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- 🌸 Man needs money in order to lead his life. However Bliss, Peace and contentment are much greater than money. Your money should beget happiness but not sorrow. You presume money to be great. But Money belongs to a lower category when compared to Peace, Bliss and Happiness. Grasp this Truth.
- 🌸 Whichever Guru you may reach out, you are being asked to perform spiritual practices. The question then arises: 'How long should one perform the spiritual practices?' As long as you get thoughts, the spiritual practices become inevitable. Suppose good and pure thoughts arise within you, they will impact the entire mankind even after your body's death. Though your body is not here, the flow of good thoughts keep impacting the entire mankind. Life is full of thoughts. They originate from the first thought called 'I am the body'. As long as the mind doesn't subside and melt within the Heart, the spiritual practices become inevitable.
- 🌸 People keep asking: "When can we attain God Realization? Can we attain it in this birth?" Don't get anxious. Perform the spiritual practices with the same amount of Peace and Bliss that are contained in the goal. If you consider them to be tough, you can never do them. Don't think about the goal. Perform the task in hand and make the best utilization of the time in hand.
- 🌸 Dhritarashtra told Vidhura: "I am not able to sleep well in the night." Vidhura then said: "If you continuously get bad thoughts and constantly

hate your fellow beings, how can you sleep well? You will get a sound sleep if you constantly get good thoughts and perform good deeds.”

🌸 If you eradicate the bad thoughts in their budding stage, you can get released from them easily. If they grow into a tree, it becomes difficult to eradicate them.


🌸 Whatever may be the cause of your sorrow, it indicates that there is attachment. You become sorrowful only on the death of your family member and not on the death of someone else. Though both of them represent the death, here the root cause of sorrow is attachment. Attachment begets sorrow and fear. There is neither sorrow nor fear when there is no attachment.


🌸 As long as you get thoughts, you must keep enquiring ‘Who am I?’.


🌸 As you experience the body related consciousness currently, you must experience the Supreme Consciousness pertaining to the Self. You must possess that wisdom and discrimination. Sun bestows his light equally on the good as well as the bad people but remains untouched by their goodness as well as badness. The same thing applies to the Self within your Heart. It is the tendency which does either good or bad. You are not that tendency. You are the Self within the Heart. As the Sun remains as witness to all the external happenings, the Sun of Knowledge within your Heart remains as a witness for all the good and bad that you do.

- 🌸 Before the body dies, experience the Truth within your Heart. You will then attain the state of Immortality. In order to attain that state, live like Lord Shiva. Lord Shiva hid the poison within his throat and distributed the nectar to others. It implies that He has hidden the bad within His throat and distributed the good to others.
- 🌸 Don't imitate others. Examine your weaknesses and try to get rid of them now. You forget to make the best utilization of the time in hand and always think of the future. This is only your mistake. A wise man never neglects the present time in hand.
- 🌸 Those who forbear the force of lust and anger and get released from them when the body is alive will experience endless Bliss even after death.
- 🌸 Some people work very mechanically. There is neither love nor affection in it. When you work in your day to day life, do it lovingly, affectionately and with total concentration. Then your work as well as spiritual practices gets completed. Therefore if you do your work whole-heartedly, your mind falls back into the cave of Heart. As the mind resides in the head, it should get habituated to stay in the Heart. If it gets habituated, you will attain Self Knowledge.
- 🌸 A devotee asked Bhagavan Ramana: "Everyone in this world is jealous of each other and don't have mutual love. Though it seems to look like friendship, it is all but drama. Why does the world seem to be like this?" Bhagavan replied: "This world belongs neither to you nor to me. There is a creator behind it. He will look after it. First take care of

yourself. Try to find a way to reform yourself. If you keep thinking about such things, the Truth within your Heart will not be revealed.”


 The entire life is but a dream. You get dreams in your sleep. The dream may last for few minutes for some people and for an hour or two for others. It will end at some point of time. Similarly your life is also a dream. Some people may live for 30 years whereas some other people may live for 70 years. But there is an end at some point of time. It is because even it is a dream. How can a dream be endless?


 Every person thinks he has done either this or that. He thinks so because of his Rajas.


 Whatever lessons are to be learnt in life happen according to God’s will. Until you transcend the ‘i’ (which states ‘I am the body’, ‘I am the body’), the creator and the creation, you cannot experience the Ultimate Truth. When you experience the Truth within the Heart, the world will get benefitted enormously. But you will never presume yourself to be a Good Samaritan. It is because the world is not separate from you. Leave alone the world. Try to understand yourself. Try to examine yourself closely. You will figure out what exists within you. Stop thinking about the world. Think about that ‘i’ which states that the world exists, and try to find its source. Without understanding yourself, without doing self enquiry, you are wasting your time and energy by thinking about this world. Understand how your mind is trying to deceive you. If you can place the mind in its source, the mind gets melted. Then the Self gets revealed.

