

Discourse of Sri Nannagaru

Jinnuru – 6 January 1985

Words of Grace

The Samaskāras (mental imprints) that we have accumulated over several lives lead to the wrong notions such as 'God does not exist'. Even though the Divine Soul shines directly in our heart, our Samaskāras create the delusion of the existent as not-existent and non-existent as existent.

You will hardly find any well-wishers, who care for your health and prosperity in this world. If there are few people who care for your worldly well-being, how can you even expect them to wish for your spiritual progress or salvation?

Basically, we cannot see light because of the contamination/impurity in our mind. The impurity in the body can be eliminated with a tablet or other medical remedies, but these will not work for the mind. Impurity in the mind is caused by the tendencies that we have accumulated over time. To get rid of this contamination, these limitations and faults in the mind, our elders have shown us several options like worship, prayer, hymns, chanting, meditation, devotion, service to God and Guru, pilgrimage, etc.

Our ego creates an enclosure for us like the four walls around the house, and restricts our mind to this enclosure. It will not allow us to go beyond this limited selfish field even after the death of the body. Our ego wraps us within this selfish enclosure and thus creates the impure and faulty mind.

All the Samaskāras and tendencies that are causing us pain and suffering while in this body were earlier practiced and acquired by us willingly and gladly. These are now causing us suffering and misery in the form of tendencies and Samaskāras.

Spiritual life is not limited to a short period of worship and chanting. While that is good, it should not stop there. You need to be careful about the words you speak. If you are not careful of what you say, how can you attain mind control? If you don't know how to talk, if you cannot check your words and control your speech, how can you control your mind? Words are external while mind is internal.



If you don't even know how to clean the dirt on your body, how can you clean the dirt in the mind, it is even more difficult. If the surgeon cannot even remove the sore on the skin, how can he operate on a tumor inside the stomach? Similarly, if you cannot even clean your external body, how can you clean your mind? That is why; whoever wants to have control on the mind should first have control over their speech. Only those who can restrain their words will gain control over mind. If you leave words to the winds, if your words are not on proper track, if you words are impatient, you cannot gain mind control; and without that you mind will not turn inward towards the heart.

Mind control will not come with your education, wealth and status. It will come only if you lead a life that is not lavish and pompous in words, personal appearance and behaviour. Whether you are standing, sitting, in whatever situation you are in, your mind will be in control, only if you stay away from pomposity. If we do 10 minutes of worship and chanting and continue to have a lavish lifestyle, we will not know the Truth.



Why should we not lead a lavish and grand life? Because Truth is neither pompous nor conceited – Truth is pure and serene. The Truth, Atma, the Light that is simple and unostentatious will be revealed only to him who leads a simple and humble life that is free of vanity.

Our day to day life is itself yoga. We should be very careful in all that we see, hear, and say in our daily life. Some people are careful about the food they take inside but are not cautious about the words coming out from within. Due to this, the mind becomes contaminated and develops impurities; and distress arises in the mind.

It may be difficult for you and me to control the mind, but it is not at all difficult for the Almighty. If we keep focus on the spirit (Atma), if we have devotion and faith in the Almighty, there is no mind left to control. A real devotee is one who keeps his mind constantly on God. You can check for yourself – if you constantly remember God you are a devotee.

One should be tolerant and forgiving. Druva went to do penance because he was hurt and angry with the ill-treatment of his step-mother. He attained his goal after the penance; and with that his anger against his step-mother also disappeared. If his anger remained even after all these austerities, it is not true penance at all. Though he went on a penance because his step-mother insulted him, if his anger and hurt remained even after attaining knowledge and wisdom, then his penance has not been fruitful. If we cannot even cross small hurdles like lust and hatred (likes and dislikes), we will never realise the Self (Atma).

It is our delusion to think that Atma is somewhere far away and we have to attain it. All these matters related time, space, world, our senses and even our gathering here, are all unreal. Our mind deludes us into thinking of the past and future, and does not allow us to journey towards Truth and Self. Our past and future, birth and death, are all unreal, they are all dream stuff. Our mind thinks of all this dream stuff but will not journey towards the Truth that is shining definitely and immediately, here and now, because of the impurities in the mind.

