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- 🌸 If you have to advance spiritually, increase your self confidence. Examine yourselves from your own perspective and not from that of others. You may read any amount of scriptures but Self Realization cannot be attained without self confidence.
- 🌸 Any task performed with good intentions and good heartedness will certainly succeed. It will be continued even after the body's death.
- 🌸 If you are condemned by someone, don't reply them back though you have sufficient power and reason to rebuke back. By doing so, your Rajas will get increased.
- 🌸 By practicing virtue and by doing the good in your hand, you will get purified. On getting purified, the Purest one within (ie Self) will get revealed.
- 🌸 When the scriptures and the elders have declared that the Self exists within, if you cannot believe the same, how will you perform any spiritual practices or attain the Self? If you believe in the Existence of God, such faith becomes an investment for your spiritual practices. The Lord declared in the Gita: "Your faith and your good deeds will not go in vain."
- 🌸 Nothing happens in the nature without God's will.

- 🌸 You don't possess the required amount of dispassion, discrimination and faith. Acquire them carefully. Even you can attain the state attained by Sri Ramakrishna and Bhagavan Ramana.
- 🌸 Don't trouble your mind for every petty thing.
- 🌸 Life is not always the same. It is because you have not come to the earth merely for consuming food or wearing clothes or to sit at home. There are many lessons to be learnt from the incidents of life and from the incidents happening in the society. As you keep progressing, many people will learn lessons (get inspired) from you. Even if they don't learn, you won't lose anything. You will get liberated.
- 🌸 Someone may declare: 'God doesn't exist. There is no concept of rebirth etc.,' and based on their utterance, if you give place to such words in your heart presuming them to be true, you will become useless and won't have any more future.
- 🌸 Don't be timid. Have perseverance.
- 🌸 When anyone gives you a good advice and your thinking faculty is able to grasp the goodness contained in it, put it into practice though you may not like it.
- 🌸 As your faith in God increases, the wavering of mind gets reduced. On possessing faith, the mind becomes firm and steady resembling a lamp that remains stable in a windless place. A person may be unrighteous to any extent but if he possesses complete faith in God, He will get

reformed. There are high chances that he will move very fast from the path of unrighteousness towards the path of righteousness and thereby get reformed. Such is the power of faith.

🌸 When a devotee asked Prophet Mohammed for a good advice, the Prophet said: “You get angry without any reason. How can you grasp my advice if your anger is baseless? First get rid of your anger and then come to me. Get rid of that (anger) which has to be eliminated. I will then advice you. Only then you will be able to appreciate the worth of my advice, put it into practice and get reformed.”

🌸 Adore the God whomever you like the most but don't change your religion. Why should you go to other's house when all the requisite things are available at home? Similarly when there are sufficient ingredients in our religion to attain liberation, why should you adapt another religion? Adore the form of your personal God or that of a Guru in human form. Your life will proceed smoothly and you will get reformed if you put their advice into practice and mould your life accordingly.

🌸 You are careful about the food eaten and the clothes worn but not about the thoughts you get. Man is driven by thoughts. Body works according to the thoughts. If the body becomes an instrument of the bad thoughts, you will reach the darkest worlds. If the body becomes an instrument of good thoughts, you will reach the higher worlds. It is the thoughts that accompany you after death but you are not taking sufficient care regarding them. You are answerable to each and every

thought that you get. Therefore exercise utmost care with regard to your thoughts.

 Guru's Grace exists forever but you must become eligible enough to attain it. In order to acquire water from a river, you may carry a bowl or a pot. If you carry a bowl, you will get bowlful of water and if you carry a pot, you will get pot full of water. It depends on what you carry. The water in the river is not restricted. There is lot more water left out. You can acquire water according to the bowl or pot that you carry. It is the same even with the Guru's Grace. You will receive it according to your eligibility and receptive capacity. Therefore try to attain the eligibility and qualification required to attain Guru's Grace.

 If you see the good in your fellow beings, you will become good. Similarly if you see the bad in your fellow beings, you will turn out to be bad. If you learn to see the God in everyone's Heart, you will attain God Realization.

 A Spiritual aspirant treading the path of spirituality and desiring God realization should be as careful as the one who walks on the sharp edge of a razor.

 Mind is a collection of thoughts. It resembles a bunch of grass. If you remove the blades of grass one after the other, there is no more existence to the bunch of grass. Similarly if you remove the thoughts within the mind one after the other, the mind will not have existence any more.

 The Lord said: “I exist in the Heart of everyone.” The mind originates from here only. As and when the mind withdraws into its source, it gets subsided. The mind becomes vigorous if you develop either like or dislike towards anyone. If you ask the mind to subside, it will not subside. If you get rid of the causes for extroversion of mind, the mind will subside automatically on its own. If the sticks used for lightening the fire are removed one after the other, you need not pour water to put off the fire. The fire will subside on its own. Similarly the mind gets subsided if the likes-dislikes are reduced.

 The mind wavers due to your name and form. Meditate upon the form of your Personal God. Chant His name. You will then get distanced from your name and form which will lead towards the subsiding of your mind.

 The life of the one whose mind gets subsided is similar to that of a corpse. It doesn't imply that he will remain like a dumb without doing any work. He will work in his own style. His actions do not originate out of his flaws. He is always pure and steady. On being honoured, He will not get flattered and on being dishonoured, he will not get depressed. He will not have any reaction pertaining to dishonour. He will have only action and not any reaction. He will view himself in everyone's heart and everyone within his heart.

 The differences exist within the mind. Once the mind is transcended, there will be no more differences. When the mind is transcended, the body will not be an instrument of the mind anymore. It then becomes

an instrument of God. God then acts through such a body. Such a body denotes a temple.

