



Ramana Bhaskara



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- ❖ Arunachalam is one of the ancient pilgrim centers of India. It is said: 'As the heart is centrally located in the human body even Arunachala is centrally located on this earth'. Bhagavan referred to Arunachala as His abode. He attained Jnana due to the contemplation of Arunachala.
- ❖ There is a Truth and deathless state within the Heart. But you are unable to perceive it. Some hurdle is preventing the same. It is referred to as the ego. The pilgrim center of Arunachala has emerged to annihilate this ego.
- ❖ Every person is fond of his ego. If you sit quiet and ponder, you will understand that the ego is befriended to a great extent. Irrespective of whether it is man or woman, everyone loves their ego. Anyone who is favourable to their ego becomes friend and anyone who is unfavourable to their ego turns out to be enemy. This is the secret. The external friends and enemies are all nothing but a drama. All of them originate from the ego. The cause of rebirth is also ego only.
- ❖ Today is the festival of Karthika Deepam. When Lord Brahma and Lord Vishnu disputed who amongst them is superior, the Ishwara (Supreme Lord) emerged as a Light to settle their dispute. Ishwara said: 'Whoever sees either my beginning or the end will be declared superior.' Both Brahma and Vishnu could see neither the beginning nor the end of that Light. It is because it was both beginning less and endless. Beginning and end prevail in the time but not for that which is beyond the time. The beginning and end of the light could not be traced by Brahma and Vishnu implies that the Truth within the Heart is not perceivable by the mind and speech. The Truth inside the heart becomes perceivable when the mind and speech are closed. The Lord initially took the form

of Light. Light is a symbol of Self Knowledge. Light eradicates the external darkness whereas the Self knowledge eliminates the inner ignorance. Later the Lord took the form of the Holy Hill. When Lord Vishnu and Brahma prayed: 'How can we offer prayers to such a big Hill?', the Lord took the form of Linga. The first and primary Linga is Arunachala Linga. Linga implies symbol. Is Linga having a form? Yes. Is the Linga having limbs? No. It is neither having a complete form nor is completely formless. The Lord has taken a semi form as Linga.

 As per Bhagavan, Ishwara exists in three forms in Arunachala ie Holy Hill, Linga and Siddha Purusha. It is said that Shiva resides in Kailasa but in Arunachala the Holy Hill itself is referred to as Shiva. As per the Puranas, circumambulating around the Holy Hill on each day of the week yields a particular result. It was not mentioned by Bhagavan but was mentioned in the Puranas. Why does the Lord who prescribes not to expect the fruit of any action mention about the fruit of circumambulating around the Holy Hill? If children don't like going to the school, they are given either a piece of jaggery or things of their liking and sent to the school. Jaggery is being given not for the sake of giving. It is being given in order to send them to the school. Similarly every one of you is fond of the fruit of action. You don't get attracted unless the fruit of action is mentioned. Therefore the Lord has referenced to the fruit of action so that you perform that task and get reformed thereby. Initially it is ensured that effort is made. Later you are taken to the effort less state.

 Bhagavan said: 'Whoever has treaded the path of Knowledge in their previous births get attracted by Lord Arunachala. Arunachala drags them into His presence and bestows them with Self Knowledge.'

Whoever constantly contemplates upon the form of Holy Hill, have their ego annihilated. If one experiences the death while being alive, it doesn't matter whether the physical body exists or not. Even if the physical body drops, there is a continuity of life.' All these are not dry utterances but mentioned out of experience.

 Bhagavan's relationship with Arunachala is wonderful, amazing and magnificent. Bhagavan's body moved in this Holy place and abode of Jnana for 54 years. Bhagavan said: 'In all these 54 years, I did not even get the thought of leaving this Holy place and traverse elsewhere.' Such is the glory of His relationship with Arunachala. Not that he got the thought and controlled it thereafter but He did not even get the thought. Rather than stating thus, it is better to refer to Ramana as Arunachala and Arunachala as Ramana. You may feel that I am speaking thus on being a Ramana devotee. On April 14th 1950, when Bhagavan left his body at 8.47p.m, a light emerged from His Heart and united in the Holy Hill while being watched by lakhs of people. Arunachala Hill itself took the form of Ramana. Later Ramana left the body and merged in the Holy Hill Arunachala. If you look at His teaching, it is not something done by an ordinary person. It is felt that the Lord Himself took that form and preached thus.

 When a devotee asked Bhagavan to shower His Grace, Bhagavan replied: 'The same Lord who has showered His Grace upon me will also bestow His Grace upon you.' When anyone said: 'Bhagavan, you have become God effortlessly without performing any spiritual practices. How can you understand our hardships and miseries?', Bhagavan replied: ' I might have experienced those hardships and miseries that you are referring to in the previous births.' Bhagavan never glorified

himself or referred to himself as an incarnation descended on this planet. Bhagavan prescribed the path of Self enquiry. He never enforced the same upon anyone. He gave the freedom to tread the path of your liking and get liberated.

-  A devotee asked Bhagavan: ‘Why do you eat and sit here in Arunachala? Why don’t you roam around the country and preach? Bhagavan replied: “You are presuming that the gross work visible to the naked eye alone constitutes work. Work done can be subtle too. When you lack subtle intellect, the subtle work done cannot be perceived. The work done by a Jnani is subtlest of the subtle. You can understand it only on possessing subtle intellect. The preachings and scriptures are useful to a certain extent to the beginners in their spiritual practices. They alone are not sufficient to reach the goal. Silence is most powerful. It releases you from your habits and causes of rebirth.”
-  As the depths of your meditation increase and as you start learning to offer the mind to God, you get released from the agonizing affairs. You will then become free. When your Consciousness level rises, real work happens through you. When the depths of your meditation increase, many people get reformed through you and attain Peace. It is only the real work.
-  You have the desire to achieve something. It is referred to as Sankalpa. After the work starts you get the doubt whether the work will be accomplished or not. It is called Vikalpa. A Jnani has neither sankalpa nor vikalpa. All this is creation of the mind. Mind is the cause of all these tussles, hardships and disturbances.