Nothing in this creation is closer to us than our Atma (Divine Spirit). Only Atma is the Truth. It is in no way related to the birth and death of this body. We identify with this six-foot body because of our ignorance. So what effort are we making to eliminate this ignorance? Whether we do japa or puja (ritual), it should bring the Samadhi state (equanimous state of mind). The benefit of japa or puja is purification of the mind. If the mind is pure, the worldly resolutions will burn away and will be eliminated; if the mind is tainted, these will increase and excite the mind.

Those who have stepped into spiritual life, should first learn to lead a simple life, they should learn to live and speak without vanity. They should not develop arrogance with worldly possessions and achievements, and with the power and glory of this world.

In fact, our enemies are not outside of us. Our mind and our senses are our enemies. Whoever tames their mind and senses, instead of resisting them, the tamed mind and senses will cooperate with us and complement our efforts to know the Truth. If our senses and mind are in our control, no outside person can cause us harm, pain or distress. Therefore, it is not an issue about others, but you must check to what extent your mind and senses are in your control. Restraint of the mind and senses is very important for those entering spiritual/religious life.

Some people argue that the body turns to ashes and there is no life after death, and there is no God; so why all these efforts to attain God. We should not let such people to disturb us and make us angry and agitated, instead we should pity them; because when there is contamination and impurity in the mind, we get the notion that there is no God and there no Atma (Divinity).

If you feel that there is no Atma (Truth/Divinity) supporting the creation, if you believe there is no Truth and there is no God, it is a clear indication that your mind is impure - you don't have to ask anyone, or refer to any books, or ask any Guru (Teacher). When there is a flaw in your mind, then truth appears as false and false looks like truth.

If there is Cholera or any other epidemic around us, we fear that the disease will come to us; but do we fear that the lust and hatred that are around us are also coming on us and that we are acquiring them (our mind is influenced by them)? Do we worry that ignorance is spreading inside us and filling us; and that our mind is being contaminated and polluted? Why are we not afraid of these – it is because we don't give our mind the importance that we give to our body. If you don't even value your mind, how can you even think of Atma (Truth)? It is the mind that tries to know the Truth not the body. So are you keeping your mind clean and pure? We are careful to keep our body, our clothes and house free of dust. But we do not give even that much value to our mind that we give to your house. Just as you dust your house, so also our forefathers have advised us to chant the name of God to keep their mind pure and free of dust.

If you constantly meditate on God and do it without any expectation, you will learn to love him unconditionally. You will not find any reasons for the Love. The Lord gave us the Bhagavatgita, but did He ask for any payment or did expect any favours? Bhagavan Ramana Maharshi taught us Ramana Gita, did we pay him anything, and did he desire for fame? They asked for nothing and expected nothing. The Sun gives us light, but does not ask us to pay money like the electricity department. God loves living beings without any reason; and blesses them solely due to His mercy

and benediction. In that manner, only those who are selfless can speak the Truth. If they have even a tiny bit of selfishness, they cannot tell you the Truth and cannot help you to tame your mind.

Ego can be vanquished without any difficulty by holding on to a name or form of God that appeals to you. By constantly meditating on the feet of God, by developing love for name of God, my chanting the name of your favourite God, you Ego will gradually get diluted and will drop away without your knowledge (knowing it).

When a robber decides to rob your house, he will not come on the same day. He will first find out details like location and the doors to your house, how many people are there etc, and only then he will fix a time for the robbery. In the same way, God is also a thief - Lord Shiva is a thief, Krishna is a thief. If we regularly pray to Iswara, if we spend our time in constant prayer, and wait patiently, that thief Iswara will choose the time to remove our Ego and take it away without your being aware of it (just as a robber steals without our knowing). That is why we should pray to God.

God may shower a lot of gifts and awards on you, he may put you on a pedestal, he may grant you stature, but all that is delusion and not real. Only when he removes over Ego, we will become one with him and attain his Swarupa, and that only is the Truth. All other worldly things, though we believe them to be real, are unreal and temporary – what flourishes today dries away tomorrow.