What is the difference between a person whose mind is vigorous and a person whose mind is subsided? The person whose mind is subsided behaves peacefully in his interaction with his fellow beings. He will not get raged imitating his fellow beings. It is because there is no more existence for the mind. Such a person behaves in his own style without imitating others. The person whose mind is vigorous becomes ready to harm others on being harmed by them whereas the person with a subsided mind always tries to do good inspite of being harmed by others. It is because the tendency to harm others within him has died long back.

Bhagavan Ramana also was criticized by some people. However after few days they returned back and said: “We have uttered those words by mistake. Please don’t think otherwise.” Bhagavan then replied: “If I have a mind, I cannot stop thinking otherwise even on being forbidden by you. Whether you praise me or rebuke me, there is no one left over here to think otherwise. He has died long back. Even if I tell, you cannot understand who is here.”

An ignorant cannot understand the glory of Self Knowledge. By adoring whom and by contemplating upon whom, the mind becomes firm and steady, such people alone are adored. One does not adore a millionaire merely because he owns millions of Rupees. Even if the entire wealth of the world is tied into a bundle, it is incomparable with the peace experienced by a Jnani.

 I will prescribe you a method to attain liberation: Observe whether you have reverence for the world or for God? If you have the same amount of reverence for God as you possess for the world, God will bestow you with Self Realization. Therefore examine whether you have reverence for the world or God. You may be able to deceive the society but not God. You are always concerned about earning the honour of the society but not the Grace of God.

 Don't bother yourselves with the tussles like: Where is Kailasa, Where is Vaikunta, Where is Heaven etc? All these are insignificant. The scriptures have prescribed us to get released from certain things. First get released from them. Come out of that dust. Here the dust refers to B.M.I ie body, mind and intellect. Transcend them first.

 One of the devotees of Bhagavan was doing a job in Delhi. He said: "Bhagavan! When I am in Delhi, I get an intense feeling to come to Arunachala and see you but after coming to Arunachala I feel like going back to Delhi. Why is it so?" Bhagavan replied: "You presume the Guru to be a body. Guru is not the body. Guru refers to the Self. As long as you consider yourselves to be different from the Self, these hardships become inevitable. Don't have too much attachment for a particular place. Even that will bind you. Love and affection for the Guru must originate from within. It doesn't come merely by attaching yourselves to the Guru. Love and affection for the Guru shoots up from within only due to the relationship pertaining to several births. Guru doesn't refer to a body. Even after the departure of the Guru's body, the relationship with the Guru will not end. The true Guru is within yourself. The True

Arunachala is within you. But you presume that you are different from Arunachala. As long as this differentiation exists, coming to and going from Arunachala becomes inevitable. As long as you don't attain Self Knowledge, this becomes inevitable."

 Mahendranath Gupta compiled all the preaching of Sri Ramakrishna into a book called 'The Gospel of Sri Ramakrishna'. Though he has written such a big book, he was not fond of being revealed as its author. He said: 'How does it matter who the author is? Reading it and getting reformed thereby is much more important.' If you donate ten rupees, you want your name to be written in bold. Then how can your mind get subsided? Your name and form are much dearer to you than God. Then how can your mind get subsided? As you are giving more importance to your body than needed, the mind is not getting subsided.

 When a devotee asked Bhagavan Ramana: "How is my future going to be like?", Bhagavan replied: " You will be the same in future as you seem to be right now." Bhagavan implied: You have to make effort and transcend the nature related attributes. But without making any effort in the current birth, if you ask me about your future births, the answer would be 'You will be the same in future as you seem to be right now'. How can you attain higher births without making any effort?

 On being praised by someone, you will relish it as if eating porridge. Suppose someone gives you a constructive advice without praising thus, do listen to them. Accept it though you may not like it. It will make you wise.

- ❁ In spite of possessing a large amount of money, some people look to be very simple. Only those who become humble as they progress further and further can attain such simplicity. Even if you get any honour, try to forbear it. If you cannot forbear the honour and wealth, how can you attain Self Realization?
- ❁ If you have any desire, God will fulfill the same. The Rajas will increase if you become happy on the fulfillment of the desire. Whether the desire is fulfilled or not, if you maintain your equipoise, the Sattva will increase. The entire delusion lies within the attributes (gunas). Who can transcend them? Only they can transcend the attributes who take refuge in the feet of God. Once the attributes are transcended, you will attain that which has to be attained (ie Self Realization).
- ❁ All the good deeds cannot be done by you. At least rejoice in the good deeds done by others. On doing so, God will allocate a portion of their fruit to you. But contrarily if you get jealous with them, God will transfer all their flaws and ask you to experience the hardships generated from them.
- ❁ Bhagavan never performed any pilgrimages. It is because He did not have any creation. He said: 'If you hit your head against the wall, will the rope represent a snake?' No. Bhagavan implied: If you hit your head against the wall, will the world represent the Self? No. Bhagavan always preached that the world doesn't exist and lead His life accordingly. Bhagavan's Mother always requested Bhagavan to permit her for a pilgrimage to Kasi. Bhagavan however replied back stating: The word

Kasi is comprised of two letters ('Ka', 'Si') If you forget those two letters, there is nothing left out.

 The mind gets subsided if the force of likes-dislikes is reduced when the body is very much alive. On possessing likes-dislikes, the mind doesn't get subsided. The mind falls into the cave of Heart and gets annihilated if you get rid of the likes-dislikes that form the basis of the mind. Then the God within the Heart reveals Himself and bestows you with Self Realization.