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■ You get several thoughts. Of them, the first and primary thought is the 'I' thought. There is no 'I' thought in the deep sleep. Once you wake up, the 'I' thought shoots up from the heart into the brain even without your knowledge. Later it gets identified with the body, world and other things. Before getting this 'I' thought nothing is known. Look at the source of the 'I' thought. By doing so, it gets merged there. You will then know who you are. Supreme Consciousness exists in the source of the mind. When you reach the source of the mind, the Supreme Consciousness is experienced. It is related neither with birth-death, nor with the action nor with the fruit of action. It is independent. When the Supreme Consciousness is experienced, you will reach the sorrow less state. Then the Lord within the Heart is revealed as the true 'I'. You don't know whether God exists or not but you are aware of your Existence. If you are aware of who this body bound 'I' is, you will know who God is.

■ You are happy and peaceful in the deep sleep. But you are not aware of your Existence there. In the waking state, you are aware of your Existence but you are not happy and peaceful. If the awareness pertaining to the waking state and the bliss pertaining to deep sleep are experienced simultaneously, then it is called as liberation.

■ Ignorance has no separate existence. Not knowing who you are is in itself ignorance. If you know who you are, then it is Knowledge. If you know who you are, then it is all Peace else it is all disturbance. Likes-dislikes, lust etc., emerge when you don't know who you are. Action is performed due to likes-dislikes. Once the action is performed, you get a body. Along with the body comes the sorrow. Why do you get a body? Body is attained according to the action. Why is action performed?

Action is done due to the likes and dislikes. Why do you get likes and dislikes? It is due to ignorance. Ignorance arises when you don't know who you are.


🌸 The Truth inside the Heart is in no way related to the likes-dislikes. The likes and dislikes cling to the 'i' thought. When you are not in your true state, when you don't know who you are, you are accompanied by fear, jealousy, anger, likes-dislikes etc., All these arise when you slip away from the true state and get identified with the body bound 'i'. All these don't arise when you abide in your true state.


🌸 The 'i' thought originates from the imperceptible. All the other thoughts arise thereafter. God, rebirth etc come into picture only after the emergence of the 'i' thought. Before the emergence of 'i' thought, nothing existed. Everything originates from the 'i' thought. Bhagavan said: 'If the 'i' exists, everything exists else nothing exists.' 'Mine' arises after the emergence of the 'i'. Without the 'i', there is no 'Mine'. Where ever the 'i' gets subsided, the true 'I' is revealed which is unlimited. Once it is revealed, the Bliss, Peace and Happiness pertaining to it reach the sahasrara (the thousand petalled seat existing in the head).


🌸 When Bhagavan Ramana was asked whether God existed or not, Bhagavan neither affirmed nor negated God's Existence. He rather put a counter question to the questioner: 'Do you Exist?' The Questioner replied: 'Yes, I do exist.' Then Bhagavan replied: 'If you exist then God also exists. If the 'i' thought exists, God also exists. God is as true as this 'i' thought.'

🌸 You need not wait until death for the sake of liberation. Liberation is in no way related either with the body's birth or its death. Whatever you

would like to achieve through meditation, penance and worship exists here and now. Liberation can be achieved here and now. You need not wait until death. It is within the Heart. If the mind is introverted, it becomes perceptible.

 Man doesn't need God. What man needs is Happiness, Peace and Bliss. Science brings in comfort to the body whereas Philosophy brings in control to the mind. Control to the mind as well as Comfort to the body- both of them are needed. A person without control cannot remain happy inspite of possessing innumerable comforts. Comfort alone cannot bring in happiness. Control also is needed. The question of 'Who am I?' is also for the sake of controlling the mind. The mind gets regulated with this question. Once the mind gets purified and concentrated, it gets introverted. When the mind gets introverted, it tastes the Bliss existing in the depths of the Heart.

 Whether you tread the path of devotion or action or meditation, you have to get rid of the false 'i'. You have to get rid of the 'i' that binds you. Your household life and social life is all artificial. One who gets habituated to this artificial life cannot transcend the artificial 'i'. Unless the Truth is known, the false is presumed to be true. The Truth inside the Heart is not revealed unless you get released from the false 'i' and the body bound 'i'.

 Right now you are able to see several forms. These names and forms are the root cause of all the calamities. The ego increases due to name and form mindedness. One who works without name and form mindedness gets purified through such work. Purity and concentration brings in introversion of the mind. When there is purity of mind, the

Jiva merges within the heart. Without purity, humility and concentration, the Jiva cannot be withdrawn into the Heart.

Every one of you has a physical form. There is a Truth in everyone's Heart which is formless. Though the formless truth is imperceptible to your thoughts and words, it is perceptible by your experience. The Truth mentioned in the Vedas and Upanishads exists. Therefore it was experienced by several Mahatmas like Sri Ramakrishna, Sri Ramana and Buddha. If the Truth doesn't exist, then there is no chance of experiencing the same. The glory of Truth is revealed through them who experience it and lead their life accordingly. When you lead an egoless life, God bestows His Grace.

