



Ramana Bhaskara



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- Attain Self Realization in order to get released from fear and sorrow. The 'I' and 'mine' become meaningless to a Jnani. 'I' refers to the ego whereas 'mine' refers to attachment. Both of them don't exist in the Supreme Consciousness. They exist within the mind and are the root cause of your sorrow. If the mind subsides, all of them disappear automatically.
- If the mind has to presume the form of Heart, dispassion and spiritual practices are needed. The Upanishads state that the weak and lazy cannot attain Self Realization. Without Self Realization, one cannot taste the Self related Bliss and become the recipient of true joy. Dispassion and spiritual practices are dependent on each another. Both of them are equally needed to attain Self Realization.
- Whatever may be the path, whoever may be the Guru, whether it is in the current birth or in the forthcoming birth, one has to attain the state of Nirvana only through the gate of purity. The mind presumes the form of Heart only when it becomes as pure as the Heart. Without purity, the mind cannot get introverted.
- There are several attractions in the world. Being subject to at least one attraction leads towards your ruin. It is dispassion alone which protects you from being subject to external attractions. There is no other way. A dispassionate person's mind stops traversing outward. Once it stops traversing outward, it starts travelling inward into the source of the first thought. Whatever may be the path you tread, place the mind in the spiritual Heart. Once the mind is placed in the spiritual Heart, it gets burnt into ashes.

- ❖ Make effort and habituate Sattva. By habituating Sattva, meditation happens automatically. Then wherever you see, it is all Peace, it is all Bliss.
- ❖ The scriptures have stated: 'Introvert the mind by following any of the yogas.' Whoever wants to learn pranayama can learn it but if you cannot learn pranayama, sit atleast for an hour either in the presence of Mahatmas or Jnanis or people with higher levels of Consciousness. Then Kumbhakam happens automatically even without your knowledge. You need not trust these words. Do it yourself and experience it.
- ❖ Our elders have prescribed us to contemplate upon God. What is the benefit of it? By contemplating upon God and remembering His Divine attributes, you will get purified. You will get reformed. Therefore the elders have prescribed us to contemplate upon God. The Lord Himself stated that you will get purified by contemplating upon Him. Therefore doubting is of no use.
- ❖ Make the best utilization of the God gifted opportunities. You may face both the fortune as well as misfortune in life. Certain lessons are taught by the fortune and certain lessons are taught by the misfortune. Whether it is fortune or misfortune, good or bad, honour or dishonour, whoever maintains their equipoise, become a Yogi.
- ❖ If you make effort and attain God's Grace, it is equivalent to attaining everything. Without God's Grace it is equivalent to zeroes without the prefix of one (ie they become insignificant). Deeds done without love and devotion are equivalent to zeroes without the prefix of one (ie they become insignificant).

- Some people doubt for every petty thing. The Lord said: 'You may have innumerable bad habits but if you have firm faith in the Existence of God, you will get reformed much faster than those who perform spiritual practices with a doubting mind.' Faith can move even the mountains. Faith brings in such a tremendous strength.
- As long as you don't know 'who you are', doubts keep cropping in. When will the doubts stop arising? It is only when you know who you are.
- God alone is the doer. But you feel that God is not the doer. However God alone is the doer. He works silently. But it is you who feel proud of it. God's work is invisible to your eyes. It is because God never intends that it should be visible to your eyes. God never craves for your recognition. He never intends that His work should be known to others. It is because there are no others from God's view point.
- If the mind gets subsided, God decorates it with Peace, Knowledge and Light. After knowing which, there is nothing left over to be known, know 'that'. You will then understand that there is nothing greater than it or equivalent to it.