's the mind which sees. If mind is not there, we don't see even if eyes are open. The mind sees what it wants to see. That's the illusion which we are trying to remove.

(To make meditation deeper?) Pranayama purifies nerve channels. Or suppress all thoughts, which is difficult at first.

(Trouble making choices.) You know what you want. In food. In same way you can choose a job, school, anything. It's a fear which you have to remove.

(In pranayama) prana, samana, and apana are united. Prana creates fire. Can increase so much that body turns to ash. Sage Saraband (sp?) did it in Ramayana.

In ayurveda, marijuana is classified as a mind-sharpening herb. But it is taken as a medicine and not for intoxicating the mind. Long regular heavy use can cause loss of memory and impotency.

Mind is an energy by which one can relate to the world through the senses.

In meditation the mind's only function is to keep a right track. When it is fixed, the mind dissolves and higher consciousness [takes over]. (Is higher consciousness a part of the mind?) No. It is an energy directly coming through the Self and guiding the mind. (Self is God in a being.) (Is higher consciousness beyond the senses?) Yes. (How to recognize it, then?) That consciousness gets clearer in the mind, and that purified mind starts recognizing it.

Ways to quiet the mind are enumerated in Swaradaya (sp?) Shastra. Easiest way is to stop dominant nostril. Always one nostril predominates. Two nostrils are equal only for a few minutes a day.

(Anger and feeling rejection....) It's only in your thoughts. If you don't think that way you won't feel that.

When heart chakra opens by yoga methods, nada starts clearly and mind starts seeing things clearly and several powers develop. (In the West we think just feeling emotion there is its opening.)

(To reverse a falling back, to reverse a reversal?) Sadhana, change of environment, being positive, devotion.