- ❁ If you dislike your fellow beings, it is because they create obstacles for your happiness. You are unable to acknowledge that you are being subject to all these hardships only for the sake of happiness. Whether it is known or not, the entire life is being spent in pursuance of happiness. But the abode of happiness is the Heart.
- ❁ God is not different from you. Even if you think so, offer your mind to Him. Right from morning till evening, you are solely concerned with the affairs pertaining to the ego. The mind declares itself to be the doer of all the deeds done by the senses. Whatever may be the activity performed by anyone, it declares itself to be the doer. Thus it brings about several tussles. Getting released from this ego is termed as liberation.
- ❁ Whatever word comes out from a Jnani's mouth, whatever He does is all but Grace. His sight, touch as well as anger – are all but Grace. Grace alone exists there. The Power generated through Silence is much greater than the power generated through preachings and writings.
- ❁ Your view point regarding the work is completely external. The true work happens through the indwelling God in the form of Silence. If Sri Ramakrishna has bestowed the state of Samadhi upon Swami Vivekananda, it is because the external Ramakrishna exists in the heart of Vivekananda also. Sri Ramakrishna residing in the heart of Vivekananda alone has bestowed Vivekananda with the Samadhi state. If the external Ramakrishna did not exist in the Heart of Vivekananda then it is not possible for Vivekananda to attain the Samadhi state.

- 🌸 Those who carry on their work like God get merged into God. The entire world gets attracted towards them whose mind got merged into the Heart though they have not made any preaching and writings.
- 🌸 The Supreme Consciousness is behind the ego. You will realize this when the ego gets introverted. Your sight is always extroverted and not introverted. The ego always tries to get extroverted. If you try to introvert the ego through meditation or Japa or self enquiry, the Supreme Consciousness is revealed then and there. It pulls the ego inside. When the ego is introverted, the Jiva gets annihilated and the Lord is revealed.
- 🌸 You are not being troubled by someone but by your own thoughts. Even if you are troubled by someone, if you don't have the feeling of being troubled by them, no sorrow will be experienced.
- 🌸 If anyone gets benefitted through you, you get the feeling of having done a favour. But Jnani never thinks so. He doesn't even get such a thought. It is because He is not apart from the world. Do you get the feeling of having done a favour by shifting something from the right hand to the left hand? No. It is because both the hands belong to you. Similarly it is God who exists as the indweller in everyone. Hence the world is not apart from Him. Therefore Jnani never gets the feeling of having favoured the world.
- 🌸 Whichever path you may tread, the goal of all the spiritual practices is to get of the ego. If you make effort on your own, then it is referred to as the Path of Jnana. Taking refuge in God and getting released from the ego is referred to as the path of devotion.

- ❖ There is an end to your body's life but not to your inner life. Bhagavan did not insist on a particular path. He answered according to the questioner.
- ❖ Bhagavan often said: 'Be Still'. Bhagavan attained the state of Brahman even without listening about it or meditating upon it or even without hearing its name. What can you learn after death? Nothing. Whatever has to be learnt do it when you are alive. Learn to die when you are very much alive and before the body gets converted into a corpse. Learn to die in a gradual manner. You may feel afraid of dying in a single instance. If you learn to die gradually while being alive, you will attain Jnana when the body is very much alive.
- ❖ Suppose the minimum marks needed to get passed in an examination is 35 but if a student gets 34 marks and thereby gets failed, the teacher might feel: 'Why should a single mark stop him from getting passed?' Thinking thus, the teacher might give that grace mark and pass the student. Similarly if all the tendencies have been lost except for a small tendency, God might feel: 'Why should one be denied the state of liberation due to a small tendency?' Thinking thus, the Lord would interfere and bestow him with the state of liberation. Such people attain liberation immediately after death. They are referred to as Videha muktas. Jivan Muktas are those who attain liberation when the body is alive.
- ❖ After death, the Jiva leaves the body and goes in search of a new body. If you have faith in the Guru and Love for Him, His flow of Grace and power emanated from Silence will show their effect wherever you might stay. Guru only makes effort to release you from the tendencies.

He ensures that Love is generated within you towards Him. If you are able to Love the Guru, it is not due to your spiritual practices. It is solely due to His Grace. What sacrifices have you done or what spiritual practices have you performed that you can Love the Guru? You have done nothing. Still you are able to Love Him. It implies that it is all due to His Grace. Some of you might consider yourselves to be intellectuals. Intellect is merely an instrument. It has to be properly utilized. The intellect, education, likes-dislikes - all these are creations of the mind. They are all as false as the mind.

 You must get released from the body as well as sensual thinking. It is because you are none of them. Whether you like it or not, getting released from the Non Self is inevitable. The body is much nearer when compared to others. Amongst all, the ego is the nearest one. The body is perceived only after the emergence of the ego. You don't enquire about the ego. This is only Maya (delusion). If you all want to become Jnanis but don't have the patience to perform spiritual practices or do self enquiry or get the companionship of Holy people, atleast stop friendship with the ego. By doing so, you will become a Jnani here and now. You need not practice very big yogas. If you stop friendship with the ego, you will attain Self Realization here and now. It is because the ego alone is the main obstacle. Therefore stop friendship with the ego which is the primary hurdle for Self Realization.