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- ❖ Don't presume that the physical body has come for the sake of wasting time. The physical body has come in order to exhaust the past karma. The body prevails as long as the requisite experiences are experienced, later the body expires. Hence the body has come not for wasting the time but to exhaust the past karma. As and when the Karma is experienced, it gets exhausted. If done willingly, you need not face the same kind of karma in the forthcoming birth. Family, body, colour- all these come according to the Karma. Bhagavan said: 'Leave the body to its destiny and carry on the purpose for which you have come to this earth.'
- ❖ The question is not about whether God exists or not? You are experiencing sorrow. What is the cause of that sorrow? Getting rid of the cause of sorrow is important. If your behavior is sensible, if your self control is consistent, if your thought process is amiable, you will get liberated whether or not you trust in the Existence of God. The Self exists within the Heart. Your habits and desires form hurdle in experiencing the same.
- ❖ If the greed and pride are reduced to a certain extent, you get the glimpses of the inner Consciousness. You may become proud of your external achievements but all of them are transient. They are equivalent to a dream. Though they are considered to be permanent, the body expires on one day or the other. Therefore don't become proud of the material prosperity achieved.
- ❖ Earn the ingredients needed for livelihood; carry on your work without depending upon others; help others as far as possible; adore an incarnation or Guru and go forward harmonizing all the four paths ie

Karma, Bhakti, Dhyana and Jnana. You will then experience Self Realization. The Paths of Karma, Bhakti, Dhyana and Jnana don't conflict each other. Each person gets attracted towards a particular path based on his previous birth's tendencies.

-  The mind has to be peaceful and should not be subject to anger. Whether the situations are favourable or not, carry out the task in hand appropriately without being subject to anger. By doing so, God's Grace is attained.
-  Self Knowledge is attained when the mind is pure and not through bad deeds and conspiracies. People with good thinking faculty and noble heart become eligible to attain Self Knowledge.
-  You always utter 'i', 'i'. Find out who that 'i' is? You will get the immediate result. It is not about chanting out 'i', 'i'. Bhagavan said: Question the 'i': 'Who are you?' The Self enquiry of 'Who am I?' is not the answer. It is the question. Self Knowledge is the answer for it. When the 'i' is questioned: 'Who are you?', it stops getting externalized and gets diverted towards its source & birthplace ie it gets introverted. If you question it and drive it inwards, it reaches its source, which is the abode of God.
-  Nobody likes questioning the 'i' who it is? Neither me the speaker, nor you the listener would like questioning it. When asked to adore an idol, you do it very easily. The reason behind it being the fear of losing your very existence on questioning the 'i'. Do you like losing your Existence? No. Everyone would like to exist. Therefore I am enacting as speaker and you are all enacting as listeners. Hence none of you are ready to question the 'i'.

While looking at the world, if you put aside the name, form and attributes, everything is seen as the very form of God. Without God, the body cannot come into existence. But you are not worried about God. You look at the name, form and attribute. Put them aside and see, then everything is seen as God. The differentiating faculty gets destroyed. Habituate to view the entire world as the God in temple is viewed upon. By habituating to view the entire world as God, the likes-dislikes and anger get reduced. Equanimity is habituated.

The Self alone exists. It is within the Heart. As long as the Self is realized, some corpse or the other has to be borne. In whichever body you may reside, you keep decorating that body. When the Self within the heart is experienced while the body is alive, that state is continued even after the body's death. Right now you are able to experience the body. It will die on some day or the other. But whoever brings the deathless Self into experience, their body gets converted into a temple. There is a deathless Self within the Heart. Whoever realizes that deathless state, their death gets killed. Even when the body dies, they experience their deathlessness. Not related to any of the scriptural knowledge, they possess a direct experience of it. This should be experienced when the body is very much alive.