Truth is in our Heart, but due the impurities in our mind, we ignore the Truth/God in our heart. Instead we think of our next births, wish for better lives in the next birth, and talk about the past and future. Some people think that Krishna and Rama existed in some earlier times and that they could not be with them in those times. Are Rama and Krishna bodies/persons? Is there a time when Atma (Divinity) is not present? Atma is ever present – past, present and future is in the mind, but there is no time in Atma. All this is created by the mind. Past lives, future births, and the discussions about birth and death, are all tricks played by the mind and the ego.

When the ego is subdued and Truth (Atma) is revealed, you will be surprised at yourself. Everything that has elapsed will seem like a dream. By knowing the Truth (Atma) we are not moving to a stranger's house (we are not moving to a different state of being). Atma (Truth) is our real home (real Self). Until we know the true Self, we will continue to come to these temporary houses called bodies, and continue to roam among bodies and houses. This body is a house and this again needs another house for shelter.

If you have a tendency and attraction for worldly things, you will not find God. Devotion is like the holy Ganges. We must cleanse our mind, our inner self, with devotion. We think that outsiders are cheating us, but it our senses, our ego and our own mind that cheat us. With constant remembrance of God, we will attain punya (merit) and this will lead to salvation.

A lady from Aratakatla asked a good question – can the mental attribute/state of Tamo Guna be replaced with Sattva Guna? We cannot do that. The creation is ruled by these Gunas – every person in the world is ruled by these Gunas. Almighty God is only a witness, just like the lamp at night which gives the same light to all beings. Students study under the light, some people gamble, some eat food. The lamp will not shine more on a student and less on a gambler or a robber. The student, the householder, the robber, the gambler - each of them do things according their tendencies/attributes and the lamp remains a witness to all this. Like the lamp, the omnipotent God is in our hearts is a witness, and whether we do good or bad, his grace is equal on all. All living beings in this creation, existing in whatever form in the world, are controlled by these 3 Gunas (attributes).

The 3 gunas (attributes) are tamogunam rajogunam satvagunam - **Tamas, rajas and sattva - sattva (goodness, constructive, harmonious), rajas (passion, active, confused), and tamas (darkness, destructive, chaotic).** Black colour represents Tamo Guna, red represents Rajo Guna, and white represents Sattva Guna. The three Gunas are rotating inside us and the interplay of these Gunas determines our mental state. When we are in the state of Sattva Guna, we should try to hold on to it with humility, and slowly cultivate it further, so that it stays with us and lasts longer. Satva guna is a positive attribute which shows the way to God, helps us on that path, and then it gets out of our way. Then man becomes free of Gunas. Maya (Delusion) is in the form of these 3 Gunas, and he who has crossed the Gunas will overcome delusion (Maya). Whoever has vanquished delusion with attain my Swarupa (true Self) said the Lord in Bhagavatgita.

Thus, the subject of the day – live, talk, conduct your daily life without vanity, then Jnana (Self Knowledge) will come to you automatically. You may be highly educated, you may have riches, but your mind will not get introverted. That will happen only with God's grace. Only an introverted mind can attain Supreme Knowledge (Jnana). You may sing any number of songs, you may do stotras (chanting), praise any number of Gods; if your mind is extraverted, you will not know the Truth. Mind should turn inwards and get introverted, and should find the source from where thought arises, only then the mind is eliminated. Chants and hymns will help only to a short extent.

What is myth – that which becomes extinct with Knowledge is myth. Myth means non-existence. That which changes and is not constant is delusion. We wrongly perceive the Truth as untruth. After attaining Jnana, we will rightly see Truth as Truth and Untruth as untruth. Swans (Hamsas) are said to live in the Himalayas; and have the power to separate milk from water. If you mix milk and water and offer them, they will drink the milk and leave out the water. God has granted that skill to its beak, like the power of smell to a dog. We too should be like the swans in separating good from bad, delusion from the truth.



