




Ramana Bhaskara





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- 🌸 Self alone exists. Since it is invisible, you presume that it doesn't exist. When you don't understand the utterances of elders, you must try to understand them but shouldn't state that God doesn't exist. It is not wise presuming the Self to be non-existent since it is invisible and imperceptible.
- 🌸 Listening to the spiritual utterances devotedly will bring in good thoughts and enhance the depth of your thoughts. Even if you sit all alone at home, you will not feel the loneliness or get bored.
- 🌸 Happiness and Sorrow arise only after the advent of the body. The Previous birth's merit is exhausted in the form of happiness and demerit in the form of sorrow. It is in no way related to your intellect. Intellect is needed to grasp the things as they are and not to get deceived by others. But happiness & sorrow are not dependent upon your intellect. They are dependent upon the merit & demerit of the previous births.
- 🌸 When you can't love the visible human beings, how can you love the invisible God? Don't have jealousy and hatred for one another. Love and adore each other. Train your mind accordingly. You came onto this earth only for that purpose.
- 🌸 The mind has to settle down in peace. You can adore a Sadguru or an incarnation whomever you like and wherever your mind settles down. All of them are one and the same. They are the very embodiments of

the Divine. You need not differentiate between them. By doing so, you will be incurring a great sin.

 Both the bondage as well as liberation is but a thought. One who considers himself to be bound thinks about his liberation. Both bondage and liberation are pertaining to the ego. Self is neither bound nor liberated. The goal of Bhagavan's preaching is to make you experience the Self related Bliss where there is neither liberation nor bondage. We experience the following three states on a daily basis: a) waking state b) deep sleep and c) dream. All the three states are related to the ego. The Self is beyond these three states.

 Illusion (Maya) exists in the form of mind. The mind constantly compels you to know the hassles of the world. Since several thousands of births, the mind has been compiling the dust pertaining to the world. Bhagavan says: "Fondle such compelling mind and conquer it. Tell the mind: you have known enough of this world. Now know Thyself." You must ask the mind to know itself. As God exists in the source of the mind, God will be revealed when the mind knows who it is. This is the secret.

 When you make an attempt to reform yourselves, you will get God's help. Don't wait for someone to come and reform you.

- 🌸 Many people don't like it when they are told the naked truth with clarity and in simple utterances. They trust the chakras and mantras. The mind always craves for the false because the mind itself is false.
- 🌸 God exists within the Heart. Whether you acknowledge it or not, God exists within the heart. Even if you call the existing God to be non-existent, He will not stop existing. Where can the existing God go? He exists in all the periods of time (past, present and future) and in all the states of mind (waking, sleep and dream). He is the very embodiment of peace and power. He records the every activity of intellect, mind and the senses. He doesn't interfere with any of them. God is impartial. He brings about happiness and sorrow to people according to their destiny. He has neither love nor hatred for anyone. He is ever impartial always maintaining equanimity.
- 🌸 A devotee asked Bhagavan: "You declare that I am the Self. But how is it that I don't have it in experience? I can experience my body and senses but not the Self. Why is it so?" Bhagavan replied: " Every person possesses two 'i's: the false i and the True I. You have the false i within your experience. Hence you are experiencing the sensory objects, body and the senses. You cannot view the glory of the Self in the nature bound people. As the leaves swing along with the wind, even the minds of the nature bound people keep wavering. They are not stable and are not habituated to any spiritual practices. Lord Krishna said: If you don't know the glory of the Self, try to view it in a person with steadfast mind who has the experience of the Self. Lord Krishna did not merely say that the Self is formless. He further elaborated: If you want to view its glory, see it in a Jnani."

- 🌸 When you are suffering from poverty, how does it benefit if people call you a millionaire? When you are inflicted with sorrow, how does it benefit if people refer to you as a Maharishi? It makes sense only when you experience the peace and bliss of a Maharishi else it is useless. It is not sufficient if your name contains Maharishi. You must experience the bliss and peace of a Maharishi.

- 🌸 You take bath and eat on a daily basis. Are you favouring others by doing so? No. You consider them as your routine duty. Similarly consider the self control and sense control as your duty. Whoever does so and makes effort in that direction, their mind gets subsided. It is the subsided mind alone which experiences the Self Realization.