- 🌸 The dead ones are lucky when compared to those who are alive. It is because the dead forget you very soon. But you cannot forget them so soon. As long as you are reminded of them, you will experience sorrow. Don't grieve for them but talk the good about them. Retain your peace when you are reminded of them. On doing so, God carries your good feelings and good heartedness to the dead ones wherever they are.
- 🌸 Where you stay is not important. Even if you would like to go to Himalayas to perform penance, you are always accompanied by your mind and senses.
- 🌸 Understand the essence of Truth and traverse towards Heart. It is referred to as spiritual practice.
- 🌸 Now you seem to be happy but after you go back home, if you get rebuked by your husband for coming late, all your happiness will vanish. Our life is filled with such dependency. It is a kind of slavery. Until you know Thyself, such tussles become inevitable not only in this birth but also in the forth coming births.
- 🌸 Irrespective of whether the circumstances are favourable or not, those who regulate their mind and senses are referred to as steadfast devotees (stitahpragnya).
- 🌸 Make effort to get rid of the hurdles to reach the Self within the Heart. It is only referred to as spiritual practice. Don't perform these spiritual practices inattentively and out of vexation. While travelling by train, if you keep crying that you have not yet reached Hyderabad, Hyderabad

will not arrive quickly. Sit quietly and peacefully. Hyderabad will come whenever it has to come. Similarly don't keep crying that you have not yet attained Self Realization. Try whole-heartedly for the sake of Self Realization. Even if God appears before you and utters that you will have to wait for a 1000 births to attain Self Realization, don't get disturbed. If you remain undisturbed, God will instantly bestow you with Self Realization. If you become anxious, the waiting period of 1000 births will be increased to 3000 births.


 Ensure that you talk softly, steadily and in a manner beneficial to others. It then becomes a part of your spiritual practice. It bestows your mind with introversion.

 If you are getting jealous with anyone, you may need 10 more births to withdraw the same.

 If you understand (the metaphysics) and then put it into practice, you will perceive both the misery and happiness contained in it. The books merely show you the path. It is you who has to grasp the same, understand it, put it into practice and thereby get reformed. The world is not so important to think about. Don't waste your time in thinking about the world. The world would think: "Having stopped thinking about themselves, they have started thinking about me! They are trying to know about me presuming that there is some essence within me. The world is teasing thus: 'what is the essence contained in me?' You can understand it if you have that grasping power. Rather than thinking about the world, if you attempt to know thyself, you will very soon get released from rebirth.

- 🌸 Those who want to progress spiritually and reach the depths of the Heart should possess endless and deep tolerance. Only after getting ready for this, one should traverse in this path (of spirituality). If you burst out like a cracker for a 100 times in a day, how can you attain Self Knowledge?
- 🌸 When a devotee told Bhagavan Ramana: “I have seen several Mahatmas. I have performed spiritual practices”, Bhagavan replied: “You claim: ‘I have performed spiritual practices. I have performed spiritual practices.’ Do you know who this ‘i’ is? You don’t know. It is only ignorance.” The devotee then replied: “I don’t understand what you say.” Bhagavan replied: “Think about it. You will then understand.”
- 🌸 The rise in your ignorance and the reason for not knowing thyself cannot be attributed to someone else. Only your name and form are the root cause. The false ‘i’ is dependent upon a name and form. If both of them are ousted out, it gets deeply buried and becomes address less. Irrespective of the number of problems you have, if you put the false ‘i’ aside, all the problems will get resolved. As long as the false ‘i’ exists, the problems will remain intact.
- 🌸 The specialty of Ramana Maharishi is that He will not desire for any temporary solution. He will always look for a permanent solution. Though it seems to be difficult, He will look for a permanent solution. He doesn’t care even if you presume that He is not a good Guru.
- 🌸 You need not give up any of your day to day tasks. You will not attain Self Knowledge by giving up the work in hand. Your work should bring

about maturity of mind. When you get matured, how can the Truth remain unrevealed?

 Do you think: “Currently I am feeling good. Why do I need liberation?” If your current state is true, you should not experience any sorrow. As it is not true, you are experiencing the sorrow. Truth doesn’t beget sorrow. Sorrow emerges only from the false. The peace that you experience now is false peace. You are reading the scriptures as well as the Gita but getting failed in the practical life. The Lord thus described the true peace in the Gita: “The peace that remains unperturbed due to any external cause can be termed as true peace.” The Supreme Consciousness exists within you. Merge into it. Then what remains is Bliss and Peace alone which are independent. It can only be referred to as true peace.