

11/15/79 darshan with Dr. Don Davies (psychiatrist)

Bji: Thinking [corresponds to] inhale. Talking [corresponds to] exhale. For talking patients, silence [is needed]. For silent patients, talking [is needed]. For those into yoga [not Babaji's exact words], silence always calms the mind.

11/18/79 satsang

Q: How can Babaji explain the difference between scientific knowledge and spiritual knowledge?

A: Scientific knowledge is a combination of [the] five elements (earth, water, fire, air, ether), and those five elements alone can't create anything without a conscious energy. Scientific knowledge is not completely independent.

Q: What is scientific law and what is spiritual law? How would you explain the difference?

A: Scientific laws are visual and can be understood by the mind. Spiritual laws are not visual and can be understood only by the higher consciousness.

Q: What is the difference between the air element and the ether element?

A: Air element's abode is ether.

R: In other words, the ether element holds the air element. What is the air element residing in? It's residing within the ether element, which is the subtlest of all elements and contains the others. From ether the other elements come.

Q: What are the five trees of paradise that Jesus spoke of in the Gospel According to St. Thomas?

R: He says you have five trees of paradise that are unmoved, winter or summer, and whose leaves do not fall; anyone who knows these five trees will not taste death.

A: It's a symbolic thing. It could be yamas and niyamas.

R: It also could relate to what's in the tantric system of chakras --- lotuses that have petals.

Q: Please give a definition of yoga from the heart.

A: Yoga means union. There is only one union, which is a union of atma and Paramatma, the soul and the Supreme Soul.

R: The individualized consciousness and God.

A: The word yoga means to join. Any two things, when joined, are called yoga.

Q: Is it a problem within me that keeps me from seeing the light in my husband and enjoying it?

R: Keeps me from seeing the good side.

Q: What can I do when my husband is cruel toward me and I am depressed and he doesn't want to understand why I feel like this? Also he is very jealous.

A: It could be non-approval of each other. In a relationship, first attachment develops and then it causes repulsion. When both stages are passed, then they understand each other.

Q: How can I improve the energy level in my home? My health has been falling recently. The cause is my relationship with my husband. He is a nuclear effects engineer and has little respect for a concept of God.

A: The first thing is to improve your physical health. If you are weak, then everything will affect you more. Your husband will accept when he sees your spiritual development.

A: My children are filled with tensions during these dark periods, and I am hurt. What can I do?

A: They are learning from the parents. If there is peace in the parents, then the children will be peaceful.

Q: How can one remain peaceful in an agitated situation, in a very excited situation?

A: Sometimes we have to remove ourselves physically. Sometimes we have to find out the cause.

R: You can't do it by just meditating.

A: When peace is attained, then what else is needed for liberation?

Q: You have to deal with the situations?

A: Probably you are using the word peace in a very low level.

R: When Babaji speaks of peace, there's no difference between that and

liberation, or enlightenment or salvation, or God.

Q: Are peace and wisdom one?

A: Yes.

Q: What is the relationship between mind and spirit?

A: The word spirit is used in various ways. Do you mean atman?

R: The reflection of God in every person.

Q: Yes.

A: The aspect of the mind called buddhi (which is the discriminative faculty) is the instrument of the atman to relate to the world and also to get out of the world.

Q: Is that the purpose of meditation, to develop discrimination?

A: Yes.

R: Higher discrimination, discriminating the unreal from the real, the material from the spiritual

Q: Is vishuddha chakra associated with air or ether?

A: Ether element.

Q: Then air?

R: The heart is air.

A: Muladhara --- earth, swadisthana --- water, manipura --- fire, anahata --- air, vishuddha --- ether. Ajna contains all of them in seed form.

Tanmatras are in ajna.

R: The subtle essence of all the elements, called the tanmatras, is in ajna, the brow center.

Q: Who made the mind?

A: Mahat.

R: The first material creation from the Absolute God.

A: The universal mind.

R: There was first a universal mind, then it broke down and created all the lesser minds.

Q: Did the mind make books, or did books make the mind?

A: A book means what is written on paper and put together. It is made by the mind.

Q: How can I separate feeling positive about myself from being prideful:

A: When you want to feel positive, it naturally avoids pride. Pride is not a positive thing.

R: So the two are mutually exclusive.

A: In positive qualities, each one holds the rest. For example, in non-violence there is compassion, love peace, etc. So non-pride will be in any positive quality.

Q: Should we believe all stories about saints? If not, how can we discriminate between those stories which are true, and those which are not?

A: By experiencing. When your consciousness is purified, then you will know the reality.

Q: If the mind made the books, is it necessary to have knowledge about God, to read books, before finding God?

A: It's not necessary to read books to find God. Faith, devotion, and right thinking are necessary.

Q: How do you view older forms of nature worship, visions of elves, wood spirits, magic? And magical rites? What relationship does this have or can it have to God- realization today? Can God be worshiped in this way?

A: That is one of the ways. It is a part of tantra yoga. For attaining God the main thing is to develop concentration. For developing concentration, there are millions of methods: bhakti yoga, karma yoga, raja yoga, jnana yoga, tantra, etc.

R: Are some in the East.