Ramakrishna was titled Paramahansa because he separated illusion and held on to Truth. We too should separate Divine Lord from the nature (separate Paramatma from Prakriti), we should know what is Truth and what is false. Like the Swan can separate milk and water, we much learn to discriminate between the Divine and the worldly. When you attain this power, you will find Truth and that will be your final birth. If you continue to make effort calmly and quietly without waiting for the result, God will reward you according to His Will when the time ripens.

Everyone likes to receive praise and rewards, no one likes insults. However, rewards make our mind extroverted while insults introvert the mind. But we do not know this - that is why we wish for rewards. Whoever insults you is in a way

doing you good because they help the mind to get introverted. An extroverted mind will not be capable of knowing Truth.

If you owe me 10 rupees and you return that to me you will feel very light (unburdened) for clearing the debt. Similarly, if you have to experience bad karma in this body, accept it gladly because you are clearing your debt. If you experience pleasure and good things happen to you, you are spending the merit gained from past good deeds, and if you experience hardships, then you are spending the demerits you got from past bad deeds. Which is better, to clear the debt of bad deeds or spend the merit of good deeds? By experiencing hardships your debt of bad deeds is getting cleared, and that is also good.

So if you accept calmly and with equanimity whatever God grants you, good or bad, reward or punishment/insult, and have faith in Him and surrender completely to His Will, the old tendencies in you will slowly dissolve and new tendencies will not arise. You then become a Jnani (you will know the Truth). Whoever accepts his fate calmly, will slowly get rid of his tendencies (vasanas) and become pure.

Thoughts arise from the vasanas (tendencies) that we have acquired from past deeds in our earlier lives. Without vasana thoughts don't arise. The vasanas express themselves as thoughts and the thought will make us repeat our actions.

Whoever wants to know the Truth and wants to become one with Truth, whoever wants to be released from the worldly nature, they should be absolutely pure. If you are not pure, Truth/Knowledge will not be revealed to you. Mahatma Gandhi said – you are not poor if you don't have money; you are poor if you don't have purity and love. In fact, God will not be revealed to those who cannot love and have not experienced love in their life.

It is difficult to conquer of mind. Our scriptures say that a person who have conquered his mind will be happier compared to a great emperor in the world. But Ramana Swami says that there is no mind at all to be controlled. Only Atma (Self) exists; there are no two. Keep your focus on the Self, and the mind get eliminated on its own. There is no mind to control if the self is realised.

If you have experienced the Self, there is no mind left. If all the impurities of the mind are eliminated, that pure mind shines as the Divine Spirit. Unless the mind is free of impurities, it will not know the Truth and it will not journey towards the Self. If your mind is truly pure, it should not be restless and cause suffering. From this you will know whether your mind is clean and pure or not. A clean and pure mind will be still, it will not move, will not be restless and will not give rise to pain.

Is there anyone among you who has no suffering? The ignorance inside us is coming out in the form of pain and suffering. We see the world as real; but we will know it is a dream and unreal only after attaining Jnana (Knowledge).

Meditation is not Jnana/Knowledge; all the information about names and forms in the world is not true Knowledge. That is all a dream. The Self/Divine Spirit is the only truth; and he who has found Truth is a Jnani (Self-realised). The knowledge related to names and forms is only relative knowledge and not absolute truth. This knowledge is not useful to know the Truth. The true Self shines where the mind is subdued. So what about the mind that wants to know history, scriptures etc? Whoever has solved this problem called mind will attain Jnana (True Knowledge).

Those you want to become something or the other will not get self Knowledge because Self (Atma) is neither like this nor like that. All these thoughts are created by the mind. You are fooling yourself if you think you are a Jnani just because you know that Rama is the son of Dasartha and Krishna is the

son of Vasudeva. All these are mere words from books. God did not ask you to meditate on books, he asked you to mediate on him residing in your heart and then he will be revealed to you. If you think you are an intellectual just because you have memorised a few chants or verses, you will fall flat and you are only deceiving yourself.

