



# Ramana Bhaskara



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When Bhagavan stayed in Skandashram, a scholar wrote: 'Hridaya Kuhara madhye' on a piece of paper. Not knowing what to write further, He left the note beside Bhagavan and went to town. By the time the scholar returned back, Bhagavan completed the verse and mentioned the scholar's name below the verse (as if written by the scholar). When the scholar asked Bhagavan, why his name has been mentioned, Bhagavan replied: "Since it is you who has started the verse, I have mentioned your name".

Hridaya Kuhara Madhyaee Kevalam Brahma maatram

Aham Aham Iti Saakshaat Atma roopena bhati

Hridi Visha Manasastvam chinvaata madhyataava

Pavana chalan rodhaa atma nishto bhavatvam.

The essence of all the religions and entire Vedanta lies in this verse.

Every Creature living in this Universe will have a past birth. Whichever may be the body, there is some relation between the current and past births. Several diversities are visible in this birth. The previous birth's tendencies exist in the mind. Every person lives being influenced by his mind which is very apparent. The colours may be different, the religions may be different, you may be a man or a woman, a scholar or a common man but it doesn't matter. The Self exists in the Heart of every living being. It shines on its own. It is deathless. Whether you know it or not, the Self exists. Buddha said: 'One who realizes the Self tastes the Bliss pertaining to Nirvana state. As per the Hindus such a person experiences the Bliss pertaining to Liberation and as per Christ, such a person becomes the Master of the Kingdom of Heaven. Each religion

has named it differently but there is only one Immortal state. The difference between a Realized soul and an ignorant is that the entire Universe is visible as His very form for a Realized soul. He doesn't possess the differentiating faculty. An ignorant person views the world to be separate from him. He has the differentiating faculty out of which arise jealousy, fear, anger, lust and all the attributes which become the root cause of man's downfall. In order to get released from the differentiating faculty, you have to know about the deathless Self within the Heart. Truth exists within your Heart. You will reach ashore (ie attain liberation) if you study about it, digest the same and bring it into experience. Your intellect alone is not sufficient for this purpose. God's Grace is needed. God Realization is not possible without God's Grace.

Every person has a thought called 'i'. The other thoughts arise only after the advent of this 'i' thought. The 'i' thought emerges from inside. The Vedas declare that the origin of 'i' thought is called as the Heart. Whether you know it or not, even after death, there is a deathless state within your Heart. Currently when you utter 'i', either the body or the intellect or the likes-dislikes are perceived. But there is a deathless state within your Heart not related to any of these three. It is none other than you. Whatever may be your profession, don't give up the effort made to 'Know Thyself'. Many people fear Vedanta. You have to get released from the flaws contained in your thoughts and habits. The Vedanta prescribes the methodology for the same. Your selfishness, tricks, ploys and ill-deeds restrict the mind from traversing towards Heart. The Vedanta tries to release you from these flaws. Don't think that Vedanta is no way related to you. As and when the mind gets

released from the flaws and habits, it drops into the Heart automatically.

Arguing throughout several births whether sugar is sweet or bitter is of no use. Rather pour the sugar into your mouth. You can then find it out yourself. Though the Guru's Grace cannot be seen with the eyes or heard with the ears, it is within the purview of your experience. Its impact is perceivable by the Heart. When the Supreme Consciousness within the Heart comes into experience, you own up the Bliss, Peace and Happiness pertaining to it.

Three paths have been prescribed to attain Self Realization:

1) The Path of Self Enquiry: You utter 'i', 'i' which is not the true 'I'. It wakes up in the morning. In the deep sleep it reaches its place of origin. As and when the false 'i' reaches the Heart cave in the deep sleep, the Peace and Bliss prevailing there are experienced. This Peace and Bliss continue to exist until the false 'i' wakes up in the morning. The false 'i' brings in all the Satan related affairs along with it. The true 'I' exists as the One whereas the false 'i' exists as many. Fear, lust and sorrow do not originate from Oneness. All these arise only when there is duality. In deep sleep you remain as One and only One ie Self. Hence you are Blissful there. Once you wake up, you get converted into two, three, four etc. ie represent many (creations of the mind). On losing the false 'i' and body bound 'i', you don't get lost but will find the true 'I'. Right now you carry on the instructions of the false 'i' and therefore lack independence. The freedom can be attained only when the true 'I' within the Heart comes into experience. When you enquire who this

false 'i' is, the truth within the Heart comes into experience. On losing the false 'i', you will know who you are.