The deathless one, the Bliss inspiring one, the ever existing one shines on its own within the Heart. Listen about it and contemplate upon the same. If you carefully listen about the Self and contemplate upon them, you will own those words. As you keep listening about the Self, you will get the desire to attain the Self. Though the Lord resides within the Heart, you don't get the desire to attain Him. It is due to your sins, flaws and weaknesses. Your thought process, mode of life and habits

are defective ie there are some unknown defects existing within. It is due to these defects that you don't get the desire to attain Self Realization. An intense desire to attain Self Realization arising from heart symbolizes that you possess God's Grace.

 The ever existing Self is referred to as God. The Heart is the abode of God. When the Jiva gets introverted ie when the Jiva becomes handy to God, the Jiva is dragged inside and melted by God. You may fear that you will stop existing when the Jiva gets melted. But it is not so. You will know who you are.

 There are no thoughts in deep sleep but you still exist there. There are neither any limitations nor boundaries in the deep sleep. The limitations and boundaries arise only after the arrival of thoughts. You get identified with a particular religion, caste and country only after the arising of thoughts. Therefore it is the thoughts that bind you. Right now you are in the jail of ignorance. Getting released from the same is referred to as liberation. Liberation implies getting released. Before the body dies, if the liberation related Bliss is experienced even for a few seconds, the mind gets introverted automatically. Leave aside the affairs of liberation and bondage. You don't understand about them but have the experience of 'i'. Enquire about it then Self Realization will be attained here and now. Bhagavan said: "Rather than diverting your mind towards liberation, why don't you get rid of the ego called 'i'? The liberation will be attained here and now. Rather than attaining liberation somewhere else at some point of time, it will be attained here and now."

- 🌸 Don't get worried inspite of facing innumerable problems pertaining to either family or society. Bhagavan said: "Question yourself who is facing these problems?' All these problems are being faced by the false 'i'. The false 'i' is not true but seems to be true. Therefore enquire this false 'i'."
- 🌸 When someone asks you something of which you are not aware, rather than sharing half knowledge, it is better to tell them that you will think about it and reply back.
- 🌸 Birth arises according to the past deeds. Deeds are performed after the emergence of birth. Birth is again decided according to the deeds. The deeds become root cause of the forthcoming birth. The Lord said: "Ensuring that the rebirth related tendencies are not imprinted through work is referred to as Yoga. Work done without expectation of fruit of action will not imprint any tendencies. Such work that doesn't imprint any tendencies becomes yoga."
- 🌸 Everybody is fond of their 'i'. They lead their life only for its sake. Bhagavan said: "If your devotion is true, make an offering of this 'i' to God." Examine whether you want God or the ego? If you want God, get rid of the ego. If you want the ego, give up God. Get rid of either of them. If you sacrifice the ego, God is revealed. Therefore give up yourselves. God alone exists and not you. But you think that God doesn't exist but you alone exist. The Existing one is presumed to be non existing and the Non existing one is presumed to be existing. It is all due to ignorance. Ignorance is the root cause of all the troubles. Bhagavan said: "Everybody is interested to know God but before that

try to know who wants to know God? Later you can try to know who God is.” When you know who this ‘i’ is, God will be revealed.

It is said that the birth is attained according to the karma (past deeds). When Bhagavan was asked: “How should one get released from the karma (effect of past deeds)?”, Bhagavan said: “Who experiences the karma?” The questioner replied: “It is the ‘i’ which experiences the karma”. Bhagavan then replied: “If you get released from the ‘i’, you will get released from the karma.”

Whether you do good or bad, it is done with body consciousness. Therefore the Lord retains the body consciousness so that the fruit of them is experienced in the forthcoming births. In spite of not being the body, you possess body consciousness because God has tied you to the body so that the karma can be experienced.

As you progress in your spiritual practices, the mind starts making certain false presumptions. Don’t stop there. The mind itself is false. Therefore its presumptions are also false. It states: ‘You have become great. You have become pure. You have become a Jnani.’ It thus makes such false presumptions. Bhagavan has warned: ‘Don’t stop there’. When the mind is false, how can its presumptions be true? Therefore keep aside the mind and make your own journey. Rely upon the words of the scriptures and that of Jnanis.