You work expecting to achieve something or the other; and this where delusion arises. If you see a big stack of hay, you too wish to own such a stack of hay, which is perhaps no use to you. How can one except such a mind to realise the Self? We are associating with people, but not making friends with God. God will be revealed only if you make an effort to associate with him and seek his friendship. They are 50, 60, and 80 year-olds among you; in all these years friends came and went and you had changed several friends, but did you even attempt to be friends with God ever in your life? You always remember the friends whom you like the most. But if you were friends with God, loved Him and associated with Him, then God would have been in your memory always and you would have remembered Him constantly.

We are all making effort to know the Self, but who is it that is making this effort? Who are we now? Right now, we are not Self Realised, we are the ego. If the Self is known only after we find it, it means it does not exist now. If the Self does not exist now and comes into existence in between, it will go away later. What comes in between will go away; so why do we need the Self that is transient?

So who are we now? Is there a break in our existence; does Atma (Self) have a break? We are all lost in the jungle of our ignorance; and unable find our way out of that sea of ignorance that has been created by our own ego, we think there is Self and there is no Truth. Instead of directly trying to know the Self that is immediate and ever shining in our heart, we spend time chasing the false and contemplating on the future and the next births. Our delusion and the faulty mind will not allow us to focus on the Self.

You will benefit more from my silence than from my words (sound). If words (sound) are a pond (lake), then silence is an ocean. Do not imagine that Self will be revealed by doing something; it will not be revealed just because you do some work.

Sankaracharya likened the world to a "rabbit's horn". He accepted the existence of the world for the sake of relativity. There is no question of a rabbit having horn, so how can there be answers to

questions like, is the rabbit's horn thin or fat? Though the Archarya accepted world for the sake of relativity, He says that in reality it does not exist.

Some people brag about their good deeds and philanthropic services. This will only increase arrogance because there is someone inside who wants to do good deeds. I want to bring to your attention how focussed and alert one must be to understand how the ego works. Some people do a good deed worth one rupee but their ego expands two-fold with arrogance, consequently moving further away from God. So you must first find that one inside you who wants to do the good deeds. There is no hurry, you can do good deeds later, but first did you ever catch the one who wants to do these good deeds, did you ever look within to find this do-gooder?

The universe that we see, the worldly/mortal notions that we have are all dream stuff. In deep sleep we do not have either worldly notions or Godly notions. Think carefully, while in deep sleep do you have any recollection of the mind, ego, world or God? None of these matter to you in deep sleep. We sleep comfortably regardless of the body, and of births and deaths, yet we exist. Who is that present even in our deep sleep? That which is present in deep sleep is also here now, but we are not aware of it because of our thoughts. Bhagavan said we need to reach the state of "sleepless sleep" to realise the Self. The experience that you have in sleep should be there in your waking state also with complete awareness; then you will become Self Realised and you will attain Samadhi (Salvation).

The Almighty oversees and rules the entire creation, will He not look into our joys and sorrows, and will He not bear our burden? My dear brothers and sisters, renouncing your ego is the only true sacrifice, and only he who truly sacrifices becomes Self Realised (Jnani); and only a Jnani can be truly happy.



If we take pride in the name of devotion and rituals and promote the ego, we will get further away from Self Knowledge. The real Self manifests only after the ego is destroyed. Guru (Teacher) is one who removes the obstacles that separate us from God, and from the real Self. The natural spring of happiness is within us but it is not in our experience now. The true Guru removes that (ego) which separates us from the experience of true happiness, and the divine light within us.

Some people say that they get some peace through me. That is also false. Peace does not come from me; but if by remembering me your mind gets introverted, the natural peace in your heart touches the mind and peace is experienced. There is no difference between your body and mine, and the peace you experience is yours and not mine; it only appears as if it is coming from me and that is false. Peace is another name for Atma. Everyone wants peace and happiness. You may say you don't want a body, but is there anyone who says they don't want peace? While we want peace, we don't know where to find it, that is our limitation and our drawback.

If you do not accept your fate willingly, the tendencies and false notions in you will continue to grow and new vasanas will arise. We have no choice but to do whatever is ordained for us in this body; and by doing it willingly and happily rather than sorrowfully, Jnana/salvation will come quicker.

