



Ramana Bhaskara



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- ❖ If you have to make others joyful or peaceful, you must possess them first. Without possessing them, how can you make others joyful or peaceful? If you are suffering from sorrow without possessing happiness, how can you make others happy? You can share only that which you possess and not that which you do not possess.
- ❖ The scriptures state: 'It is enough if a Jnani sustains His body.' The elders' state: 'The world will get benefitted by a great Jnani and a great Guru immensely.'
- ❖ The secret of Creation and the mystery of Maya are hidden within mind. The entire cause of sorrow is within the mind. If the mind gets subsided, the Bliss alone remains.
- ❖ A devotee asked Bhagavan Ramana: "I would like to give up my job and perform spiritual practices in your Holy presence." Bhagavan replied: " Bhagavan is with you forever. You need not give up your job. Perform your work attentively. Don't give up your work. You will become aware of your weaknesses while working. Perform the task allotted to you by God. Don't presume that you will not attain Self Realization on being a householder. Such thinking will become a hurdle for Self Realization. Remember this: Even if you renounce everything without listening to me, you will be always accompanied by the tendencies, desires, thoughts and the mind wherever you go. Don't presume that the crookedness and impurity of mind will be lost by merely renouncing everything. You will be accompanied by your impurity. Irrespective of where ever you stay (whether at home or at an ashram), effort

becomes inevitable to get rid of that impurity. The entire crookedness has to be lost in order to attain Self Realization. Your mind is a problem. It has to be resolved by yourself. It won't get resolved by change in the surroundings or by getting rebirth. You have to make effort in order to resolve it. Giving up the house will change the surroundings and death will change the body. You will not attain Self Realization by such change. Whether you are an ascetic or a householder, there is only one hurdle and that is your mind which has to be eradicated. Reform yourselves first. On doing so, many others will get reformed through you. Don't give up your house; rather give up the attachment for your family members and carry on the work in hand. The surroundings, the family members and all the friendship-enmity emerge from the past karma. For whom is the Karma? It is for the body bound 'i' ie the ego. If the doer is eradicated, then there is no more Karma. Whoever claims: 'It is my Karma, It is my Karma', if that doer is lost, there is no more Karma to be experienced. Therefore stay at home and perform the work without doer-ship. Such work will automatically merge the mind into the Supreme Consciousness without the necessity to perform any spiritual practices like worship or meditation."

 A devotee asked Bhagavan Ramana: "I feel good while reading a book but find it very difficult to put them (whatever is read) into practice." Bhagavan replied: "It is true that it won't be easy to put them into practice. It is because the tendencies pertaining to several births become hurdles. Without caring them, if you put aside the words of the mind and carry on the task in hand merely because God has prescribed them and performing them constitutes your duty, the tendencies will get annihilated."

- 🌸 Bhagavan said: “Don’t care the ego. If you stop caring it, it will get destroyed. Bliss is not somewhere else far away. It is hidden behind the ego but you are unable to understand this. If you stop caring the ego and get rid of it, the Bliss will catch hold of you.”

- 🌸 One who clings to the Truth within the Heart in all the periods of time and in all the states of mind is referred to as Jnani. Even you would like to cling on to the Truth. But your tendencies are creating the hurdles. If you make effort and get rid of the tendencies that constitute hurdle, you will attain the state of Samadhi. You can then cling on to the Truth. Once the Truth is experienced, you need not come back to this earth. Till the Truth is experienced, getting a body becomes inevitable. Getting rid of the tendencies that form hurdle in practicing all that you have heard and read constitute spiritual practice. If you perform the God allotted task in your day to day life attentively, it will bring about purity of mind. It is only the investment needed to attain God but you presume that adoring a portrait of God alone begets purity of mind.

- 🌸 The Lord said: “The good deeds done in this birth get converted into wealth of the forthcoming birth.”

- 🌸 Whether the task in hand is small or big, perform it attentively with an equal amount of concentration that is needed for abiding the mind in the Self. It will then aid in attaining Self Realization.

- 🌸 Bhagavan said: “Ensure that the death will die.” When the body dies, who thinks that they are going to die? It is the ‘i’ which identifies itself with the body. If the ‘i’ dies before the body’s death, it will bring death

to the death. You will then attain the Immortal state ie Self Realization. The body consciousness arises due to the body bound 'i'. The duality arises due to body consciousness. The Supreme Consciousness within the Heart is not revealed unless this body consciousness and duality get annihilated. Until the Supreme Consciousness is revealed, Self Realization cannot be attained. Though you may live for a 100 years, you will not be willing to die. You would still like to continue living. It is because that Existence itself is God. You have to experience that you will continue to exist even after the death. Only then the death will die and the delusion will vanish. You will then experience the very essence of Self Knowledge and the Self gets revealed as it is."