Every one of you would like to experience God but God doesn't reveal Himself. Whomever God chooses, He is revealed only to them and not to everyone. Your current state is not the natural state. If it were the natural state, you should have been happy. But are you happy right now? No. You are neither happy nor peaceful. You don't experience the Peace but try to make this world peaceful! If you have something, then the same can be shared with this world. If you don't possess anything, what can you give others? If you first become peaceful, the waves of Peace spread into the world. If you first get reformed, you set an example for others to get reformed. If you make effort and increase your level of Consciousness, the others get the desire and inspiration to increase their Consciousness levels. Therefore first try to reform yourself.

The mind gets rapidly extroverted but it is not so easy to introvert it. Normally if any one becomes quiet rich, they are told: 'You have risen

to a very high level.' If an MLA becomes a minister, he is told that he has risen to a higher level. Similarly when a devotee praised Bhagavan that Bhagavan has raised to a very high level, Bhagavan replied: 'I did not go high but went deep.' Truth is not revealed when you go high. Truth is not somewhere very high but is deep within the Heart.

🌸 Whose ever body consciousness gets annihilated, the Truth within the Heart is revealed as 'I' for them. When the Truth, God and Bliss within the heart come into experience, there is no need of any principles or spoken words. You need not depend upon them. As your body is clearly perceived right now, the Truth within the Heart is also clearly perceived then. There is a deathless state within the Heart. When that deathless state is experienced, you will understand that your existence continues even after the body's death. You will lose the fear of death by such understanding. Then it doesn't matter whether the body exists or not. Bhagavan has mentioned the state of a Brahma Jnani. Usually a porter carries your luggage when you get down at a railway station. He carries it for the sake of money and not willingly. He waits for destination and appropriate time to put down the luggage. Even a Brahma Jnani feels the same with regard to his body. He doesn't gain anything by possessing a body. Moreover he will have to serve it too.

🌸 If your simplicity and purity of mind resemble the simplicity and purity of Truth within the Heart, your mind gets merged with the Heart similar to a river merging in an ocean.

🌸 Without tolerance the mind doesn't gain depth. Truth is not revealed to the petty minded people. One who gets released from the petty mindedness alone experiences the Truth within the Heart.

- ❁ If the Truth is practiced, it will certainly get revealed. Whatever you want to achieve, You are already that. But you presume that it is far away somewhere. Where ever the body bound 'i' gets annihilated, the Truth exists there.
- ❁ Whether or not you do pooja, japa and dhyana, there is a Truth within the Heart. The pooja, japa and dhyana are no way related to the Truth. But why should you do them? By doing so, the mind gets purified. By doing self enquiry the depths of the Heart increase. All of them facilitate in realizing the Self.
- ❁ Bhagavan said: 'Without mother, the child cannot arrive. Similarly without Bhakti (devotion) one cannot attain Jnana.' Dvaita (duality) helps to a certain extent in attaining the Advaitic (Non dual) state. As long as God Realization is attained, you presume yourselves to be separate from God. God alone exists. You don't have a separate Existence. This is understood only after attaining God Realization. But the final state is the advaitic experience ie to experience the advaitic bliss. Shankaracharya said: 'If you can attain the most simple, pure, steady and egoless state, the liberation is secured here and now. Then you need not wait till death for the sake of liberation.'
- ❁ Shakespeare said: 'Some people are Mahatmas by birth. Some people perform good deeds and become Mahatmas. But there are some people who are neither Mahatmas by birth nor perform any good deeds. They agonize the society to recognize them as Mahatmas. This world is full of such third category of Mahatmas.'
- ❁ You are aware of your Existence but don't know who you are. To know who you are, discrimination, goodness and past merit are needed.

Without discrimination and goodness you don't get the faculty and desire to know thyself.

Three regulations have been prescribed to realize the Truth within the Heart ie Regulation of food, sleep and speech. Bhagavan said: 'Of all the regulations, the regulation of food is foremost.' Eating raw vegetables makes you healthy but doesn't give liberation. The food that you eat should be sattvic. You must eat moderately. God doesn't look at the food that you eat. God doesn't look at your deeds. He merely examines whether the ego exists or not. If the ego doesn't exist, he decorates you with liberation. The speech should be appropriate, beneficial and moderate. Your speech should help you as well as cool down the others. Think four times before a word is spoken out. Be careful about the sleep. Oversleep wastes your time. The regulations of food, speech and sleep do not bring in liberation but facilitate in your spiritual practices. The mind and body come under control by them. These regulations are not the goal. If any regulation is practiced, they make your body and mind healthy. If your mind and body are healthy, they aid in your spiritual practices. Spiritual practices beget Siddhi (Self Realization).

Don't presume that effort has to be made forever. As you keep on making effort, you will reach the effortless state. Habituate the Sattva gradually. Holy Company facilitates to realize the Truth within the Heart. There are several people who declare: 'I would like to realize God'. But there is none who would like to question the 'i' which wants to realize God. As per Bhagavan, corner that which is experienced as 'i'. Question that 'i'. Make enquiry about that 'i'. Currently you are under an impression that the 'i' is true. Atleast doubt that 'i'. When you start

doubting it, it reaches its source. Once it reaches its source, it gets annihilated. Lust, anger, fear and jealousy chase you as long as the natural state within the Heart is not revealed. Make the best utilization of the God given opportunities and make an attempt to attain the natural state within the Heart.