What is beyond definition? Maya (Delusion) – it cannot be defined. It is ever changing, it does not have existence but only appears so. If it is real, it would not disappear. So where is Maya – is it available in Palakollu or in the market? Did anyone ever see Maya? We do not know its address, so how can we find it? Everyone says it is difficult to overcome Maya. Sankaraacharya says it is difficult even to define May and it is beyond description. We don't know where it is located and how it looks. How can we overcome Maya, without first understanding what it means? And we cannot reach God without overcoming Maya. Try to understand this small but critical point – your thoughts are Maya. Everyone has some thoughts – whether good or bad thoughts – and Maya is in the form of your thoughts. You are ignoring these thoughts and searching outside to find Maya. That is why you are not able to find it. Your thoughts are Maya, and Maya is not outside you.

Forgive me for saying this; but all the chantings and repetition of God's names (Hare Rama Hare Krishna, Arunachala Siva etc.) are done by the mind – this is all mental activity. While these chantings have been prescribed to clear the mind of wordly thoughts, this is still done by the mind. These are all tricks played by the mind. After you find the source of your mind, if any of the Gods you are praying to - whether Lord Krishna, Lord Rama, or Jesus – come before you, you will not want to even raise your eyes and look at them. You pray to God seeking peace, and if you find that peace within yourself, where is the need for God? Remembering God is also the work of mind, it is also a thought and an aspect of delusion

If you grasp this naked truth, you will become Self Realised, this very moment, in this second. You can worship any God, but as long as your mind is extroverted, Self Knowledge will not be revealed. Leave aside the wordly people, first check for yourself, what is the aim and goal for someone on the spiritual path and path of devotion? It does not matter what religion you belong to, and which Guru you are following. Why are you making efforts to know God? What are we trying to find, why are doing it and what is the need to know? You have to first understand this.

Great Souls are those in whose presence our mind is subdued and becomes introverted. The first, the middle and final task of the Teacher/Guru is to turn our mind inwards. Maya or delusion comes in the form our thoughts – it has no form of its own, it does have a beard or a mustache! It comes in the guise of thoughts and controls us. Where do thoughts come from? Try to understand this subtle point - thoughts come only if there is thinker inside you. That thinker is the Jiva (the Ego). This Jiva

needs new bodies and the world. As long as there is Ego inside, you cannot get rid of the egoistic qualities.

Self restraint is of no use, if you have not understood the subject matter (*Nigraham kim karishyati?*). We keep insisting on the practice of restraint, but how does restraint help? Lord Vasudeva says in the Bhagavatgita – self restraint is of no use when have not grasped the subject matter, our nature will drag us away and push us back into the world of delusion. By forcibly restraining ourselves without practical understanding, we will not be able to overcome our nature; it will only lead to anger and dissatisfaction. We have to develop discrimination, the skill to separate real from unreal.

Because we are Jivas (mortals with ego) we have the qualities of the ego. Disease comes to the body; if there is no body, there is no disease. Similarly egoistic qualities come only if there is ego. The Jiva who has a body, will have ego and disease. Maya is in the guise of the Ego. Whatever is happening is inside you, there is nothing outside. If you feel anger, lust or hatred, all these come from within you. Did you ever turn your mind inwards to see where these feelings arise?

Be it good qualities or bad qualities, all these come from inside you. Here is the problem. There must be place, a source inside you from where your tendencies come from. If you see a big snake, you know it must come from some place, it must have its home in a hole on the ground (burrow) or under a tree. Similarly your tendencies arise from a source within you, and until you find that source you cannot get rid of these tendencies. It may be in this life time or another, in this place or another, the tendencies will not leave you and give you way until you find their source; and even God cannot help you until then.

Hence the Lord said, whoever prays to me, whoever has complete faith in me and looks to me as his saviour, I will grant him the wisdom and good intellect that will help him to attain Self Knowledge. I will give him the subtle intellect that is required to know the Self, if he has good qualities, positive attitude, purity of mind and faith in me. But then how many of us sincerely pray for wisdom and purity of mind? Whether it is granted or not, did we ever pray for it sincerely?

