



# Ramana Bhaskara



Speech delivered in Kodavalli,  
dated 16-5-98.

- 🌸 There is a Truth within the Heart which is in no way related to the physical body. The Truth inside is steady but the body's movements are attributed to it. Once the Truth comes into experience, you understand that there is neither birth nor death. Until then both birth-death as well as sorrow become inevitable.
- 🌸 The Truth within the Heart must be revealed. It is the final state. Have the Company of those who facilitate in experiencing the Supreme Truth. There are several defects, flaws and weaknesses in this world. But bad company is termed as the greatest flaw. Love all; however do not trust everyone. There are only few trustworthy people in this world. If you trust them who ought not to be trusted, you will become subject to hardship. You may help those who have posed their trust in you. Though you may not help those who have not posed their trust, atleast do not harm them. Don't lose your discrimination. Without nourishing proper discrimination, the Truth will not be revealed.
- 🌸 Both the ego sense and selfishness are friends. As the ego sense increases, the selfishness also increases and vice-versa. When your speech and deeds are devoid of ego sense, your selfishness will get reduced. Unless both of them get annihilated, the inner Truth is not revealed. Giving up a little selfishness too protects you in the life after death. Man works with the ego sense. Every task yields fruit. Good deeds yield good fruits whereas bad deeds yield bad fruits. Both of them are borne by the ego sense. Bhagavan said: 'The Truth inside is in no way related to them.'
- 🌸 A devotee asked Bhagavan: 'What shall I contemplate upon?' The devotee expected that Bhagavan would suggest him to chant the

names of Lord Rama or Krishna or Shiva. But Bhagavan did not say so. Rather Bhagavan asked him to contemplate upon: 'Be as you are'.

- ❁ The work done yields fruit. When you enjoy it, the tendencies get imprinted. Thoughts emerge from the tendencies. Work is done according to the thoughts. This is the vicious cycle of Karma. You cannot overcome it due to your intellect or spiritual practices alone. The Grace of a great Jnani or a great Guru is needed to transcend it. Bhagavan said in Aksharamanamala: "Oh! Arunchaleswara, I am like this right now neither due to my intellect nor due to my spiritual practices. It is all due to your Grace alone."
- ❁ Where there are neither tendencies nor thoughts, abide there firmly (within the Heart). Then the tendencies get annihilated automatically. A devotee asked: 'How long should I abide there?' The answer is: 'As long as the tendencies get completely annihilated. Once the tendencies get completely annihilated, the Self is revealed automatically. You will perceive it as clearly as you perceive the physical body'.
- ❁ Though a Jnani mentions the waking, dream and sleep states to be false, an ignorant cannot understand the same. When the Truth within the Heart is experienced, it is clearly understood that all the three states are false.
- ❁ Possess firm dispassion and perform spiritual practices. Have the discriminating faculty to differentiate between the true and false. Without these two, you cannot reside in the Heart. Without discriminating faculty, Self Knowledge cannot be attained.

- ❖ Whether praised or rebuked, maintain your equipoise ie remain the same as you existed before being praised or rebuked. If not, the mind cannot stay in the Heart.
- ❖ You befriend bad people and rebuke them as if you are good. You have the weakness pertaining to it without your knowledge. Therefore you befriend the bad people. Without being bad, you cannot get attracted towards such bad people.
- ❖ You will remain 'as you are', when that which ought to be lost is lost. When you give up the Non Self that which is remnant is God, Truth and the Great Light. Your mind gets merged in that great Light. It has to be attained through purity and concentration of mind. It can be attained through uninterrupted devotion. The ego cannot be lost through spiritual practices alone. It needs the Guru's lash. The ego gets dropped with the Guru's lash. Those who make a sincere effort to bring the Truth within the Heart into experience they alone are true spiritual aspirants.
- ❖ Don't advise others carelessly as you like when asked for guidance. Imagine how you are going to react when faced with the same situation and advise them accordingly. The ego doesn't preach the morals to itself. It always preaches the morals to others.
- ❖ How far are you making attempt to get rid of the ego or the first thought 'i'? The first thought 'i' itself is the first sin. How many of you are ready to get rid of this first sin? You got separated from God only due to this first sin. Without giving up the first sin, you cannot merge into God. Nip the first thought in the initial stages only. Get rid of it in

the seed stage itself. Once it becomes rampant, you cannot get rid of the same.

🌸 God is all pervading. He exists as the indweller. Therefore there is nothing which He doesn't know. He is much nearer than your body, mind and senses. God knows better what is good for us. As you keep contemplating upon God, He gets rid of the hurdles to attain Him. On contemplating upon Him, you will get purified, the false 'i' gets annihilated and the Truth is revealed.

🌸 So dense, strong and deep your ignorance is that the body's birth-death, the mind's attributes are being ascribed to the Truth within the Heart. But the Truth within the Heart is in no way related to them. Unless the Truth within the Heart comes into experience, this cannot be understood.

🌸 Several incidents happen in this world. Don't react for any of such incidents. If you react for each and every incident, you will get disassociated with the Self. Incidents happen according to the body's destiny. Don't react to any of them. If you listen to the Guru devotedly, all the sorrows of mind get melted. Though the body may suffer from ill-health, the mind gets filled with Supreme Peace. Such is the Grace of the Guru Swami. You may stay in this world but will not be related to it in any manner. You may have a physical body but will not be related to it in any way. Whether the body exists or not, whether the world is visible or not, you will maintain your equipoise. Such a state is bestowed by the Guru Swami alone.

🌸 Though you listen to the words of Guru or God or the scriptures, you do not understand their worth. The body consciousness stops from

assimilating their worth. Therefore the Gayatri mantra is chanted in order to pray the Goddess to bestow you with good thinking faculty. Without good thinking faculty, one cannot understand the worth of Guru Swami's words. You cannot assimilate their depth. You will not get the faculty to lead your life according to them.

 It doesn't matter whether you do pooja or japa or meditation or take refuge in any Guru ie do whatever you like but drive out the tendencies within your mind. Without driving them out, there is no liberation. Drive out the tendencies that you have been carrying since several births. Liberation is not possible without driving them out. All the tendencies exist inside. All of them have been learnt from the society but you are not them. They have been acquired externally but you are not them. The habits have been prevailing inside in the form of tendencies since several births. Do the spiritual practices as you like, take refuge in the Guru whomever you like. If you can drive out the tendencies with the aid of spiritual practices and Guru's Grace, the Supreme Knowledge and Peace within the Heart get revealed.