Q: If one is using a particular method, a meditation technique such as watching the breath or watching the thoughts, and you become aware of an aspect of God, such as light or OM or joy, should one then drop the technique and concentrate on that aspect, or stick with the technique and try to go deeper?

A: Why drop? You have to develop it more.

Q: My impression was that the method was just to bring one to the point of being able to see aspects of God.

A: The method changes itself, from gross to subtle.

R: If you stay with it.

Q: Is that true of meditation on bliss?

A: Yes.

R: It starts out with the gross thought, and then one can actually come to experience what one is thinking about, which are two different things.

Q: Are there levels of actually feeling bliss?

A: There are levels of samadhis, which create bliss in different degrees.

R: Some of the levels of bliss seem very rarified and some grosser.

A: It depends on how deep you go in meditation.

R: One can go so deep that the bliss disappears and only the experiencer of the bliss remains, which is a higher state than the bliss. And then that state too is transcended in a higher state.

Q: What would you recommend for developing better digestion?

A: First you have to find out the cause of the bad digestion. If it is due to excess formation of mucus, then take anti-mucus food. If it's due to excess air, then take foods which reduce air. If due to excess bile, foods which reduce bile.

R: This is according to ayurvedic theory.

Q: Heard that one should eat when right nostril is predominating and sleep when left predominates, but also that right nostril is heating and should predominate during sleep, so sleeping on the left side is recommended.

A: Eating food is classified as hard work. All hard work should be done when the right nostril predominates. Sleeping on the left side does two things. It opens up the right nostril. It makes a flow of waste matter to the descending colon.

Q: If my health needs improvement, and there is difficulty accomplishing this in my home due to my relationship with my husband, what can I do? Could a spiritual teacher help me, and how often should I be with the teacher?

A: A spiritual teacher can only suggest things, but can't make the relationship better, and can't make your health better.

Q: Should I leave my home for a while, and take my children with me?

A: First thing, you have to find out if it is all his fault. Otherwise you will take the problem with you. If you feel you are also creating it, then talk to your husband about it.

Q: How can I explain my actions to my husband if I left for a time? He wants me to follow him to another city for his job, and he doesn't want to accept my problems. I also don't want to move now.

A: Go to a middleman who is neutral to you and your husband.

Q: Will my children be all right in a Jewish school for now, even though I am going on a path which doesn't involve much of this religion?

A: They will be all right if you are all right where you are.

R: They will be all right where they are if you are all right where you are.

Q: Do the right and left nostrils have a relationship to the subtle nadis, ida and pingala?

A: Yes.

R: Ida exits the left nostril and pingala exits the right nostril.

Q: Regarding the hand mudras done before meditation, what do "two faces, three faces, four faces" mean?

A: There are notes written about it. You can have a copy.

Q: Could you explain what bodhi chitta means?

A: Bodhi is enlightened. Chitta is mind.

R: Enlightened mind --- bodhi chitta.

Q: I have a ringing in my ears for about ten years. I've thought that it interferes. Should I try to do anything about it?

A: It is caused by two reasons, 1) when the nerve channels are purified, and 2) when the person gets cold and fever and takes very strong drugs. In the second case, there is an ayurvedic cure, called shiro tarpan, in which medicated oil is put on the head in a stream [for] from forty-five minutes to two hours. Try oil in your ears, eyes, and nose once a week.

R: Sesame oil.

Q: Last week you said when ahamkara goes out through mula, life is not possible because there is no self-sense to keep the body alive. When a

saint is completely enlightened, doesn't he live without any self-sense?

A: The body ego remains, which keeps the five elements together. The five elements can't unite without ego.

R: They can't stay together without ego.

Q: In the Old Testament, there is a story of how the Israelites become frightened when Moses is gone up the mountain, and they are left alone for a while. During this time they make an image in gold, a golden calf, and when Moses returns he chastises them for their "false worship."

How does this idea of not having any physical image relate to the yogic ideal that any object can be used as an object of concentration if the aim is to attain God?

A: False worship is false because Godliness is visualized on that deity. But we can't meditate without any physical object in the mind.

R: It's false when you think that that piece of stone or gold is God itself, not a symbolic form.

A: If it is in the mind, then there is no harm if it is a physical object.

Q: If heaven and hell are within, then why are not the fruits of karma also within rather than off in some future lifetime?

R: Just as Babaji has said before, that heaven and hell are created by our own positive or negative thoughts and so are within us, [they may be now as well as here]. One's death is in the future till it happens so it's all speculation up to that point.... Heaven and hell aren't outside somewhere [in space or in time].

Q: Can heaven and hell manifest in a future lifetime, according to one's karmas, as well as in this one?

A: Samskaras are the cause of future life. If we have predominant negative samskaras, then we are taking birth in hell.

R: Even if it's on the earth. And we'll take birth in heaven if we've got a predominance of positive samskaras, and that heaven will be on earth.

Q: Can past and future lives also be thought of as being within, as symbolic, just as heaven and hell are?

A: Yes. Because we are creating it in the present.

Q: Psychics claim to be able to tell a person about his past lives. If the information is available, is it useful to know?

A: It's not important to know one's past life. If there is something bad, then the mind will not accept it. If there is good, then the mind will develop an ego.

R: An old woman I knew once called it a merciful oblivion on the part of God that we can't see our past lives.