When everything is coming from inside, why are we foolishly looking outside us? You don't have to believe me; you can look for yourself whether the tendencies are coming from inside you or outside. You can judge for yourself whether my words are (rational or irrational) logical or illogical. Where is the ego coming from, why, how and when is it coming – if you find answers to these, you will become a Jnani (Self Realised) this very second. There will be no need for postponement, because the Divine Spirit is truly shining in that source; and it always there - ever ready and available.

In reality, we have no existence, Truth only exists. Try to understand this – Truth exists but the one who is seeking to know the Truth does not exist. We are seeking Truth, we are trying to find God but that seeker of Truth does not exist. There is only Truth, but no truth seeker. That is why Archarya said that we cannot define Maya. We all came here because we are seeking God. Archarya says, God is real but the seeker of God is unreal. Then, who is doing all these austerities (Sadhana)? Since we have accepted the existence of the seeker, we are told to do Sadhana and we are burdened with the weight of this responsibility and suffering on our head. We accepted something that does not exist and put it on a pedestal – so we have to do Sadhana to remove it!

To add to this, we again have differences and fights about the Sadhana, and we argue Jesus Christ is more powerful, Lord Rama is more powerful etc. We fight trying to prove one is mightier than the other; this is foolishness, and it is also delusion. We claim this or that God, Guru, or religion is greater and mightier in the entire creation – so how many Gods and Gurus are there? Truth is One and that is the Divine Self.

Who is eligible to be called a Guru? He who has realised the Self is the Guru. One cannot be a Guru just by lecturing and speaking a few words if the Self is not realised. Guru is a realised Soul that is the Truth. Truth is only One; if there are two, then the argument of He is greater or lesser comes. When there is only one Truth, what is greater or lesser? You must first understand the subject matter.

You will willingly spend a tin of oil for rituals, you may willingly give 4 thousand rupees as donation, but you will not spare 4 minutes to sit calmly and sincerely contemplate on the subject – and that is Maya, delusion. You must try to sit calmly, listen to words carefully and turn them in your mind; let the mind absorb the knowledge given in books, recall and meditate on them. Spare some time for God (even if a few minutes or hours) to understand the subject. We do any number of external tasks but we don't spare time and effort to understand the subject; that is why Maya (delusion) is not giving us way.

You can do good deeds externally; but who is doing these? Your doership is making you do good deeds, due to which you will get some merit (punya) and you enjoy that.

Swami Vivekananda said, if you have craving for food, don't seek a human body, you must ask for the life of a pig! Pigs eat large quantities of food, without any indigestion. Humans cannot eat more even if they have the desire, because it would cause indigestion. What is the use if we don't understand the advantage of getting a human body and there is no happiness in it? We first have to come to a conclusion about our goals and what we should achieve in the human body.

You can give donations if you have money, you can do good deeds externally with your senses, and by these you will gain merit and fame but you will not realise the Self. This is because of the doership in you, and as long as there is a doer who thinks he is doing good deeds and achieving something, you will get merits but not Self Knowledge. Only he, who has sacrificed the doership, will become Self Realised. If good deeds only give salvation, wealthy people like Tatas and Birlas who do many good deeds should all be Self Realised.

By giving up our daily duties at home we will not gain knowledge, we will only become lazy! Knowledge will come only if you put your mind and intellect to work, as we do with our body. We involve all our senses also in our work, but we ignore the intellect and discrimination and leave them to the winds. Gods states that your intellect is your driver. Everyone in the car are great men, but what will happen if the driver is drunk? Like the driver of the car, our intellect is the driver of our body, senses and mind; but we ignore the intellect and hold on to these three. Each one of us is driven by our own intellect. Without taking care of this intellect and keeping it pure, we cannot make progress and improve, and whatever efforts we make will be useless. So if you have money, use it to learn to be still and calm!

Sanakaraacharya said that Maya or delusion cannot be defined, or described in words. We cannot even claim that it exists or that it does not exist. If we agree it does not exist, then who is controlling us? Our Maya (delusion) is controlling us now.