All these preaching, japas and meditations are all secondary. Guru’s Grace is most important. It is most powerful. One glance of the Guru is enough for your transformation. It is not the sight of Shava (corpse). It resembles the sight of Shiva. It is the sight pertaining to Self Knowledge.

Whatever may be your birth, the Guru's sight chases the mind till it gets matured.

- ❁ The ego gets reduced by honouring others whereas the ego increases by dishonouring others. Whether the others are good or bad, by honouring them, the ego gets reduced. As Lord has prescribed us to honour others, the others have to be honoured. It doesn't matter even if they are bad.
- ❁ Bhagavan said: "You exist in some form or the other ie either as body or mind or ego. Existence is inevitable. Therefore exist as the Self."
- ❁ When there is a power cut, try to lighten the kerosene lamp rather than cursing others. Will you get the light on cursing others? No. Therefore lighten the lamp. What do you get when you call yourselves to be either good or bad? Leave it aside and lighten the lamp of Knowledge. Then the prevailing bad will be lost automatically. Bhagavan said: "Stop considering yourselves to be either good or bad and try to earn Self Knowledge."
- ❁ Don't lead a sorrowful life but lead a depth filled life. You give up the spiritual practices when you are reminded of the past tussles. Therefore don't remember the past affairs. Make the best use of every moment at your disposal. Make the best use of the present time in hand. Lead a deep life in the present. Don't think of the past affairs. Make the best utilization of the present time in hand. Be lively in the present. Lead a deep life in the present.
- ❁ On being angered, it is better to stop talking for a while. It is because you don't speak out good words but use filthy language in anger. If not in this birth, you become answerable to them atleast in the next birth.

- If your state is true, then there is no necessity of making any effort. You would like to experience God as well as attain Jnana. Why is it so? It is because of some existing deficit. Your state is not perfect. If it were a true state, you will not even get the faculty to attain God. It is because of the inherent deficit you feel like attaining something.
- Caution has to be exercised with regard to the words spoken out. You should first understand what you are trying to speak. If the speaker doesn't have the experience of the words being spoken out, such words cannot impact the listeners. As far as possible speak less. Less speaking people are honoured more. Think more and speak less.
- A doctor asked me: "I am doing my duty well. But if anyone criticizes me that I have not treated a particular patient properly, I experience sorrow." I then asked the doctor: "Do you feel happy if anyone praises you of having cured any patient? The doctor replied: "Yes, I feel very happy about it." Then I told the doctor: "If you feel elated on being praised, you are bound to get depressed on being rebuked. When you have to face the praise, you have to face the rebuke too." If the happiness experienced on being praised can be regulated and controlled, you don't become sorrowful on being rebuked. It is because if you become elated on being praised, it becomes a fodder to the ego. If you become sorrowful on being rebuked, it again becomes a fodder to the ego. The ego gets annihilated when it is made fodder less.
- As per Sri Ramakrishna, God laughs in two instances. Firstly, when the doctor declares: 'I have saved this patient. Had it been a little late in bringing the patient here, it would have been very difficult to save him.' Secondly, when a dispute arises amongst the brothers regarding the

partition of the ancestral property, they go to the court of law for resolution. Till then they address each other as 'my brother', 'my sister'. A small dispute takes them to the court of law. God laughs even then.

- 🌸 Rather than getting separated from the 'i', you are trying to take it to Kailasa or heaven. This is only Mahamaya or great delusion. Being habituated in making pilgrimages, you are trying to take the mind to this or that world.
- 🌸 Don't involve yourselves in unnecessary affairs. It increases the ego. Bhagavan said: "Don't meddle with other's affairs as far as possible."
- 🌸 Bhagavan said: "Whatever good is done to others comes back to you manifold. If you are aware of this fact, how can you refrain from doing good?"
- 🌸 If the level of Consciousness has to be enhanced, the physical and mental health has to be good. If the physical body is sick, you are often reminded of the physical body. If there is any anxiety within the mind, you are often reminded of the mind. If you have to advance spiritually, first forget the body and mind. Don't concentrate upon petty affairs. By doing so, you will forget the purpose of your arrival on this planet.