 The Supreme Bliss exists within the heart but you are unable to experience it. Therefore you contemplate upon the sensory objects and try to derive happiness from them. You may presume some people are idle at home without performing any work. But they continuously contemplate upon sensory objects. Their deeds are useful neither in this world (material achievements) nor for attaining the higher worlds (spiritual progress). They contemplate upon the sensory objects to a great extent. If it exceeds the limit, they become mad. Reading books doesn't imply Jnana and not reading books doesn't imply ajnana. Bhagavan said: "When you sit idle at home, you feel like contemplating upon sensory objects and enjoy them. This is referred to as ignorance. If you don't feel so, it is Self Knowledge." Until Self Knowledge is attained, contemplation of sensory objects becomes inevitable. It is because this is attached to body bound 'i'. When the 'i' gets annihilated, even the contemplation of sensory objects gets destroyed.

🌸 It is said: 'There is 99% good and 1% bad in the Holy Company. Right now all of us are happy in looking at each other. You are all listening to the sermon. This sermon will introvert your mind. But when we have to part away, sorrow becomes inevitable. This is the bad contained in Holy Company. Bhagavan said: "If you have to get rid of this sorrow, concentrate upon the Self within the Heart and Meditate upon the Self so that it will accompany you forever and thereby make you sorrow less."

🌸 Don't perform your task sorrowfully. Presume that: 'It is God who has allotted this task to me. Therefore I have to complete it.' Thinking so, complete the task joyfully. Doing thus, you will make peace with God. When a mother in law was asked: 'Did you like your daughter in law?' The Mother in law replied: ' I have ensured that I liked her. Once she has come to our house, I should presume her to be my daughter and take care of her accordingly.' This is an ideal instance of making peace with God.

🌸 If you give up the likes-dislikes, you will merge within God resembling a river that flows incessantly and merges in the ocean.

🌸 Currently you are fond of your husband and children alone ie your love is restricted or limited to your family members only. If the one who likes them gets merged within the Heart, you will then start loving the entire Universe as you love your own family. You won't become a dullard then. All of you have ego right now. If the ego is lost, you will not cease to exist but Self Knowledge and Supreme Peace comes into experience. Your love then gets expanded to the entire Universe. You

will swallow off the entire world then. Once the true knowledge is attained, you will develop a very intimate relationship with this Universe. Without discriminating based on religion and caste, you will then spread your Love and Knowledge to the entire Universe. On attaining Self Knowledge, it doesn't matter whether you sit in a mountain cave or at home, your influence will prevail on the entire Universe.

🌸 Sattva is needed in order to attain Self Realization. Sattva begets tolerance which increases the depths of the Heart. It takes you into such depths of Heart where the Brahman is located. Some people seem to be very sattvic. Such people don't react for anything. They think: 'It ought to happen thus and so it happened.'" Even we get inspired to earn sattva on viewing their face. You will become Sattvic in the companionship of the Sattvic people. It is immaterial whether such people stay at home or in any ashram, whether they are an ascetic or a householder and whether they wear saffron clothes or white clothes. It is enough if they possess the Sattvic nature. Such people's companionship will lead towards spiritual advancement.

🌸 When you meet an ascetic, don't ask him anything related to his prior life (ie incidents prior to becoming an ascetic). They became an ascetic only after forgetting everything. Hence don't remind them of their past life. Try to learn the knowledge acquired by them.

🌸 Once you wake up from the deep sleep, the 'i' thought arises first and gets identified with the body. The 'i' thought which identifies itself with the body is the root thought. It is only referred to as ego, the root cause

of all the disasters. When there is ego, everything else comes into picture. Without the ego, there is nothing. The entire creation is dependent on this root thought. You presume yourselves to be the ego and hence do not doubt its existence. By doubting it, you can shake it. Peace and Bliss exist in the source of the ego. Once it gets annihilated, the peace and bliss flood from the Heart into the sahasrara resembling a river inflicted with floods. Then you need not seek for Bliss and Peace in the market.

 Whatever may be your day to day task, habituate the introversion of mind. Without that you cannot get the tendency pertaining to spirituality. A person with introverted mind experiences the inner beauty. When the mind gets introverted, you will remain peaceful in spite of being in the midst of manifold tasks. How the task is performed is very important. Work done with attachment will bury you deep in the ignorance. Work done with detachment will aid you in getting released from ignorance.

 As long as you consider that: 'the body alone is Truth; the body alone is Self; there is nothing else other than body', the desires keep arising. If you want to listen about anything, listen about the Self only. If you want to see anything, see the Self alone. If you want to read anything, read about the Self alone. Contemplate upon the Self. If you thus abide in the Self, the desires get annihilated.

🌸 Whatever work has to be done through your body is pre-determined when your body got ready in the mother's womb. That work gets carried on through your body. Stop identifying yourselves with that work. The work gets accomplished as well as Self Realization will be attained.