- 🌸 Perform good deeds. Listen to good things. Look at good things. Even if anyone criticizes you foolishly, don't rebuke back. They don't become great on criticizing you. They don't become Jnanis by reprimanding you. If you don't rebuke back on being criticized, all your defects and flaws will be transferred to the critic by God.

- 🌸 Your thoughts, talk and actions differ from each other. There is no synchronization between them. Then how can you attain Self Realization? God will bestow His Grace upon them who are able to synchronize all the three.

- 🌸 Don't consider yourselves to be superior or inferior when compared to others. If you consider yourselves to be superior, you will become arrogant. If you consider yourselves to be inferior, you will get inferiority complex. Hence stop presuming yourselves to be either superior or inferior.
- 🌸 You may abandon the Guru but the Guru will never abandon you. Your behavior towards the Guru may differ from time to time. But the Guru's behavior will always remain the same. The Guru will not abandon you until you attain Self realization.
- 🌸 When you try to merge the mind within the Heart, you will attain God's Grace. It cannot be predicted when God will shower His Grace. But when God's Grace arrives, the mind merges into the Heart immediately. The Jiva then gets dissolved. Then the tendencies pertaining to jiva which are the root cause of rebirth also get dissolved. You then attain the birth less state and need not get a corpse again.
- 🌸 The Real 'I' presumes 'I exist '. It doesn't need any identification. The false 'i' presumes 'I exist like this' or 'I exist like that.' It needs identification with something or the other. It cannot exist without such identification.
- 🌸 Though the body dies, there is a deathless state within the Heart. Those who bring that state into their experience when the body is very much alive become the conquerors of death and attain the Immortal state. It doesn't matter whether the physical body exists or not for such people. There is no gain if the body exists. There is no loss if the body is lost. It

is the ignorant who think that they gain something on having the body or lose something on losing the body.

🌸 Some people keep complaining that their work is not being acknowledged at home. Why do you need people's recognition? God is watching your work. How does it matter whether people acknowledge it or not? It is God who is going to reward you. He is watching your hard work and will reward you accordingly. Why do you get worried?

🌸 Work and Self Knowledge are not conflicting. Self Knowledge cannot be attained by giving up work. Self Knowledge can be attained only through spiritual practices. Consider the work also to be a part of spiritual practice. Habituate viewing God in the work also. While serving the people at home, consider them as the very embodiments of the Divine. Whatever you do, if done willingly will beget higher births. The work itself will then abandon you. If you don't perform your work willingly, you will get lower births and you will again face the same work in the forthcoming births. Performing the work is anyhow inevitable. Therefore do it willingly and with love.

🌸 If you want to see the walking God, look at the person with steadfast mind. You can then understand God's words, His Love as well as His glory.

🌸 The Lord said in the Gita: "As I love you all, all of you love each other. By doing so, you will progress further. But if you hate each other, your downfall becomes inevitable."

🌸 While going to sleep, immediately after waking up and during your leisure time, watch your inhalation and exhalation. Don't trouble yourselves excessively or hold your breath tightly. By doing so, your mind will gradually settle down in peace. It is because the origin of the breath and mind is one and the same. If the mind represents the guard, the breath represents the driver. When the train stops, the driver cannot resume back the journey until the guard waves the flag. At the time of death, the mind arranges all the tendencies pertaining to this birth and gives the signal (waves the flag) to travel. Only then the breath comes out. It is only referred to as death. At the time of death, the thoughts keep moving from head to the heart and from heart to the head. Then the mind catches hold of its most endearing thought. God then decides the future birth according to such thought.

🌸 Don't keep asking God: 'I want this. I want that.' God knows the best what you need. He will give it in the appropriate time. When you go to God, pray Him to bestow you with devotion, dispassion and Self Knowledge. Don't ask Him for your necessities. He will give it on His own. These are all petty things. Therefore ask for Self Knowledge.

🌸 Pray to God: "Bestow your Grace upon me. Who-else is there to protect me? You alone can do that. It is due to my ego I presume that there is an existence for me. Unite me within yourselves. Then I will experience that you alone exist and not me."

🌸 Possess devotion. If you are habituated to worship, perform worship (puja). Chant the name of the Lord whom you like. Chanting has to be done throughout the day. By doing so, the chanting will continue even

in your sleep. All the hard work of the daytime will help you in the night too.