

9/14/76 darshan

Roseapple (flesh, fresh?) is best cure for diabetes. The seeds, dried and powdered (or the flesh?), cure post partum depression.

9/19/76 satsang

“Power of the threshold” which Castaneda speaks of overcoming in initiation process = samskaras of fears, desires, attachments. Babaji doesn’t believe in external opponents. In yoga there are three knots which are to be pierced to get into higher stage.

The guru is one’s own higher consciousness.

The human mind is a reservoir of knowledge but very little of it is active. Normally 10% is being used, and 20% is considered genius. Seeing someone before and after enlightenment shows how much there is. It is filled, but locked. (Powers of knowing without senses, for instance.) One can dream of samskaras deep down from past births.

Imagination comes from the mind. The mind is made up of thoughts, desires. So the imagination is not free. One can’t imagine something that hasn’t existed in some form.

Anger that is boxed up happens when a person is unable to accept it and express it. If you go back to your past, then you can understand it.

Will power is the way to control physical pain: separate body consciousness from the mind. But it’s not easy. (Is it felt and ignored, or not felt?) Not felt. The mind is not there. (Feeling pain, crying, and accepting is different, a lesser stage.) Removing body consciousness. Pain tells you you are still in the body. Ramakrishna would cry with pain.

Emotional pain can stop immediately if one accepts it. (Physical pain will remain but attachment will be reduced.) One accepts after understanding.

It is possible for pure beings to take on the suffering of mankind by physical pain of their own.

Vairag = dispassion can come from four reasons: artha, artharti, jijnasu, and jnani. Jijnasu is the desire for knowledge that can come in one who has had wealth. The desire to know the truth.

Luxuries can be a prison: if you see something every day, you can hate it.

(Are our egos purely social, developed from society?) Tamasic ego is society ego, (product of society), rajasic ego is action ego, sattvic ego is spiritual ego. Ego is life.

Painful things happen early in the spiritual path 99% of the time. There is ignorance in everything, which makes a trap in every step. Even in doing good things one can get trapped. You have to be alert. Awareness increases and the traps also get subtler. You do your best but the demon also gets stronger.

The mind loses discrimination by attachment, greed, and anger.

We return to the original state of one by realization of ourselves on this plane. "I am one, I am several." EKO HAM – BAHU SHYAM. The creation means several. One is not creation.

All negativities are called demons. All positivities are called devas, gods. If demons change their qualities, they are no longer demons. (Demons killed by Rama in the Ramayana often became divine and went to heaven.)

By doing yoga the consciousness develops and an aspirant starts seeing real and unreal. No one can tell in the beginning that his path is right.

God's ego is called creation.

God is one and his ego is creation, so his ego is not the one. God's ego is also infinite, which is why. On all planes, no planes.

The ego can reduce through yoga, but it is still there. If the ego is completely eliminated, the elements of the body can't stay together.

Words are only for understanding through our own ignorance. We can't actually know anything about God.

God is considered male and considered to behave in social ways because we are in society only.

You have ten dollars in your pocket but you don't know you have it, so you don't have it. But you always have it.

We separated out from the God state as our purpose, as part of the cycle of nature.

How can we serve unselfishly while still selfish? Service in different levels of consciousness

is different. If you are at a social level, you can serve in different ways. (As level of consciousness changes, nature of service changes.)

Focus on the form of God that works. When the time comes to go beyond it, it will happen. Best to stick to one for meditation.

Yoga sadhana can be an opiate, like taking a drug.

We are changing constantly. We can't stop changing. But to get higher consciousness we have to develop positive qualities.

One can fall asleep or nod during meditation when mucus predominates, from constipation, overeating, heavy food, or habit. Using a swing with arms resting on it at shoulder level (standing) is method to prevent it.

If nuclear war destroyed life on earth, it would all go to a new planet. A new planet would get life. (The energy would go elsewhere.) If the earth were destroyed, it as a being would get a new body, would reappear elsewhere. Replacement. God is not worried if we destroy this planet.

An individual is a planet, of several bodies, each having its samskaras. Similarly the earth has its samskaras and ours relate to it as our host. Yoga tallies the bodies and planets in each level, lists them. (Seven levels, worlds, lokas, chakras in the body universal.

Superior civilization with higher states of consciousness could have existed on the Earth. That's the way: from better to worse to better to worse. We have experienced these.

Time of equinoxes (September-October and March-April): air humor goes crazy. Waking up at night with dreams for instance or "with body buzzing with energy." Sex energy increases.

Enlightenment or partial enlightenment from sudden shock (no training) is possible because of samskaras.

Badrinath in Himalayas has been sacred place for some time. (No one knows how long.) Several siddhas lived there.

Jnana yoga helps only real seekers. Others destroy themselves in argument.

Spirituality is independent of society. (But good social development is not without spiritual value.)

Some are vegetarians without knowing anything about it.

1. Eating meat causes killing.
2. Causes vrittis to become more rajasic. (So yoga, spiritual progress, is easier if vegetarian. One can get to the top of a mountain carrying a big rock, but more easily without.)
3. Non-vegetarians don't live longer.

Being vegetarian or not can be cultural. Tibetans eat meat. Moslems too. We have flat teeth as do herbivorous animals (though we have shorter intestinal tracts).

The world is always divided as in the Gita between gods and demons. Only the gods' side survives at the end. All symbolic.

Some can do hard physical work and not be too exhausted for spiritual work. Others not.

Doing a few methods for a few years can show one which methods are best for oneself individually.

Shath karma is faster than pranayama or fasting for reducing mucus. Crying can reduce it also.

“Signs” can conform to one's desire. What one sees conforms to one's desire.

Wearing copper can help arthritis and rheumatism. Copper affects blood, gold the aura, silver.....semen (?), lead....., zinc....., tin.....,

Sriman = wealth, spiritual and material together.

For person plagued by sexual fantasies: hard physical work.

A person can fall down again after highest stage of samprajanata samadhi