When you see some people, they appear to be the personification of tolerance and patience. Tolerance and Patience are necessary qualifications for attaining Self Knowledge. If your education does not aid you in gaining tolerance and humility, such education is useless. So do not get excited; in your excitement you can do either good or bad, but you cannot get Self Knowledge.

Only when you are in solitude and in stillness, you will know your true nature. So the Lord said in the Gita (in Chapter 18) that solitude is necessary. When four people sit together, each one of them is

important and great. Only in isolation you will know your true self. Check what kind thoughts come prominently in your mind, this is important. It is of no consequence whether you are a Hindu or a Christian, or whether you are Lord Rama's devotee or Ramana Maharshi's devotee.

Only God can remove the heavy burden of the ego inside you. Until that huge boulder is removed, you cannot see the way. Your ego is a burden to you but it is nothing to God. The word impossible is in your dictionary, but for God there is nothing impossible. For God everything is possible though it may seem impossible to us.

There is no need to suffer in the name of Bhakti. Mental illness and physical illness will cause suffering, but no one should suffer in the name of devotion. All of you have been doing sadhana (austerities), that is good. Tomorrow is Ramana Jayanthi. By 12 noon tomorrow, before you come here again, think about the doer of sadhana inside you. Try to find this doer and the source from



which the doer of sadhana arises. Then check the state of your mind tomorrow!

God will make His own plans about the time and means to come and reach out to you. He has already selected you for His Grace and benediction. Leave it to Him to select the time, place and means to remove your ignorance. That is His work and responsibility. Please note, if He has not selected you, you would have come here every Sunday. It may appear that you are coming here because I am speaking to you, but that is not true. If God has not chosen you, you would not come here at all. So don't take any burden on yourself, that will only bring you sorrow. Put all your burdens on God and let Him carry your burden. Don't go against His Will.

Some of you are saluting and touching my feet, that is not necessary. You must attempt to understand the subject matter. Keep your mind still and calm, and try to grasp the meaning in the

words and the subject that you hear. That is true obeisance. If you attempt to understand my words, that is best way to respect me.

Just as dried leaves are in the grip of the wind, so too we should be in the hands of God. In some people devotion becomes stronger when their desires are fulfilled. They say to themselves, the Lord has fulfilled my desires, so let me develop devotion for Him. While we worship the external God, decorate and light lamps for Him, and chant His name, that external God or Guru will extend His support to lead you to the internal God within you. The external God is not real but He will help you to find the real God inside you. He is doing all this for you, due to his love for you. You may think that you are doing all the austerities for the sake of God, but that is not true. All the efforts you make, all your prayers and worship, are for your own benefit.

Bhagavan used to say, the Lord inside the temple is more comfortable than me. People just show him sweets and fruits as offering and then take them away. But I am forced to drink the sweetened milk and eat the bananas brought to me. You are all celebrating my birthday, but what will you gain from this celebration? Instead of that, try to find the source of the ego (your false I) on your own birthdays. Every one of you has a body, and each body has a birthday on one of 365 days in a year. Atleast on your birthday each year, question the false and try to find the source of the 'I' thought. What will you gain by garlanding this body?

Mr. Chalam (a devotee of Bhagavan) used to claim – it does matter to me if Bhagavan is the incarnation of God or of Lord Kumaraswamy. I don't need to know who, what and why Bhagavan is; I am receiving peace and light from him and that is all I want. All that matters to me is what I receive from him. He may or may not be an embodiment God and Kumaraswamy, it is of no consequence to me; the light and peace that I get from him is all that I need.

If you read the book "Ramana Catvarinsat" your devotion and esteem for Ramana Swami will increase further. Your ego/pride will melt and dissolve in that holy ganges of your devotion (Bhakti), just as salt melts in water. That is why devotion is required. Devotion is your real wealth. Just as some people work hard to get education or to earn money, similarly some people will make every effort to develop their devotion (Bhakti) for God, they are Blessed!

Om Shanti Shanti Shanti

Courtesy: Baby garu, Hyderabad