2) Meditation: Self Realization can be attained even through meditation. As you meditate constantly, the flaws of the mind get annihilated. The pettiness of the mind gets lost and the mind gains the eligibility and worthiness to traverse towards the Heart and merge into it.

3) Pranayama: God has gifted you with two powers. They are breath (Prana) and mind. You think with the mind and perform work with the aid of pranic power. The source of both is one and the same. By regulating the breath, the mind gets controlled and introverted. The introverted mind travels towards the Heart and merges into it.

Tread the path of your liking and try to reach the Truth within the Heart.

 There is a Truth within the Heart. It is revealed only due to its Existence. No other witnesses are needed to prove its Existence. If you are able to get the Companionship of that Truth within the Heart, you will not need the companionship of Yogis and Maharishis externally. But getting it (companionship of Truth within the Heart) is not possible for everyone. It is possible only for those who have performed good deeds in their past previous births. In the Company of those who have experienced the Truth, the tendencies that obstruct Self Realization get diluted (thinned). Their vibrations start working upon you. The force of your bad habits gets reduced even without your knowledge. In the presence of Mahatmas the tendencies get dried out and drop off. Whichever

thoughts seem to be agonizing, get reduced gradually in the presence of the Mahatmas. Without your knowledge and without any effort from your end, you will advance spiritually in the presence of Mahatmas. Whether you like it or not, their impact and influence will certainly work upon you. You will become equivalent to them. Such is the power of Holy Company.

 Mental contact without physical proximity is much better than the physical proximity without mental contact. Have mental contact with the Guru. Guru is not the physical body. If you have the awareness of what is Supreme Consciousness and what is God, you can remain happy forever irrespective of where you stay or how you live. The recipient of Guru's Grace is bound to get liberated. There is no chance of being degraded in case of such people. The Guru is aware of the tendencies that obstruct their Self Realization. Unless their tendencies are pulled out, they become purified and get gifted with the state of liberation, the Guru does not abandon them. Such is the glory of a true Guru.

 Holy places are also as powerful as the Holy Company. It is because several Mahatmas have conducted severe penance in those places. Don't restrict the Guru to their physical body alone. Don't presume that Guru's Grace is not available after their physical body drops off. It is not the physical body which showers the Grace. It is the one and only one Self which showers the Grace. The Self exists forever and showers its Grace. In spite of looking after the physical comforts of the Guru, if the Guru doesn't bestow His Grace then God will shower His Grace.

- ❖ Bhagavan said: 'I don't say that all your hardships, losses and enjoyments are false but they are all as true as your mind.' All the causes of rebirth are within the mind. The Mind is your own problem and you have to find solution for your own problem. Without resolving the problem called mind, there is neither happiness nor Peace nor Bliss nor freedom.
- ❖ If you all sit here and listen to my speech for hours together but don't see any inner transformation, then such a speech is of no use. But if you sit in the presence of a great Guru and a great Jnani who doesn't speak but His silence brings in great inner transformation ie you get a reformed mind, then it becomes a true teaching.
- ❖ One who annihilates the root cause of your sorrow is the true Guru. The Guru need not speak and need not see. His mere Existence will purify your mind even without your knowledge. You cannot become a Siddha (Realized soul) without being a Shudda (purified). Don't think that Guru's Silence is useless. Silence is much powerful than speech. All the initiations originate from the Silence. Silence is most powerful.
- ❖ Miracles are also related to the mind only. How can they effect the mindless one (ie Jnani)? None of you are concerned with the miracles in deep sleep. They come into picture in the waking state only. Miracles exist only then there is mind. Without mind there is no existence for the miracles. The miracles are as false as your mind. The Absolute Truth and miracles are in no way related.

- It is not important where your body is. Though your well wisher stays in Russia, he is equivalent to your neighbour. Mental contact with God is important. The mind gets purified if it is continuously used to contemplate upon God. Once the mind gets purified and concentrated, the Brahman reveals itself.
- Don't become anxious. Don't become intolerant. Tolerance is needed for both material prosperity as well as spiritual advancement. Nothing can be achieved without tolerance. Don't think that everything is achievable through intellect. Intellect alone is not sufficient. You have to make effort, wait for the appropriate time and receive God's Grace. You can reach ashore (ie attain liberation) only on possessing all the three.